

What's Cooking in Subic



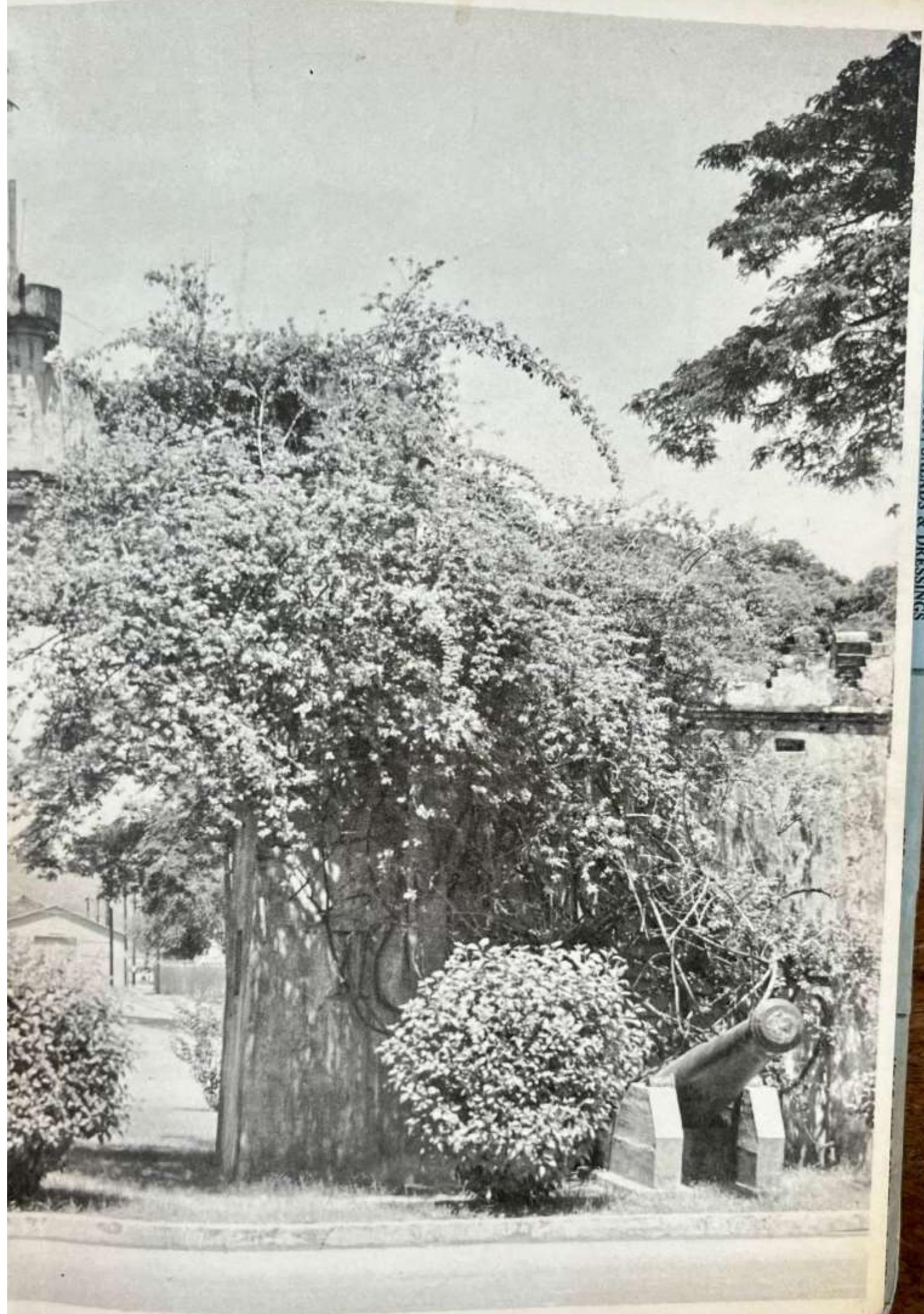
T.V. DELA CRUZ

SAMAHAN

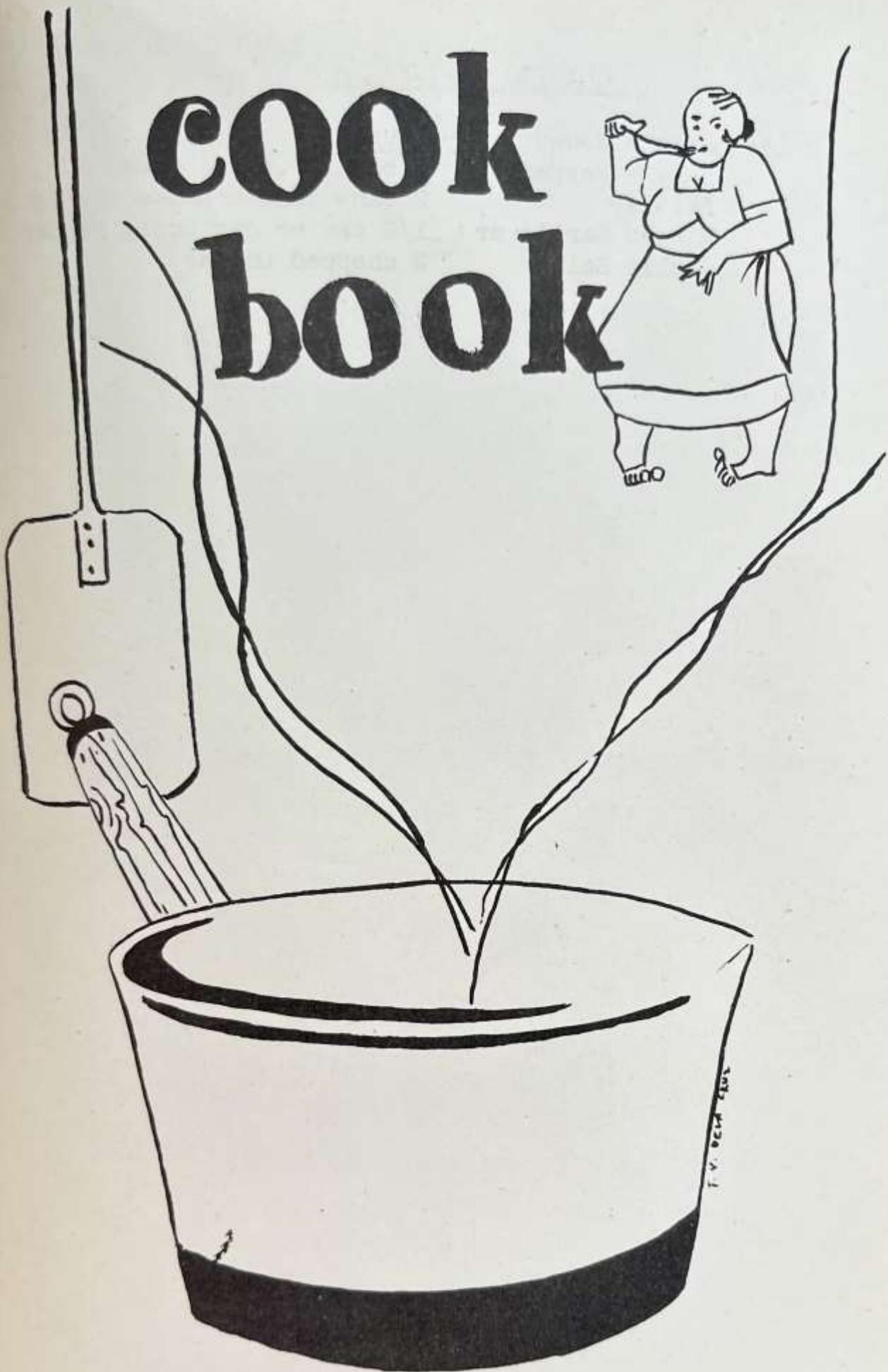
Subic Bay, Philippines

1959





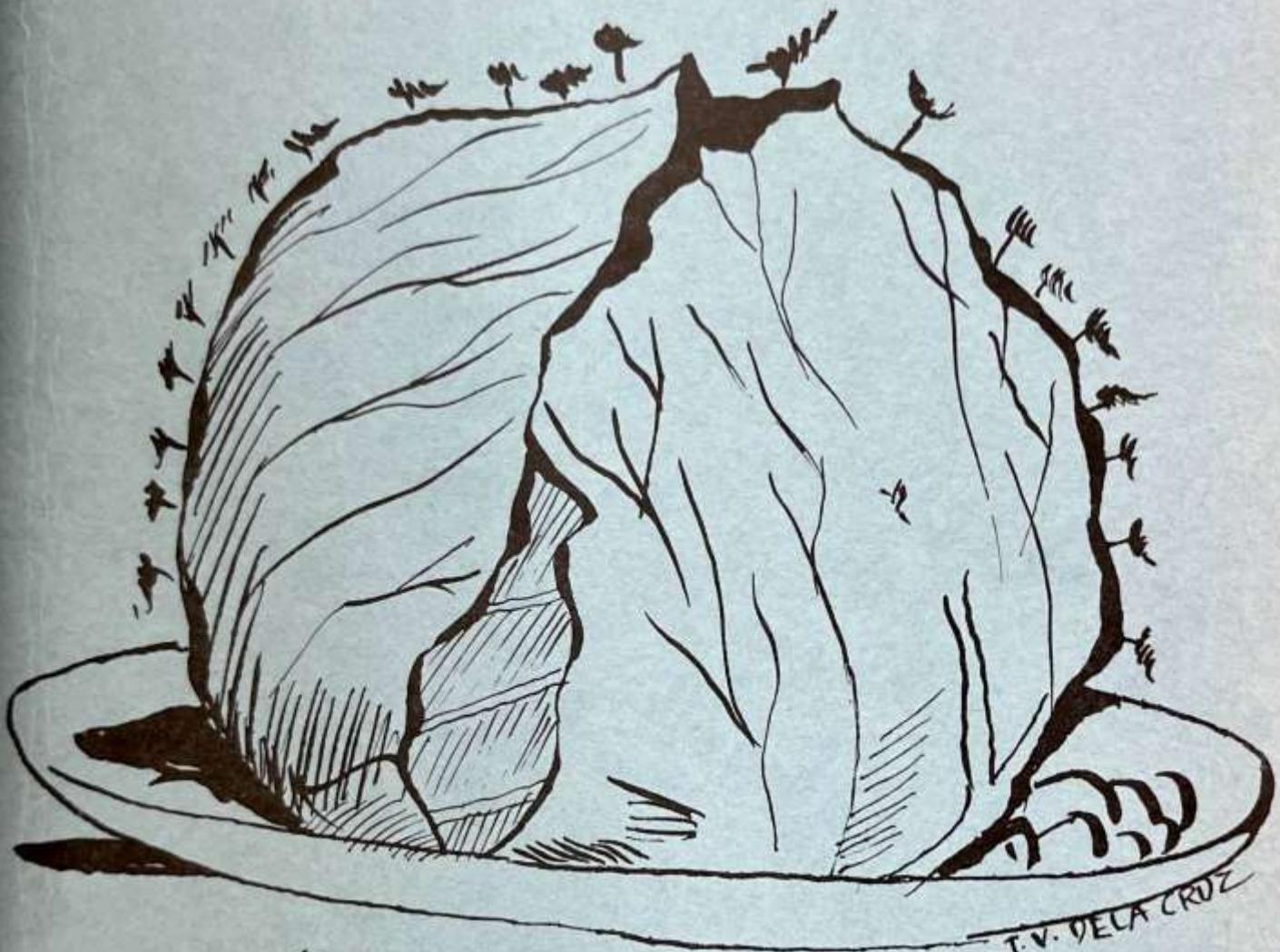
cook book



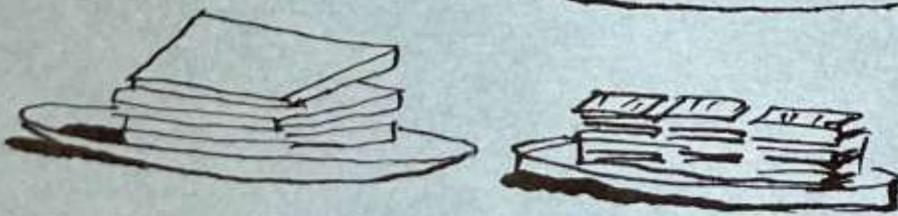
CONTENTS

	<u>Page</u>
Hors d'Oeuvres	1
Soup, Salads and Dressings	9
Breads	19
Meat, Fish, Poultry and Sauces	27
Casseroles	53
Vegetables	69
Oriental Dishes	79
Cakes and Cookies	91
Pies and Desserts	111

hors



-T.V. DELA CRUZ



d'oeuvres

CRABMEAT SPREAD OR DIP

1/2 cup chili sauce
1/2 cup mayonnaise
1 finely chopped clove garlic
1/2 tsp. dry mustard
1 Tbs. each horseradish and
Worcestershire sauce
Dash of tabasco
1/2 tsp. salt
2 finely chopped hard-cooked eggs
1 cup flaked crabmeat or 1-6 oz. can crabmeat

Blend chili sauce, mayonnaise, garlic, mustard, horseradish, worcestershire sauce, tabasco sauce and salt. Add hard cooked eggs and crabmeat and stir gently. Serve as a dip for potato chips. The flavor of this spread improves if allowed to stand in refrigerator for two or three hours before serving.

PANAMA AVOCADO PEARS

Substitute Avocado Pulp for the oil in any mayonnaise recipe.

Serve chunks or balls of avocado with: vegetable soup; consomme; or black bean soup.

Mix real ripe avocado pulp with: lime juice, salt, pepper, worcestershire sauce, few drops tabasco, and onion juice. Mash well together - stuff into tiny tomatoes as Hors D' oeuvres.

----- Mrs. Henry Haskell

CHEESE PUFFS

1/2 lb. Sharp cheese (coarsely grated)

1 cup Flour

1/4 lb. Butter (not margarine)

1/4 tsp. Garlic Powder

Mix all ingredients until well blended. Form into balls about the size of marbles. Place on cookie sheet and chill before baking. Also nice to store in the freezer unbaked. Bake at 400° for 10 minutes.

----- Shirley Bergey

BLUE CHEESE DIP

1/2 cup Blue cheese

1/2 cup Mayonnaise (or salad dressing)

1/2 cup Thick sour cream

Tabasco to taste

Garlic (finely cut) to taste

Mash cheese with fork to cream. Stir in mayonnaise: blend to paste. Add sour cream and tabasco and stir to consistency of thick cream, then add finely cut up garlic. Blender or mixer may be used.

----- Kathy Morris

CREAM CHEESE AND ONION SPREAD OR DIP

2 6 oz. pkg. Cream cheese

2 Tbs. top milk

2 Tbs. grated onion and juice

2 Tbs. chopped parsley

1/2 tsp. salt

Mix cheese with top milk until cheese is soft. Add onion, 1 Tbs. parsley and salt. Blend. Sprinkle serving dish with remaining parsley.

COCONUT CHIPS

Husk, drain, and crack open nut. Put pieces in a slow oven about 1/2 hour to dry out, and break shells away from meat. Fry meat from shells. Peel with potato peeler very fine shavings. Put in roasting pan in thin layer. Bake at 300° for about 10 - 15 minutes, stir as they roast as they burn easily. Salt and store in tight container.

----- Nancy Dodson

SHRIMP DIP INDIENNE

1 can	Frozen shrimp soup (almost thawed)
8 oz.	Cream cheese
4 oz.	Green stuffed olives
1 clove	Minced Garlic
1/4 tsp.	Curry powder
2 tsp.	Lemon juice
	Salt and pepper

Mix the above ingredients in an electric mixer for a few minutes. Serve with potato chips or crackers. Left-over dip is good on baked potatoes.

CHEESE COOKIES

1/2 lb.	Sharp cheese
1/2 lb.	Butter (not margarine)
2 cups	Sifted flour
1/2 tsp.	Salt

Grate cheese and cream with butter. Slowly add flour and salt. Blend. Roll in small balls in hand press on cookie sheet (ungreased) with pecan in center. Bake in 350° oven about ten minutes. Watch closely not to brown too much. Store in tight container. Keeps a long while.

----- Nancy Dodson

CURRIED MEAT BALLS

3 lbs. Ground Round	- <u>Sauce</u>
Salt - Pepper	1 bottle Chili Sauce
Parsley	2 cans Tomato Sauce
Minced Garlic or	1/2 can or jar Curry Powder
Garlic Salt	2 chopped Onions

Mix meatball ingredients into walnut-sized balls. Brown meatballs. Pour sauce over meatballs and cook slowly for 2 hours. Serve over rice or in a chafing dish as hot hors d'oeuvres.

----- Jacque Law

CHEESE BRAMBLES

1 pkg. Cream cheese
1/2 cup Margarine or butter
1 cup Flour
1/4 tsp. Salt
Dash of cayenne pepper
2 or 3 slices American cheese

Cream together cheese and butter until smooth. Add flour and salt and cayenne pepper. Work in all together and put in refrigerator to chill. Roll out thin and cut with cookie cutter, then crease in half and put small pieces of American cheese in center, fold over and close with tines of a fork. Set oven at 450° and bake 8 to 10 minutes. 3 oz. of cheese makes 3½ dozen brambles.

----- Cele Krakow

COCKTAIL MEAT BALLS

1 lb. Ground beef	1 tsp. Nutmeg
1 Egg	1 tsp. Cinnamon
1 cup Corn flakes	1 cup Beef bouillon (2 cubes to 1 cup water)
1/2 tsp. Salt	

Mix and shape into small balls about the size of walnuts. Flour and brown in shortening. Cover with your favorite barbecue sauce and simmer 20 minutes to 1/2 hour. Serve hot in chafing dish. This is best made a day ahead and allowed to marinate in sauce. Reheat before serving.

----- Kathy Morris

SWEDISH MEAT BALLS

3/4 cup milk	1½ tsp. Salt
2 Tbs. Butter	Flour as needed
3/4 lb. Ground beef	Bread crumbs
1/4 lb. Ground pork	2 Tbs. Minced onions
1/2 cup Cream	1 tsp. Angostura bitters
	1 Egg

Soak bread crumbs in milk for 5 minutes. Sauté onion in 1/2 butter until light brown. Add onion to meat with seasonings and egg. Add bread crumbs and chill. Flour hands and form meat balls. Sauté meat balls in remaining butter until lightly browned. Add cream. Cover and simmer 5 minutes.

----- Wini Briggs

CHEESE ROLL

1 lb. American cheese	1 Tbs. Worcestershire sauce
2 cups Pecans	2 cloves Garlic
1 pkg. Cream cheese	Chili powder

Put cheese, pecans, and garlic through meat grinder. Add cream cheese and Worcestershire sauce and mix thoroughly. Make into a roll about the diameter of a Ritz cracker. Roll in chili powder, wrap in wax paper, and chill thoroughly. This can be frozen.

----- Tommie Hatcher

CHEESE PUFFS

1/2 loaf Bread
Butter
1/4 lb. Sharp cheese, grated
1/4 tsp. Baking powder
1 Egg, separated

Cut bread into slices $1/3$ inch thick. Cut slices into rounds 2 inches in diameter. Toast on one side. When cool, spread untoasted side with butter. Combine cheese, baking powder and beaten egg yolk; blend. Fold in stiffly beaten egg white. Spread a thick layer on buttered side of toast; place on baking sheet under the broiler to puff up and brown. Serve hot. Makes 8 puffs.

----- Janet Schmid



TERIYAKI ROUNDS

<u>Teriyaki Sauce</u>		<u>Meat Balls</u>
1/2 cup	Soy sauce	1 lb. Ground Beef
1 clove	Garlic	1 Egg
1 tsp.	Fresh grated Ginger	2 Tbs. Dry bread crumbs
3 Tbs.	Sugar	1/4 cup Chopped onions
		1/8 tsp Pepper
		2 Tbs. Teriyaki Sauce

Other Ingredients

- 1 loaf Sliced bread
1 small can Pineapple Tidbits

Combine ingredients for Teriyaki Sauce. Combine ingredients for meatballs and shape into 55 meatballs. Marinate meatballs in Teriyaki Sauce for 1/2 hour. Cut bread slices into rounds. Toast. Make a hole in the middle by pressing down through the meat to the toast. Place a piece of pineapple in the hole. Broil 3 inches from the flame for about 4 minutes.

----- Norma Luppens

OLIVE IN A BLANKET

1/4 sq.	Margarine or butter	1 pinch Salt
1/4 small	onion, juice of	1 pinch Pepper
1/2 lb.	American or Cheddar cheese, grated	1 jar Stuffed Olives
1 cup	Flour	

Cream butter and onion juice. Add flour, salt and pepper. Roll 1/4" thick in wax paper and place in refrigerator until time to use. Cut in squares. After rinsing olives in cool water, wrap in cheese dough. Place on cookie sheet — cook about 5 to 7 minutes in 425° oven. Makes enough for eight.

----- Isabelle Wheeler
-7-

PANAMA CITY'S "JUNGLE JIM" SEVICHE

5-6 lb fish (Corbina or any white fish)
1 lb onions
2 lb hot peppers
12 medium size lemons

Skin & cut raw fish into small pieces. Place in glass bowl (NOT metal or aluminum!). Squeeze lemons. Pour juice over fish. Cut onions and peppers in very small pieces & mix everything together. Place in refrigerator for 4-5 hours. The lemon juice "cooks" the fish! Serve with saltine crackers for cocktail.

----- Mrs Henry Haskell

PANAMA SHRIMP SEVICHE

1 lb shrimp
coarsely ground pepper
cayenne pepper flakes
10 small Bermuda onions (golfball sized)
1 bottle capers
1 part white wine or cider vinegar and 2 parts lime juice
1 hot pod or pepper
2 or 3 drops tabasco sauce
2 Tbsp. sugar
salt to taste

Shell and devein shrimp. Boil in plain salted water 10 mins. Slice onions and hot pepper & mix in all the rest of the ingredients. Set in a flat pan in refrigerator for 48 hrs., stirring occasionally to marinate well. Serve with Potato chips or fried Plantain chips. (Any white fish may be used).

----- Mrs Henry Haskell

soup, salads



salad dressings

SHRIMP SURPRISE SALAD

1 lb. cooked shrimp	1 cup celery
6 eggs, hard cooked	1 bunch radishes
Chopped chives to taste	1 head lettuce or
1 medium cucumber	watercress

Mix all ingredients together. Use Thousand Island dressing. Salt and pepper to taste. Cut all vegetables very thin.

----- Mildred Henking

CUCUMBER MOUSSE

3 cucumbers	3/4 tsp. salt
1 cup boiling water	1/2 tsp. pepper
1 Tbs. lemon juice	1 envelope gelatin
1 tsp. worcestershire	1 Tbs. water
1/2 cup mayonnaise	1/2 cup heavy cream, whipped

Cut 2 cucumbers in half and discard the seeds. If the skins are very tough, peel them. Blanch cucumbers in boiling water acidulated with lemon juice for 5 minutes. Drain well and put through a fine sieve. Cool and add Worcestershire sauce, salt and dissolve it in 1 tablespoon hot water. Add this to the cucumber mixture with heavy cream whipped stiff. Blend well and add a few drops of green vegetable coloring. Turn the mousse into a chilled timbale mold and chill until firm. Score the peel of another fine cucumber, slice it very thinly and marinate the slices in French dressing. Unmold the mousse on a chilled platter, arrange the marinated cucumber slices in an overlapping design on top, and garnish with watercress or parsley.

