



Craddock Cupboards

Expression of Appreciation

I want to express my appreciation to my family and friends for their help and support to the publication of this cookbook.

An extra thanks to Fay Craddock Finley, Sue Finley Upchurch and Tammy Meeks Morris, for their help in arranging the recipes.

An extra special thanks to Aunt Fay, not only for that help, but just for being Aunt Fay. Her joy and strength have been an encouragement to me lots of times and lots of ways.

Again, thanks to all, I extend my love to each of you. Love never fails, so remember, always love, always forgive. May God bless you.

Ada Craddock Morris

My Mother's Hands

To me the loveliest hands in the world
Were the hands of my dear mother.
They were not dainty or lily white,
No jeweled ring adorned them.
Always ready to do a good deed
Ready to help someone in need.
Soothe a fevered brow, wipe a tear from an eye.
Cook a meal for a hungry passer-by.
I have seen many hands of rich and poor,
But the dearest hands I shall ever know
Were the hands of my dear mother.

Ada Susan Church Craddock

Families Are Forever

Please keep us close together
And help us to be good.
And always love each other
The way a family should.
When our lives are over
Please let us meet again,
So we can be a family
Up in Heaven again.

Amen

Author Unknown

Submitted by Gay (Sones) Craddock



Seated, left to right: John William Craddock, Laura (Carby) Craddock, David William Craddock
Standing, left to right: Mary Elizabeth Craddock, Uriel (Craddock) Freed, Willie Freed, Alonzo Shields Craddock

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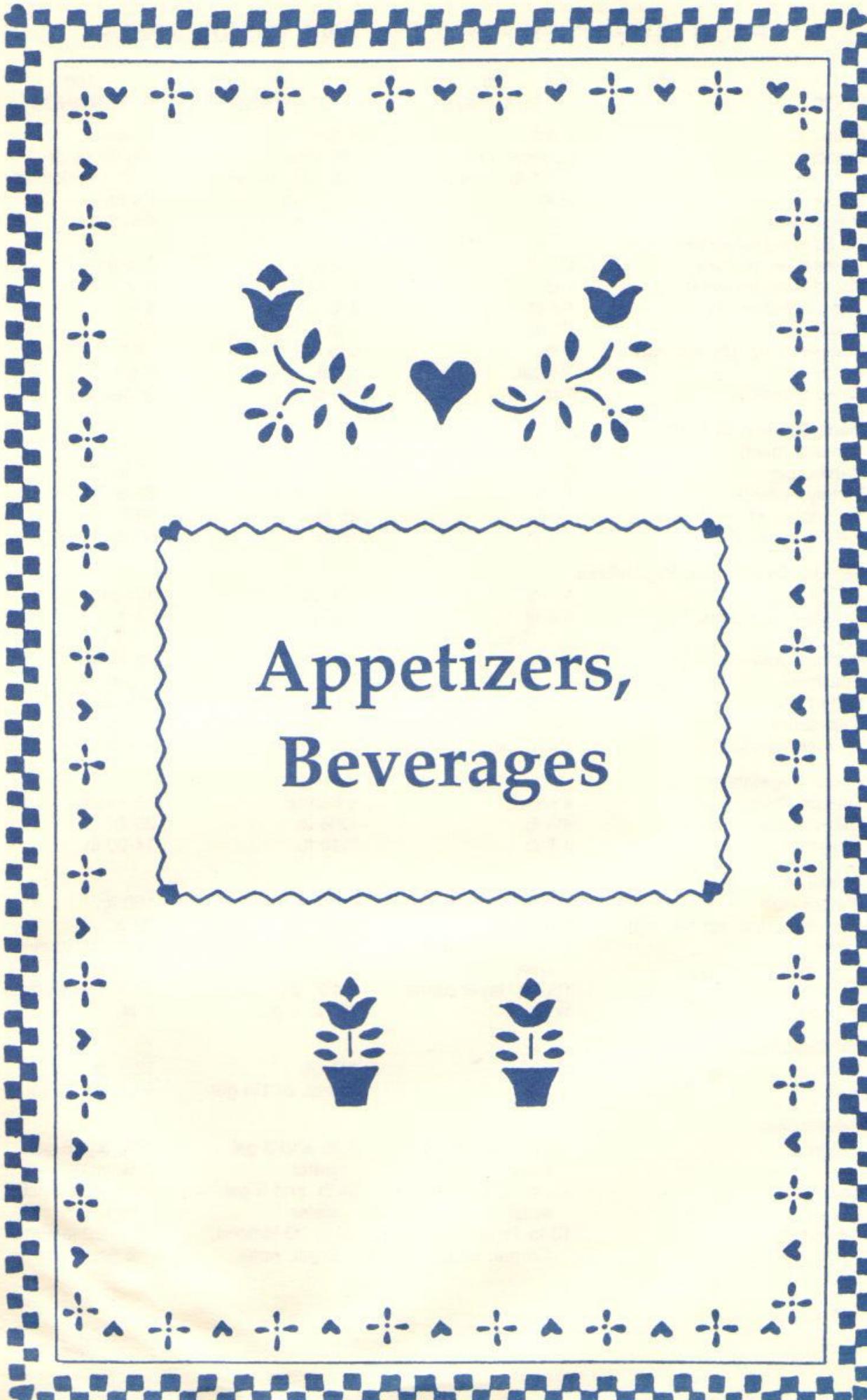
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FAVORITE RECIPES FROM MY COOKBOOK



Appetizers, Beverages



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 lb.	3/4 to 1 lb.	1 1/2 lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1 1/2 qt.	2 1/2 to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1 3/4 to 2 qt.	2 1/2 to 4 qt.
Jams & preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7 1/2 lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4 1/4 qt.	2 1/4 gal.	4 1/2 gal.
Scalloped potatoes	4 1/2 qt. or 1 12x20" pan	8 1/2 qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gal.	2 1/2 gal.	5 gal.
Baked beans	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Jello salad	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Canned vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 1/2 lb.	75 lb.	150 lb.
Fruit cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
Whipping cream	1 1/2 10" layer cakes	3 10" layer cakes	6 10" layer cakes
	3/4 pt.	1 1/2 to 2 pt.	3 pt.
Ice Cream:			
Brick	3 1/4 qt.	6 1/2 qt.	12 1/2 qt.
Bulk	2 1/4 qt.	4 1/2 qt. or 1 1/4 gal.	9 qt. or 2 1/2 gal.
Beverages:			
Coffee	1/2 lb. and 1 1/2 gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 1 1/2 gal. water	1/6 lb. and 3 gal. water	1/3 lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

APPETIZERS, BEVERAGES

RECIPE FOR A HAPPY HOME

Combine happy hearts.
Mix with Christian love.
Add the fruits of the Holy Spirit.
Sprinkle with smiles, hugs, and kisses.
Bake for a lifetime.

God created men with talents which are recorded in many books. But God's greatest gift to humanity is women who are good cooks.

TAKE TIME FOR 10 THINGS

1. Take time to work - it is the price of success.
2. Take time to think - it is the source of power.
3. Take time to play - it is the secret of youth.
4. Take time to read - it is the foundation of knowledge.
5. Take time to worship - it is the highway of reverence and washes the dust from our eyes.
6. Take time to help and enjoy friends - it is the source of happiness.
7. Take time to love - it is the one sacrament of life.
8. Take time to dream - it hitches the soul to the stars.
9. Take time to laugh - it is the singing that helps with life's loads.
10. Take time to plan - it is the secret of being able to have time to take time for the first 9 things.

CHRISTMAS PUNCH

2 pkg. lime Kool-Aid

46 oz. pineapple juice

2 c. sugar

2 qt. ginger ale

2 qt. water

Combine everything except ginger ale. Add ginger ale just before serving. Pour entire mixture over ice cubes. Garnish with sprigs of mint or maraschino cherries. Yield: 75 servings. Good anytime!

Ada Craddock Morris, Binger, OK

FLORIDA CHAMPAGNE

1 c. sugar

2 c. orange juice

3 c. water

1 (2 liter) bottle ginger ale, chilled

4 c. cranberry juice

1 to 2 (12 oz.) cans ginger ale

4 c. pineapple juice

Fruit

Mix water and sugar in saucepan. Cook over medium heat until syrupy. Cook in icebox.

Make an ice mold in jello mold, Bundt cake pan, or etc. with the 1 or 2 cans of ginger ale and fruit. You can use strawberries, orange, lemon, or lime slices - whatever fruit you prefer for the ice mold. Place in freezer and freeze solid.

Mix all 3 juices with cooled syrup mixture and chill. When ready to serve, pour mixture into punch bowl. Add 2 liters ginger ale and ice mold.

B.J. Craddock, Anadarko, OK

GREAT PARTY PUNCH

1 small can frozen lemonade	1 pkg. raspberry
1 small can frozen orange juice	3 c. sugar
2 tall cans pineapple juice	12½ lb. crushed ice
2 pkg. strawberry Kool-Aid	

Mix ingredients in 5 gallon bucket or very large water can. Add crushed ice and let set 3 hours, stirring occasionally.

B.J. Craddock

LOT O' PUNCH

2 Tbsp. citrus acid	2 gal. water
7 c. sugar	Maraschino cherries (optional)
1 large can pineapple juice	

Mix everything together (except cherries). Stir until sugar is dissolved. Freeze until slushy. Pour into punch bowl. Top individual servings with cherry if desired.

Ada Craddock Morris, Binger, OK

ORANGE JULIUS

1 (6 oz.) can frozen orange juice	½ c. water
½ c. milk	½ c. sugar
1 tsp. vanilla	

Combine ingredients in a blender. Cover and blend until smooth. Add about 10 crushed ice cubes and blend until frothy. Yields 6 cups.