----- Peggy Bell

SEEDLESS GREEN GRAPE SALAD

1 egg, beaten	1/2 cup nuts
2 Tbs. flour	3/4 lb. marshmallows
1/2 cup milk	1 small can crushed
3 Tbs. lemon juice	pineapple
1 lb. seedless grapes	1/2 pt. whipping cream

Combine egg, flour, milk and cook over low heat until thick. Cool and then add lemon juice. Cut up marshmallows, nuts, and cut grapes in half if you wish. Drain pineapple. Add all these ingredients to milk mixture. Whip the cream and combine with mixture. Chill in refrigerator several hours. Serve on pieces of lettuce.

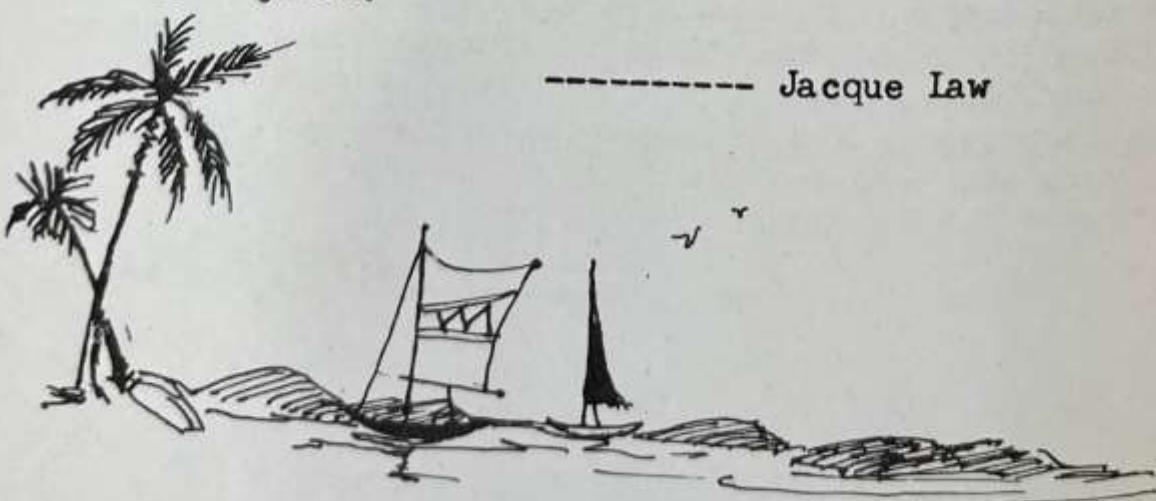
----- Trudy Nelson

MOLDED AVOCADO SALAD

1 pkg lime jello	1/3 cup plus 1 Tbs.
1 cup boiling water	finely chopped celery
1 avocado	1/2 tsp. onion juice
1 Tbs. lemon juice	2 Tbs. mayonnaise
Dash of salt	1/2 cup whipped cream

Mash and sieve (or put in blender) avocado until smooth. Dissolve jello in water, cool, then add rest of ingredients. Put into individual molds or small ring mold. Serve with fresh pineapple and a dressing of mayonnaise, whipped cream and pineapple juice.

----- Jacque Law



PEAR WALDORF SALAD

6-8 large pears	1/2 cup chopped pecans
2 Tbs. lemon juice	1/2 cup canned or frozen
1/4 tsp. salt	Bing cherries
1 cup diced celery	1 cup heavy cream, whipped
	2 Tbs. mayonnaise

Dice pears and add lemon juice and salt to prevent discoloration. Add diced celery, cherries and pecans. Blend mayonnaise with whipped cream and add. Serve in lettuce cups.

----- Esther Hyland

GERMAN POTATO SALAD

6 medium potatoes	1½ tsp. salt
6 slices bacon	1/2 tsp. celery seed pepper
3/4 cups onion	1/2 tsp. parsley
1 Tbs. flour	1/2 tsp. dry mustard
1 Tbs. sugar	3/4 cup water
	1/3 cup vinegar

Boil potatoes in jackets, peel and slice thinly. Fry bacon slowly, remove from skillet and drain. Saute onions in bacon fat until golden brown. Blend in flour, sugar, salt, celery seed, pepper, parsley and mustard. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Stir in water and vinegar. Bring to boil, stirring constantly. Boil 1 minute. Stir in carefully the potatoes and crumbled bits of bacon. Remove from heat and let stand until ready to serve. Makes 6-8 servings.

----- Dottie Buhler

LIME JELLO SALAD

2 pkg. lime jello
1 can pineapple, large
1 cup mayonnaise
2 medium carrots, grated
2 Tbs. vinegar

Mix jello as directed, add vinegar; allow to set until almost firm. Whip, then add mayonnaise and grated carrots and whip again. Allow to set; serve on bed of lettuce and garnish with cut cherries.

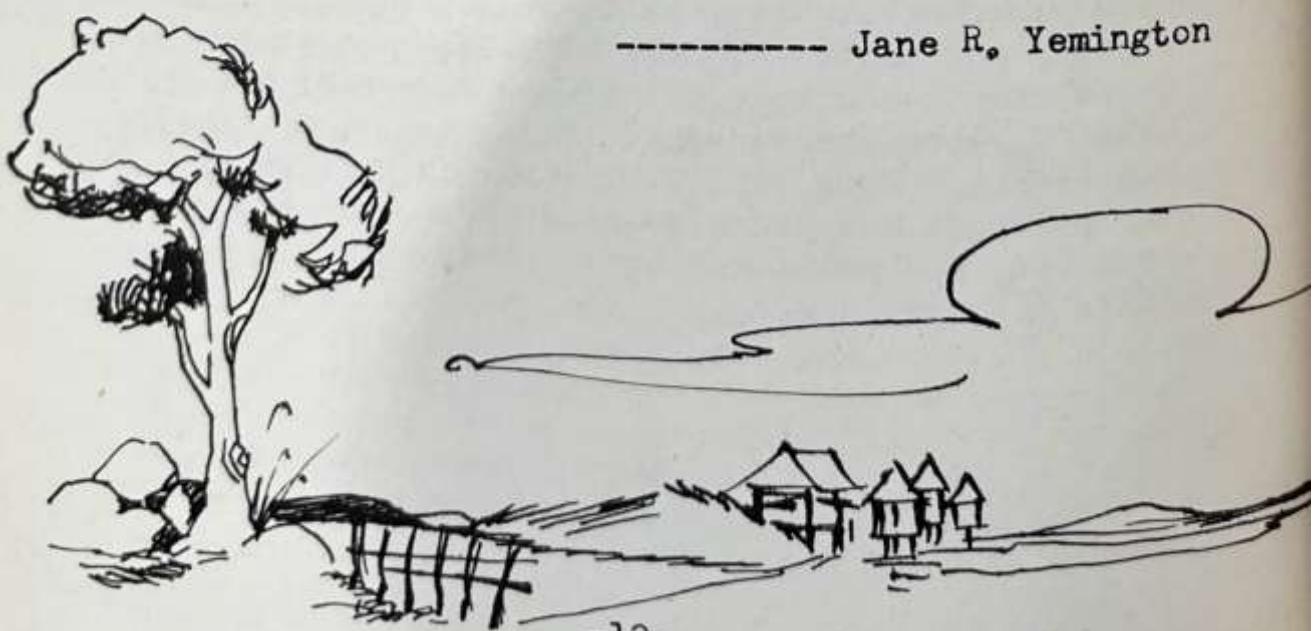
----- Lil Gunderson

FROZEN FRUIT SALAD

1 large can fruit cocktail
1 small can fruit cocktail
 $1\frac{1}{2}$ pts. sour cream
20 marshmallows (cut fine)
3 Tbs. mayonnaise

Drain fruit cocktail and mix all ingredients together. Put in 9 x 9 pan in freezer for about four hours. Garnish with cherries.

----- Jane R. Yemington



TOMATO ASPIC SEA FOOD SALAD

3 cups canned tomato juice	2 envelopes unflavored
1 stalk celery	gelatin
1 small onion, sliced	2/3 cup tomato juice
2 slices lemon	1/4 cup vinegar
1 bay leaf	
1 tsp. salt	
1/8 tsp. pepper	

Combine first seven ingredients. Simmer uncovered 10 minutes; strain. Meanwhile soften gelatine in cold tomato juice and vinegar. Add to hot mixture stirring until dissolved. Pour into a large mold. Chill until firm and unmold on crisp greens. Surround the aspic mold with piles of cold, cooked canned, fresh or frozen lobster or rock lobster tails, shrimps and deviled eggs.

----- Marcelle Allen

MOLDED CRAB SALAD

1 Tbs. gelatin	2 whole eggs or
1/4 cup cold water	3 yolks
1 1/2 tsp. dry mustard	1 cup sour cream
1 1/2 tsp. salt	1/4 cup vinegar
2 Tbs. sugar	1 1/2 cups crabmeat (fresh or canned)

Soften gelatine in cold water 5 minutes. Meanwhile, in a saucepan or double boiler, mix together the mustard, salt, sugar, and unbeaten eggs or egg yolks; add the cream and vinegar and cook, stirring constantly until mixture coats the spoon. Add soaked gelatine and stir until gelatine is dissolved; strain the custard over the crabmeat. Turn into a mold and chill until firm. At serving time, unmold and garnish with lettuce and tomatoes that have been cut into eights and dressed with French dressing.

----- Elsie R. Mills
-13-

ROQUEFORT CHEESE SALAD DRESSING

1 pt. sour cream	To taste:
1/4 lb. Roquefort cheese	Tabasco sauce
2 Tbs. mayonnaise	Salt
Juice of 2 Lemons	Pepper
	Garlic salt

Blend.

----- Wini Briggs

GARLIC DRESSING (FOR TOSSED SALAD)

1 clove garlic
1 tsp. vinegar
1 tsp. water
1-2 Tbs. mayonnaise
Dash of sugar

Crush the garlic and add other ingredients.
Serves 3 - 4.

----- Dottie Buhler

COLE SLAW DRESSING

1 cup cream	2 tsp. sugar
1 Tbs. lemon	1/2 tsp. dry mustard
2 Tbs. vinegar	
1 tsp. salt	

Chop cabbage and sprinkle generously with sugar
and let stand overnight or several hours in refrig-
erator. Mix dressing and put on slaw just before
serving.

----- Mildred Henking

GREEN GODDESS DRESSING

1 cup mayonnaise	1/3 cup minced parsley
1 Tbs. tarragon vinegar	1/4 tsp. salt
1 Tbs. lemon juice	1 clove
1/2 cup sour cream	3 Tbs. anchovy paste (optional)
	3 Tbs. minced chives (optional)

Blend and chill. Dip or dressing for green salad.

-----Evelyn Sessums

GREEN GODDESS DRESSING

1/2 cup ripe olives	2 Tbs. lemon juice
3/4 oz. can of chovy fillet	1/4 cup tarragon
1/8 tsp. garlic powder	vinegar
2 Tbs. Instant minced onion	2 Tbs. dried parsley
1 cup mayonnaise	1/4 tsp. pepper and
2/3 cup heavy cream or undiluted evaporated	salt to taste.

Mix thoroughly, then chill for several hours to blend flavors. Pour over salad greens, tossing every leaf to coat. Makes about 2-3/4 cups dressing.

This is good served as a dunk, too, with crackers, potato chips, or crisp raw vegetables.

-----Eleanor H. Keith

CUCUMBER SAUCE

1½ cups sweet or sour cream
1/2 tsp. salt
Dash of cayenne
1 cucumber (pared, chopped and chilled)
3 Tbs. vinegar

Beat cream until stiff; add seasonings and vinegar.
Press all the water from the chopped cucumber and
fold cucumber into the cream mixture.

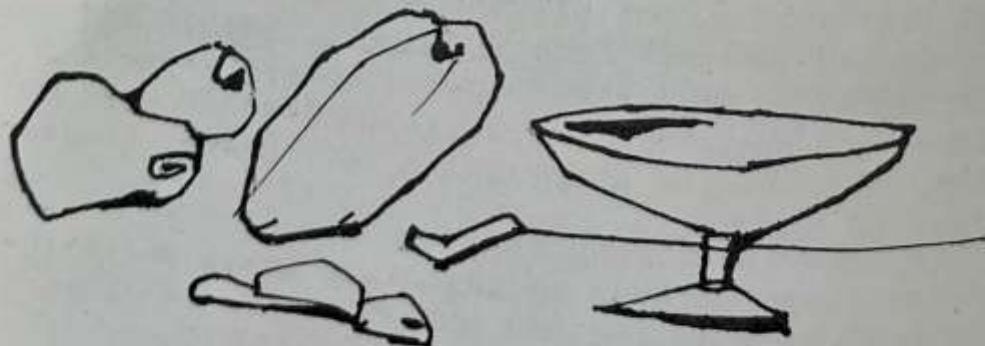
Note: cold boiled salmon, halibut, lobster, or
chicken may be substituted for the crabmeat in this
salad.

----- Elsie R. Mills

LORENZO DRESSING

2/3 cup olive oil
1/3 cup vinegar
1 tsp. salt
paprika
1 cup chili sauce
1 cup chopped watercress

----- Jean Hamersley



LENTIL SOUP - (GREEK STYLE)

1 cup lentils	1/4 cup olive oil
1 can tomato sauce	1 Tbs. vinegar
1 diced carrot	2-3 cups water
1 diced onion	salt and pepper to
1 clove garlic	taste

Combine above ingredients and cook about 2 hours, or until lentils are soft. Add water as necessary to keep consistency of soup.

----- Mrs. A Demetriou

MINESTRONE SOUP

1 lb shin beef with bone	1/8 tsp pepper
3½ quarts cold water	1 cup green beans (diced)
2 Tbsp. salt	3/4 cup celery (diced)
1 cup beans (dried white or red kidney)	2/3 cup peas
1 Tbs. olive oil	2 cups cabbage (finely shredded)
2 cloves garlic	1 cup carrots (diced)
½ cup minced onion	1 can tomato sauce
½ cup minced parsley	½ cup spaghetti
salt	grated Parmesan cheese

Place beef shin in large kettle. Add water, salt and dried beans. Cover, bring to boil. Skim. Cover and simmer 4 hours. Heat oil in skillet, brown garlic. Remove garlic, then saute onion and parsley in same oil until onion is tender but not brown. Remove bone from meat stock. Add onion, parsley and remaining 7 ingredients. Cover and simmer 30 minutes. Add spaghetti and cook 10 minutes. Serve with a sprinkling of cheese, if desired. Makes 10 servings.

----- Elsie R. Mills

FRENCH ONION SOUP

3 Tbs butter
3 cups thinly sliced white onion
4 tbs. beef extract
6 cups water
Grated Swiss cheese

Place butter in kettle, add onions and saute over low flame until onions are golden brown. Add water, then add beef extract. Simmer until onions are tender. Season to taste with salt and pepper. Pour into individual deep ramekins. On top, float toasted French bread. Sprinkle liberally with cheese and place in hot oven for a few minutes for the cheese to melt, then serve.

OYSTER BISQUE

1 pint oysters	4 cups milk
1 slice onion	2 celery stalks
parsley sprig	1/3 cup flour
salt and pepper	small piece bay leaf
1/3 cup butter	

Drain oysters. Chop and put through sieve or blender. Scald milk with onion, celery, parsley and bay leaf. Melt butter, stir in flour and strain milk into mixture. Discard the rest. Place in double boiler until mixture thickens. Add the oysters.

----- Nancy Dodson

breads



BREADS

MEAT, FISH, POULTRY & SAUCES

SPOON BREAD

1 qt cold milk	1 tsp. salt
1 cup corn meal	4 beaten egg yolks
1 large lump of butter	2 tsp. baking powder
4 egg whites whipped	

Combine milk and corn meal and heat while stirring constantly. Add butter, salt, egg yolks and stir till mixture boils. Remove from heat. Add baking powder. Fold in egg whites. Pour in buttered pan and bake 45 minutes at 350°. Serve immediately. Serves 6.

----- Nancy Dodson

SPOON BREAD

1/2 cup corn meal	1 cup boiling water
2/3 stick margarine	1 cup milk (cold)
1 tsp. salt	1 egg
	1 tsp. baking powder

Place greased casserole in 375° oven. Combine corn meal, margarine, salt. Add boiling water and stir till margarine is melted. Add milk. Cool mixture and add egg, baking powder and stir well. Pour into hot casserole (it should sizzle as batter is poured in). Cook 45 minutes on middle rack of oven. Serves 4.

----- Eleanor H. Keith

CORN BREAD WITH BUTTERMILK

1½ cups corn meal	1 tsp. soda
3 Tbs. flour	2 cups buttermilk
1 tsp. salt	1 egg
2 Tbs. fat (bacon drippings)	

Combine dry ingredients. Add buttermilk and egg. Stir until well mixed but do not beat. Stir in the fat. Bake in hot well greased pan at 475° for 20 to 25 minutes. For cornsticks have pans very hot and well greased and bake for 15 minutes.

----- Rita Brown

NORWEGIAN CHRISTMAS BREAD

2 cups scalded milk	1/4 cup water
1/2 cups sugar.	1/2 cup shortening
1 tsp. salt	1 cup raisins
1 tsp. cardamon seed, crushed	1 cup currants
4 cups flour	1 cup citron
1 cake yeast (1 Tbs. dry)	2 beaten eggs

Scald milk, add sugar, salt and crushed cardamon seed. Put in bowl, when lukewarm add yeast which has been dissolved in 1/4 cup water. Add flour and beat thoroughly. Cover and let rise to double its bulk. Beat again, add softened butter, beaten egg, the fruit and enough flour to make a dough stiff enough to knead. Knead, cover and let rise. Shape into round loaves and let rise again. When baked, glaze the loaves with the yolk of egg mixed with a little cream. Bake at 350° for 55 minutes.

----- Lillian Myers

BREAKFAST CAKE

4 Tbs. Shortening or butter	1/2 cup sugar
1 egg	3 tsp. baking powder
1/2 cup milk	1/2 tsp. salt
1 cup sifted flour	2 Tbs. sugar
1/2 tsp. cinnamon	

Melt shortening, cool slightly and mix with egg and milk. Sift together the flour, 1/2 cup sugar, salt and baking powder. Pour egg and milk mixture into flour and mix well. Pour into greased 8" square pan. Mix 2 Tbs. sugar and cinnamon together and sprinkle over the top. Bake 15 to 18 minutes in moderate oven (375°).

-----Claire Varner

CORN MEAL CAKE

1½ cups flour	1/2 cup shortening
1 cup corn meal (yellow)	1 cup sugar
3 tsp. baking powder	2 eggs, beaten
1 cup milk	1/2 tsp. salt

Cream sugar and shortening. Add well beaten eggs. Add milk then rest of ingredients and blend lightly. Pour in pan and bake 25 minutes at 400°. Delicious hot with butter.

-----Alice Unger

BANANA BREAD

1-3/4 cups sifted flour	1/2 tsp. salt
2 tsp. baking powder	1/3 cup shortening
1/4 tsp. baking soda	2/3 cup sugar
1 cup mashed ripe bananas	2 eggs, well beaten
1/2 cup chopped nuts (optional)	

Sift together flour, baking powder, soda, salt. Work shortening until fluffy; add sugar gradually. Add eggs and beat well. Add flour mixture alternately with bananas, beating smooth after each addition. Add nuts if desired. Turn into a well-greased bread pan (8-1/2 X 4-1/2 X 3 inches). Bake in a moderate oven (350°) about 1 hour 10 minutes or until bread is done.

----- Anna Ives

BISHOP'S BREAD

1 $\frac{1}{4}$ cups sifted flour	1 tsp. baking powder
1 tsp. salt	1 egg
1 cup brown sugar	1/4 tsp. baking soda
1/2 tsp. cinnamon	1/2 cup sour milk
1/4 cup shortening	1/2 cup pecans

Crumble evenly flour, salt, sugar, cinnamon, and shortening. Remove and set aside 1/3 cup of this mixture. To the remainder add the rest of the ingredients and mix well. Pour into a greased pan. Sprinkle top with 1/3 cup mixture and a few nuts. Pat down. Dot with butter. Bake at 350° for 35 minutes. Good served either hot or cold.

----- Nancy Dodson

WHITE BREAD

1 cake yeast (3 tsp. dry)	1/2 tsp. sugar
1/2 cup warm water	1 heaping tsp. salt
	4 to 5 cups flour

Dissolve yeast in 1/2 cup warm water and 1/2 tsp. sugar. Put 4 cups flour in bowl, add salt, mix well with hands. Let rise in warm place till double in bulk. Knead and let rise. Knead and let rise again. Shape into loaves; let rise and bake in 400° oven for 30 minutes. Lower heat to 350° and bake 30 minutes. Makes 2 large loaves.

-----Dody Grupa

HOMINY SPOON BREAD

1 Tbs. melted butter	3 cups milk
1 tsp. salt	3 eggs, beaten
3 tsp. baking powder	1/2 cup corn meal
	2 cups cooked hominy grits

Sift together salt, corn meal, and baking powder. Add remaining ingredients and place in greased casserole. Bake in moderate oven (375°) for 45 minutes or until done. Serve hot. Serves 6-8.

-----Julie Krick



MUSTARD BREAD

1 loaf of French, Vienna or Italian Bread
1/2 cup chopped green onions with a few tops
2 tbs. mustard
2 tbs. snipped parsley
2 tbs. poppy seeds or sesame seeds

Split loaf lengthwise. Cream butter with onions, and parsley. Spread on loaf and sprinkle with seeds. Slice bread on angle almost to the crust. Heat in oven until lightly browned.

----- Marge Davis

WHITE BREAD

2 cups scalded milk	1 Tbs. salt
4 Tbs. shortening	1 cup sugar
2 cups hot water	2 cakes yeast
1 cup lukewarm water	(or 2 Tbsp.)
	Flour

Mix together milk, hot water, shortening, salt and sugar. Let stand until cooled. Soak yeast in lukewarm water. Add yeast to cooled mixture. Add flour to make a sponge. Let rise until double in bulk and then add flour to make dough stiff enough to knead. Knead and let rise to double in bulk. Knead again and let rise. Punch down; let stand 15 minutes; make into loaves. Let rise and bake in 350° oven for 50 to 60 minutes.

----- Lillian Myers

BAKED FRENCH DOUGHNUTS

5 Tbs. butter	1/4 tsp. nutmeg
1/2 cup sugar	1/2 cup milk
1 egg, beaten	1/2 cup sugar
1 1/2 cups flour	1 tsp. cinnamon
2 1/4 tsp. baking powder	6 Tbs. melted butter
1/4 tsp. salt	

Cream butter and sugar thoroughly. Add egg and mix well. Add sifted dry ingredients alternately with milk. Fill buttered muffin tins half full. Bake in moderate oven (350°) 20 to 25 minutes. Remove from tins immediately, roll in butter and then in mixture of sugar and cinnamon.

----- Shirley Bergey

CRANBERRY MUFFINS

1/2 cup sugar	1/4 tsp. salt
2 cups sifted flour	1/4 cup sugar
3/4 tsp. soda	1 egg, beaten
1/4 cup melted shortening	
3/4 cup sour milk, or buttermilk	
1 cup raw, chopped cranberries	

Combine cranberries with 1/2 cup sugar. Sift flour, soda, salt, 1/4 cup sugar together. Mix egg, milk, shortening. Make a well in dry ingredients, add liquid all at once and stir until well mixed. Add cranberries and mix lightly. Fill bite-sized muffin tins 2/3 full. Bake at 400° for 20 minutes.

----- Connie Bowlin

COCOANUT BREAD FROM PANAMA

4 cups bread flour	1 beaten egg
1 $\frac{1}{4}$ cups sugar	2 tsp. vanilla
1 tsp. salt	3 cups grated fresh cocoanut
4 Tbsp. baking powder (double Acting)	(w/brown skin) 1 cup milk

Mix together: flour, sugar, salt & baking powder.
Stir into this: egg, vanilla, cocoanut & milk.
Pour into greased bread pan, let rise for 45 mins.
Bake at 350° for 60 to 75 minutes.

----- Mrs Henry Haskell

PANAMA BREADFRUIT CAKES

1 breadfruit
1 tsp. salt
butter to taste
milk to moisten
fat to fry in

Boil breadfruit while still warm, pound it to smooth paste in a mortar. Mix in a teaspoon salt. Some butter and a little milk to moisten. Form into rolls and fry in hot fat.

----- Mrs Henry Haskell

meat, fish poultry



sauces

BARBECUED BUNS

1 lb. pork shoulder, lean	Green pepper chopped
2 lb. beef chuck	1 large
Onions, medium size, 3	salt
Tomato sauce 2 (8 oz) cans	2 tbsp. vinegar
	3 tbsp. mixed pickling spice

Render a little of the fat from the pork and brown both pieces of meat in this fat. Add onions, salt and enough water to cover meat. Simmer slowly until meat is very tender. Remove from broth and allow to cool. Remove the fat and pull meat into small strips with a fork. Return to broth and add tomato sauce, vinegar, green pepper, and pickling spices tied in a cloth bag, and additional water if necessary. Continue simmering until very thick about 45 min. Serve on hot toasted buns, closed or open face with chopped onion if desired. Enough to fill 16-20 buns.

----- Mary Lou Hiller

"POLISH" PIGS IN THE BLANKET

1 cabbage	1 onion
1-2 pounds hamburger	1 or two cans tomato
Rice	sauce
1 egg	seasoning

Cut core on cabbage-put in boiling water 3 min. Take leaves off. Mix raw hamburger, uncooked rice, egg, onion, and seasoning. Roll in cabbage leaves and cook in tomato soup $1\frac{1}{2}$ hours. If desired, add potatoes and vegetables at the last 30 or 45 minutes.

----- Cathy Sullivan

SWISS STEAK IN MUSHROOM-SOUR CREAM SAUCE

2 to 2½ lbs round steak	2 tbsp. shortening
½ cup flour	1 can cream of mushroom
1 tsp. salt	soup
dash of pepper	1 cup sour cream

Have steak about 1½" thick. Trim excess fat from steak. Mix flour, salt and pepper and pound into steak with meat hammer or edge of heavy saucer until all flour has been absorbed. Brown steak well on both sides in shortening in heavy skillet. Stir in mushroom soup and sour cream. Cover and simmer about 1 hr., or until steak is tender, stir occasionally. Serves 6.

----- Norma H. Luppens

STUFFED FLANK STEAK

1½ lbs. Flank steak	1 1/2 tsp. Sage
4 cups bread cubes	3 tsp. butter
2 small onions	salt, pepper, flour
3/4 cup chopped celery	

Lightly score steak against grain. Sprinkle with salt and pepper, dredge with flour, pound steak thin. Combine bread cubes, celery, sage, and butter. Moisten with water. Add salt and pepper. Sprinkle stuffing over steak. Roll steak up and tie or fasten with toothpick. Brown in a little fat, add about ½ cup water, cover. Cook at 350° for 1½ hour, basting frequently. Thicken stock for gravy when meat is finished.

----- George B. Bell
Colonel, USMC

SAUERBRATEN

3 lbs. rump roast	3 bay leaves
1 cup water	12 whole cloves
1 cup vinegar	1 tbsp. sugar
1 small onion	$\frac{1}{4}$ tsp. pepper
1 tsp. salt	

#1 Let meat stand in above ingredients 48 hours.
Turn occasionally.

#2 Heat two tbsp. of fat in deep pan on top of
stove prepare as for pot roast.

#3 Brown meat on all sides after removing the
meat from the above ingredients that it was marinated.

#4 Cook for 2 to 2 $\frac{1}{2}$ hr. until done. Remove from
the pan when done and add a little water to make the
gravy to which you add ginger snaps until it is the
consistency of thickness that you desire.

-----Elsie M. Hull

BUE-ARROSTA IN MARMITTA

4 lbs. beef pot roast	6 cloves
1 tsp. salt	2 cups red wine
1 chopped onion	1 tsp. pepper corns
3 stalks cut up celery	1 clove garlic
$\frac{1}{4}$ cup olive oil	$\frac{1}{4}$ tsp. marjoram

Lard beef all over and insert cloves—marinate over-night in wine, salt and pepper corns, onion, garlic, celery, and marjoram. Dry beef with paper towel, rub with flour and sear in hot olive oil. Cover with marinating mixture and cook very slowly in covered pan until tender. Serves 8.

-----Kathy Morris

BEEF STROGANOFF

This is excellent party fare and may be made in the morning for the longer it "sits" the better it is.

2 lbs of round steak cut in bite size cubes
1 pint sour cream
2 cans B and B sliced mushrooms
4 onions cubed
1 pound of butter or oleomargarine

Method:

Shake steak up in a bag of seasoned flour. Brown it quickly in $\frac{1}{2}$ lb. of butter in heavy kettle. In a separate saucepan saute' onions in $\frac{1}{2}$ lb. of butter. Heat mushrooms in still another pan, in their own juice. Combine all ingredients in the kettle and laddle, in the sour cream. Keep over very low flame. Serve on fluffy rice with string beans and a tossed salad.

----- Marge Davis

HOWARD'S MEXICAN STEAK

3-4 lbs. round steak	1 green pepper (Optional)
3 ripe tomatoes	1 or more of the small green
2 medium onions	"hot" Mexican chili peppers
	3 cans of tomato sauce

Method:

Cut round steak into one inch pieces, roll in flour, brown in hot fat in a large frying pan or kettle. When the steak is brown add the fresh tomatoes, onions, tomato sauce, green pepper, and the Mexican chili peppers. (To prepare the Mexican peppers, place them one at a time on the tines of a fork over an open flame and singe the outside to make the removal of the skin easier, then peel.) Chop the Mexican peppers fine and add even the seeds to the meat. Add enough water to cover the

meat and simmer about an hour or until done. Serve with fried beans, tortillas and hot chili sauce.

Hot Chili Sauce:

Chop finely one or two peeled ripe tomatoes, add several of the peeled green Mexican Chili peppers, chopped fine. This sauce can be used on the steak, but be careful as it is very, very hot !

----- Clarice Selby

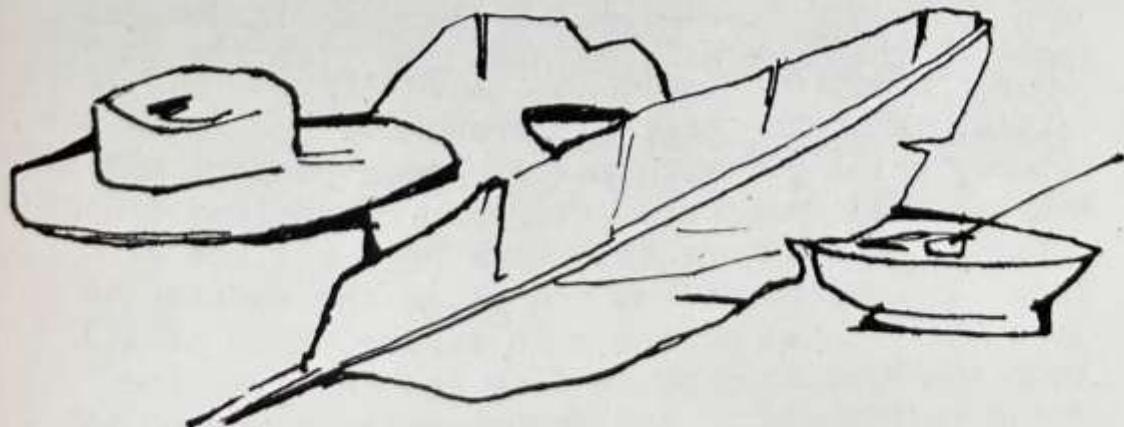
NORWEGIAN MEAT BALLS

1½ lbs ground round steak	1 T. corn starch
1 cup sweet cream	salt
1 egg	pepper

Method:

Beat above ingredients well together. Into about 1 quart boiling water, put one small chopped onion and $\frac{1}{2}$ cup celery. Use large frying pan. Drop meat from tablespoon into boiling water. Simmer until done about 1 hour. Thicken with cornstarch when ready to serve. Good and different.

----- Mrs. K. R. Myers



SPANISH KIDNEY

2 big beef kidneys (cut up pieces)
Bacon (cut up)
Thin sliced ripe tomatoes
Summer savory
Salt and pepper

Cut kidneys into small pieces, taking out white tubes. Wash well and soak in water over night in refrigerator. Arrange in layers in baking dish; tomatoes on bottom kidneys, salt and pepper; cover with cut up pieces of bacon. Sprinkle with summer savory. Cook under broiler for 30 minutes at 350 or until well done.

----- Jean Hamersley

ONION BURGERS

1 lb. ground beef
2 T. flour
1 can Campbell Onion Soup Mix

Method:

Brown 1 lb. beef in a heavy skillet, stirring to separate meat particle. Sprinkle 2 T. flour over the meat. Stir well until mixed with meat. Add 1 can onion soup. Cook until thoroughly heated and slightly thickened. Enough filling for 8.

----- Mrs. H. E. Padgett

SKEWERED STEAK AND MUSHROOMS

$\frac{1}{2}$ cup Burgundy	$\frac{1}{2}$ tsp. accent
1 tsp. worcestershire sauce	1 tbsp. vinegar
1 clove garlic	$\frac{1}{2}$ tsp. marjoram
$\frac{1}{2}$ cup salad oil	$\frac{1}{2}$ tsp. rosemary
2 tbsp. catsup	1 lb. steak
1 tsp. sugar	12 large mushrooms
$\frac{1}{2}$ tsp. salt	

Marinate steak and mushrooms in mixture for at least two hours. Alternate meat and mushrooms in skewers. Baste while broiling.

----- Jean Hamersley

SHISH KEBAB

1 leg of lamb (5 or 6 lbs)	1/3 cup sherry
$\frac{1}{2}$ lb. onions	2 tbsp. oil
1 tbsp. salt	1 tsp. oregano
$\frac{1}{2}$ tsp. pepper	

Bone lamb and cut in 1 inch squares. Mix meat with sliced onions and marinade overnight. Put meat on skewers. Broil until crisp on all sides.

----- Jean Hamersley

LIVER WITH SOUR CREAM

Cut calves liver in one inch pieces. Brown in butter with chopped onion. Cover with sour cream. Sprinkle well with paprika. Simmer 5-10 minutes.

----- Jean Hamersley

STUFFED HAM

3 lb. pecan shelled and ground
1 onion chopped fine
12-14 lb. ham, deboned
1 small can truffles cut up
2 bay leaves, 2 spring thyme
2 tsp. sage, 1 tsp. powdered cloves
 $\frac{1}{2}$ coffee spoon cayenne
1 wine glass madeira wine
The 3 lb. pecans is with shells, about $\frac{1}{2}$ shelled

Method:

Stuff ham and sew up - I wrapped mine in aluminum foil day before and then cooked it about 30 min. to lb. at 325.

----- Tommie Hatcher

CONTINENTAL LAMB

The small Australian legs of lamb in our commissary are ideal for this recipe. If the leg is too long for a Dutch oven or heavy kettle have the butcher whack off the tip of the bone and it can be added to the pot along side of the leg. Quickly brown lamb in 2 table spoons of lard over high flame. Mix together 2 table spoons of flour, salt and pepper, $\frac{1}{2}$ teaspoon of sage, 1 teaspoon rosemary and press into the meat with wooden spoon. Mix $\frac{1}{2}$ cup of wine vinegar, 1 minced garlic bud and $\frac{1}{2}$ cup of water and pour over meat with wooden spoon. Cover kettle and cook over low flame for $1\frac{1}{2}$ hours or until meat is tender. Add more water if necessary. Gravy is ready-made and parboiled potatoes may be added to the kettle for the last half hour of cooking.

----- Marge Davis

VEAL PECAN CASSEROLE

2 lbs. cubed veal
4 T. fat
2 cans mushroom soup
2 cans fried chow mein noodles
1 cup pecans buttered and salted
1 bunch celery diced
2 cups water or stock
 $\frac{1}{2}$ lb. fresh mushrooms or (one can)
salt and pepper
1 can water chestnuts

Brown veal and celery in fat. Add water and salt, simmer one hour. Sauté' mushrooms and pecans in butter and the salt. Add water chestnuts, add soup and noodles to above and bake in casserole $\frac{1}{2}$ hour. Decorate top with pecans. Serve extra chow mein noodles. Bake 350°. Serves 8.

----- Nancy Dodson

VEAL CURRY

About 2 lbs. of veal
2 cups of onions
 $\frac{1}{2}$ cup of butter
1 T. Curry Powder

About $\frac{1}{2}$ cup of flour
2 T. vinegar
1 cup apples

Cut veal in strips about $\frac{1}{2} \times \frac{1}{2}$ inch. Sear veal in frying pan without butter. Fry onions in butter until brown, add meat and curry powder, then cover with boiling water. Add apple cut in $\frac{1}{4}$ inch cubes. Cook slowly until meat is tender. Thicken with flour diluted with enough cold water to pour easily, then add vinegar. Serves about 6.

Side Dishes for Curry:

Coconut-browned onions chopped fine
Bacon-Fried crisp and chopped fine
Pickles chopped fine
Eggs, Hard Boiled
Yolks and whites separated and chopped fine
Peanuts chopped fine

VEAL SCALLOPINI

Have veal steak cut in small pieces salt and pepper. Saute' in butter. Slice fresh mushrooms and saute' with meat. Add juice of $\frac{1}{2}$ lemon, paprika. Add 1 large Tbs. of flour and mix well. Add 3 Tbs. of flour and mix well. Add 3 Tbs. white wine. Lower heat and cook for 10 minutes.

----- Jean Hamersley

SCHWEIZERSCHNITZEL

8 small veal cutlets
4 thin slices of ham
4 thin slices of cheese

Method:

Pound cutlets very thin, and place on half of the cutlets a thin slice of ham and a thin slice of cheese. Top with the rest of the cutlets. Roll in flour, then in beaten egg, and then in dry bread crumbs. Saute' quickly in hot fat to a golden brown on each side. Serves 4.

----- Dottie Buhler

SAUERBRATEN-GERMAN RECIPE

4-6 lb. pot roast (chunk or rump)	
2 onions, sliced	6 whole cloves
$\frac{1}{2}$ parsnip, sliced	12 pepper corns
2 carrots, sliced	12 juniper berries
2 bay leaves	2 tsp. salt

Place roast in earthenware bowl with above ingredients. Pour over this 1 quart red wine vinegar, that has been heated. Let marinate 3 days or more. Turn meat twice a day with wooden spoons, never pierce meat. Keep in a cool dry place. When ready to cook, drain meat and brown thoroughly in hot fat in heavy skillet. Add marinade with vegetables, but not enough to cover meat. Simmer slowly 3-4 hours or until tender or cook in pressure cooker 1 hour at 10 lb. Serve with boiled potatoes, sweet red cabbage. 8-10 servings.

----- Dottie Buhler

SAUERBRATEN GRAVY

$\frac{1}{4}$ lb. butter	1 cup marinade
1 tbsp. sugar	2/3 cup red wine
$\frac{1}{4}$ cup flour	

Melt butter, add sugar, and flour to make roux. Let darken as much as possible, stirring constantly. Slowly add the marinade, also the red wine and continue cooking until gravy is the consistency of heavy cream. Strain.

----- Dottie Buhler

BEEF "ROLL-UPS"

4 lbs. sliced round steak $\frac{1}{4}$ " thick
2 cups lightly toasted bread cubes or
crumbs
1/2 cup finely chopped celery
1/2 cup finely cut onion
1/4 tsp. Poultry seasoning
salt-pepper to taste
2 cans Cream Mushroom soup

Fry onions, celery, add seasoning, bread crumbs-cut meat slices in half-pound lightly-spread with stuffing and roll up. Hold together with tooth picks. Brown the "roll-ups", then put them in a casserole. Pour soup, which has been mixed with 2/3 cup water for each can, cover them for 1 hour at 300°. In-expensive, tasty filling and excellent warmed up for lunch the next day. Serves 8.

----- Jacque Law

BARBECUED SHORT RIBS

1 cup tomato juice	$\frac{1}{2}$ tsp. worcestershire sauce
1 tsp. salt	
$\frac{1}{2}$ tsp. pepper	1 tsp. brown sugar
2 cloves minced garlic	$\frac{1}{2}$ cup red wine
1 $\frac{1}{2}$ tsp. dry mustard	3 lbs. short ribs

Combine all ingredients except ribs and mix well. Add ribs and let stand overnight in refrigerator. Remove ribs and drain well. Barbecue over charcoal for 30 minutes. Baste frequently.

----- Ellen Hays

CHILI SPARERIBS

3 lbs. fresh ribs	3 T. Brown sugar
2/3 cup tomato juice	1 T. Horseradish
2 tsp. Worcestershire sauce	2 cups drained
1 tsp. Chili powder	cooked tomatoes
1 minced clove garlic	1 head cabbage
	salt pepper, flour,
	chopped onions

Method:

Dredge ribs with flour, salt and pepper. Place half the ribs in a casserole, cover with copped onions. Place remaining ribs on top of onions. Combine tomato juice, worcestershire, chili powder, garlic, sugar and horseradish. Pour over spareribs. Cover. Bake in moderate oven for three hours, basting frequently. Uncover during last four of cooking. Cut cabbage into eights. Place in with ribs. Place tomatoes between cabbage and ribs. Cook together for last hour until meat begins to fall from ribs and cabbage is done.

----- George B. Bell

BAKED PORK CHOPS

8 thick pork chops	1/2 cup rice uncooked
2 cans tomato sauce	2 T. salt
1 1/4 cup water	1/4 T. pepper
3 T. sugar	

Method:

Place 8 chops in a pan with hot fat. Brown, sprinkle with salt and pepper. Mix together in separate dish: tomato sauce, water, sugar, uncooked rice, salt and pepper. Stir this mixture over the chops, put in 350° oven. Cook 1 1/2 to 2 hours. This can also be cooked on top of stove in heavy frying pan.

----- Kathy Morris

CARACAS Lunch or Snack

1 can tomatoes seasoned with lump of butter and
chili powder, and heaping Tbsp. pepper.
 $\frac{1}{4}$ lb. chipped beef chopped fine
 $\frac{1}{2}$ lb. sharp cheese grated
3 eggs well beaten

Cook tomatoes and beef with seasoning 20-30 minutes.
Stir in cheese when well melted and add beaten eggs,
stir and serve on crackers. Serves 4

----- Nancy Dodson

BARBECUED BEEF

Unroll a 5-6 pound rolled rump roast and spread
with barbecue and minced onion. Sprinkle with salt
and pepper. Roll again and tie. Bake in oven
(325°) in $2\frac{1}{2}$ hrs.

For a quick Barbecue Sauce:

$\frac{1}{2}$ cup catsup
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. tabasco sauce
1/8 tsp. chili powder
1 cup water
 $\frac{1}{2}$ tsp. mustard
1 Tbsp. brown sugar or molasses

Slice and serve. Delicious served between slices
of hot buttered toast or in hot rolls.

----- Ester Hyland

SHRIMP LA MAZE

1 pt. mayonnaise	chopped chives
$\frac{1}{2}$ cup India relish	1 chopped egg
1 pt. chili sauce	5 lbs. green shrimp
1 Tbs. prepared mustard	

Mix in following order and chill: mayonnaise, chili sauce, egg, relish, mustard and chives (or onion tops) Clean shrimp, combine with chilled sauce.

----- Hazel Babler

SHRIMP AND MUSHROOMS

Melt in saucepan:

$1\frac{1}{2}$ Tbs. butter

Add

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

$\frac{1}{4}$ tsp. pepper

$\frac{1}{4}$ tsp. worcestershire sauce

dash paprika

Then add:

3/4 lb. mushrooms (2 small cans)

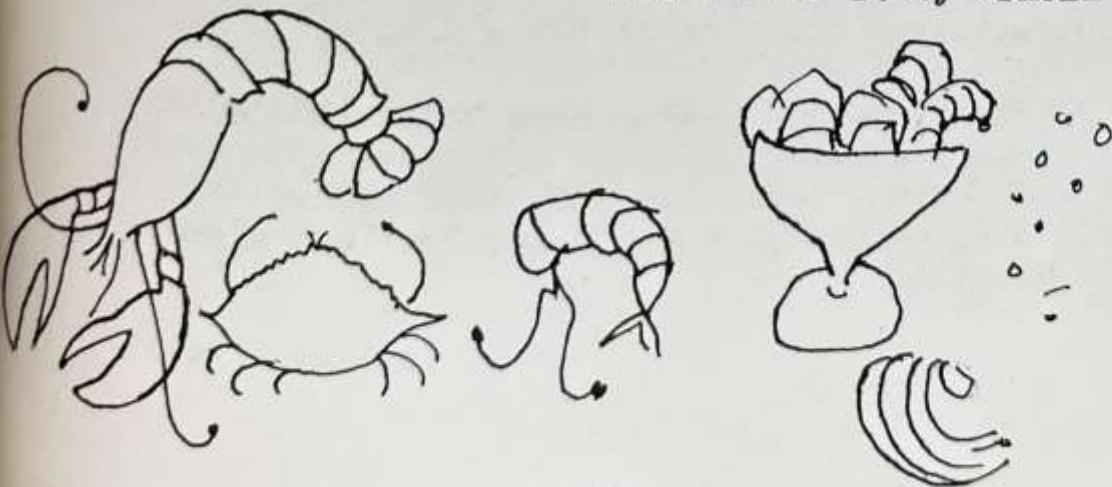
2 tsp. finely chopped onion

1 tsp. chopped parsley

2 tsp. grated parmesan cheese

Let simmer 10 or 15 minutes. Add 2 Tbs. flour and stir until smooth. Then add 3/4 cup rich milk and 2 lbs. shrimp. Fill large casserole with mixture and cover with buttered crumbs or crumbled corn flakes. Brown in oven quickly at 450°. Serves 6. Can be made ahead and put in refrigerator. I serve this over rice ----- but, of course.

----- Betty Arnold



FILET OF SOLE

Season 1 lb. filet of sole. Place in shallow baking dish. Dot with butter and sprinkle with minced onion. Bake at 350° for 20 minutes. Cover with the following sauce -- 2 Tbsp. butter, 2 Tbs. flour; add 1 Tbs. prepared mustard, 2 Tbs. parmesan cheese, $\frac{1}{2}$ tsp. worshestershire sauce, 2 Tbs. sherry. Sprinkle with paprika, brown under broiler and serve.

BAKED OYSTERS

1/4 lb. cracker crumbs	1/8 tsp. pepper
8 oz. fresh or canned oysters with liquid	4 Tbs. butter
1/8 tsp. salt	1/4 cup evaporated milk

Lightly grease 8 inch casserole with butter. Use half cracker crumbs to line dish. Put oysters with liquid on top of crumbs. Salt and pepper to taste. Dot with 2 Tbs. butter. Add remaining butter. Sprinkle evenly with milk. Bake at 350° for 30 minutes.

----- Jean Pine

SHRIMP LUNCHEON DISH

3 Tbsp. butter	1/2 cup mushrooms
1 onion, minced	1 $\frac{1}{2}$ cups shrimp, cleaned
1 green pepper, minced	1 tsp. salt
1 clove garlic	1 bay leaf
1/4 cup pimiento, minced	2 cups water
1 cup rice	

Melt butter in pan on medium high heat. Add onion, green pepper, garlic, pimiento and rice. Add mushrooms and shrimp. Add salt, bay leaf and water. Cover. When steaming, turn to low heat and simmer for 30 minutes.