Tammy (Meeks) Morris

TROPIC SHAKE

1 (6 oz.) can thawed pineapple orange juice concentrate	3 scoops pineapple sherbet
3 juice cans water	1 sliced ripe banana

In blender, mix all ingredients at medium speed.

Paula McDougle

PARTY PUNCH

1 gal. sherbet (any flavor you wish)	8 bottles ginger ale
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Let sherbet stand at room temperature for an hour before using. Place in punch bowl and pour the ginger ale or Mountain Dew over it slowly stirring all the time. Will serve 50.

Fay Craddock Finley

SPARKLE PUNCH

1/8 tsp. unsweetened Kool-Aid (lemon-lime or cherry flavored)	6 oz. 7-Up
1 Tbsp. sugar	3 scoops vanilla ice cream

In 16 ounce glass, combine Kool-Aid and sugar. Add 7-Up; stir well. Add ice cream. Stir to muddle slightly. Makes 1 serving.

Jamie Lyn Craddock

COCOA

2 1/2 c. nonfat powdered milk	1/2 c. cocoa
1 c. sugar	1/2 c. non-dairy coffee creamer

Mix all ingredients together. Keep in airtight container. Use 1/4 cup cocoa to 6 to 8 ounces (coffee cup) boiling water.

Tammy (Meeks) Morris

INSTANT HOT COCOA

1 (5 lb.) bag sugar	1 large box Carnation instant dry
1 large or 2 small cans cocoa	milk
1 large jar Cremora	

Mix well in large container. For use, put 1 to 2 teaspoons in cup of hot water.

Betty Craddock, Greenville, OH

SPICED TEA

2/3 c. instant tea	2 pkg. dry lemonade mix
2 c. orange Tang	2 tsp. cinnamon
3 c. sugar	2 tsp. ground cloves

Mix ingredients together and store in plastic container with lid or in fruit jar with lid. Put 2 to 3 teaspoons of mixture in coffee mug. Add boiling water and stir.

Run off the kids, put your feet up, sip tea, and relax!

B.J. Craddock

SPICED TEA

3 c. sugar	2 c. Tang
1 c. instant lemon tea	1 tsp. cloves
1 tsp. cinnamon	

Mix all ingredients together. It will keep for ages.

Verna (Kuykendall) Overton

SPICED INSTANT HOT TEA

2 c. Tang
1 c. sugar
1/2 tsp. cloves

1 c. instant tea
1 tsp. cinnamon
1 pkg. lemonade mix (small)

Mix well. Store in sealed container.

Add 1 cup boiling water to 2 teaspoons tea mixture for instant cup of tea.

Denise Craddock

Do you know who makes the best tea in the world? Me! John Paul, my 16 year old son, said so. He wasn't wanting the car or money when he said this, only tea.

Ada Craddock Morris

WASSAIL (Hot holiday punch)

1 c. sugar
1/2 c. brown sugar, packed
4 c. apple cider
1 (3 inch) cinnamon stick
Whole cloves

2 c. grapefruit juice
2 c. orange juice
Orange slices
Halved maraschino cherries

In large saucepan, combine sugars and apple cider. Heat, stirring until sugar dissolves. Add 12 cloves and cinnamon stick. Bring mixture to a boil over medium heat. Reduce heat; simmer 5 minutes. Add grapefruit and orange juice. Heat, but do not boil. Strain; pour into heatproof punch bowl. Garnish with cherry halves and whole cloves. Serve in heatproof punch cups or as I do, in foam cups. *Good stuff!*

Ada Craddock Morris, Binger, OK

EACH LIFE AFFECTS ANOTHER'S

Sometimes we may not realize
That everything we do
Affects not only our lives
But touches others, too.
For every time you offer
Someone a helping hand,
Every time you show a friend
You care and understand,
Every time you have a kind
And gentle word to give
You help someone find beauty
In this precious life we live.

Amanda Bradley

CHEESE BALL

2 (8 oz.) cream cheese
3 green onions, chopped

1 pkg. ham, chopped
3 Tbsp. Accent

Mix all ingredients. Form into ball and chill thoroughly. Serve with crackers.
Sheila Mayer, Binger, OK

HOLIDAY HAM AND CHILI CHEESE BALL

1 c. shredded Cheddar	3 Tbsp. Old El Paso chopped green chilies
1 (3 oz.) pkg. cream cheese	1/2 c. chopped nuts
1 (4 1/4 oz.) deviled ham	
3 Tbsp. onion, finely chopped	

In small bowl, combine Cheddar, cream cheese, ham, onion, and chilies. Mix well. Shape into ball. Roll in chopped nuts. Wrap in plastic wrap. Chill. Serve with crackers. Makes 1 (2 cup) cheese ball.

Elaine Eisenman

JAMBLILIA

2 (18 oz.) jars apple jelly	2 Tbsp. black pepper
2 (12 oz.) jars pineapple preserves	8 oz. cream cheese
6 oz. creamed horseradish	Crackers
2 oz. whole spice can dry yellow mustard	

Mix first 5 ingredients together. Pour moderate amount over 8 ounce block of cream cheese. Serve with crackers. Refrigerate unused Jamblilia.

Kim Mann, Spring Hill, FL

Never take tomorrow for granted.

SAUSAGE CHEESE BALLS

1 lb. sausage	2 c. Bisquick
12 oz. Cheddar, grated fine	

Mix all ingredients together and make balls. Place on cookie sheet. Bake at 375° for 15 to 20 minutes. Good dipped in mustard.

Janice

CHILI CHEESE NUT LOG

8 oz. Cheddar cheese, ground	1/2 c. chopped pecans
3 oz. cream cheese, softened	Chili powder
1/8 tsp. garlic salt	

Mix ground Cheddar cheese with softened cream cheese. Add garlic salt and pecans. Roll into 1 or 2 logs. Sprinkle chili powder onto wax paper or foil. Roll logs back and forth in chili powder until lightly covered. Wrap in foil and chill. Slice and serve with crackers.

B.J. Craddock

SALMON PARTY LOG

Log:

1 (1 lb.) can (2 c.) salmon or tuna	2 tsp. grated onion
1 (8 oz.) pkg. cream cheese, softened	1 tsp. salt
1 Tbsp. lemon juice	1/2 tsp. horseradish 1/4 tsp. liquid smoke

Topping:

1 c. chopped pecans	3 Tbsp. flaked parsley
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Combine all log ingredients. Mix well. Shape into log.

Mix topping ingredients and sprinkle over the log. Let set in refrigerator overnight. Serve with favorite crackers.

B.J. Craddock, Anadarko, OK

"FEED THE NEIGHBORHOOD" NACHOS

1 big block Velveeta (3 lb. - about \$5.00)	1 jar Pace picante sauce
--	--------------------------

Put these 2 ingredients in a crock pot and let the cheese melt. My secret ingredient is sausage. Brown 1 pound of sausage (I use the hot!). Drain and add to melted cheese. You may have to add milk or water to thin the cheese sauce. Spoon over tortilla chips on paper plates (no dishes to wash) and let the kids pig out!

With 2 teenagers in the house, I always have extra kids hanging around and found a quick and easy way to feed them all. They all love it and I get requests from time to time to make a potful. Word is spread and I end up with more kids than usual.

Cindi A. Upchurch, Anadarko, OK

NACHOS ("GOOD AND EASY!")

1 large bag Tostitos chips	8 oz. grated Cheddar cheese
1 lb. ground beef	Shredded lettuce, diced tomatoes,
1 can refried beans	sour cream, salsa, jalapeno
1 pkg. taco seasoning mix	peppers (optional)

Brown meat; drain. Mix in taco seasoning and simmer as package directs. Add beans and warm. Place chips on plate (or in pie pan if you don't have a microwave). Spoon meat mixture on chips and sprinkle with cheese. Microwave for about 1 minute, until cheese melts, or in oven, bake at 400° for 2 minutes. Add desired options.

Martha Craddock, Tampa, FL

CHILI CHEESE DIP

2 lb. Velveeta cheese	1 lb. ground beef
1 onion	1 small jar Mexican salsa

Brown ground beef and then onion. Put in crock pot with rest of ingredients. Cook on HIGH for 1 hour. Use tortilla chips. May leave on LOW after the dip has melted. Stir occasionally.

Laurie Craddock Brent, Seminole, FL

CUKE DIP

1 part mayonnaise
Sugar to taste
Salt

1 part Milnot
Splash of vinegar
Pepper

Mix ingredients together well. Chill and serve as cucumber dip or pour over washed and sliced cukes.

Good with broccoli, carrots, cauliflower, etc. - most any raw vegetable.

Ada Craddock Morris, Binger, OK

FRESH FRUIT DIP

1 (8 oz.) marshmallow cream
1 (8 oz.) cream cheese, softened

1 (4 oz.) sour cream

Combine ingredients in bowl and blend with mixer until smooth.

Great with any kind of fresh fruit (ex. peaches, watermelon, cantaloupe, strawberries, apples, grapes, etc.). Can be frozen for later use. Great for parties or showers.

Tammy (Meeks) Morris

HOMMOS DIP

2 (8 oz.) cans garbanzo beans
6 oz. tahini dip (the jar type)
1/2 c. olive oil (4 oz.)

1/2 c. fresh lemon juice
Salt to taste
4 to 5 cloves peeled garlic (fresh)

Mix all the ingredients in a food processor. If you feel it is too thick, add a little bit more of lemon juice. This should be enough for 4 to 6 people.

Erik Craddock

SEAFOOD DIP

1 pkg. cream cheese
1 can white crabmeat

1 pkg. seafood cocktail sauce

Combine all ingredients and chill well before serving.