----- Pauline Liedel

SCALLOPED SALMON LOAF WITH TOMATOES

1 can salmon (16 oz)	$\frac{1}{2}$ tsp. salt
2 cups soft bread crumbs	1 tsp. sugar
2 Tbsp. butter	$\frac{1}{4}$ tsp. paprika
$\frac{1}{4}$ cup chopped onion	1 tsp. Worcestershire
1 beat egg	sauce
	2 $\frac{1}{2}$ cups tomatoes

Drain salmon. Place ingredients in greased baking dish. The top may be sprinkled with grated cheese. Bake in moderate oven until brown.

-----Ethel Soike

BAKED FISH A LA WRIGHT

1 albacore (8-10 lbs)	2 bay leaves
1 onion chopped	1/8 tsp. each; oregano,
$\frac{1}{2}$ cup olive oil	savory, thyme, basil,
1 No. 2 can solid	celery seed
pack tomatoes	$\frac{1}{4}$ tsp. dry mustard
1 (8 Oz) can tomato	Dash tabasco
sauce	Salt and pepper to taste
1 Tbs. Worcestershire	
4 cloves mashed garlic	
1 cup muscatel wine	

Cut fish in about six crosswise slices, or if smaller, bake whole. Place in roasting pan or pyrex baking dish. Saute the onion in olive oil. Then combine with all remaining ingredients. Cover the fish with sauce and cook covered for about $1\frac{1}{2}$ hours, basting every 15 minutes. Lift the fish carefully from pan to a platter; cover with sauce from pan, garnish with parsley and serve. Take leftover fish (if any), remove bones, place in glass casserole with the remainder of the sauce and chill. It jells beautifully if left in the refrigerator overnight, and it will turn into a perfect mold. If any remains, pack into a jar and cover with wine vinegar. It makes a superb hors d' oeuvre.

----- Esther Hyland

BAKED LAPU-LAPU

3 Tbs. butter	1 large can tomatoes
3 fresh medium tomatoes	1 Tbs. lemon juice
4 Tbsp. shortening	1 tsp. salt
1 medium onion	$\frac{1}{2}$ tsp. pepper
	4-8 lb. fish

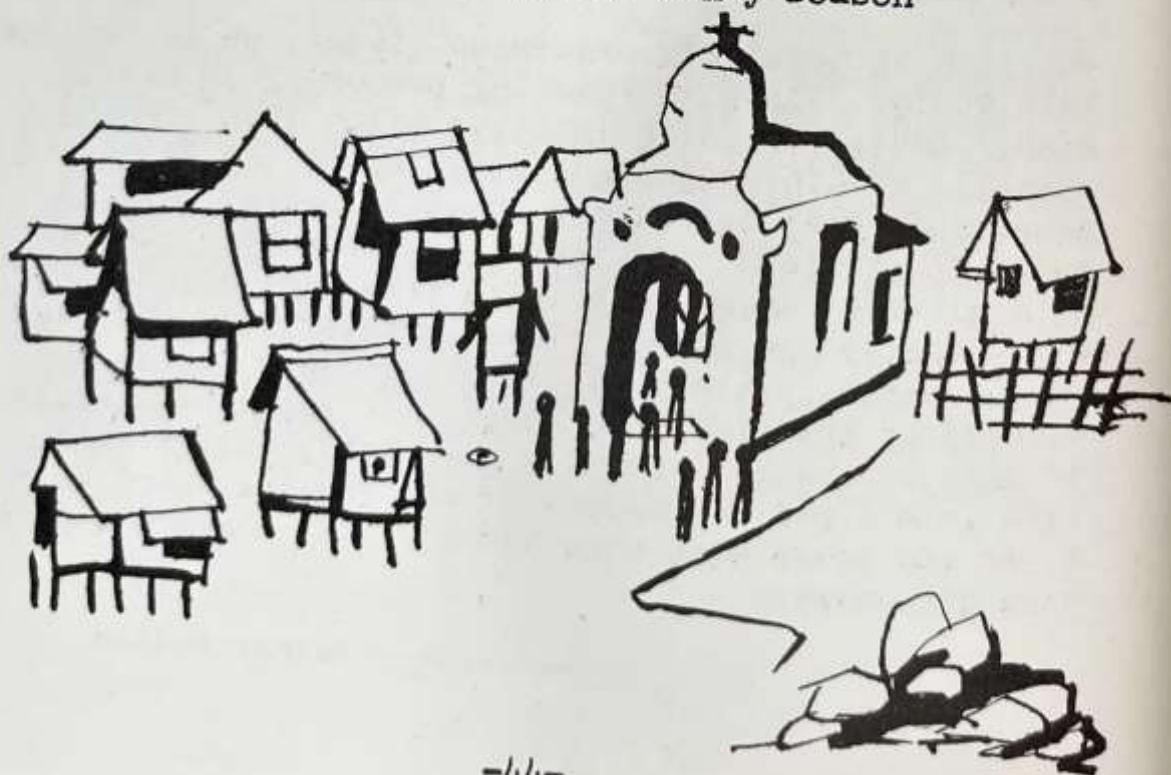
Brown first four ingredients in heavy frying pan. When cooked, add remaining ingredients and simmer 15 minutes. Pour over fish which has been prepared for baking. Bake at 300° for three hours, basting occasionally.

----- Mrs. E. L. Bowlin

CRAB IMPERIAL

1 lb. crab meat or two cans drained crab. 2 pimientos chopped. 1 sprig parsley, 2 slices crumbed bread. Salt to taste. $\frac{1}{2}$ cup mayonnaise. Mix well, sprinkle with paprika. Bake $\frac{1}{2}$ hour in hot oven.

----- Nancy Dodson



CHICKEN WITH WINE

7 or 8 large chicken breasts, cut in halves
2 cans cream of mushroom soup
1 large can mushrooms (or one box fresh mushrooms)
1/2 cup sherry
Cream
1 cup slivered almonds

Season; flour and then brown the chicken breasts and put into baking dish. Mix soup, mushrooms and wine and thin with cream. Pour mixture over chicken and sprinkle generously with paprika. Let set overnight or all day and top with mushrooms. Bake covered for one hour at 375. Add 1 cup slivered almonds. Good with baked browned rice.

----- Lois Evans

CHICKEN THIGHS-ROSEMARY

1 pkg. chicken thighs	A pinch of Rosemary
3 Tbs. olive oil or butter	3/4 cup sherry
2 cloves garlic	2 Tbs. flour (if gravy
1 cup hot water	is desired)

Brown chicken in olive oil with garlic. Add hot water to almost cover, then Rosemary. Simmer for $\frac{1}{2}$ hour, add sherry. Let simmer 15-20 minutes more. If thick gravy is desired, add flour slowly-- serve with rice.

----- Isabelle Wheeler

CHICKEN WITH WINE

1 young chicken (disjointed)	1 Tbsp. tomato paste
1 cup white wine	1/2 tsp. minced parsley
2 Tbsp. olive oil	
salt and pepper to taste	1 tsp. basil
2 Tbsp. water	1/4 cup butter
	1 Tbsp. flour

Combine wine, olive oil, salt, pepper, nutmeg, parsley and marinate chicken in this mixture for 4 hours. Pour into a buttered casserole, cover and simmer until tender. Make a thin paste of the flour and water and sprinkle over chicken, then add tomato paste. Shake casserole to mix - simmer until flour thickens. Serve from casserole. Serves four.

----- Kathy Morris

BARBECUED CHICKEN (VERY EASY)

1 large frying chicken	3 Tbsp. brown sugar
2½ cup tomato juice	2 Tbsp. vinegar
1 tsp. mustard	1 clove garlic (chopped)
1 tsp. worcestershire sauce	2 Tbsp. butter
salt and pepper	1 bay leaf

Cut fryer into pieces and arrange in shallow baking pan. Salt and pepper pieces and tuck onion slices in wings and under pieces. Add $\frac{1}{2}$ cup hot water and place in oven for one hour, uncovered. In meantime simmer tomato juice and other ingredients in saucepan. Add butter last. Simmer about 15 minutes. After chicken has baked 1 hour, add sauce and bake another hour. Serve with rice ring.

----- Phyllis Longnecker

SEAFOOD COCKTAIL SAUCE

21 oz. bottle of catsup
6 oz. bottle chili sauce
6 Tbs. Worcestershire sauce
1 cup Horseradish
Tabasco

Mix all ingredients well and let stand to blend flavors for 1 day before using. Makes 1 qt. sauce.

----- Cathy Sullivan

APRICOT CONSERVE

1 lb. dried apricots
1 orange
1 lemon
4 cups sugar
1 can crushed pineapple

Soak apricots overnight in water to cover. Bring to boil, then cook slowly until tender. Add grated rind and juice of 1 orange and 1 lemon. Add sugar and crushed pineapple. Cook about 10 minutes longer. Makes 3 pints.

----- Nan Papageorge



PAPAYA RELISH

1 green papaya (med size) grated fine
1 bell pepper (ripe) French cut
3 small hot peppers
1 cup vinegar
1 cup water
1 cup & 2 Tbs. sugar
1/2 tsp. salt
small root of ginger (thin French cut)
8 cloves of garlic (slice thin lengthwise)
1 dry onion (diced)

Put grated papaya in cold water and squeeze it well until it gets dry. Combine water, vinegar, sugar and bell pepper, hot pepper and onion. Heat to a boiling point. Then add the papaya. Boil it for a couple of minutes, cool, and put it in a sterilized jar. Makes 2 pints. Will last for several weeks if kept in the ice box.

----- Eleanor H. Keith

MANGO CHUTNEY

6 lbs. green mango, peeled and sliced
3 lbs. brown sugar
2 lbs. raisins
1 lb. chopped almonds
1/4 lb. fresh ginger, chopped
1/4 lb. salt
1/8 lb. garlic
1/2 of a 3 oz. bottle or can of red or green chili
peppers
1 qt. vinegar

Put all ingredients in a roasting pan in a 300° oven for 3 hours. Stir often so it won't stick to pan. Put in jars and seal while hot, or cool, put in plastic containers and freeze. Makes 11 pints.

----- Jacque Law

CHUTNEY ASPIC

1 pkg. lime jello
1 cup boiling water
1-1/2 cup unsweetened pineapple juice
1/2 cup orange juice
2 9-oz. cans crushed pineapple
1 cup chutney, finely chopped

Dissolve jello in water. Add liquids, pineapple, chutney. Chill until congealed, then stir so fruit will be evenly distributed. When thick, pour into molds and chill. Makes 9 servings. Good with cold ham or turkey. Serve with cottage cheese.

----- Mrs. K. W. Kyle

COLD STRING BEAN RELISH

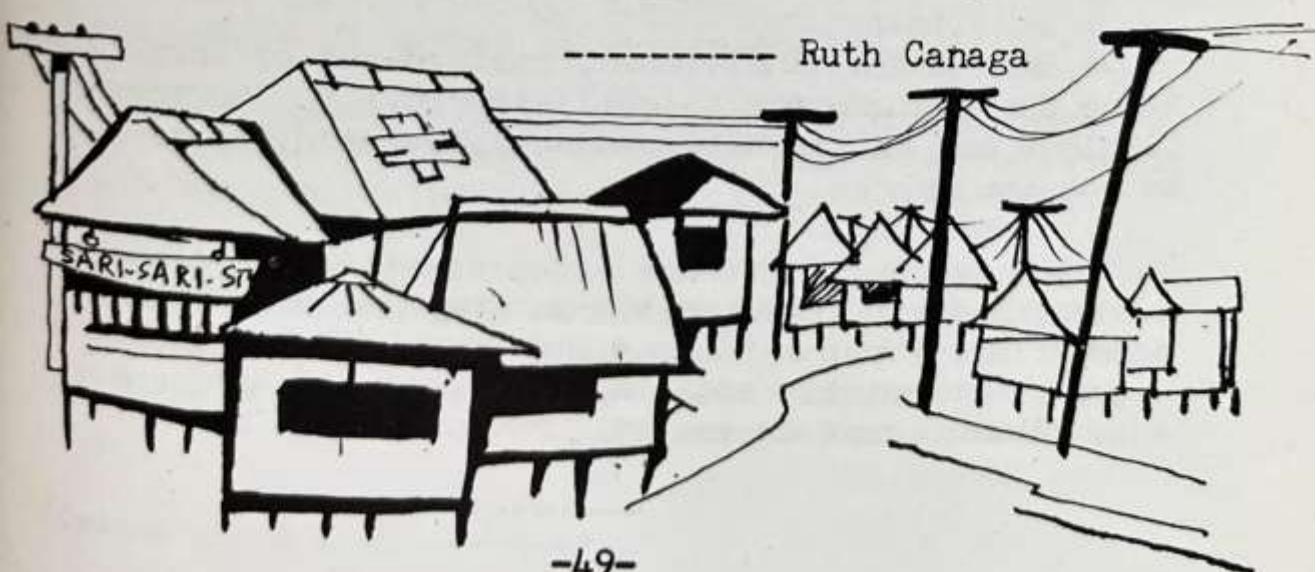
String and sliver beans
Cook in 2 Tbs. salad oil and salt
When done, drain off most of liquid and add:

Dressing: 1/2 cup sugar
1 tsp. dry mustard
1/2 cup vinegar

Add: 2 large onions sliced paper thin

Allow to stand several hours before serving.

----- Ruth Canaga



FRESH MANGO PICKLE

Use firm, ripe mangoes, peeled & sliced. Pour over mangoes, dressing made of vinegar, salt, sugar, black pepper (or finely cut little yellow peppers). This need not be kept any length of time before serving. Serve as a side dish for meats of all kinds.

----- Mrs. Henry Haskell

PANAMA'S MANGO JELLY

Use mangoes fully matured, but not the slightest bit yellow inside. Test by cutting one open. The ones turpentine flavor give a product more keyed to the adventurous palate, while the milder ones produce a jelly much like applesauce.

Wash mangoes. Parboil till skins. Pop (15-20 mins) open. Let them cool in colander until they can be handled. Peel, scrape all pulp off seed and skin with a silver spoon.

Put mango pulp through strainer, (potato ricer is best). Measure into a large bowl and add an equal amount of granulated sugar. The mixture will go watery. Beat with wooden spoon 1/2 hr. by hand or 20 minutes in a mixer. Mixture should be much stiffer now than it was. It will be pale green & fluffy.

Spoon into molds (individual, custard-cup or larger). Place in refrigerator to chill thoroughly. To serve, unmold - and if you have used a large mold, slice as you would cake.

This is a sweet, not to be eaten as we would gelatine desserts, or in large portions. Garnish with fresh mango slices or rosettes of whipped cream. You may add green vegetable coloring & a suspicion of Cinnamon, clove, anise or vanilla.

----- Mrs. Henry Haskell
-50-

GREEN MANGO CHUTNEY

3-1/4 cups sliced, peeled mangoes (about 7 small)
2-1/2 cups white sugar
1 cup brown sugar, firmly packed
1 cup cider vinegar
1/2 cup seedless raisins
2 Tbs. finely chopped garlic
4 Tbs. finely chopped green ginger or
2 Tbs. chopped dry ginger
1-1/2 tsp. salt
1-1/2 tsp. whole cloves
1-1/2 small dry red chili pepper

Combine mangoes, white and brown sugar. Lets stand overnight. In morning remove mangoes from syrup that has formed. To syrup add other ingredients. Snip off ends of peppers, shake out seeds, crumble peppers and add to syrup. Simmer 30 minutes, stirring occasionally. Add mangoes and continue cooking for 20 minutes. Pour into hot sterilized jars.
Yield 4 pints.

----- Lillian Wilson

STEAK SAUCE

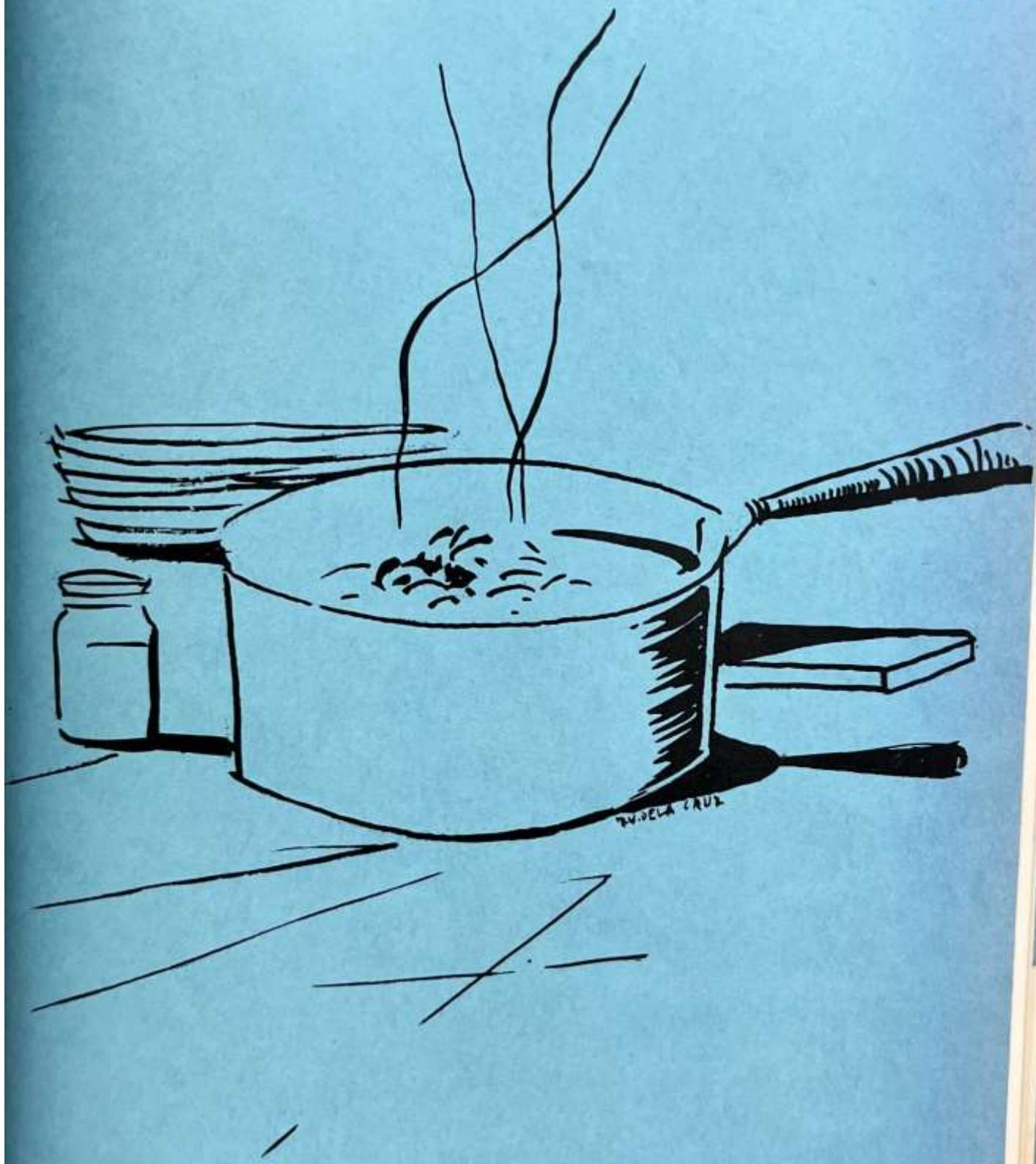
1/2 Tbs. dry mustard
Salt and pepper
1/8 cup olive oil
1/2 Tbs. Worcestershire sauce
Add couple of dashes of garlic powder

Put dry ingredients in small bowl or dish. Add olive oil gradually mixing thoroughly with dry ingredients. Add Worcestershire sauce and stir.

Take a good thick steak. Rub steak well on both sides with 1/2 clove of fresh garlic. Rub mixture on ingredients well into both sides of steak. Broil to taste and serve.

----- Lillian Wilson

casseroles



CASSEROLES

VEGETABLES

ORIENTAL DISHES

CAKES AND COOKIES

SOUFFLE

Melt 1 cup shredded cheese in 1 can mushroom soup, add 6 beaten egg yolks. Fold in 6 stiffly beaten egg whites. Bake 300° oven for 1 hour. Serve quickly.

----- Claire Varner

HOME-MADE NOODLES

Beat 1 egg, add 2 tablespoons milk, 1/2 T. salt, 1 cup flour. Mix well. Roll thin. Let stand 10 minutes. Roll jelly roll fashion. Slice and let noodles dry for several hours before cooking.

----- Claire Varner

LUCIOUS CREAMED EGGS

Combine 1 can mushroom soup with $\frac{1}{4}$ cup milk and heat. Add 4 sliced, hard cooked eggs and $\frac{1}{4}$ cup pimento, if desired. Stir gently. Serve hot and creamy on toast.

----- Claire Varner

HAMBURGER & STRING BEAN CASSEROLE

1 lb hamburger	1 small onion minced
3/4 lb pork sausage	2 Tsp. green pepper minced
3/4 cup bread crumbs	2 eggs beaten
1 small can cream corn	1 cup milk

Brown hamburger, pork sausage, green pepper and onion. Put in casserole. Add the corn, bread crumbs, milk and eggs. Mix well and salt and pepper to taste. Spread small amount of crumbs over the top. Bake

----- Ethel Soike

MORE

1 onion	1/2 cup processed rice
1 green pepper	salt
1½ lbs ground round	pepper
1 large can tomatoes	worcestershire

Slice onion and pepper and saute' in 4 Tbs. butter. Add ground meat and cook until brown. Add tomatoes, rice and salt, pepper, worcestershire to taste. Turn into casserole and cook covered for 1 hr. in 325°F. oven.

----- Benita Perabo



EGGPLANT CASSEROLE

Slice and peel eggplant. Dip in beaten egg and roll in crumbs to fry. Arrange layers of fried eggplant with onion slices, sharp cheese, dash of alspice, salt and pepper and tomato sauce. Bake until hot and cheese bubbles.

CHICKEN-CASHEW CASSEROLE

1 chicken
2 cans cream of chicken soup
 $\frac{1}{2}$ cup milk
1 large can chow mein noodles
1 small package cashew nuts

Stew chicken and break into small pieces. (Turkey or ham leftovers may be used in place of chicken.) Combine all ingredients (leaving $\frac{1}{2}$ cup noodles to sprinkle on top), and place in casserole. Heat in 325° oven (about 30 minutes.)

----- Jaye Fairchild

CHICKEN LIVER AND RICE CASSEROLE

$\frac{1}{4}$ c. butter or margarine	Cream of chicken can
3 T. minced onions	1 cup milk
2 cups rice (cooked)	1 T. chopped parsley
pinch basil	1 can mushrooms

Brown onions and chicken livers (rolled in flour) in butter or margarine. In a $1\frac{1}{2}$ qt. casserole combine rest of ingredients. Bake in a 375° oven until bubbly - cheese (grated) may be sprinkle on top.

BEEF CASSEROLE

1 large onion	1 (10 $\frac{1}{2}$ oz) can mushroom soup
3 stalks celery	$\frac{1}{2}$ cup of water
1 green pepper	$\frac{1}{2}$ T. salt
2 cups leftover pot roast	dash pepper
2 Tbs. butter or margarine	1 (3 oz) can chow mein noodles

Start your oven at 325° F. or slow. Cut onion, celery and green pepper coarsely. Chop leftover beef in small cubes. Cook beef in 1 Tbs. butter or margarine for several minutes (if using ground beef cook until brown) and transfer to a medium-size casserole. Put remaining butter or margarine in pan, toss in chopped vegetables and cook until limp. Stir in mushroom soup, water, salt, pepper and mix in with the beef. Cover and bake 30 minutes. At the end of this time remove cover, sprinkle surface with Chinese noodles and bake 10 min. longer. Serves 4. No leftover pot roast. Use 1 pound ground beef.