Denise Craddock

SHRIMP DIP

4 (8 oz.) pkg. cream cheese, softened	$\frac{3}{4}$ to 1 c. picante sauce (thick and chunky)
1½ to 2 lb. frozen (ready to eat) salad shrimp	1 Tbsp. lemon juice
1 c. finely chopped celery	$\frac{1}{2}$ to 1 tsp. garlic salt
$\frac{1}{2}$ c. finely chopped green onion	Tabasco sauce (optional)

Thaw and drain shrimp and set aside. Mix softened cream cheese with celery and green onion. Stir in lemon juice. Stir in picante sauce and garlic salt to taste. Add shrimp and a few drops of Tabasco (optional). Chill in refrigerator.

The longer it chills, the better flavor it has. Serve with favorite crackers.

B.J. Craddock

SPINACH DIP

1 box frozen chopped spinach	1 env. onion soup mix
$\frac{3}{4}$ c. chopped celery	$\frac{1}{2}$ c. real mayonnaise
1 small can chopped water chestnuts	$\frac{3}{4}$ c. sour cream

Thaw and drain spinach. Place in bowl. Add celery, water chestnuts, and soup mix. Stir in sour cream and mayonnaise. After mixed well, store in icebox until onion bits are moistened.

When ready to serve, hollow out center of bread; place dip in center. Use bread to dip with.

B.J. Craddock

VEGETABLE DIP

8 oz. sour cream	2 tsp. instant minced onion
$\frac{1}{2}$ tsp. garlic salt	$\frac{1}{4}$ c. radishes, minced
$\frac{1}{4}$ c. green pepper, minced	3 drops of hot sauce

Combine all ingredients. Chill to blend the flavors. Makes about 1½ cups.

Denise Craddock

TIME TO PLAY

I got up early one morning
And rushed right into the day;
I had so much to accomplish
That I didn't have time to pray.

Problems just tumbled about me,
And heavier came each task.
"Why doesn't God help me?" I wondered.
He answered, "You didn't ask."

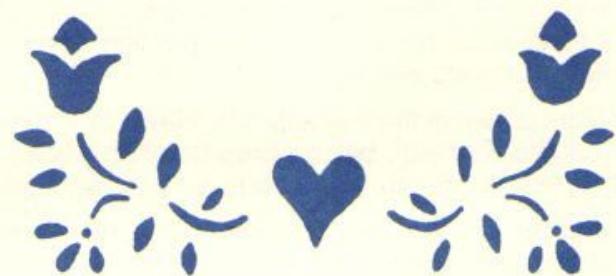
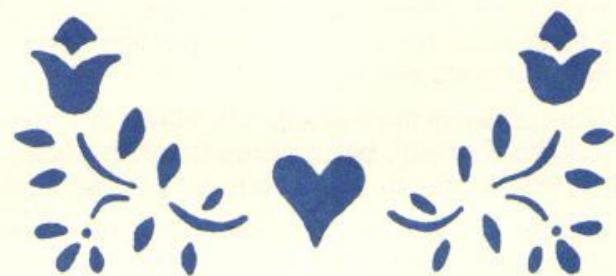
I wanted to see joy and beauty,
But the day toiled on, gray and bleak;
I wondered why God didn't show me.

He said, "But you didn't ask."

I tried to come into God's presence,
I tried all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."

I woke up early this morning
And paused before entering the day;
I had so much to accomplish
That I had to take time to pray.

Notes



**Soups,
Salads**



A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

SOUPS, SALADS

LONNIE'S NEW POTATO SOUP

6 to 7 medium potatoes (*new potatoes only!*)
1/2 pt. whipping cream
1 Tbsp. bacon drippings

2 Tbsp. margarine
Chopped onion (optional)
Salt and pepper to taste

Scrub and quarter potatoes; put in saucepan. If onion is wanted, add at this time. Put just enough water to barely cover potatoes. Boil and cook until tender, about 10 minutes. Remove from heat. Add remaining ingredients. Return to heat. Cook on low. Watch carefully and remove from heat just before boiling point is reached.

Lonnie B. Craddock

CHUNKY BEEF SOUP

2 c. water
4 carrots
Cheese
2 pkg. mackeroney
Mushrooms
1 steak

Beef
Peas
Corn
Peparony
1 roste
Peza

First you put the 2 cups of water, then you put the mushrooms. Next you put the mackeroney, then you put the beef, then you put the carrots. Next you put the corn. Next you peparonys. Next the mushrooms, then roste. Next steak, then you put the peza.

Leesa Lyn Morris (age 7), Binger, OK

May your life be like arithmetic - friends added, enemies subtracted, joys multiplied, and errors divided.

PIMENTO-CHEESE SALAD

1 pkg. lemon Jell-O
1 1/2 c. boiling water
1/2 c. sugar
1 small can crushed pineapple
1 c. grated Velveeta or American cheese

1/2 pt. whipped cream
1/2 small can pimentos, cut fine
Juice of 1/2 lemon

Dissolve Jell-O in boiling water. Place sugar, pineapple, and lemon juice together on stove and bring to boil, then add to Jell-O. Cool. When beginning to set, fold in whipped cream, cheese, and pimentos. Allow to set.

Dorothy Crutchfield, Amarillo, TX

CHICKEN SALAD

3 or 4 chicken breasts	1 c. Hellmann's mayonnaise
1/2 c. chopped celery	1/4 tsp. curry powder
1 c. seedless grapes, halved	Salt
1/2 c. chopped pecans	Pepper

Cook chicken; cool, then cut into pieces. Mix mayonnaise with curry powder, salt, and pepper. Fold in chicken and other ingredients. Serve on lettuce with crackers.

Sue Upchurch, Anadarko, OK

CHERRY FRUIT SALAD

1 can Comstock cherries	1 c. pecans
1 large Cool Whip (24 oz.)	1 large can crushed pineapple
1 can Eagle Brand milk	1 c. coconut

Mix together. Chill.

Loretta Armstrong

CRANBERRY SALAD

1 pkg. cranberries, ground	White seedless grapes (optional)
1 (3 oz.) pkg. Jell-O (mixed fruit or blueberry are my favorites)	2 1/2 c. sugar
1 c. boiling water	1/4 c. crushed pineapple (optional)
1/2 c. pecans, chopped	1 apple, diced
	1/2 c. celery, chopped

Mix sugar and Jell-O. Add boiling water; stir to dissolve. Add remaining ingredients. Chill until set.

Nelda June Craddock

CRANBERRY SALAD

1 pkg. cranberries	1 small ctn. Cool Whip
1 1/2 c. sugar	1 small pkg. small marshmallows
1 medium can crushed pineapple	

Grind cranberries. Cover with sugar and let set 2 hours. Mix Cool Whip with marshmallows and let set 2 hours. Drain pineapple and add to other ingredients (when ready). Chill.

This is *delicious*, provided you like cranberries.

Sue Finley Upchurch, Anadarko, OK

STELLA MEEKS' CRANBERRY SALAD

1 pkg. fresh chopped or ground cranberries or canned cranberry sauce with berries	1 large orange, thinly sliced
1 large apple, thinly sliced	3/4 c. pecans 1/4 c. celery 1 large pkg. raspberry jello (set)

Grind cranberries or use open canned cranberries and mix immediately all ingredients, adding pecans last to jello. Mix gently. Chill until set.

This recipe belonged to my great-grandma. I always enjoyed it when we went for Christmas at her house in Springer, Oklahoma.

Tammy (Meeks) Morris

DELICIOUS FRUIT SALAD

- | | |
|----------------------------------|---|
| 1 large ctn. Cool Whip | 1/2 c. pecans (optional) |
| 1 can sweetened condensed milk | 1 c. flaked coconut |
| 1 (14 oz.) can pineapple, thawed | 2 c. miniature marshmallows (more if desired) |
| 1 can cherry pie filling | |

Blend Cool Whip and milk in large bowl, mixing well. Refrigerate for 1 hour. Stir in remaining ingredients. Refrigerate overnight.

Michelle Overton

BETTER THAN SEX SALAD

- | | |
|--------------------------------|--------------------------------|
| 1 can cherry pie filling | 1/2 c. chopped nuts (optional) |
| 1 can crushed pineapple | 1 large container Cool Whip |
| 1 can sweetened condensed milk | |

Dump all ingredients into bowl. Chill for 2 hours.

Betty June (Jones) Craddock

DONNA'S 7-UP SALAD

- | | |
|--------------------------|--|
| 1 large box lemon Jell-O | 1 large can crushed pineapple,
drained (save juice) |
| 1 c. mini-marshmallows | 4 bananas, sliced |
| 2 c. 7-Up | |

Topping:

- | | |
|----------------------------|---------------|
| 1 c. saved pineapple juice | 2 Tbsp. flour |
| 1/2 c. sugar | 1 egg, beaten |

Dissolve Jell-O by directions on box. Add marshmallows and 7-Up. Chill until almost set, then add pineapple and bananas.

Topping: Cook ingredients until thick. Add 2 tablespoons oleo. Let cool, then add 1 pint whipping cream (whipped). Pour over Jell-O. Sprinkle with Cheddar cheese and pecans.

Elaine Eisenman

ORANGE SHERBET SALAD

- | | |
|-------------------------------|-----------------------------|
| 2 pkg. orange Jell-O | 1 small ctn. cottage cheese |
| 1 pt. orange sherbet | 1 c. chopped nuts |
| 1 small can mandarin oranges | 1 pkg. Dream Whip |
| 1 small can crushed pineapple | |

Dissolve Jell-O in 2 cups hot water. Add sherbet; stir until dissolved. Refrigerate until it begins to set, then add oranges, cheese, pineapple, and nuts. Fold in Dream Whip. Refrigerate until ready to serve.

Karla Garber, Bradford, OH

BEAN SALAD

2 cans Ranch Style pinto beans, drained	1 bottle Catalina salad dressing
1 medium chopped bell pepper	1 medium chopped onion 1/2 lb. grated Cheddar cheese

Mix and place in refrigerator overnight. When ready to serve, add 1/2 head of torn or cut up lettuce, 2 medium size tomatoes, chopped, and one 9 ounce bag of Fritos, crushed.

I have used these recipes for years (Pear Pie and Banana Nut Bread too). My family all like them.

Margie Gordon, Oklahoma City, OK

CAULIFLOWER SALAD

1 head cauliflower, chopped	1/4 c. chopped sweet pickles
1/2 c. chopped celery	1/2 c. grated Cheddar cheese
1/2 c. chopped green onion	2 (3 oz.) pkg. cream cheese
1/2 c. chopped bell pepper	1/2 c. Miracle Whip salad dressing

Mix first 6 ingredients together. Mix cream cheese and Miracle Whip together and fold into first mixture.

Tammy Nath Williams

KRAUT SALAD

1 c. sugar	1/2 c. chopped green pepper
1/2 c. vinegar	1/2 c. chopped green onion
1 can kraut (buy the chopped)	1 to 2 Tbsp. pimento, chopped
1 c. chopped celery	

Bring sugar and vinegar to boil, then cool. Pour over the other ingredients. Store in refrigerator in airtight container.

This keeps very well and can be made the day before you serve.

Rosalee Finley Nath, mother of Bret and Bart Nath and Tammy Williams

SANDY'S PEA SALAD

2 to 3 cans sweet peas, drained	Miracle Whip (as desired)
1 onion, finely chopped	Paprika (as desired)
1 small block cheese, grated	Salt and pepper (as desired)
2 to 3 boiled eggs, chopped	

Mix all ingredients and chill before serving.

Sandy Craddock

GERMAN POTATO SALAD

6 medium cooked potatoes	2 Tbsp. flour
1 small onion	3 Tbsp. sugar
3 strips bacon	1/2 tsp. salt (approx.)
1/4 c. vinegar	Few grains pepper
1 c. water	

Slice potatoes and add onion. Brown bacon. Add vinegar, sugar, salt, pepper, and $\frac{1}{2}$ cup water. Shake remainder of water with flour in jar and gradually stir into skillet mixture. Bring to a boil to thicken. Lower heat. Add potatoes, onion, and bacon. Mix and keep on low heat until served.

My German grandmother (my dad's mother) made this and gave mom the recipe.

Debbie (Treanor) Craddock

SPINACH SALAD

1 lb. fresh spinach
2 c. fresh bean sprouts
1 c. fresh alfalfa sprouts
1 c. fresh mushrooms
4 hard-boiled eggs, sliced

$\frac{1}{4}$ c. chopped green onions with tops
 $\frac{1}{2}$ c. bacon, fried and crumbled
 $\frac{1}{4}$ c. thinly sliced radishes

Tear clean, crisp spinach (thoroughly dry) into large bowl. Wash and drain bean sprouts. Toss salad ingredients together.

Dressing:

$\frac{3}{4}$ c. sugar
 $\frac{1}{4}$ c. vinegar
 $\frac{1}{4}$ c. salad oil

$\frac{1}{3}$ c. ketchup
 $1\frac{1}{2}$ tsp. salt
1 tsp. Worcestershire sauce

My brother, Bill Archer, would not touch spinach until he tried this salad. He loved it! It is good!

Laverne (Archer) Kinsey

SHRIMP SALAD

1 $\frac{1}{2}$ c. small macaroni
2 cans shrimp, boiled and rinsed
1 can ripe olives, chopped
1 c. celery, chopped
2 bunches green onions, chopped

1 c. raw cauliflower, chopped
 $\frac{1}{3}$ c. chili sauce
 $\frac{2}{3}$ c. Miracle Whip
 $\frac{1}{3}$ c. French dressing

Mix all ingredients together. Chill before serving.

Elaine Craddock Franklin

NINE DAY SLAW

3 lb. shredded cabbage
1 green pepper, chopped
2 medium onions, chopped
2 c. sugar

1 c. salad oil
1 c. vinegar
2 tsp. salt
2 tsp. celery seed

In medium size saucepan, combine sugar, oil, vinegar, salt, and celery seed. Bring to a boil, just to dissolve the sugar. Put cabbage, pepper, and onions in large container. Pour the liquid over it. It will shrink and you can then put it into a smaller container. Let it cool in the refrigerator. Keeps up to 9 days.

Juanita (Kuykendall) Handke

As the old cock crows, the young ones learn.

TABBOULEH

3 bunches parsley, washed, drained, and cut very small	2/3 c. fresh lemon juice
1/2 c. cracked wheat (medium size), soaked for 5 minutes	Salt and black pepper to taste
1 to 2 bunches green onions, washed and cut very small	15 to 20 leaves fresh green mint, minced
1/2 c. olive oil	4 big heads tomatoes, cut very small (almost minced)

Mix cracked wheat, after squeezing water out of it, with half the lemon juice and half the olive oil. Add all the other ingredients. Chill for 1/2 hour or eat at room temperature.

Erik Craddock

COOL SUMMER TACO SALAD

1 lb. chuck or ground beef	Pepper
2 tomatoes, diced	1 head lettuce, shredded
12 oz. Cheddar cheese, grated	1 can red kidney beans
Sliced black olives (optional)	1 bag Nacho Doritos
2 Tbsp. cumin	1 (8 oz.) bottle Catalina salad
2 Tbsp. chili pepper	dressing
Salt	

Season meat with cumin, chili pepper, salt, and pepper. Brown and drain. Crush chips. All ingredients should be chilled. Toss together just before serving for crispness.

Serve with a side of sour cream and sliced jalapenos. Excellent for picnics or family gatherings.

Glenda Craddock Ward, Florida

TACO SALAD

16 oz. Philadelphia cream cheese	Shredded cheese
8 oz. sour cream	Diced tomatoes
1 pkg. taco seasoning	Sliced olives
Shredded lettuce	

Mix Philadelphia cream cheese, sour cream, and taco seasoning. Spread onto dish. Top with lettuce, cheese, tomatoes, and olives. Dip with nachos.

Karla Craddock Garber, Bradford, OH

WATERGATE SALAD

1 (3 1/2 oz.) pkg. pistachio instant pudding	9 oz. Cool Whip
1/2 c. pecans, chopped	1 (15 1/4 oz.) can crushed pineapple
1 c. miniature marshmallows	1/4 c. maraschino cherries, drained and chopped

Drain pineapple. Combine pineapple juice and pudding mix. Add remaining ingredients, except Cool Whip, and mix well. Fold in Cool Whip. Refrigerate until ready to serve.

Charlotte (Elton, Jr.) Craddock

YUM YUM SALAD

**8 oz. cream cheese
1 c. sour cream
1 can mandarin oranges, drained
2 c. miniature marshmallows
1 c. sugar**

**1 can crushed pineapple, drained
1 can dark sweet cherries, drained
(save juice)
3/4 c. chopped pecans**

Combine cream cheese, sugar, and sour cream. Add drained fruits, but save some of the cherry juice to add at last for color. Add marshmallows, pecans, and cherry juice. Pour all in a baking dish and freeze overnight.

Rhonda (Johnston) Short

BUTTERMILK SALAD DRESSING

**1 c. mayonnaise
1 slight tsp. garlic salt
1 tsp. Accent**

**1 c. buttermilk
1 tsp. pepper
1/2 tsp. celery seed**

Mix the ingredients well.

Serve over vegetable salads. Good on baked potatoes too. Got this recipe from a friend, Kenny Farrow. He was about 13 at the time.

Ada Craddock Morris, Binger, OK

CURRY SALAD DRESSING

**3 Tbsp. apple juice, thawed
(undiluted)**

**1/2 tsp. curry powder
2/3 c. mayonnaise**

Stir curry into apple juice. Add mayonnaise and whip until well blended.

Vary amounts to suit your taste. Makes a good topping on vegetables. Also use in place of plain mayonnaise.

Daisy Belle Craddock, Richland, WA

HOUSE DRESSING

**2 qt. Hellmann's mayonnaise
1 pt. (2 c.) buttermilk
1/4 c. white vinegar
1/2 c. sugar**

**1/4 c. catsup
2 Tbsp. garlic powder
1 tsp. salt
1/2 tsp. monosodium glutamate**

Mix well and refrigerate.

Polly (Overton) Chiles

RANCH DRESSING

2 Tbsp. salt
2 tsp. dried parsley flakes
1 tsp. garlic powder (not garlic salt)

1/2 tsp. onion powder (not onion salt)

Mix and store in airtight container.

For dressing, combine 3 1/2 teaspoons mix with 1 cup mayonnaise and 1 cup buttermilk.

Denise Craddock

Enthusiastic people always love what they do. An enthusiastic love of life puts a sparkle in the eyes, a lilt in the step, and smoothes the wrinkles from the soul.