----- Ann Delinks

OXTAIL SAUTE'

Season and roll in flour. Brown oxtail in frying pan. Brown 4 onions. Add onions carrots, and can of tomatoes, chopped parsley and red wine to taste. Cook from 3-4 hours.

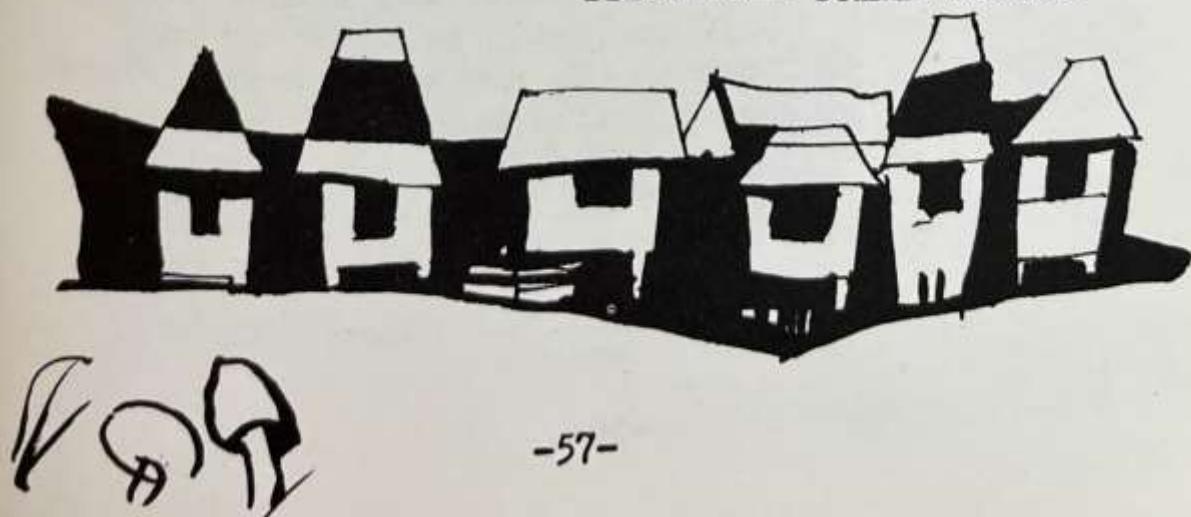
----- Cora Cruz

ITALIAN SPAGHETTI

2 lbs. of fine spaghetti
2 lbs. hamburger which has port added
2 cloves garlic 4 oz. olive oil
2 eggs 2 large onions
bread crumbs 2 large cans of tomatoes
1 green pepper 2 cans of tomato paste
pint of port wine
 $\frac{1}{2}$ lb. strong grated Italian cheese
Romano or Parmesan

Take hamburger and spread in deep dish, add eggs, 1 finely chopped onion and 1 clove of garlic chopped finely. Add 2 T bread crumbs, 4-6 oz. wine, and half of green pepper chopped fine. Mix thoroughly and add 2 T grated cheese while doing so. Then fix into meatballs. Meanwhile have a frying pan with other half of pepper and other onions and clove of garlic, browning said items slowly, in the olive oil. To this add meatballs till they are browned all over, and almost cooked thru. Then add all this, that means all the contents of the frying pan, oil and all, into a pot in which tomatoes and paste, and rest of wine has been heating slowly, add salt and pepper from time to time to taste. Sprinkle a T of cheese and then stir, from time to time. Sauce should simmer for at least 4-6 hrs. When sauce is ready, place spaghetti in another pot when water boils and only when it boils and add a handful of salt. When it is tender strain, and run under hot water to wash away starch-remove meatballs from sauce and add spaghetti to this and serve. Be sure to have bicarb ready. Serves 8

----- Tommie Hatcher



OVEN-SPANISH RICE

$\frac{1}{2}$ cup chopped onion	1 cup rice
$\frac{1}{2}$ cup chopped green pepper	$\frac{1}{2}$ tsp. salt
2 Tbsp. salad oil or melted fat	$\frac{1}{2}$ cup water
1-1 $\frac{1}{2}$ oz. envelope Spaghetti sauce mix	$\frac{1}{2}$ cup shredded American cheese
4 cups tomatoes	

Cook onion and green pepper in hot oil until tender but not brown. Stir in spaghetti sauce mix, tomatoes, rice, salt and water. Simmer 10 min. Place in greased 1 $\frac{1}{2}$ quart casserole, cover and bake in moderate oven (350°) 30 minutes or till rice is done. Sprinkle with cheese. Makes 4 to 6 servings.

----- Peg Hudspeth

SPAGHETTI PREFERRED

6 slices sliced bacon	1 cup grated carrot
1 $\frac{1}{2}$ lbs. ground beef	1 cup Consomme con- densed
1 cup chopped onion	4 small cans tomato paste
1 cup chopped celery	2 or 3 whole cloves
$\frac{1}{2}$ cup green pepper	$\frac{1}{2}$ teaspoon Paprika
1 clove garlic finely chopped	Salt and pepper to taste
1 small can sliced mushrooms	
$\frac{1}{2}$ cup chopped Parsley	

Fry bacon until browned. Add ground beef and fry slowly until it has browned, stirring frequently. Add all the remaining ingredients and simmer slowly until thickened. Cook spaghetti as directed on package until just tender (do not over cook). Place spaghetti on individual plates and top with generous portion of sauce. Sprinkle with grated Parmesan cheese and serve immediately. Garlic bread and tossed green salad complete this meal.

----- Clara Ustick

ENCHILADAS

2 cans Ashleys enchilada sauce
2 cans Ashleys tortillas
2 cans Gebhardts chili w/o beans
(add 1/3 c. water)
1 lb. ground round
2 lbs. grated cheddar cheese
2 large chopped onions

Saute' beef, add to chili. Dip tortillas in hot oil for a moment. Then, dip in enchiladas sauce. Fill tortillas with chili mixture, onions and cheese. Roll and skewer with toothpick. Top with remaining sauce, and chili. Sprinkle with onion and cheese. Heat until piping hot and cheese melts.

----- Jean Hamersley

FIESTA TAMALED PIE

3 T butter	2 T salt
3 T olive oil	2 T chili powder
1 small onion (minced)	20 to 24 pitted ripe
1 clove garlic (minced)	olives
½ lb pork sausage	1 cup cornmeal
1 lb ground beef	1 cup milk
1 can tomatoes	2 eggs (well beaten)
1 can whole kernel corn	1½ cups grated cheese

Heat the butter and oil in a frying pan and saute' the onion and garlic until golden. Add the ground beef and sausage meat and brown slightly. Put the tomatoes, corn, salt, and chili powder in a saucepan and simmer for 20 minutes. Let cool, then combine with the meat and pour into a shallow pan about 10 x 14 inches in size. Press olives into the mixture. Combine the cornmeal, milk, and well-beaten eggs and spread with a spoon over the filling. Sprinkle the grated cheese over the top. Bake in a moderate oven (350°) about 1 hour.

----- Elsie Mills

LASAGNE

1½ lbs ground beef	¼ T cayene
2 T olive oil	1 bay leaf
¼ cup chopped celery	½ T oregano
1 #2 can tomatoes	1/8 oz. pkg. lasagne
1 med. onion (chopped)	noodles
2 cans tomato paste	1 carton cottage cheese
1 clove mashed garlic	1 lb. mozzarella cheese
2 T. salt	1/3 cup parmesan cheese

Heat oil in skillet. Add onion, celery and garlic-saute'. Add beef and brown. Add tomatoes and paste and mix well. Add cayene, salt, oregano and bay leaf. Simmer 3 hours. When sauce is finished boil noodles until tender. Place a layer of noodles in casserole dish, then a layer of cottage cheese, layer of sauce and a layer of mozzarella cheese. Repeat until all is used up. Place grated parmesan on top. Broil until parmesan is melted and lightly browned.

ITALIAN MACARONI CASSEROLE

1 lb ground beef	1 can mushrooms
1 lb elbow or shell macaroni	salt, pepper, cayene
3 cans tomato sauce	to taste
1 med. onion	3 cups of water
	grated cheese

Saute' the ground beef and finely chopped onion slowly until done but not brown. Add mushrooms and tomato sauce and simmer about 15 minutes. Put cooked macaroni in large casserole dish, then add tomatoes-meat mixture and mix well. Sprinkle grated cheese on top and bake in 400 oven for 20 minutes.

----- Betty J. Riba

CHICKEN TETRAZZINI

Cut one stewing chicken weighing 4-5 lbs. into quarters. Cover with boiling water, and simmer gently until meat is tender. After chicken has begun to simmer, salt to taste. Let chicken cool in the broth and then cut the meat into fine strips. Return the bones and skin to broth, heat to boiling point, and simmer until only two cups of broth remain. Strain this and set aside. Slice very thinly $\frac{1}{2}$ pound peeled fresh mushrooms, using both caps and stems, and saute them in 3 Tbs. butter over a low flame until soft and lightly browned. Cook $\frac{1}{2}$ pound spaghetti in rapidly boiling water until just tender; drain and keep warm. In a saucepan, melt 3 Tbs. butter and blend in a Tbsp. flour. Stir it gradually into the chicken broth and continue to stir until it is smooth and thickened. Stir in 1 cup heavy cream and 3 Tbs. sherry. Add salt, pepper and a little nutmeg to taste, and cook over low flame, stirring, for 10 minutes. Mix half this sauce with the cooked mushrooms and spaghetti and pour it into a generously buttered baking dish. To the other half of the sauce add the strips of chicken. Make a hole in the center of the spaghetti mixture and pour into it the chicken. Sprinkle with $\frac{1}{2}$ cup grated parmesan cheese and brown lightly in a moderate oven.

----- Mardell Hoskins

CHICKEN-TOMATOES BARBECUED

2 pkgs. frozen chicken	1/4 cup chopped onion
2 Tbs. butter	1 Tbs. brown sugar
1 can tomato soup	1 Tbs. vinegar
1/4 cup sweet pickle relish	1 Tbs. worcestershire sauce.

Thaw chicken. Brown in butter, stir in tomato soup, sweet pickle relish, chopped onion, sugar, vinegar and worcestershire sauce. Cover and simmer 1 hour or until chicken is tender. 5-6 servings.

LASAGNE

1½ pkg. lasagne noodles
1 lb. ricotta cheese
2 pkg. mozzarella cheese
Tomato-meat sauce
Parmesan Cheese

Make your favorite spaghetti meat sauce. Be sure to use garlic, basil, and oregano and 1 T. sugar for flavoring in the sauce. Also, make it a bit thinner for lasagne.

Cook lasagne in 1 gallon of boiling salted water to which 1 tablespoon of salt has been added, until tender but biteable, about nine minutes. Drain thoroughly. Spread a thin layer of tomato meat sauce over the 10" x 13" x 2" baking dish. Arrange a layer of lasagne side by side over meat sauce. Spoon some cottage cheese over the lasagne. Cover with layer of grated mozzarella cheese, then a layer of tomato meat sauce. Continue alternating layers until pan is full. (about 4 layers) Top layer $\frac{1}{2}$ square coconut.

----- Phyllis Long-necker

SAUTI

1 Tsp. oregano	10 or 12 chopped onions
1 lb. rice	1 Tsp. salt
$\frac{1}{2}$ lb. butter	1 can mushrooms
3 bullion cubes	5 cups water (hot)

Brown rice in butter melt bullion in hot water, add rice scallions, salt mushrooms and oreganos and put in covered casserole and bake one hour. Serve with Roast Beef.

----- Wini Briggs

PLAIN TOMATO SAUCE FOR SPAGHETTI

3 Tbs. olive oil
1 clove garlic
1 small onion, chopped
1 can tomato paste
1 can Italian plum tomatoes
3 cups water
1/2 bay leaf
1/2 tsp. oregano
salt and pepper

Saute onion and garlic in oil until soft - use enamel or stainless steel pan. Add tomato paste, strained tomatoes (or mash the pulp) and water. Stir until blended. Add seasonings. Cook uncovered over low flame until thick - about 1 hour. Add meatballs or browned ground beef if desired.
Serves 6.

----- Pricilla Bauer

BARBECUE SAUCE

3 Tbs. dry mustard
2 Tbs. salt
2 Tbs. black pepper
1/4 lb. butter or margarine
1 pint vinegar
1 Tbs. sugar
2 Tbs. Worcestershire sauce
1 bottle catsup

Mix dry ingredients with enough vinegar to make a paste. Then stir in the rest and boil all together until as thick as desired. This will keep in the refrigerator indefinitely and is to be used sparingly. Only 1 tsp. on a pork chop is enough.

----- Mary Ellis

SWEET AND SOUR PORK CHOPS

4 large pork chops	1 med. sliced green pepper
2 T. flour	1 med. sliced onion
1 T. salt	2 T. molasses
1 can (4 oz) mushrooms	2 T. soya sauce
2 T. vinegar (wine)	

Method:

Flour and salt meat and then brown in fat. Drain mushrooms and save liquid then add enough water to make $1\frac{1}{4}$ cups liquid. Add liquid, mushrooms, green pepper, onions, molasses, soya sauce, and vinegar to browned pork chops. Cover and cook for 1 hr over low heat or in a low oven. Bake until heated through about 45 minutes. In oven about 350° F. Serve over fluffy rice. Serves four people.

----- Trudi Nelson

HAMBURGER-HARVEST CASSEROLE

1 lb ground chuck	1/3 cup flour
1 cup minced onions	1 pkg. corn
2 $\frac{1}{2}$ cups can tomatoes	1 pkg. lima beans
1 Tbs. Worcestershire	1 green pepper (slivered)
2 Tsp. salt	1 $\frac{1}{2}$ cups american cheddar
2 cups potatoes (thinly sliced)	cheese (grated)

Heat oven to 375° F. Combine chuck, onion, tomatoes, worcestershire, and salt. Pat into 1" layer in 3 qt. casserole. On top place in layers, potato, flour, corn, lima beans, then green pepper, Bake, covered 45 minutes then sprinkle with cheese; bake uncovered 30 minutes longer or until vegetables are tender.

----- Elsie Mills

INDIVIDUAL CHICKEN POT PIES

2/3 cup butter	2 cups light cream or milk
3/4 cup chopped celery	3 cups chopped chicken or turkey
1/2 cup chopped onion	1 cup cooked or canned peas
1/2 cup flour	2 Tbs. chopped pars- ley
1 tsp. salt	2 cups flour
1/4 tsp. pepper	2/3 cup shortening
2 tsp. celery salt	1 tsp. salt
2 cups turkey or chicken stock	5-6 Tbs. cold water

Melt butter in a saucepan over low heat. Add onion and celery and cook about 5 minutes or until soft and lightly browned. Blend in flour, salt, pepper, and celery salt. Add stock and light cream slowly, stirring constantly. Continue stirring and cook over low heat until thickened. Remove from heat. Add chicken or turkey, peas, and parsley. Pour into greased individual casseroles and top with pastry. To make pastry, sift flour, salt. Cut in shortening until mixture resembles coarse corn meal. Add water gradually and blend just until particles hold together. Form pastry into a ball, then roll out on lightly floured board to 1/8" thickness. Cut into rounds to fit individual casserole tops. Make a standing rim around edges and cut gashes in top to permit escape of steam. Bake at 425 for 20 - 25 minutes or until lightly browned. Serves 6 - 8 and only 600 - 800 calories per serving. Very good!

----- Olga Valdivieso

PIZZA

1 pkg. hot roll mix	$\frac{1}{2}$ lb mozzarella cheese
6 tbsp. oil	Oregano
1 clove garlic	1/3 cup grated cheese
3 cans tomato sauce	
1 large can tomatoes	

Mix up hot roll mix and put aside to rise. Heat oil in big frying pan. Add garlic and remove when brown. Brown onions and then add tomato sauce and tomatoes. Add a small amount of oregano, cover and let simmer for several hours. Roll out dough to fit pizza pan and roll as thin as possible. Pour mixture over the dough and slices of mozzarella cheese, grated cheese and more oregano. Bake in 450° oven for fifteen minutes, lower to 325° for twenty more.

----- Ann Wright

MOCK RAVIOLI

1 $\frac{1}{2}$ T mixed herbs	1 can mushrooms
2 medium onions	1 lb ground meat
1 clove garlic	salt and pepper to
1 can hot sauce	taste
1 can concentrated tomato paste	
1 $\frac{1}{2}$ cups of water	

Pour olive oil in pan and saute onions, garlic and meat, add tomato sauce and paste, water and herbs, salt and pepper and simmer for two hours.

$\frac{1}{2}$ cup salad oil	$\frac{1}{2}$ cup grated cheese
1 $\frac{1}{2}$ cups cooked spinach	1 T sage
1 cup bread crumbs	1 T salt
$\frac{1}{2}$ cup minced parsley	4 beaten eggs
1 clove garlic	

Mix above ingredients thoroughly in bowl.

MOCK RAVIOLI

(Continuation)

Cook 1 pound bow-tie macaroni. In large greased baking dish, put layer of cooked paste, then layer of spinach mixture, then meat sauce. Repeat and finish with meat sauce. Bake 30 to 40 minutes in moderate oven. Will make 8 generous servings.

----- Cle Sotelo



vegetables



VEGETABLES

RED CABBAGE

1 head red cabbage	2 Tbs. butter
1-1/2 apples	2 Tbs. sugar
1/2 cup water	1 pinch salt
	2 Tbs. vinegar

Shred cabbage. Mix rest of ingredients and add to cabbage. Cook until tender.

----- Mildred Honking

MYRTLE'S CARROT PUDDING (STEAMED)

1/2 cup shortening	1 cup flour
1 cup grated raw carrots	1 cup sugar
1 cup grated raw potatoes	1 cup raisins
1/2 tsp. ground cloves	1 tsp. soda
1/2 tsp. nutmeg	1 tsp. cinnamon
1 tsp. baking powder	1/2 tsp. salt
	1 cup coarsely chopped walnuts

Sift all the dry ingredients together and add raisins, carrots, potatoes, nuts. Melt shortening and add, mixing thoroughly. Pour into a buttered steam mold, cover, place on a rack in boiling water and steam for 2-1/2 hours. Serve hot with hot vanilla sauce. A clean one pound coffee can with lid can be used as a mold.

----- Clarice S. Selby

QUICK PICKLED BEETS

1 No. 2 can beets	1/4 tsp. salt
1/3 cup vinegar	6 whole cloves
1 slice onion	1 stick cinnamon
1 Tbs. Brown sugar	3 whole peppercorns

Drain the liquid from the beets into a sauce pan. Add vinegar, sugar, onion, salt and spices. Simmer for 10 minutes, strain and add beets. Serve warm or chilled. Serves 5.

----- Jean Hamersley

BAKED CABBAGE

1 head cabbage	1 cup milk
1 Tbs. butter	1/4 tsp. salt
1 Tbs. flour	1/8 tsp. pepper
	corn flakes

Cut cabbage leaves in small pieces and boil in well salted water for 20 minutes. Drain and put in casserole. Blend flour and butter. Add milk gradually. Add salt and pepper and cook until thickens. Pour over cabbage and mix well. Cover with corn flakes. Bake in medium oven about 1/2 hour.

----- Ethelyn Waltermann

SCALLOPED POTATOES WITH SAUSAGE

1/2 cup chopped onion	1/4 cup green pepper
2 Tbs. butter	2 Tbs. pimiento
1 can cream of celery soup	3/4 cup Am. cheese
1/3 cup milk	1 (12 oz.) pkg. sau-
3 cups diced cooked potatoes	sage (ready-to-eat)

Cook onion in butter till tender but not brown. Stir in soup and milk; heat. In 1-1/2 quart casserole, combine potatoes, green pepper and pimiento. Slice half the sausage links, add to potatoes. Pour soup over, top with shredded cheese. Arrange remaining sausage on top. Bake in moderate oven (350°) about 30 minutes.

----- Peg Hudspeth

SPINACH

3 pkgs. frozen spinach	1 can mushroom soup
1/2 cup sour cream	

Blend in Waring Blender and heat. Garnish with hard boiled eggs.

----- Sue LeRoy

CREAMED SPINACH

1 pkg. cream cheese (3 oz.)	2 Tbs. chives or onions
1/4 cup table cream	2 pkgs frozen spinach

Beat cheese until light. Stir in cream and finely chopped chives. Cook spinach and drain. Pour over cream cheese mixture, toss lightly and serve.

----- Patricia Burfield

BAKED ZUCCHINI

4 to 6 zucchini
2 to 3 tomatoes

Olive oil
Parmesan cheese

Wash zucchini and slice thin. Butter a casserole and fill with layers of zucchini, tomatoe slices, salt, pepper, parmesan cheese and a little olive oil. Cover and cook at 350° for 1 hour or until soft.

----- Benita Perabo

PANAMA BAKED PAPAYA

Use a mature but green papaya. Cut in portions, take out seeds but do not peel. Dot with butter, sprinkle with sugar and cinnamon. Bake in pan with 1/2" water in bottom of pan. Bake 35 mins. in oven at 350° F.

Lemon juice and salt can be used rather than sugar and spice. This gives a very different taste to the papaya. Both are good served as a Vegetable.

----- Mrs. H. Haskell

PANAMA RICE & PEAS IN COCONUT CREAM

2 cups liquid from green coconut
1 cup rice
1 tsp. salt
1/2 cup jelly from coconut
1/2 cup cooked peas

Remove liquid from green coconut, and use as liquid to cook rice in. Scrape jelly from inside coconut, and add to rice when half cooked. Cook one-half hour, covered (total cooking time). Add cooked peas, turn off heat, & let stand 5 mins. until peas heat, and rice is fluffy.

RICE WITH BANANAS

2 T. olive or salad oil	1 cup rice
1 clove garlic	1 T. salt
1 chopped onion	pinch pepper
1 T. chopped green pepper	2 cups stock

Heat olive oil, add and brown garlic, onion, pepper. Add 1 cup rice, fry until golden. Add salt, pepper and stock. Cover; simmer 18 minutes. Serve with fried bananas. Garnish with fresh peas. The above recipes along with a green salad make a delightful meal.

----- Wilma Althouse

RICE PILAF

1½ c. rice (do not wash)	
½ stick cups (boiling hot broth)	
½ T. accent	
½ scant c. finely chopped parsley	
¾ scant c. chopped green onions	
¾ c. finely chopped celery	
¾ c. finely chopped carrots	

The vegetables can be chopped in morning and kept in refrigerator in covered containers. Set oven 350° and put empty casserole in the oven. When the broth is boiling not in a separate saucepan, put butter to melt in frying pan. When this is sizzling hot, put rice into the pan stirring constantly until the rice is hot to the touch. When the rice and the butter are bubbling hot, remove the casserole from the oven, put the hot rice into the hot casserole, then pour the hot broth over all. Cover, return to oven. Allow 45 minutes for cooking time; 10 min. before serving, take casserole out of oven. Stir the rice well, add chopped fresh ingredients and nuts. Return to oven for 10 min. Serve. Makes 6 to 8 servings.

----- Mary McComb

STRING BEANS IN SOUR CREAM

1 pkg. green beans	1 Tbs. chopped parsley
2 Tbs. butter	1 tsp. minced onion
2 Tbs. flour	1 tsp. salt
1 cup milk	1/3 cup sour cream

Cook beans in a little boiling salted water until almost tender. Drain. Melt butter in sauce pan, stir in flour, add milk gradually and cook, stirring constantly, until mixture has thickened and bubbles. Add chopped parsley, onion and salt. Add cooked beans to white sauce and simmer 5 minutes or until beans are tender. Stir in sour cream and serve.