TOMATO DELIGHT SALAD DRESSING (Aka Kimberly's Dressing)

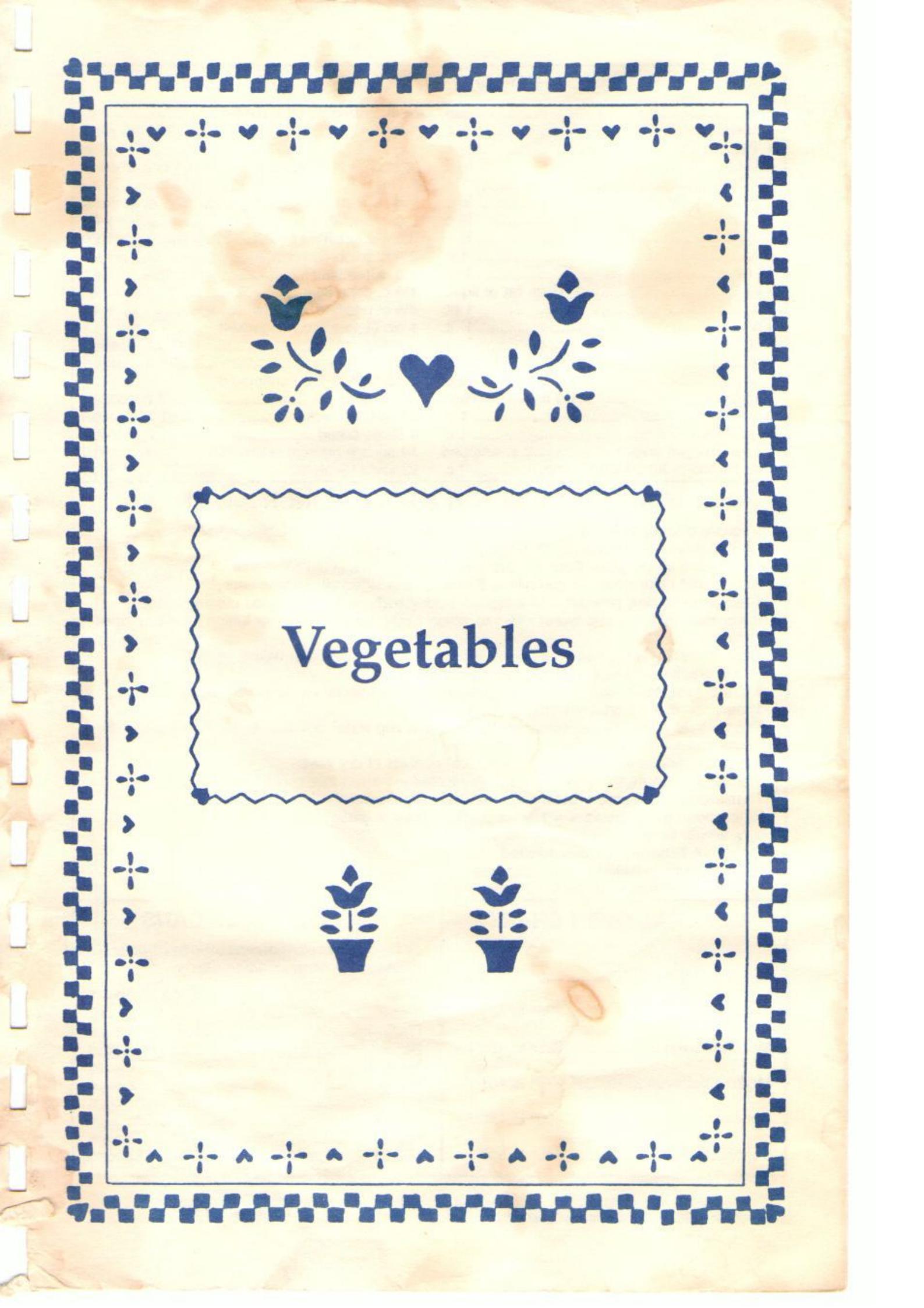
1 qt. Hellmann's mayonnaise
1/4 c. sugar
1/4 c. vinegar
1/2 tsp. MSG

1 c. buttermilk
1/4 c. catsup
1 Tbsp. garlic powder
1/4 tsp. salt

Mix all ingredients together and beat until smooth. Makes about 1 1/2 quarts.

This dressing is a must when Marty eats salad at home.

Tammy Morris, Binger, OK



Vegetables

EQUIVALENT CHART

3 tsp.	1 Tbsp.	1/4 lb. crumbled Bleu cheese	1 c.
2 Tbsp.	1/6 c.	1 lemon	3 Tbsp. juice
4 Tbsp.	1/4 c.	1 orange	1/3 c. juice
8 Tbsp.	1/2 c.	1/2 c. unshelled walnuts	1 1/2 to 1 3/4 c. shelled fat
16 Tbsp.	1 c.		1 lb.
5 Tbsp. + 1 tsp.	1/3 c.	2 oz. butter	2 c. or 4 sticks
12 Tbsp.	3/4 c.	2 c. granulated sugar	1 lb.
4 oz.	1/2 c.	3 1/2-4 c. unsifted powdered sugar	1 lb.
8 oz.	1 c.	2 1/4 c. packed brown sugar	1 lb.
16 oz.	1 lb.	4 c. sifted flour	1 lb.
1 oz.	2 Tbsp. fat or liquid	4 1/2 c. cake flour	1 lb.
2 c.	1 pt.	3 1/2 c. unsifted whole wheat flour	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked macaroni	2 1/4 c. cooked
1 qt.	4 c.	7 oz. spaghetti	4 c. cooked
5/8 c.	1/2 c. + 2 Tbsp.	4 oz. (1 1/2 to 2 c.) uncooked noodles	2 c. cooked
7/8 c.	3/4 c. + 2 Tbsp.	28 saltine crackers	1 c. crumbs
1 jigger	1 1/2 fl. oz. (3 Tbsp.)	4 slices bread	1 c. crumbs
8 to 10 egg whites	1 c.	14 square graham crackers	1 c. crumbs
12 to 14 egg yolks	1 c.	22 vanilla wafers	1 c. crumbs
1 c. unwhipped cream	2 c. whipped		
1 lb. shredded American cheese	4 c.		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
 3/4 cup **cracker crumbs** = 1 cup bread crumbs
 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
 2 ounces **compressed yeast** = 3 (1/4 ounce) packets of dry yeast
 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic
 1 lb. **whole dates** = 1 1/2 cups, pitted and cut
 3 medium **bananas** = 1 cup mashed
 3 cups **dry corn flakes** = 1 cup crushed
 10 miniature **marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.	1 cup
Picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

VEGETABLES

JOE BOB'S TATO PANCAKES

3 medium raw potatoes

1 c. flour

1 egg

Salt and pepper to taste

Milk

1 tsp. baking powder

Poultry seasoning

Peel potatoes; grate very fine. Add egg, flour, baking powder, salt, and pepper. (Use some salt if you want to. I like to add salt just before eating, while they are hot.) Mix well. Add just enough milk to make a thick batter. Drop by spoonfuls into hot oil or shortening until well browned. Salt patties and sprinkle with poultry seasoning to suit your taste. I cover mine with it.

Debbie says, "for grease lovers only!"

Joe Bob Craddock

"A vegetarian diet is best for those who would be beautiful," we read ... but it doesn't seem to have done much for the elephant.

BROCCOLI CASSEROLE

1 (16 oz.) pkg. chopped broccoli
1 small onion
1 stick oleo
 $\frac{1}{2}$ c. water

1 can mushroom soup
1 lb. Velveeta
1 c. instant 3-Minute rice

Saute onion and oleo. Heat water and mix broccoli, soup, and Velveeta. Heat until combined. Add rice and sauteed onion. Pour into a 9x13 inch greased casserole dish. Cook at 350° for 25 minutes.

Verna (Kuykendall) Overton

BROCCOLI AND RICE CASSEROLE

$\frac{1}{2}$ cube oleo, melted
1 small jar Cheez Whiz or small box
Velveeta cheese
1 can cream of mushroom soup

1 c. cooked rice
1 medium onion, chopped
1 box chopped broccoli

Cook chopped onion in oleo 2 or 3 minutes. Add all other ingredients except broccoli; heat well. Add broccoli and pour in casserole dish. Bake 20 to 30 minutes at 350°.

I usually double this, as it is a favorite at our house.

Sue Ann Upchurch, Anadarko, OK

NORTH OF THE BORDER BARBECUE BEANS

4 (16 oz.) cans pork and beans	1 3/4 c. barbecue sauce
2 c. brown sugar	2 c. ketchup
2 large onions, chopped	8 to 10 cloves garlic, chopped
2 Tbsp. soy sauce	2 Tbsp. Worcestershire sauce
1/2 lb. bacon	2 tsp. liquid smoke
Cayenne pepper to taste	

Cook about 4 hours on HIGH in large crock pot.

Charlotte (Elton, Jr.) Craddock

CHILI BEANS

1 can pork and beans	3 Tbsp. Mexican chili powder
1 c. tomato juice	

Mix all ingredients and heat until the mixture bubbles.

Mrs. Lizzie Galloway (John Craddock's sister)

GREEN BEAN CASSEROLE

2 cans green beans	1 (12 oz.) can whole kernel corn
1 can celery soup	1 (8 oz.) sour cream
1 onion	1 c. grated cheese
1 pkg. Ritz crackers, crushed	1 stick margarine, melted

Polly (Overton) Chiles

ITALIAN-STYLE GREEN BEANS

9 oz. green beans (frozen)	1 (1 lb.) can stewed tomatoes
1 tsp. cornstarch	1 tsp. Worcestershire sauce
1/2 tsp. basil leaves	

Slightly thaw green beans. Combine all ingredients in small saucepan. Bring to boil. Reduce heat; simmer until beans are tender.

Denise Craddock

"HOT BEANS"

1 can pork and beans	1 c. chopped green pepper
1 can dark kidney beans	1 c. brown sugar
1 can Ranch Style beans with jalapeno pepper	1/3 c. ketchup
1 small can lima beans	1/3 c. barbecue sauce
1 c. chopped onions	Bacon
	Hot Polish sausage

Put all ingredients in a crock pot. Cook 3 hours on HIGH. Fry bacon, sausage, and green pepper before adding to rest of ingredients.

I got this recipe from a friend, Connie Carmichael.

Debbie (Treanor) Craddock

SOUTHWESTERN BEANS

2 cans pork and beans	1 c. onions, chopped
1 can stewed tomatoes, diced	1 can Ro-Tel
5 slices bacon, fried crisp and crumbled	1/2 tsp. cumin

Cook bacon in skillet until crisp. Remove from skillet; cool and crumble. Add chopped onions to bacon drippings and saute until tender. Add remaining ingredients and cook on low heat for about 1 hour.