----- Sue LeRoy

KIDNEY BEANS

1 No. 10 can kidney beans
1 lb. ground beef
1 can Hormel chili w/o beans
1 small vial garlic flakes
3 small cans Del Monte Tomato sauce
1 pound onions
1/2 cup water
1 Tbs. salt
1 bottle Heinz catsup
1 bottle red wine
1 Tbs. sugar
pepper and Worcestershire sauce to taste

Take a drink of wine to keep the onions out of your eyes. Peel and dice onions. Place in a covered stew pan with the 1/2 cup water. Simmer until onions become translucent. Crumble up meat and add to onions. Cook until meat is done. Take another drink from the wine bottle. Add all remaining ingredients plus remainder of the wine about 1 cup. Heat but do not boil. Serve hot. Serves 25. Best Beans I ever ate.

----- Patricia Brufield
-74-

CORN FRITTERS

1 cup flour	2 beaten eggs
3/4 tsp. salt	2 tsp. shortening
1 tsp. baking powder	1/4 cup milk
1-1/2 cups drained whole kernel corn	

Sift flour, salt and baking powder. Mix eggs and milk, add dry ingredients and mix smooth. Melt shortening. Stir in corn and shortening. Drop from tablespoon into deep hot fat. Drain on absorbent paper. Good with potted or roast beef.

----- Cele Krakow

EGG PLANT COUDAL

4 egg plant (medium)	1 clove garlic
4 slices bacon	1 green pepper
1 onion (medium)	2 celery sticks
1 tsp. salt	2 Tbs. Soya sauce
	salt and pepper to taste

Peel egg plant and cut into slices on the diagonal. Cut bacon into pieces and brown. Add slices of egg plant, as well as clove of garlic, and all the cut-up pieces of green pepper, onion, clery, and salt. Let simmer for about 20 minutes, until egg plant is tender, then add Soya sauce, stir and serve.

----- Cele Krakow

EGGPLANT CREOLE

1 can tomatoes	2 Tbs. melted butter
1 egg plant (medium)	1 small onion
1 beaten egg	cracker crumbs
1 cup bread crumbs	grated cheese

Cut pared egg plant in 1 inch cubes and par boil 8 minutes. Drain. Saute onions in butter. Combine. Put in greased casserole dish and spread with cracker crumbs and sprinkle with grated cheese. Bake 30 minutes. Serves 4 generously.

----- Marge Davis

PEAS & ONIONS

1 pkg. peas	1 lb. onions (small)
1 can mushroom soup	

Cook peas and onions separately. Drain and combine with mushroom soup. Heat and serve.

----- Sue LeRoy



FRIED APPLES

5 lbs. red cooking apples
1 lb. bacon
2/3 cup sugar
nutmeg (optional)

Fry bacon, take off half the fat, put aside. Slice apples, as for pie, do not peel. Place apples in 2 quart frying pan, cover and cook slowly for 20 minutes or until mushy. Uncover, turn heat to medium. Add sugar and cook 10 minutes more. Serve with hot biscuit and bacon. Serves 4.

----- Ferne M. Signor

VEGETABLE CASSEROLE

1 can asparagus	3 sticks celery
1 can mushroom soup	2 or 3 eggs
1 can peas	crumbs

Place all ingredients in a casserole in layers. Sprinkle top with crumbs. Heat until bubbly.

----- Dottie Buhler

ARTICHOKE, SPINACH, CARROT RING OR SOUFFLE

2 Tbs. butter	1/2 cup warm milk
2 Tbs. flour	3 egg yolks, beaten
1-1/2 cup vegetable pulp	3 eggs white, whipped

Blend flour and butter over low flame, add gradually warm milk. Add vegetable pulp. Salt and pepper to taste. Add egg yolks and fold in egg whites. Pour in buttered baking dish or greased ring mold. Set in pan of hot water and bake at 350° for 40 mins.

----- Jean Hamersley
-77-

oriental dishes



ORIENTAL DISHES

CHICKEN AND PORK ADOBO

1 broiler (about $1\frac{1}{2}$ lbs.) cut into 6 - 8 pieces
2 lbs. pork (preferably a cut with considerable fat) cut into 1-inch cubes
1/2 cup vinegar
4 cloves garlic
2 Tbs. soy sauce
1/2 tsp. salt
1/4 tsp. pepper
2 Tbs. lard or drippings

Place chicken and pork in a saucepan and add vinegar, garlic, soy sauce, salt and pepper. Bring to a boil and simmer until meat is tender (approximately 45 minutes). Remove meat and drain, reserving liquid. Sauté meat in shortening until well browned. Strain liquid if desired, and return to saucepan.

Meanwhile, mash or grind the chicken liver and add to the liquid in the saucepan. Add the browned meat to the liquid and mix carefully to avoid breaking up the meat. Add more salt and pepper if needed. Keep hot until ready to serve with boiled rice. Yield 6 - 8 servings.

----- Bernice B. Peeler

PASTRY WRAPPERS FOR LUMPIA

1 lb. cornstarch
6 eggs
2 cups milk

Blend eggs with milk; gradually add to cornstarch to make a smooth batter. Slightly grease a heavy 8 inch skillet and heat. Pour about 6 teaspoons of mixture into skillet and tilt skillet so batter makes thin layer. It takes about 1 minute for batter to set. When it does, remove from skillet and start again. Grease skillet only before cooking first wrapper.

----- Mrs. K. W. Kyle

LUMPIA FRITO

1 medium onion, minced	2 Tbs. Soy Sauce
1 lb. ground pork	Other vegetables like
or	chopped celery, 2 Chopped
1 cup cooked shrimp	green onions, or fresh
1 cup or 1 can bean sprouts	peas may be used.
1/2 tsp. Accent	

Saute in 2 Tbs. of shortening 2 cloves of garlic if desired, then saute chopped onion and ground pork or shrimp. Add vegetables and soy sauce and Accent. Then cool mixture. Wrap mixture in lumpia wrappers, sealing edges with a little cold water. Fry quickly in deep fat (380°) until crisp and done. Serve with your choice of soy sauce, sweet and sour sauce, or hot mustard.

----- Esther Hyland

SAYOTE (PHILIPPINE SQUASH)

Peel sayote, cut in half, remove center, boil until you can stick a knife through it. Make a thick cream sauce as follows:

3 Tbs. butter
4 Tbs. flour
1 cup milk

Melt butter, add flour and blend. Add milk, cook over low heat until thick, stirring constantly.

Put sayote in baking pan, cut sides up. Pour cream sauce over them, grate some cheese over each. Bake at 350° until cheese begins to brown.

----- Mary Ellis

TRINNINGS' ARROZ VALENCIANA

1 cup each of chicken, beef, pork, shrimp
4 cups cooked rice
1/2 cup tomato sauce
1 Tbs. minced onion
Garlic, if desired
1 small can peas
Few slices pimiento
2 hard-boiled eggs
salt and pepper

Saute bits of meat until light brown, remove from pan. Saute the minced onion (and bruised garlic) until tender and clear. Add tomato sauce, meat, and cooked rice with enough water to moisten. Cook well. Add peas 10 minutes before serving. Season with salt and pepper. Garnish with pimiento and hard-boiled eggs sliced.

----- Mary Ellis

CHICKEN TENOLA

1 Stewing chicken
1 medium green papaya
2 bay leaf
Generous piece of ginger root
Several whole black peppers
Salt to taste

Cook chicken (cut up), ginger root, bay leaf, salt and pepper until chicken is tender. Peel and cut papaya into medium sized pieces. When chicken is tender, add papaya and cook about 20 minutes.

----- Cel Bradley

HAWAIIAN SHRIMP CURRY

6 Tbs. butter	1 Tbs. curry powder
1 tsp. minced onion	2 tsp. ginger
6 Tbs. flour	1 $\frac{1}{2}$ Tbs. lemon juice
2 cups milk	1 $\frac{1}{2}$ lbs. shrimp
1 cup cocoanut milk or (1 cup milk plus 1 Tbs sugar)	1 $\frac{1}{2}$ cups uncooked rice

Melt butter, add onion and saute until limp and golden. Stir in flour; add milk and cocoanut milk and cook until sauce is thickened. Blend in curry powder, ginger, lemon juice. Add shrimps and cook over boiling water at least 30 minutes before serving. Meanwhile prepare rice.

2/3 cup of each condiment:

chopped peanuts, chopped crisp bacon, mango or apricot preserves or orange marmalade, chopped hard cooked egg, shredded cocoanut, chopped green pepper, chopped green or ripe olive, chopped preserved ginger, and chutney. Condiments are considered essential - others at your discretion.

----- Pat Burfield

TUNA CHOW MEIN

3 oz. can chow mein noodles	1/4 lb. cashew nuts
1 can mushroom soup	1 cup celery, diced
3/4 water (cup)	3/4 cup chopped onion
1 can tuna	

Set aside 1/2 can chow mein noodles. Combine remaining noodles with next six ingredients. Add a dash of salt. Sprinkle reserved noodles over top. Bake 40 mins. in 325° oven. Chicken may be used in place of tuna.

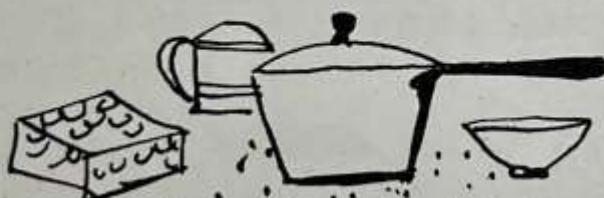
----- Marie Cameron

SWEET SOUR SPARERIBS (CHINESE)

2 lbs. Pork spareribs cut in 2" pieces
1 tsp. salt
1 Tbs. fresh ginger root finely chopped or
1 Tbs. dried ginger root soaked in 2 Tbs. water
2 Tbs. soy sauce
1/4 cup cornstarch
3/4 cup vinegar
3/4 cup water
1 cup sugar

Combine spareribs with salt, ginger and soy sauce. Let stand 1/2 hour. Add cornstarch to soy mixture to make a smooth paste and rub over spareribs. Fry them a few at a time in deep fat, turning frequently to keep them from sticking together. Fry until they are brown and drain. Combine the remaining cornstarch and soy mixture with the vinegar, water and sugar. Add to the spareribs and simmer for about 1 hour or until the pork is tender.

----- Helen Norton



CHOP SUEY

1 clove garlic (crushed)
1 cup sliced onion
1 cup sliced celery
1/2 cup sliced Bell pepper (1-inch strips)
1 cup sliced cabbage (1-inch strips)
1 cup boiled shrimp (chopped in halves)
1 lb. pork shoulder (boiled and chopped)
1 small box chicken livers (boiled and chopped)
1/2 cup sliced carrots
1/2 pkg. chinese brown noodles
5 Tbs. soy sauce
1 whole sayote (cut in 1-inch strips)
pinch of salt and pepper to taste

Brown garlic in skillet with small amount of shortening; add onions, celery, pork shoulder, shrimp, bell peppers, carrots, sayote, cabbage, chicken livers, and soy sauce. If ingredients are too dry add broth from pork shoulder. Cook all ingredients from 20 to 25 minutes, then add noodles - or set aside vegetables and cook noodles in same skillet with a small amount of water with Accent salt. Put noodles on platter in center and vegetables around them.

----- Mary Holleman



SUKIYAKI

Prepare this dish at the table in true fashion of Japan. The meat and vegetables are cooked in a skillet with a zesty sauce. (I use an electric skillet). Be careful not to overcook the vegetables as they should be crispy. Serve with fluffy rice and hot tea.

Cooking time -- 30 minutes
Yield ----- 8 servings

1-1/2 lb. sirloin steak cut in thin diagonal slices
about 2-inches long and 1/2 inch wide
2 Tbs. salad oil or
1 piece of suet
1/4 cup sugar
3/4 cup soy sauce
3/4 cup wine (optional)
1/4 cup water or mushroom stock
2 medium onions, sliced thin
1 green pepper, sliced in thin strips
1 cup sliced celery (sliced diagonally into 1-1/2" strips)
1 can (10 $\frac{1}{2}$ oz) bamboo shoots sliced thin
1 can (8 oz) mushrooms sliced thin
1 bunch green onions cut in 1" length, with tops

Heat oil or suet in skillet. Add meat and brown lightly. Mix sugar, soy sauce, wine and mushroom stock. Add half of this to the meat. Push meat to one side of pan and add sliced onion, green pepper and celery. Cook a few minutes. Add remaining soy sauce liquid, bamboo shoots and mushrooms. Cook 3 to 5 minutes. Add green onions and tops. Cook 1 minute. Stir well and serve immediately.

----- Mardell Hoskins

QUICK SHRIMP CURRY

3 lbs. green shrimp
3 cans mushroom soup
3 cans B & B sliced mushroom plus liquid
2 cups uncooked rice
6 tsp. curry powder

Cook rice 15 minutes in large amount of rapidly boiling, salted water. Drain, do not rinse.

Cook shrimp in seasoned water

Combine soup, mushroom juice and curry powder, blending well.

Add: Cooked shrimp, cooked rice & mushrooms. Put in lightly greased casserole. Cover and heat in 300° oven one hour until bubbling hot. Serve with chutney. Serves 6.

All ingredients, except rice, may be combined early in the day. Chill. Add rice when needed and heat longer if mixture is very cold.

----- Eleanor H. Keith

CURRY OF SHRIMP

Sauce: 1 large onion, small bunch of celery, both cut fine. 1 firm apple, 1/2 can tomato paste, 3 carrots (medium) cut small, 1 Tbs. chopped parsley, 1 bay leaf cut up, 1 can mushrooms.

Melt 4 oz. butter in pan and add chopped vegetables. Cook over slow fire until soft. Sprinkle 2 Tbs. flour and blend. Add slowly 1 cup of chicken broth or consomme. When it thickens add 1 cup Sauterne wine, stirring constantly. Season with salt and pepper, add curry powder to taste (2Tbs.). Cook slowly 1/2 hour and add one cup of cream and 1-2 lbs. cooked shrimp. Serve on rice - especially good with wild rice.

----- Nancy Dodson
-86-

CURRY SAUCE

1 fresh coconut, finely grated	1 finely chopped
1 qt. milk, scalded	fresh ginger root
1½ Tbs. butter	1 Tbs. curry powder
1 large onion, finely chopped	1/2 tsp. brown sugar
1 clove garlic, minced	4 Tbs. flour

Add coconut meat to scalded milk and let stand 1 hour. Strain through cheesecloth bag and squeeze until coconut meat is dry. Melt butter, add chopped onion, garlic and ginger and saute until lightly browned. Add curry powder and sugar; mix well. Stir in flour. Gradually add the milk squeezed from the coconut meat, stirring constantly. When ready to serve, add salt to taste. If added too soon the mixture may curdle. Makes 1 quart.

Serve sauce with shrimp, crab, lobster, hardcooked eggs or chicken, in a huge nest of flaky, snowy rice, surrounded by relish dishes or in shells filled with chutney, chopped crisp bacon, chopped green pepper, grated coconut and chopped peanuts.

----- Pat Burfield

CHO FON (CHINESE FRIED RICE)

3 cups cooked rice
2 strips bacon, cut fine
3 eggs, slightly beaten
 $1\frac{1}{2}$ cups cooked meat (chicken, ham, shrimp, pork)
2 Tbs. green onions, cut fine
1 small can bean sprouts
1/2 cup sliced mushrooms
2 Tbs. soy sauce
Salt and pepper to taste

Fry bacon until slightly brown. Remove bacon and fry beaten eggs until hard. Add cooked rice, fry 5 minutes, stirring constantly. Add all other ingredients and seasonings. Mix thoroughly and cook 10 minutes.

-----Mrs. K. W. Kyle

CHICKEN IN PINEAPPLE

1 cup curry sauce
1 cup medium white sauce
2 cups diced chicken
4 tsp. crushed pineapple
1 cup chopped hard boiled egg
2 tsp. chopped onion
Salt Accent

Combine ingredients and let simmer for 20 minutes. Can be served in halved, scooped out pineapple shells.

SATE SAUCE (1 QUART)

13 oz. jar peanut butter

4 tsp. Wesson oil

Brown peanut butter in oil. Then add:

1 cup brown sugar and continue to brown. Add:

6 cloves garlic (mashed fine)

9 drops tabasco sauce or 10 hot peppers

1/2 cup grated fresh ginger

1/2 large bottle of soy sauce (first class)

Cook well; if too thick, thin with hot water.
Strain after cooking.

SATE STICKS

Prawns, shrimps, fish, beef, pork or chicken.

Marinate in 1 Tbs. each soy sauce, Lee & Perin
Sauce, Wesson oil, and calamansi, 3 drops tabasco
sauce, salt and pepper. Place on sticks. Brush
the sticks slightly with Sate Sauce before cooking
over charcoal and baste while cooking.

LECHE PLAN

1 qt. coffee cream or "half and half"

12 egg yolks

5 Tbs. sugar

grated rind of 1/2 lime

juice of 1 lime

1 cup sugar for caramelized syrup

Scald cream in top of a double boiler. Beat egg
yolks and sugar together; pour cream very slowly
over egg mixture, stirring constantly. Add lime
rind and juice. Caramelize the cup of sugar.
With the caramelized syrup, thoroughly coat the
sides and bottom of a 2-quart baking dish. Pour
in the cream mixture. Set the baking dish in a
pan of hot water. Bake in a moderate oven (350°)
about 1 hour or until a silver knife inserted in
center comes out clean. Serve very cold. Yield
8 - 10 servings.

-----Bernice B. Peeler

cakes and cookies



SCOTCH SPICE CAKE
A prize winner

1/2 cup quick-cooking rolled oats
1/3 cup boiling water
3/4 cup undiluted Pet Milk
1-1/4 cup sifted flour
1/2 tsp. soda
1 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. cloves
1/2 cup raisins
1 cup firmly packed brown sugar
1/4 cup sugar
1/2 cup Crisco
2 unbeaten eggs

Combine rolled oats, water and milk. Sift flour, soda, salt and spices; stir in raisins and nuts. Set aside. Gradually add sugar and brown sugar to shortening, creaming well. Blend in eggs one at a time, beating well after each. Stir in oatmeal mixture. Add dry ingredients gradually; mix thoroughly. Turn into 9 x 9 x 2" pan, well greased and lightly floured on the bottom only. Bake in 350° oven 50 - 60 minutes. Cool, frost.

FROSTING

1-1/2 cups sifted confectioners' sugar, 1/2 tsp. vanilla
2 Tbs. soft butter, 1 to 2 Tbs. hot coffee.

Add sifted confectioners' sugar to butter, creaming well. Blend in vanilla and coffee until of spreading consistency.

----- Claire Varner

BUTTERMILK CAKE

5 eggs	1 cup butter
3 cups sugar	1/2 tsp. soda
3 cups flour	1 Tbs. hot water

Dissolve 1/2 Tbs. hot water and 1/2 tsp. soda. Then add to the balance of the mixture. Bake at 350° from 45 mins. to 1 hour.

----- Mary Holleman

MILE-A-MINUTE CUPCAKES

1/2 shortening	1/2 tsp. soda
1 cup sugar	1/2 cup cocoa
1 egg	1/2 milk (cup)
1-1/3 cups flour	1 tsp. vanilla
1/4 tsp. salt	1/2 cup hot coffee
1 tsp. baking powder	

Thoroughly cream shortening and sugar; add egg and beat well. Add flour sifted with salt, baking powder, soda and cocoa alternately with milk and vanilla. Add coffee. Fill greased cupcake pans 2/3 full. Bake in moderate oven (375°) for 20 minutes. Cool. Makes 1½ dozen.

----- Ilene Berry



CRUMB CAKE

2 cups brown sugar
2 cups flour
1/2 cup shortening
1/2 cup walnuts or cocoanut
or a little of both

1 cup sour milk
1 tsp. soda
1/2 tsp. salt
1 egg, beaten

Mix brown sugar, flour and shortening to consistency of pie crust mix. Add walnuts and cocoanut and salt. Take 1/2 cup of the mix out for top and to remainder add 1 cup milk. Add beaten egg and 1 tsp. baking soda in a little warm water. Put in 8 x 12" pan and put crumb mixture over the top. Bake in a moderate oven 30 mins. In this climate I have to use 1 tsp. of baking powder as well as the soda.

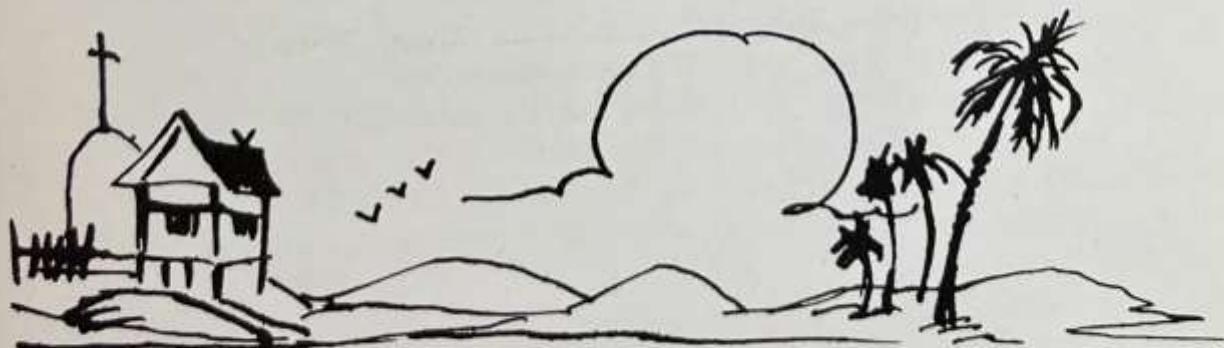
----- Ethel Soike

COFFEE CRUMB CAKE

2 cups flour
2 tsp. baking powder, rounded
 $1\frac{1}{2}$ cups sugar
3/4 cup butter (or half shortening and half butter)

Rub together these ingredients until fine. Set aside 3/4 cup to put on top of cake. Beat 2 eggs until light. Add 3/4 cup milk and mix together and spread in pan. Put the 3/4 cup crumbs over tops. Bake 30 mins. at 350 or until top is light brown.

----- Claire Varner



RAISIN-SPICE CUPCAKES

2 rounding Tbs. shortening
3/4 cup sugar
1 egg
1-1/2 cups sifted flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg

Simmer 1 cup raisins in 2 cups water until only 1/2 cup liquid remains. Cream shortening and sugar; beat in egg. Add dry ingredients alternately with raisin liquid and raisins. Bake 20 minutes at 375 - 400°.

----- Ilene Berry

BANANA BUTTER FROSTING

1/2 cup mashed ripe bananas
1/2 tsp. lemon juice
1/4 cup butter
 $3\frac{1}{2}$ cups sifted confectioners' sugar

Mix together bananas and lemon juice. Beat butter until creamy in mixing bowl. Add sugar and bananas alternately, a small amount at a time, beating until frosting is light and fluffy. Makes about $2\frac{1}{2}$ cups of frosting - enough to frost top and sides of 8 x 8 x 2" cake or tops of two 9-inch layers, or 18 to 20 cup cakes.

----- Anna Ives

TROPICAL CAKE

$\frac{1}{2}$ cup shortening
1 cup sugar
1 egg
 $1\frac{1}{2}$ cups flour

1 tsp. soda
pinch of salt
3 mashed bananas
4 Tbs. sour milk

Cream shortening and sugar slightly. Add egg. Sift together dry ingredients and add alternately with milk and bananas. Bake 30 to 40 minutes in greased pan in 325° oven. While still hot, add icing and run under broiler.

ICING

Melt 4 Tbs. brown sugar. Add 2 Tbs. butter, 1 Tbs. canned cream, $1/2$ cup fresh grated coconut and $1/2$ cup cut-up nuts.

----- Nan Papageorge

TROPICAL CAKE

3 cups Brazil nuts	$\frac{3}{4}$ cup sugar
2 ($8\frac{1}{2}$ oz. pkg.) pitted dates	$\frac{1}{2}$ tsp. salt
1 cup drained marischino cherries	3 eggs
$3/4$ cup sifted all purpose flour	1 tsp. vanilla
1/2 tsp. baking powder	

Start oven at $275 - 300^{\circ}$, grease a $9\frac{1}{2} \times 5 \times 2\frac{1}{2}$ " loaf pan and line with wax paper.

In large mixing bowl dump in the whole brazil nuts, dates and cherries. Sift flour, sugar, baking powder, and salt over fruit and nuts and mix thoroughly until all fruit and nuts are coated. Put eggs in separate bowl and whip until foamy, add vanilla and pour over fruit and nuts until thoroughly mixed. Pour into loaf pan. This mixture is very runny on account of the small amount of flour. Bake $1\frac{1}{2}$ hour. Allow to cool before removing from pan. Slice thin as it is very rich.

----- Lil Gunderson

GERMAN CAKE

2-1/2 cups flour	4 eggs, separated
2 cups sugar	1 pkg. German chocolate or 2 Tbs. cocoa
1 cup margarine or butter	1 tsp. soda
1 cup buttermilk	pinch of salt

If German chocolate is used, melt and allow to cool.
If cocoa is used, add to dry ingredients. Cream
butter and sugar, add egg yolks, flour and salt.
Add buttermilk to which the soda has been added.
To this add the stiffly beaten egg whites, folding
them in gently. Bake at 350°.

ICING

1 can milk (tall)	1 cup sugar
1 cup nuts, chopped	3 egg yolks
1 cup cocoanut (flakes)	2 Tbs. butter

Add mixtures together, after beating the egg yolks
with the butter. Cook the above mixture in double
boiler for 20 mins. or until thick. Then cool and
spread on cake.

----- Mary Holleman

CHOCOLATE FUDGE UPSIDE DOWN CAKE

3/4 cup sugar	1 tsp. baking powder
1 Tbs. butter	1-1/2 Tbs. cocoa
1/2 cup milk	1/2 cup chopped nuts
1 cup flour	3/4 cup brown sugar
1/4 tsp. salt	1/4 cup cocoa
	1-1/4 cup boiling water

Cream sugar and butter, Add milk and stir. Sift
dry ingredients and add to first mixture. Put in
baking dish. Sprinkle nuts on top. Mix brown sugar
and cocoa and sprinkle on top of nuts. Pour over
all of this the boiling water. Bake 30 or 40 mins.
in 350° oven. Serve with whipped cream.

----- Betty Arnold
-96-

DATE PUDDING CAKE

1 cup sugar	1 cup chopped dates
1 Tbs. butter	1 tsp. baking soda
1 egg, well beaten	1 cup hot water
3/4 cup flour	1/2 to 1 cup nuts

Cream sugar and butter. Add beaten egg. Combine dates, hot water and soda and add alternately with flour. Add nuts. Mixture will be very thin. Bake 30 minutes at 350°. Serves 8. Top with whipped cream.

----- Trudy Nelson

CHOCOLATE CAKE

2 cups regular flour	4 Tbs. cocoa
1 cup sugar	1 tsp. salt
1-1/2 tsp. soda	1 cup water
1-1/2 tsp. baking powder	2 tsp. vanilla
1 cup mayonnaise	

Measure dry ingredients in a bowl. Add mayonnaise, water, and vanilla. Stir just enough to mix. Bake in two 8 inch pans lined with wax paper for 35 mins. in a 350° oven. Cool some before removing from pans.

FROSTING

2 cups sugar	1/2 cup cocoa
1/2 cup milk	1/2 cup butter

Bring to a boil and cook one minute in a rolling boil. Set to cool and beat until thick. (If it gets too thick, add some cream and reheat)

----- Dorrie Fitchett

DREAM COOKIES

1 cup flour	1 cup brown sugar
1/2 cup butter	1 cup nut meats
2 eggs	2 Tbs. flour
1 cup coconut	

Mix flour and butter as for pie crust and pat into the bottom of a 9" pan. Bake 10 mins. at 400°. Beat eggs and add coconut, brown sugar, nuts and flour. Mix and spread on top of crust (carefully). Bake about 20 mins. at 375°. Cut in small squares after cooling.

ICE BOX COOKIES

1 cup brown sugar	1/2 tsp. each nutmeg,
1 cup white sugar	cinnamon, salt
1 lb. butter	1½ cups pecans, cut
2 eggs	fine
1 tsp. soda	1½ tsp. vanilla
1 tsp. baking powder	
3 cups flour	

Mix - roll in waxed paper and chill. Slice thin and bake quickly in hot oven.

----- Tommie Hatcher

CHEWY BROWNIES

1 cup melted butter, 2 cups brown sugar, 2 eggs,
1 cup flour, 1 cup chopped pecans, 1 tsp. vanilla.
Mix in that order and pour in ungreased pan about
1/3" deep. Bake in hot oven 20 - 25 minutes. Cut as
soon as removed from oven. Store in tight container.

----- Nancy Dodson

CHOCOLATE DROP COOKIES

1 cup sugar	
1/2 cup shortening	3/4 cup milk
1 egg	1 tsp. vanilla
3 squares chocolate, melted	2 cups flour 1/2 tsp. soda

Cream sugar and shortening; add egg, milk, vanilla and soda. Stir a little bit, then add flour and melted chocolate. Add nuts. Bake 12 mins. at 375°.

----- N. Coltrin
E. Ocampo

HAWAIIAN FILLED COOKIES

2/3 cup shortening	1 tsp. lemon peel
2/3 cup sugar	2 cups flour
2 eggs	1 1/2 tsp. baking powder
1 tsp. vanilla	1/2 tsp. salt
	1 cup pineapple filling

Cream shortening, and sugar. Add eggs; beat well. Stir in vanilla and lemon peel. Sift flour, baking powder and salt together. Stir into creamed mixture. Chill. Roll out on lightly floured board 1/8" thick. Cut dough with 2 1/2" cutter. Place half the circles on an ungreased baking sheet. Spread filling to edges. Cut slits in remaining circles and place over filling. Seal with a fork. Makes 30 cookies. Bake 9-10 mins. at 400°.

FILLING

Cook 1/4 cup sugar, 1 Tbs. cornstarch and 1 cup crushed pineapple until thick. Cool.

----- Georgia Bruch

RAGGEDY ANN COOKIES

1/2 cup butter	1-1/2 cups flour
1 cup sugar	1/2 soda (tsp)
2 unbeaten eggs	1 cup raisins
1 tsp. vanilla	4 cups corn flakes
	1/2 cup coconut

Cream butter or any shortening with sugar, add well beaten eggs, vanilla, sift flour & soda together, add to mixture, add raisins, then corn flakes but do not crush. Then coconut. You may also add choc. bits. Bake in 400° oven about 10 minutes.

----- Jan Spurling

FUDGE CAKE

2 oz baker's choc	1/2 cup spry
1 cup flour	1/2 boiling water
1 cup sugar	1/4 sour milk or butter-milk
1 tsp salt	
1 tsp soda	1/2 tsp vanilla
	1 unbeaten egg
	1/4 baking powder

Pour boiling water over choc. squares that have been cut up. Cool - combine flour, sugar, salt, soda, baking powder into bowl containing choc. mixture. Drop in spry, beat 200 strokes, add milk, vanilla and egg. Beat 100 strokes. Bake in 8 x 8 tin 350° oven about 25 to 30 mins.

----- Jan Spurling

OATMEAL REFRIGERATOR CRISPS

1 cup shortening	1-1/2 cup flour
1 cup brown sugar	1 tsp. salt
1 cup granulated sugar	1 tsp. soda
2 eggs	3 cups quick oats
1 tsp. vanilla	1/2 cup chopped nuts

Thoroughly cream shortening and sugars. Add eggs and vanilla. Beat well. Sift together flour, salt, and soda, add to creamed mixture and stir in oats and nuts. Form dough in rolls 1-1½ in diameter. Wrap in waxed paper. Chill thoroughly, don't freeze. Slice 1/4" thick. Bake on ungreased cookie sheet until slightly browned at 350° for 10 minutes. Makes 5 dozens.

----- Lucy Shimkus

JUMBO RAISIN COOKIES

1 cup water	1 tsp. baking powder
2 cups seedless raisins	1 tsp. soda
1 cup shortening	2 tsp. salt
2 cups sugar	1½ tsp. cinnamon
1 tsp. vanilla	1/4 tsp. nutmeg
3 eggs	1/4 tsp. allspice
4 cups flour	1 cup chopped nuts

Boil raisins and water five minutes and cool. Cream shortening and sugar. Add eggs and beat well. Add vanilla and cooled raisin mixture. Sift dry ingredients together and add. Blend well. Add nuts and chill. Drop by teaspoonful on a greased floured baking sheet. Bake 12-14 mins. in 400° oven. Makes 5 dozen.

----- Lucy Shimkus

FRUIT CAKE COOKIES

1/4 cup butter	1/2 tsp. cloves
1/2 cup brown sugar	1/2 tsp. cinnamon
1/3 cup tart jelly	1 lb. chopped pecans
2 eggs	1/2 lb. chopped candied cherries
2 tsp. soda	1/2 lb. chopped candied pineapple
1 $\frac{1}{2}$ T milk	1/2 lb. chopped candied citron
1 $\frac{1}{2}$ cup sifted flour	1 lb. raisins
1/2 tsp. allspice	
1/2 tsp. nutmeg	

Cream butter and sugar. Add jelly and eggs. Dissolve soda and milk and add to creamed mixture. Sift flour with spices. Add 1/2 of flour mixture to shortening-sugar mixture. Add remaining flour to pecans and fruits. Add fruit mixture to batter and stir well. Drop from spoon onto a greased and floured baking sheet. Bake in 300° oven for 30-40 minutes. Ripen like fruit cake. Yields 12 dozens.

----- Tommie Hatcher

CHOCOLATE OATMEAL COOKIES

1/2 cup butter
3 heaping Tbs. cocoa
1/3 cup milk
2 cups sugar

Heat butter, cocoa, sugar and milk in pan. After butter melts, cook for 1 minute. Add 3 cups quick-cooking oatmeal. Drop by teaspoonful on waxed paper. Cool. Yields approximately 3 dozen.

----- Peggy Wakefield

BUTTERBALLS

1/4 cup sugar	1 Tbs. lemon juice
1/2 cup butter	1 cup flour
1 egg, separated	1/2 cup cornflakes, rolled
1/2 tsp. vanilla	12 candied cherries
rind of 1/2 lemon	

Cream butter and sugar well. Add egg yolk and flavoring. Beat. Add flour and beat until very light. Cover bowl and place in ice box overnight. Roll into tiny balls, approximately 50. Dip balls into slightly beaten egg white. Roll in chopped nuts. Place on buttered tins one inch apart. Press bit of cherry on top of each. Bake 30 mins. at 350°.

----- Ardis H. Baastad

ALMOND COOKIES

1/4 lb. butter
1/4 lb. shortening (1/2) cup
1/2 cup sugar
1 tsp. almond extract
2-1/4 cups flour
cherries or colored sugar crystals

Preheat oven to 350°. Mix shortening and butter, stir in sugar. Add almond extract and flour until blended. Shape in tiny balls, using about 1 tsp. of mixture. Place on cookie sheet. Make small indentation in center of each and place cherries or colored sugar. Bake for 25 minutes.

----- Olga Valdivieso

CHRISTMAS CRESCENT COOKIES

1/2 lb. butter
2 cups unbleached (Ceresota) flour
2 cups chopped pecans
5 Tbs. sugar
2 tsp. vanilla
1 tsp. water
1/2 tsp. salt

Cream butter and add sugar, vanilla and water.
Sift flour and salt together and stir into mixture.
Add pecans, mix thoroughly. Using portions about
size of a small walnut, roll into crescent shaped
cookies. Bake in slow oven (350°) about 20 mins.
While warm, roll in powdered sugar.

----- Evelyn Sessums

UNUSUAL OATMEAL COOKIES

1 cup butter and shortening	1 tsp. soda
2 cups brown sugar	1 tsp. salt
1 egg	2 tsp. baking powder
1 tsp. vanilla	1-1/2 cups rolled oats
1 cup shredded cocoanut	1 cup chopped walnuts
2 cups shifted flour	

Cream shortening and sugar together until fluffy;
add egg and vanilla; beat well. Sift flour with
baking powder, soda, salt. Gradually stir in
rolled oats, cocoanut and walnuts, mixing sized
balls on greased baking sheet. Bake at 375 about
12 minutes.

----- Cel Bradley

FROSTED CHOCOLATE COOKIES

1 cup brown sugar	1 egg
1/2 cup melted shortening	1/2 tsp. soda
1/2 cup milk	2 squares chocolate, melted
1-1/2 cups flour	1 cup chopped walnuts
	1 tsp. vanilla

Mix all ingredients together. Drop by the teaspoonful on greased cookie sheets about $1\frac{1}{2}$ inches apart. Bake 10 - 15 minutes in 350° oven.

FROSTING

1 whole egg, 3 cups powdered sugar, 2 squares melted chocolate. Beat together in mixer. Frost while cookies are warm.

----- Jacque Law

GRAHAM CRACKER BARS

20 graham crackers
1 pkg. chocolate bits
1 cup nuts
1 can Eaglebrand milk
pinch of salt

Crush graham crackers fine. Add chocolate bits, chopped nuts, salt and milk. Mixture will be very thick. Pour into well-greased pan (8 x 8") and bake 45 minutes at 350°. Cut in squares and remove from pan while warm.

----- Bobby Muirhead

BUTTER-PECAN COOKIES

1 cup margarine or butter
2/3 cup brown sugar
1 egg
2 cups sifted flour
pecan or almond halves

Cream butter and brown sugar. Beat in egg yolk. Add flour and mix well. Chill dough slightly. Form in 1-inch balls. Put on ungreased cookie sheets about 2 inches apart. Flatten with back of floured fork. Top each cookie with pecan or almond half. Bake at 375° for 12 - 15 minutes until slightly browned.

----- Jacque Law

SNICKER DOODLES

1 cup shortening	2 tsp. Cream of Tartar
1-1/2 cup sugar	1 tsp. soda
2 eggs	1/2 tsp. salt
2-3/4 cups flour	

Cream all and roll into balls about the size of a walnut. Roll each in mix of 2 Tbs. sugar and 2 Tbs. cinnamon. Bake at 400° for 8 - 10 mins. on ungreased cookie sheet.

----- Patricia Mitchell



HEAVENLY BLISS

1-3/4 cups flour
1 tsp. soda
1 cup butter
1 cup brown sugar
1-3/4 cups oatmeal

Date Filling:
1 pkg. dates
1/2 cup sugar
1 cup water
Boil together until thick

Crumble first mixture all together and pat half down in oblong pan. Then spread with date filling and put remaining crumb mixture on top. Bake at 400° from 24 - 30 minutes then cut into squares.

----- Ethel Soike

DATE BARS

1/4 cup butter
3/4 cup sugar
1 egg
1-1/3 cup Bisquick
1/2 cup chopped nuts
1 cup cut-up dates

Heat oven to 350°. Mix thoroughly butter, sugar, and egg. Stir in Bisquick, nuts and dates. Bake 25 minutes in greased 8" square pan. Cool about 1 hour. Cut in bars and roll in confectioners' sugar.

----- Hazel Babler

ALMOND COOKIES

3/4 cup sugar
1/2 cup shortening (lard)
2 cups flour, sifted
1/2 tsp. salt

Melt lard in large frying pan. Mix together sugar, flour, salt. Add to melted lard and stir until smooth and a light brown color. Cool. Form into a roll and cut into 1-inch slices. Press an almond on top of each slice. Cook in a slow oven until firm and golden brown.

----- Mrs. K. W. Kyle

GINGERSNAPS

Mix together:

3/4 cup butter
1 cup sugar
1 egg
1/4 cup dark molasses
2 cups sifted flour

Sift together and add:

2 tsp. soda
1/4 tsp. salt
1 tsp. cinnamon
3/4 tsp. cloves
3/4 tsp. ginger

Form into balls the size of walnuts. Bake 10 - 12 mins. at 375°. Cover with confectioners' sugar.

----- Jean H amersley

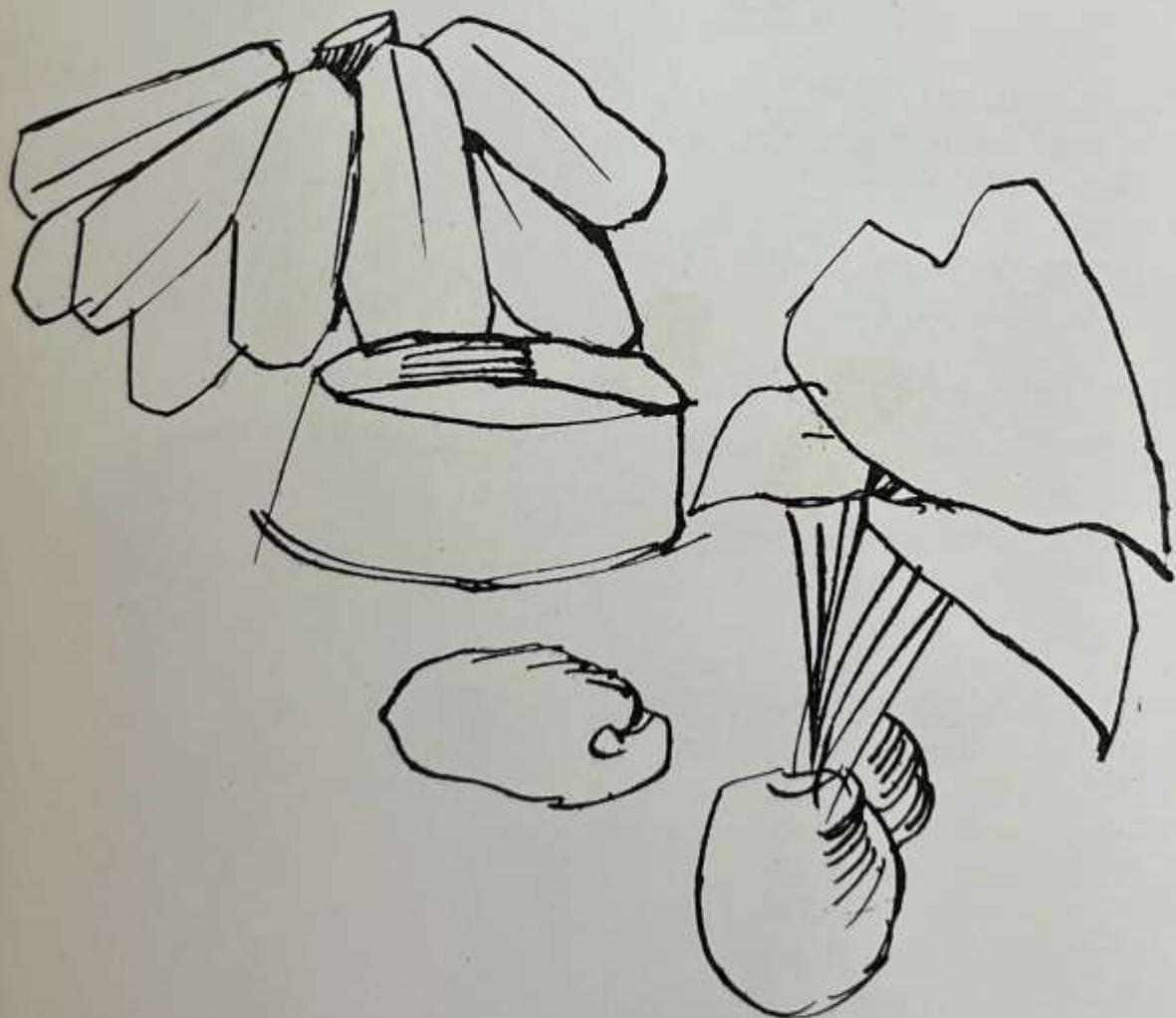
DARK 'N SWEET FUDGE

1 pkg. chocolate pudding
1/4 cup milk
1/4 cup margarine

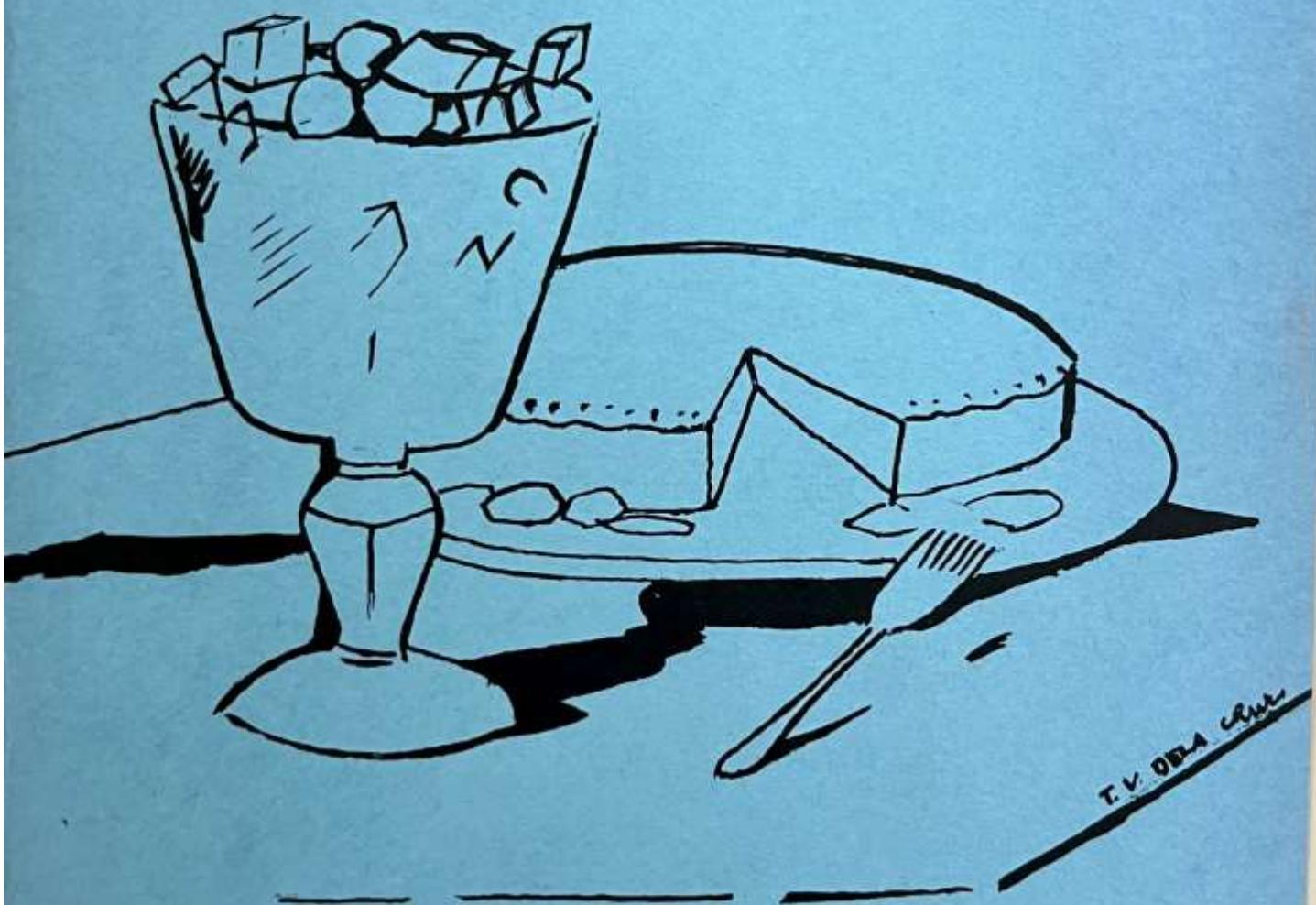
1-3/4 cups
confectioners' sugar
1/2 tsp. vanilla
1/2 cup chopped nuts

Bring pudding, milk and melted margarine to boil over medium heat. Boil one minute, stirring constantly. Remove from heat and blend in sugar, vanilla and nuts. Turn immediately into greased pan. Let stand in cool place until firm. Cut in squares.
Makes 1 pound.