Elaine Craddock Franklin

COPPER PENNIES

2 lb. carrots, sliced like pennies	1 bell pepper, diced
1 onion, diced	

Sauce:

1 can tomato soup	1 tsp. mustard
1 c. sugar	1 tsp. Worcestershire sauce
1/2 c. vinegar	Salt and pepper to taste
1/2 c. oil	

Boil carrots, onion, and pepper until carrots are tender, but not overcooked. Drain. Heat in medium saucepan rest of ingredients. Let cool and pour over carrots. Mix well. Set in refrigerator overnight. Serve cold. Stir before serving. *Will keep indefinitely.*

Tammy Morris, Binger, OK

EGGPLANT CASSEROLE

1 large eggplant	Pepper
2 slices bread, crumbled	Tabasco sauce
5 Tbsp. bacon grease	2 eggs
1/2 c. chopped celery	3 cloves chopped garlic
1/2 lb. Velveeta cheese	2 onions, finely chopped
1 lb. crabmeat (may use imitation)	1 chopped green bell pepper
1 c. seasoned bread crumbs	1 lb. small peeled, cooked shrimp
Salt	

Peel eggplant. Slice and simmer in salted water until tender, approximately 10 minutes. Drain. Beat eggs to combine with bread. Saute onion, garlic, celery, and bell pepper in bacon grease. Add eggplant egg mixture and cheese. Mash and blend well. Add remaining ingredients. Put in large baking dish; top with bread crumbs. Bake at 350° for 20 to 30 minutes.

Also very good if you substitute 1 to 2 pounds Jimmy Dean sausage, browned and crumbled, instead of shrimp and crabmeat.

Martha Craddock, Tampa, FL

GUMBO

**1/2 c. flour
1/2 c. oil
1 or 2 cloves garlic, minced
1 tsp. pepper
1 1/2 qt. water
Whole chicken, cooked and deboned**

**File (if desired)
2 c. onions, chopped
1 c. celery, chopped
1 Tbsp. salt
1/8 tsp. cayenne pepper
Ring of smoked sausage**

In a 4 quart pot, mix flour and oil to make the roux over medium-high heat. Stir constantly until a dark copper color. Add onions, celery, and garlic. Saute for a few minutes in the roux. (It smells wonderful!) Stir in water and seasonings. Cook for a little while. Add chicken and sausage. Cook until sausage is done or longer if you prefer. Serve over rice. *This is great!*

Viola Craddock Locke, Minco, OK

SHRIMP GUMBO

3/4 c. cooking oil

1 c. flour

Brown this on low heat about 20 minutes, until golden brown.

**1 large onion, chopped
4 cloves garlic
1 stalk celery
1 large bell pepper
1 c. cut okra
1/2 gal. shrimp and crabmeat**

**2 cans tomato sauce
1 can tomatoes, chopped very fine
Water (enough to make as thick as you want)
Salt and pepper to taste**

After browning flour, add onion, garlic, and bell pepper. Saute on very low heat for about 15 minutes. Add okra and cook a few more minutes. Add water, tomato sauce, and tomatoes. Simmer another 30 minutes, then add shrimp and crabmeat, salt and pepper. Simmer another 30 minutes, then add file (a spice) just before serving. Serve over rice.

Debbie (Treanor) Craddock

Now you've finally earned your wings, it's time for you to soar.

OKRA AND TOMATOES

**4 to 5 fresh tomatoes or 1 (16 oz.) can tomatoes
1 lb. okra**

**2 Tbsp. bacon grease
1 large, peeled, chopped onion
Salt and pepper**

Peel and chop tomatoes. Wash and slice okra. Saute onion and okra in bacon grease. Add tomatoes. Salt and pepper (to taste). Cover and cook slowly 20 minutes. Add water, if needed, to prevent sticking. If too juicy, uncover and cook a little longer.

Martha Craddock, Tampa, FL

ONION CASSEROLE

9 to 10 medium onions, thinly sliced	1 egg
1 Tbsp. salt	1 c. milk
1/2 tsp. pepper	1 tsp. celery seed
4 to 5 slices buttered toast	
1/2 lb. grated cheese (American, Cheddar, or Velveeta)	

Butter a 2 quart baking dish. Boil onions in salted water to cover just until tender (about 10 minutes). Drain. Line baking dish with toast. Cover with layer of onions and cheese. Repeat until all are used. Beat egg with milk, pepper, and celery seed. Pour over casserole. Bake at 375°F. for 40 minutes.

Martha Craddock, Tampa, FL

FRENCH FRIED ONION RINGS

2 large onions	1/4 tsp. pepper
Milk to cover	1 egg
1/2 c. corn meal	3/4 c. milk
1/2 c. flour	Shortening or salad oil
1 tsp. salt	

Cut onions in 1/4 inch slices. Separate into rings. Put in bowl and cover with milk. Let stand 15 minutes. Mix all other ingredients. Add eggs and milk to flour mixture. Blend well. Dip drained rings in this batter and fry in hot oil 2 or 3 minutes. Drain on paper towels.

Fay Finley

POTATO BAKE

1 pkg. frozen hash browns, thawed	1 c. cream of chicken soup
1 stick melted oleo	1 tsp. salt
1 pt. sour cream	1/2 tsp. pepper
1/2 c. chopped onions	2 c. corn flakes
2 c. grated Cheddar cheese	1/2 c. melted oleo

Combine all preceding ingredients and mix into buttered 9x13 inch pan or glass casserole dish. Mix crushed corn flakes and 1/2 cup melted oleo and put on top. Bake at 350° for 1 hour.

Laurie Craddock Brent, Seminole, FL

POTATO PATTIES

4 c. instant mashed potatoes	2 eggs
1/2 tsp. pepper	1 tsp. salt

Combine mashed potatoes with eggs, salt, and pepper. Shape into 10 to 12 patties. In preheated skillet, melt 1/4 cup butter. Brown patties on both sides, about 10 minutes per side.

One of my Grandma Terry's favorite ways to use leftover mashed potatoes.

Denise Craddock

NEW POTATOES AND GRAVY

Approx. 8 to 15 freshly dug new potatoes (small ones preferred)
1 small can evaporated milk (Milnot is good)
1 Tbsp. butter

1/4 tsp. salt
1 dash of 2 of pepper
Approx. 2 Tbsp. or a little more as needed sifted flour

1. Scrape skin off potatoes (this works best if they are wet).
2. Pot potatoes in large saucepan.
3. Cover potatoes completely with water.
4. Boil on stove top until done. (Use a fork to check the tenderness.)
5. Remove potatoes from pan and reduce heat. *Do not drain water from potatoes.*
6. Place potatoes in a serving dish. Set aside.
7. Add approximately 1 tablespoon butter to the water.
8. Add 1/4 teaspoon salt.
9. Add a dash of 2 or pepper.
10. Add evaporated milk to mixture (just enough to make it look like milk).
11. Stir and gradually add the flour.
12. Keep stirring as mixture begins to thicken and bubble.
13. Remove the white sauce gravy from the heat.
14. Pour it over potatoes in the serving dish.

Cooking time is approximately 30 minutes.

DeAnna is the daughter of Carolyn (Craddock) Climer, who is the daughter of David Levi Craddock, who is the son of John William Craddock.

DeAnna Climer

SPINACH ROLLS

1 pkg. 12 large flour tortillas
1/2 jar bacon bits
1 c. mayonnaise
1 c. sour cream
1 pkg. Hidden Valley Ranch dressing mix

5 stalks green onion, diced
2 boxes chopped frozen spinach, thawed and drained
2 cans crabmeat (optional)

Mix all ingredients except tortillas. Spread mixture evenly on each tortilla, then roll them up. Chill tortillas overnight. Cut tortillas in halves and place on platter and serve.

Laurie Craddock Brent, Seminole, FL

SQUASH CASSEROLE

10 to 12 yellow squash
Salt and pepper
Sugar
1 lb. bacon
8 chopped green onions
1 large onion, chopped
1 1/2 Tbsp. chopped parsley

1 green pepper, chopped
1 c. grated Parmesan cheese
1 c. seasoned bread crumbs
1 Tbsp. sugar
1/2 tsp. paprika
Chopped chives (optional)

Wash, slice, and boil squash in water seasoned with salt, pepper, and sugar until almost done. Drain. Fry bacon. Drain and crumble. Saute remaining vegetables (except chives) in some bacon grease; drain. In large bowl, mix bacon, vegetables, and squash. Add all except chives and mix well. Use no extra salt, as Parmesan cheese is usually salty enough for entire casserole. Place mixture in buttered baking dish. Sprinkle bread crumbs, chives, and paprika on top. Bake at 350° F. for 25 to 30 minutes. Serves 8.

Martha Craddock

SWEET POTATOES - FRIED

Peel sweet potatoes. Slice, cover with water, and bring to a boil. Simmer until tender; drain.

Melt margarine in heavy skillet. Add drained sweet potatoes. Sprinkle with sugar and cinnamon. Cook over medium heat, turning often, until browned.

This was my Great Grandmother Terry's recipe.

Mark Franklin

MR. PRESIDENT'S SWEET POTATOES

3 c. sweet potatoes, boiled and
mashed
1 tsp. vanilla

1 c. white sugar
1/2 stick oleo

Topping:

1 c. brown sugar
3/4 c. chopped pecans

1/3 c. flour
1/3 c. oleo

Mix potatoes, white sugar, 1/2 stick oleo, and vanilla. Pour into buttered casserole. Mix topping ingredients with a fork and sprinkle on sweet potatoes. Bake at 350° for 30 minutes.

Barbara Kirkegaard

SWEET POTATO CASSEROLE

3 c. mashed sweet potatoes
2 eggs
1/2 c. sugar

1 stick margarine
1 tsp. vanilla
1/3 c. milk

Mix well and pour into buttered casserole dish.

Topping:

1 c. brown sugar
1/3 c. melted margarine

1/3 c. flour
1 c. chopped pecans

Mix and sprinkle on top. Bake at 350° for 30 to 35 minutes.

Sue Finley Upchurch, Anadarko, OK

APPLE AND YAM CASSEROLE

1 (21 oz.) can apple pie filling	3 Tbsp. butter
2 (17 oz.) cans whole sweet potatoes, drained	Nutmeg to taste
	Nuts, chopped

Combine apple pie filling and sweet potatoes. Place in 7x11 inch baking dish. Dot with butter. Sprinkle with nutmeg and chopped nuts. Bake 30 minutes at 350°.

Very good with holiday ham or turkey.

Louise Mullins, Denton, TX

Each night before I take my eight hours of sleep,
I thank our Lord for today and ask that He forgive me for all my shortcomings.
Then at daybreak I ask that He give me strength to do what is expected of me;
Wisdom to do what is right; patience to meet any human or mechanical annoy-
ance;

And love to enjoy my family, friends, home, and every part of life.

GREEN TOMATO PIE

Sliced green tomatoes (enough to fill 9 inch unbaked pie shell)	3 Tbsp. flour
1 c. sugar	1 Tbsp. vinegar or lemon juice
	1/2 tsp. nutmeg

Mix sugar and flour together with 1/2 teaspoon nutmeg. Pour vinegar (or lemon juice) over tomatoes in pie shell. Evenly spread sugar, flour, and nutmeg over tomatoes. Dot with margarine. Add top crust to pie. Bake 10 minutes at 450°. Lower heat to 350° and continue baking for 30 minutes.

Marjorie Treanor, Dubuque, IA

VEGETABLE PIZZA

2 pkg. crescent rolls	3/4 c. broccoli, chopped fine
8 oz. cream cheese	3/4 c. cauliflower, chopped fine
3/4 c. mayonnaise	3/4 c. green onion, chopped fine
1 pkg. Hidden Valley Ranch (dressing mix)	3/4 c. green pepper, chopped fine
3/4 c. grated cheese	3/4 c. carrots, chopped fine
	3/4 c. tomatoes, chopped fine

Press together and roll out rolls to make a crust on 11x16 inch cookie sheet. Bake and cool. Soften cream cheese. Add mayonnaise and dressing mix. Stir together well and spread over crust. Refrigerate while you make topping. Spread desired chopped vegetables on crust. Top with cheese.

Pauline Craddock, Minco, OK

BAKED ZUCCHINI CASSEROLE

4 to 5 small zucchini	3 medium carrots, shredded
1 medium onion, chopped	Butter to taste
1 can cream of chicken soup	1 c. seasoned croutons

Dice zucchini 1/4 inch thick; boil until tender. Drain. Saute carrots and onion until limp. Add soup, zucchini, and 3/4 cup croutons; mix. Put in baking dish and place

remaining croutons on top. Refrigerate until ready to bake. Can be made a day ahead. Bake at 350° for 30 minutes.

Cheese is wonderful on top of this. This dish is great for family reunions. This recipe was sent against Paul's advice. He hates squash except for fried summer squash. I love squash and it's always plentiful, summer and fall.

Carolyn Craddock, Napoleon, OH

PEARL'S ZUCCHINI STEW

**3 strips bacon
1 chopped onion
1 can Ro-Tel tomatoes**

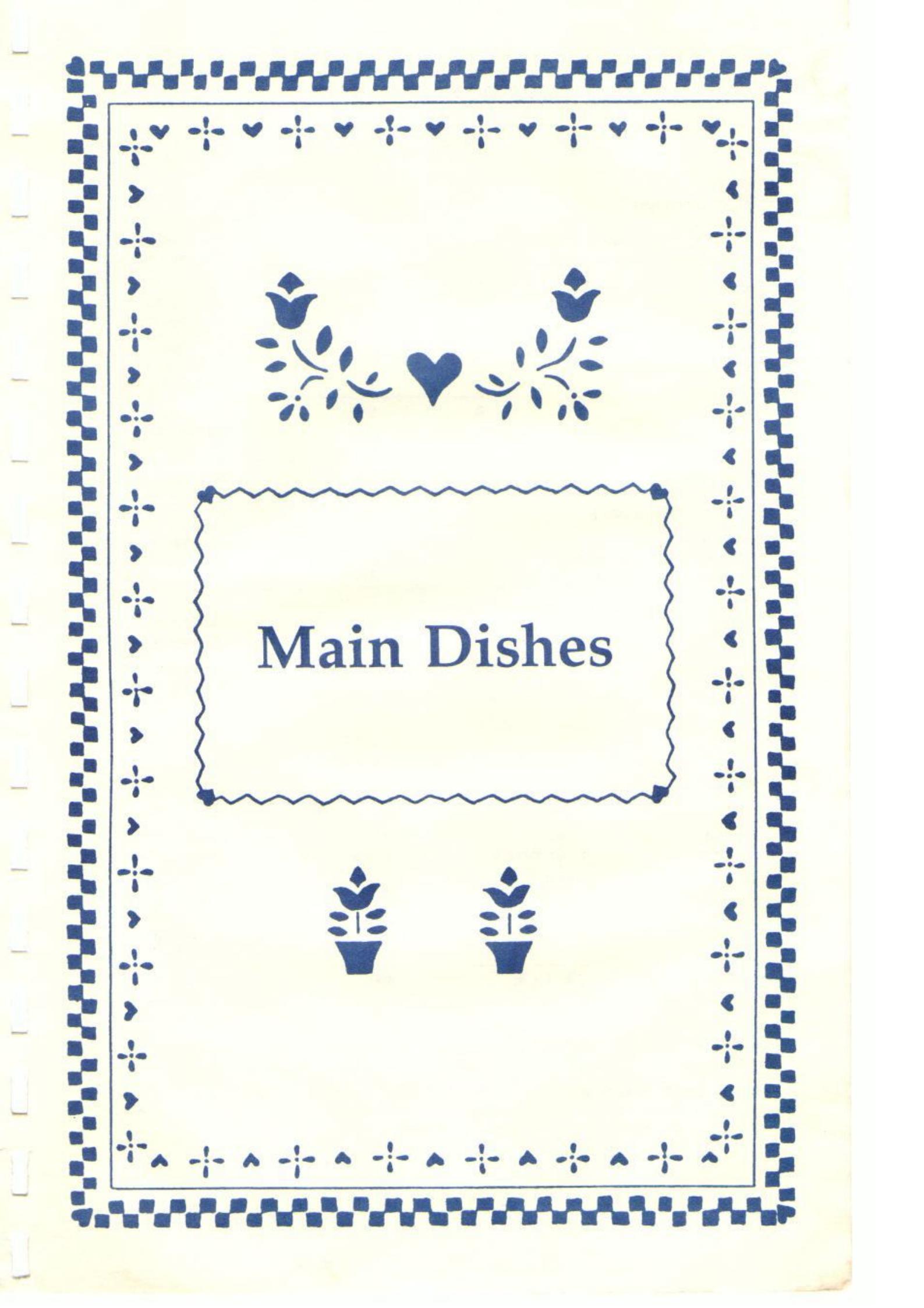
**1 can whole tomatoes
3 diced zucchini**

Fry bacon in skillet until crispy. Chop into pieces and add chopped onion. Saute until onion is brown. Add balance of ingredients. Bring to a boil and let simmer with closed lid for 5 minutes.

This recipe was given to me by Pearl Lusk. I'm sure several of your subscribers remember her. She drew a hard row, but I remember her fondly.

Keith Finley, Alvord, TX

Notes



Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1 3/4 2 2 1/2	140° (rare) 160° (medium) 170° (well done)
	8	2 1/2 3 4 1/2	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2 1/2 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3 1/4 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5	2 1/4	140° (rare)
	3	160° (medium) 3 1/4	170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1 1/2 2 2 1/4	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3 1/2	175° (medium) 180° (well done)
	8	4 4 1/2	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2 1/2 to 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Rolled shoulder	3 to 5	3 to 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY			
	6 to 8 lb.	325°	2 1/2 to 3 hr.
	8 to 12 lb.	325°	3 to 3 1/2 hr.
	12 to 16 lb.	325°	3 1/2 to 4 hr.
	16 to 20 lb.	325°	4 to 4 1/2 hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN (Unstuffed)			
	2 to 2 1/2 lb.	400°	1 to 1 1/2 hr.
	2 1/2 to 4 lb.	400°	1 1/2 to 2 1/2 hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)			
	3 to 5 lb.	325°	2 1/2 to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

MY MOM'S TOMATO HOT

3 slices bacon, chopped in 2 inch pieces	2 hot green chili peppers (small), chopped
1 small onion, chopped	1 large can whole tomatoes

Cook all the preceding ingredients until the bacon is done, then pour whole tomatoes into the mixture. Simmer until tomatoes are soft enough to mash with potato masher, approximately 1 hour.

This recipe was handed down to me by my mother, Alta (Craddock) Kuykendall.
Verna (Kuykendall) Overton

No one ever collapsed under the burdens of a single day. It is when the burdens of tomorrow are added to it that it becomes unbearable. Live one day at a time - it's all we have that is a certainty anyway.