----- Rita Brown



pies and desserts



WAIKIKI PINEAPPLE-DATE PIE

2½ cups crushed pineapple, not drained
1/2 tsp. salt
1/4 cup granulated sugar
3 Tbs. cornstarch
1½ cups chopped pitted dates
3 Tbs. butter or margarine
1 Tbs. lemon juice

Combine first four ingredients and heat to boiling. Continue cooking, stirring constantly until thickend and clear--about five minutes. Remove from heat and stir in remaining ingredients. Cool and pour into a baked 9" pastry shell.

----- Lil Gunderson

HEAVENLY PIE

1 cup graham cracker crumbs, rolled fine
1/2 lb. marshmallows
1/2 cup chopped walnuts
1/2 cup milk
1/2 pint cream, whipped
1 small can pineapple, drained

Melt marshmallows in double boiler with milk.
When cool, add whipped cream and pineapple.

Put half of the graham cracker crumbs evenly in a pie pan, pushing some of it up sides. Sprinkle a few nuts on the bottom and then put in filling. Put rest of crumbs on top and more nuts. Put in refrigerator until set.

----- Lil Gunderson

CREME DE MENTHE PIE

4 egg yolks	10 drops green food coloring
3/4 cup sugar	1 1/2 cups whipping cream
1 envelope unflavored gelatin	22 choc. icebox cookies
1/4 cup cold water	1/4 cup melted butter
1/4 cup creme de menthe	

Add sugar to egg yolks and mix until very thick. Soak gelatin in water dissolved over hot water. Stir gelatin into egg mixture along with the creme de menthe and food coloring. Set aside. Cookies are crush quite fine and combined with melted butter. Pat firmly into an eight-inch pie shell and chill. Fold cream which has been whipped stiff into the gelatin mixture. Pour into cookie crust and chill until firm. Shave chocolate over top before serving. This may be bitter or sweet chocolate as desired. Serves 6.

----- Alice Wohlschlaeger

FRESH FRUIT PIES DEVONSHIRE STYLE

4 cups any berries in season	1 Tbs. lemon juice
1 cup sugar	1 Tbs. powdered
3 Tbs. cornstarch	sugar
1 baked pie shell	1 baked pie shell

Wash and hull berries. Mix sugar with cornstarch. Crush two cups of berries and blend with sugar and cornstarch mixture. Cook over direct heat, stirring constantly until thick and smooth. Add lemon juice and cool thoroughly. Sprinkle powdered sugar over the bottom of pie shell. Place remain-in berries in pie shell and cover with the cold cooked mixture. Let stand in very cool place or in refrigerator until filling is firm, about 4 hours. Serve with whipped cream.

----- Elsie M. Hull

PECAN PIE

3 Tbs. butter or margarine
2/3 cup light brown sugar
3/4 cup light corn syrup
1/2 cup top milk or evap. milk
2 eggs
3/4 tsp. vanilla
1 cup chopped pecans
Pinch of salt

Cream butter then slowly beat in sugar and salt.
Add eggs one at a time and beat slightly.

Add rest of ingredients and pour into pastry lined pie tin. Bake in 350° oven for 30 - 35 minutes.

CHOCOLATE PIE

1 cup sugar
1 Tbs. flour
1 large can Pet Milk plus
 1/2 cup whole milk
4 eggs
1 tsp. vanilla
1/2 stick butter or margarine
2 Tbs. cocoa

Mix sugar, flour, cocoa; add Pet milk and whole milk. Beat egg yolks and pour into mixture. Cook in double boiler until thick. Add butter and vanilla. Pour into baked shell. Beat egg whites and add to the top and brown.

----- Mary Holleman

COFFEE ICE CREAM PIE

2 squares chocolate	2 Tbs. butter
1½ cups coconut	2 Tbs. hot milk
1 quart vanilla ice cream	2 tsp. instant coffee
2/3 cup conf. sugar (sifted)	1/4 cup pecans

Melt chocolate and butter over hot water; blend. Stir milk into confectioners' sugar; add to chocolate mixture; mix well. Stir in coconut. Press into bottom and sides of buttered 8" pie plate. Chill in refrigerator. Stir ice cream to soften. Thoroughly mix instant coffee, chopped pecans and ice cream. Spread in pie shell, swirling top. Decorate with pecan halves. Freeze till firm. Serves 6.

----- Doris Forehand

CRUSTLESS APPLE PIE

6 tart apples	1 cup water
1/3 to 1/2 cup sugar	6 Tbs. shortening
1 tsp. cinnamon	1/2 cup brown sugar
1 tsp. baking powder	1 cup sifted flour
	1/2 tsp. salt

Peel apples and cut into eights. Place in saucepan with sugar, cinnamon and water and cook until apples are partially done. (about 10 minutes) Put in deep greased 9" pie pan. Cream shortening, add brown sugar gradually and cream well. Sift flour, baking powder, and add to creamed mixture working with the hands until completely mixed. Sprinkle over apples. Bake 45 minutes in 350° oven. Serve with plain or whipped cream.

----- Dody Grupa

BANANA WHIPPED CREAM PIE

1 cup heavy cream	4 to 5 ripe bananas
Dash of salt	Baked 9" pie shell
2 Tbs. sugar	toasted coconut
Few drops vanilla or almond flavoring	

Add salt to cream and beat with rotary egg beater or electric mixer until stiff enough to hold its shape. Fold in sugar and flavoring. Cover bottom of pie shell with small amount of whipped cream. Peel bananas and slice into pie shell. Cover immediately with remaining whipped cream. Garnish with toasted coconut.

----- Anna Ives

CHERRY COBBLER

1 can sour pit cherries	1 tsp. baking powder
3/4 cup sugar	1/4 tsp. salt
3 Tbs. butter (creamed)	1 cup sugar
1/2 cup milk	1 Tbs. cornstarch
1 cup flour	1/4 Tsp. salt

Drain cherries, save juice. Put cherries in baking pan 8 X 8 X 2". Make a batter of 3/4 cup sugar butter, milk, flour, baking powder, salt and spread over the cherries. Mix 1 cup sugar, cornstarch, and 1/4 ts. salt and sprinkle mixture over the batter. Add enough water to cherry juice to make 1 cup. Heat. Add red coloring to brighten. Pour over cobbler. Bake at 350° for 45 minutes.

----- Mary Ellis

FUDGE PIE CAKE

2 squares chocolate
1/2 cup melted butter
2 whole eggs

1 cup sugar
1/4 cup flour
1 tsp. vanilla

Melt unsweetened chocolate over hot water. Mix all other ingredients into melted chocolate. Grease pyrex baking plate with butter. Pour in mixture. Bake at 325° for 25 to 30 minutes. Cool, cut in wedges and serve topped with ice-cream.

----- Doris Forehand

HONEY CHOCOLETTE PIE

3 Tbs. butter	1 cup semi-sweet choc.
1 cup flour	2 egg yolks
1/4 cup shortening	1/2 cup sour cream
1/2 tsp. salt	2 egg whites
2 to 3 Tbs. Cold Milk	1/4 tsp. salt
1/4 cup slivered almonds	
	1/3 cup honey or light karo

Sift together flour and salt in mixing bowl. Cut in shortening and butter. Sprinkle milk over mixture stirring with fork until dough is just moist enough to hold together. Roll out on floured surface to a circle $1\frac{1}{2}$ larger than inverted 8" pie plate. Fit loosely into pan. Fold edge to form standing rim; flute. Prick with fork. Press almonds into bottom of shell. Bake in hot oven (450°) 10 to 12 minutes. Cool. Filling: Melt chocolate in top of double boiler over boiling water. Add egg yolks; stir until mixture leaves sides of pan. Remove from heat. Blend in cream, beat until smooth. Set aside. Beat egg whites and salt until stiff but not dry. Add honey very slowly, beating well after each addition. Continue beating until it stands in stiff glossy peaks. Fold in chocolate mixture. Spoon into pie shell. Chill at least 2 hours. Garnish with whipped cream.

----- Bobby Muirhead

KEY LIME PIE

1 can condensed milk	1/2 pt. whipping cream
2 eggs, separated	2 Tbs. sugar
1/3 to 1/2 cup lime juice	

Mix milk, egg yolks, lime juice. Whip egg whites until stiff. Fold mixture into egg whites 1/4 at a time. Pour into pie shell of graham cracker crust. Bake in moderate oven 12-15 minutes. Cover top with cream whipped with 2 Tbs. sugar. Chill until ready to serve.

-----Mrs. W. C. Fanelty

JIFFY ICE CREAM PIE

2 Tbs. butter	12 marshmallows
1½ cups crisp rice cereal	1/2 cup chopped nuts
1 quart vanilla ice cream	

Melt butter and marshmallows together in double boiler, add rice cereal and nuts and stir until they are thoroughly coated with the marshmallow mixture. Press mixture on bottom and sides of greased one quart refrigerator tray and chill (this is very important). Stir ice cream just enough to soften and spoon into crust. Freeze until firm cut in pie shaped wedges. Top with strawberries or any topping of your choice.

----- Clara Ustick

ENGLISH TOFFEE DESSERT

1 cup vanilla wafers (rolled)
3/4 cup pecans (chopped)
1 cup powdered sugar
1/2 tsp. vanilla
3 eggs, separated
1/2 square chocolate
1 stick butter (1/4) lb.

Mix wafer crumbs and pecans. Use half to cover 9 x 9" pan. Cream butter, add sugar and well beaten egg yolks. Add melted chocolate and vanilla. Fold in stiffly beaten egg whites. Pour over wafer mixture. Spread remaining crumbs over top. Chill in refrigerator overnight. This is a good "day before" dessert. Very rich.

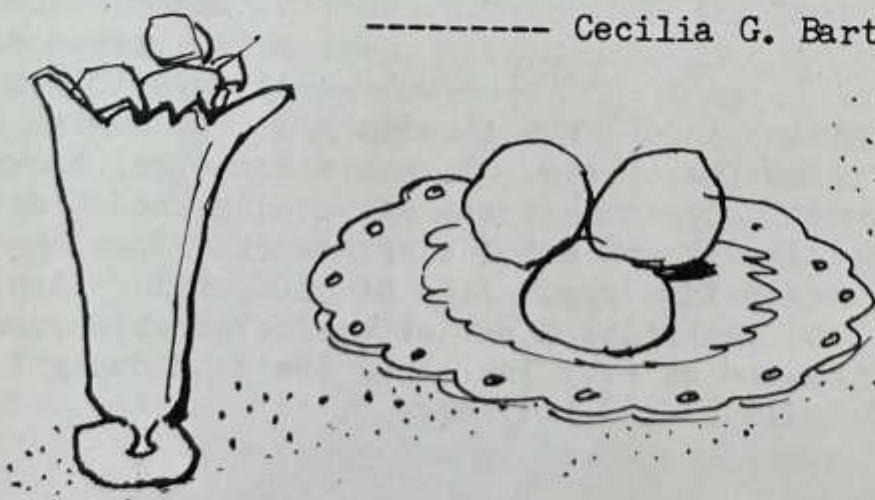
----- Phyllis Longnecker

CHERRY PEACH FLAME

3/4 cup currant jelly
1 #2½ can peach halves or sliced peaches
1 small can Bing cherries

Drain fruit. Melt jelly, add peaches and cherries; warm. Add 1/2 cup brandy and set afire. Delicious served over vanilla, coffee, or mocha ice cream.

----- Cecilia G. Barthes



CHEERRIES JUBILEE

1 cup canned Bing cherries
2/3 cup Bing cherry juice
1 cup Royal Anne cherries
1 cup Royal Anne cherry juice
1½ Tbs. cornstarch
2 Tbs. currant jelly
2 to 3 Tbs. Kirch or brandy
1 qt. vanilla ice cream
1 slice lemon

Remove pits from cherries. Blend syrups with cornstarch in chafing dish. Add jelly and lemon. Cook over low heat until thickened, stirring constantly. Add cherries and heat thoroughly. Heat brandy--do not boil. Pour over cherry mixture; light with match. Let flame burn down then pour sauce on ice cream. Serves 6 - 8.

----- Wini Briggs

DATE DELIGHT

1/4 lb. margarine	pinch of salt
1 cup flour	1 tsp. vanilla
1 Tbs. sugar	2 Tbs. flour
2 eggs	1/2 tsp. baking powder
1 cup brown sugar	1/2 cup confectioner's
1 cup pecans	sugar
1 cup coconut	2 Tbs. lemon juice
1 pkg. dates	water (to spread easily)

Melt margarine, add 1 cup flour and 1 Tbs. sugar. Press into bottom of pan. Mix together eggs, brown sugar, pecans, coconut (fresh especially good), dates, salt, vanilla, flour, and baking powder. Pour on batter pressed into pan. Bake at 350° until slightly brown. Cool slightly. Combine confectioner's sugar, lemon juice and water. Pour over the date delight while it is still slightly warm.

----- Bobby Muirhead

CREAM PUFFS

1/2 cup butter
1 cup boiling water
1 cup sifted flour
1/4 tsp. salt
4 eggs

Melt butter in boiling water. Add flour and salt all at one time; stir vigorously. Cook, stirring constantly until the mixture forms a ball that doesn't separate. Remove from heat and cool slightly. Add eggs one at a time, beating hard after each addition until mixture is smooth. Drop by spoon on greased cooky sheet 2" apart. Bake at 450° for 15 minutes, and 325° for 25 min. Do not open oven until time is up. A slight draft will make them fall. Remove from sheet and cool on a wire rack. Fill with ice cream and top with chocolate sauce.

----- Mary McComb

TROPICAL SHERBET

1 small can crushed pineapple and juice
1 large or 2 small ripe bananas, mashed
1 cup orange juice
juice of 1 lemon
1/2 tsp. grated lemon rind

Combine above ingredients. Freeze in refrigerator tray until firm around edges. Turn mixture into bowl - beat well.

Fold in:

1 stiffly beaten egg white, sweetened with
2 tsp. sugar

Re-freeze:

Makes 4 generous servings.

----- Eleanor H. Keith

A FAVORITE DESSERT

Pour one cup of hot milk over twenty marshmallows that have been broken into small pieces. When cool, mix into this a half pint of stiffly whipped cream and a can of crushed pineapple. Place in freezer compartment for three hours.

----- Claire Varner

BUTTER CRUNCH

1/2 cup butter
1/4 cup brown sugar, packed
1 cup sifted flour
1/2 cup chopped pecans, walnuts, or coconut

Heat oven to 400 degrees. Mix all ingredients with hands. Spread in oblong pan 13" x 9 $\frac{1}{2}$ " x 2". Bake 15 minutes. Take from oven, stir with spoon. Makes 2 $\frac{1}{2}$ cups. Cool and store Butter Crunch in covered container in the refrigerator for use later.

A few WAYS WITH BUTTER CRUNCH

APPLE CRUNCH SUNDAE

Over each serving of vanilla ice cream, spoon 2 Tbs. Butter Crunch.

Over hot applesauce, spoon 2 Tbs. Butter Crunch.

EASY FRUIT BETTY

Heat 1 can fruit pie filling (Cherry, Blueberry, etc.) Pour into 1-qt. baking dish. Sprinkle with 1 cup Butter Crunch. Serve warm with cream. Serves 6.

CRUNCH 'N PUDDING

Make your favorite pudding mix (vanilla, chocolate, butterscotch, etc.) While hot, pour into flat serving dish. Sprinkle with 1 cup Butter Crunch. Serve with cream. Serves 6.

FRUIT-CUSTARD CRUNCH

Pour chilled soft custard over berries or fruit (oranges, bananas, peaches, strawberries). Sprinkle with Butter Crunch and serve.

BUTTER CRUNCH

(Continuation)

It takes $2\frac{1}{2}$ cups Butter Crunch for a pie crust. Press 1-3/4 cups hot Butter Crunch against bottom and sides of 9" pie pan. Cool. Pour in filling. Sprinkle rest of Butter Crunch over top. Chill.

----- Claire Varner

CHARLOTTE RUSSE

2 cups milk
2 eggs, separated
3/4 tsp. salt
2/3 cup sugar
2 Tbs. cornstarch
1 pkg. orange jello
1 pt. coffee cream
1 Tbs. lemon juice
1/2 cup orange juice
2 tsp. grated orange rind
1 angel food cake

Pour milk into the top of double boiler. Add egg yolks and beat well to mix. Blend sugar, salt and cornstarch and stir into milk. Cook mixture over hot water, stirring until mixture is smooth and thickened. Add the gelatin and stir until it is dissolved. Add cream, fruit juices and rind. Cool until slightly congealed. Then beat egg whites until stiff and fold into orange mixtures. Slice the cake into wedges and line bottom and sides of spring-form pan. Fill the pan with the orange mixture and set in refrigerator for several hours to congeal and chill. Makes 10 - 12 servings.

----- Lillian Gordon

APPLE AND CHEESE PUDDING

2 cups soft bread crumbs	1/2 tsp. cinnamon
2 cups sliced apples	1 cup grated cheese
1/2 cup sugar	2 Tbs. butter
1/8 tsp. mace	1 cup pineapple juice

Pare, core and slice apples. Butter a pyrex baking dish and alternate a layer of crumbs, apples, and cheese. Sprinkle with sugar mixed with spices. Have the top layer crumbs. Dot with butter and pour fruit juice over top. Bake and serve with whipped cream or ginger hard sauce. 350° oven for 1 to 1½ hours.

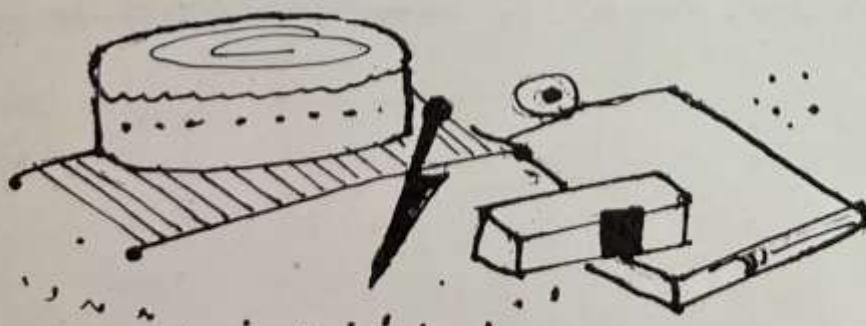
----- Jo Taylor

CHOCOLATE MARSHMALLOW DESSERT

1/2 cup sugar	1/2 cup powdered sugar
1/2 cup cocoa	20 quartered marshmallow
1/2 cup water	3 eggs
1/2 cup butter	

Boil sugar, cocoa and water for 1 minute. Add to creamed butter and powdered sugar. Add marshmallows and egg yolks. Fold in stiffly beaten egg whites. Line 8 x 8" square pan with 12 graham crackers (in crumbs). Pour in mixture, sprinkle crackers on top. Chill.

----- Margie Marley



RICE WHIP

1 cup whipping cream
1/2 cup sugar
1 cup crushed pineapple
2 cups cooked rice

Whip cream until stiff, then add sugar. Mix pineapple and rice carefully. Add the whipped cream and mix well. Serve very cold. A red cherry on top of each dish looks very pretty.

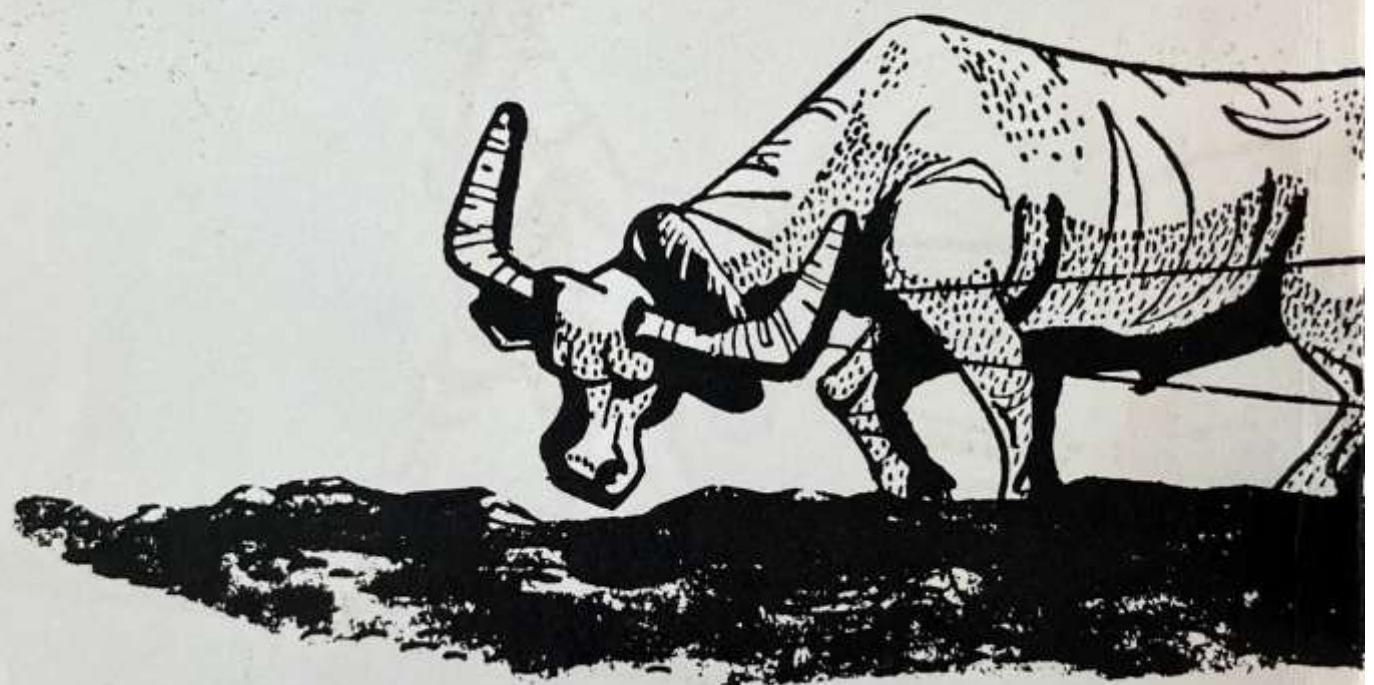
----- Ann Delinks

CHOCOLATE SOUFFLE

2 Tbs. melted butter
3 Tbs. flour
1/4 tsp. salt
1 cup milk
5/8 cup grated chocolate
3 eggs, separated
1/3 cup sugar
1 tsp. vanilla

Cook together butter, flour, salt, milk and chocolate. Beat egg yolks, add sugar and beat until lemon colored. Pour into first mixture, stirring constantly. Cool. Add vanilla and stiffly beaten egg whites. Pour into pyrex dish and set in pan of hot water and bake for 1 hour at 350°. Serve with whipped cream.

----- Myrtle Austin





WHATEVER IS COOKED IN CUBIC