SPINACH BACON QUICHE

1 frozen pie shell (large)	1/2 c. onions
1 lb. bacon	2 eggs
1 c. Swiss cheese	1 to 1 1/2 c. half & half
1 box frozen chopped spinach, thawed	Pepper
	Parmesan cheese

Cook bacon and then onions. Combine bacon, onions, and Swiss cheese and put in pie shell. Cover this with thawed, drained spinach. Shake pepper and Parmesan on top. Blend together eggs and half & half. Pour evenly on top of pie shell. Bake at 450° for 10 minutes, then reduce to 300° for 45 to 50 minutes, until golden brown.

Laurie Craddock, Seminole, FL

CHILI RELLENOS CASSEROLE

2 (7 oz.) cans whole Ortega chilies	1/2 lb. grated Jack cheese
1/2 lb. grated Cheddar cheese	2 eggs, beaten
1 small can Milnot	2 Tbsp. flour
1 (7 oz.) can green chili salsa	

Cut chilies in halves. Butter a baking dish and spread chili strips over bottom of pan. Add grated cheeses. (Can mix both kinds of cheese together to make it easier to spread.) Mix flour with small amount of milk, then add the rest of milk to make a thin paste. Add beaten eggs to milk mixture. Next, add chili salsa to mixture and pour over pepper and cheese. Bake 40 minutes at 350°.

Tammy (Meeks) Morris

CHILI

**1½ Tbsp. instant onion or 1 to 3
large onions, chopped
½ tsp. cayenne
1 tsp. paprika
1 tsp. cumin (comino)
⅛ tsp. garlic powder
2 lb. chili-grind meat**

**½ Tbsp. salt
2 Tbsp. masa flour or cornstarch
2 Tbsp. chili powder
1 tsp. oregano
Black pepper
8 oz. tomato sauce**

Cook ground meat and onions until sauteed nicely. Combine dry ingredients together. Add to meat mixture. Add tomato sauce. Simmer, uncovered, 2 hours.

Nelda June Craddock

ENCHILADAS

**Chili (recipe in book)
Grated cheese (any 3 - Mexican,
Mozzarella, Colby, Monterey
Jack, Cheddar - whatever you
like)**

**1 doz. corn tortillas
1 large onion, chopped**

Dip tortillas into hot oil. Turn once to thoroughly soften. Blot on paper towels. Spoon 1 heaping tablespoonful chili down middle of each tortilla. Sprinkle on grated cheese and onion. Roll up; place seam down in 12x7 inch baking dish. Cover with remaining cheese, chili, and onion. Bake at 375° until cheese is melted and enchiladas are hot.

My grandkids call these "the greatest enchiladas in the world."

Nelda June Craddock

CHILI

**1 lb. ground beef
1 large can crushed tomatoes
1 diced onion
3 Tbsp. minced garlic
½ tsp. pepper
1 tsp. cumin**

**1 tsp. cayenne pepper (optional)
2 cans kidney beans
1 diced bell pepper
1 tsp. salt
1 tsp. Worcestershire sauce
2 Tbsp. chili powder**

Brown meat with onion, pepper, and garlic until onion, pepper, and garlic are very done. Drain off only excess fat, taking care not to pour out vegetables. Add in all remaining ingredients. Add water to desired consistency. Bring to boil, turn low, and simmer 1 hour. *Better next day.*

Martha Craddock, Tampa, FL

PICNIC TIP

Before going on a picnic, place hot dogs in a wide-mouth thermos and add boiling water. They will be cooked and ready to eat by the time the picnic site is reached.

EASY MEXICAN SUPPER

1 lb. hamburger	Onion
1 can Ranch Style beans	Bell pepper
1 can Ro-Tel tomatoes	1 can cream of mushroom soup

Brown hamburger, onion, and bell pepper. Add remaining ingredients; cook until hot, then pour over Doritos chips. Top with Cheddar cheese. Bake in 13x9 inch greased pan. Bake 30 minutes at 350°.

Elaine Eisenman, Corsicana, TX

ENCHILADA CASSEROLE

1 pkg. Longhorn cheese	1 c. cream of chicken soup
1 large pkg. flour/corn tortillas	1 c. cream of mushroom soup
2 lb. hamburg, browned	1 c. mild enchilada sauce
1 finely chopped onion, browned with hamburg and drained	1 small can chopped green chilies

Mix all of the preceding ingredients together. Put a layer of tortillas in bottom of pan and pour some of the preceding ingredients on top of them. Cover layer with grated cheese, then add another layer of the mixture. Cover all with grated cheese. Bake in a 350° oven for 20 minutes. (This is a good dish.)

Beulah Craddock, Minco, TX

ENCHILADA CASSEROLE

1 pkg. Cheddar cheese, grated	1 can cream of chicken soup
1 pkg. flour tortillas	1 can cream of mushroom soup
2 lb. ground beef, browned and drained	1 can mild enchilada sauce
1 medium onion, chopped and browned with meat	1/2 to 1 small can green chilies

Mix meat, soups, sauce, and chilies together. Cut tortillas in quarters and layer bottom of 9x13 inch pan: (1) Tortillas, (2) soup, (3) cheese. Repeat as needed. Bake at 350° for 25 minutes.

Michelle Overton

ERIK'S ARAB DISH

2 lb. lean ground beef	Pepper
1 bunch parsley	Nutmeg
1 big onion	Allspice
Salt	2 to 3 cloves garlic, crushed
1 can tomato sauce	(optional)

Mix and place in pan. Slice potato and cover entire pan with 1/2 slices. Slice tomato and cover entire pan with 1/2 slice. Add 1 can tomato sauce to cover. Cover with aluminum foil. Place in oven for 50 minutes at 350°. Put a fork in potato - if soft, remove foil and broil to brown for 2 to 3 minutes.

Erik Craddock

FAMILY MEATLOAF

4 lb. hamburger
2 large onions
3 eggs
1½ c. diced celery

1/2 box (2 pkg.) crackers
1/2 c. milk
1 large can stewed tomatoes
1 (8 oz.) can tomato sauce

Mix all ingredients and bake at 350° until done. Sprinkle cheese on top last 10 minutes of baking.

Winnie Chisholm

GERMAN CASSEROLE

2 c. noodles (4 oz. pkg.)
1 (1 lb.) can sauerkraut, well drained
1 lb. ground beef
1 egg
1 (1 lb.) can tomatoes

1/2 c. caraway rye bread crumbs
2 to 4 Tbsp. milk
1 tsp. salt
Pepper to taste
1 Tbsp. butter

Cook noodles and drain well. Stir in sauerkraut. Mix beef lightly with egg, bread crumbs, milk, salt, and pepper until well blended. Shape into 24 meatballs. Brown in butter in large frying pan. Stir in tomatoes.

Spoon half of the noodle sauerkraut into a 2 quart baking dish. Top with half of the meatball mixture. Repeat. Bake in a 350° oven for 45 minutes or until bubbly hot. Serves 6.

Louise Mullins, Denton, TX

ITALIAN STUFFED BREAD

1 lb. ground beef
1 green pepper, diced
1/2 c. diced celery
1 tsp. salt
1 can tomato sauce

1 unsliced loaf Italian bread
1 onion, diced
1 Tbsp. Worcestershire sauce
1/2 tsp. pepper
1 c. shredded Mozzarella cheese

Brown meat, pepper, onion, and celery. Add salt and pepper, Worcestershire sauce, and tomato sauce. Hollow out loaf of bread; set aside 2 cups bread cubes. Toss Mozzarella cheese and bread cubes into meat mixture. Pour into bread shell and bake at 350° for 8 to 10 minutes.

Variation 1: Use round bread (instead of Italian bread), 1 can cheese soup (instead of tomato sauce), and add 1/2 cup Cheddar cheese, shredded. Prepare as above (onion, pepper, celery, etc.)

Variation 2: May substitute vegetable soup, cream soup, or add other vegetables.

Martha Craddock, Tampa, FL

MEXICAN HAMBURGER CASSEROLE

2 lb. ground meat	1 can water
1 onion, chopped	3 cans chopped green chilies or peppers
1 can mushroom soup	$\frac{3}{4}$ lb. grated Cheddar cheese
1 can tomato soup	1 pkg. Doritos
1 can Cheddar cheese soup	

Brown meat and onion. Add salt and pepper to taste. Add mushroom soup, tomato soup, Cheddar cheese soup, water, and chopped green chilies. Heat. Add grated Cheddar cheese and Doritos. Can be baked in casserole. Layer alternately with ingredients, after cooking meat and soups together.

Karla Craddock Garber, Bradford, OH

NAVAJO TACOS

Meat Mixture:

1 lb. ground beef	Cooked pinto beans
1 grated onion	Dash of Tabasco sauce
2 tsp. salt	Grated Cheddar cheese
$\frac{1}{4}$ tsp. black pepper	Lettuce and tomatoes, cut fine

Fry Bread:

2 eggs	2 Tbsp. baking powder
1 c. milk	$\frac{3}{4}$ Tbsp. salt
4 c. sifted flour	Vegetable shortening (or oil)

Combine meat, onion, salt, and pepper and brown. Add Tabasco sauce and simmer while making tacos.

Beat eggs and milk together. Sift together flour, baking powder, and salt and add. Mix. Roll out dough on floured board and cut into circles or roll out egg-sized balls of dough into circles. Fry in shortening until brown and drain on absorbent paper. Top with 2 tablespoons beans, 2 tablespoons Meat Mixture, lettuce, tomatoes, and grated cheese.

I like to top off with sour cream and picante sauce.

Ada Morris, Binger, OK

RANCHERO TAMAQUE PIE

1 lb. ground beef	$\frac{1}{2}$ c. corn meal
2 Tbsp. cooking oil	1 tsp. salt
1 c. chopped onions	1 tsp. chili powder
1 (29 oz.) can tomatoes	$\frac{1}{2}$ c. whole ripe olives
1 (12 oz.) can whole kernel corn	$\frac{3}{4}$ c. cheese (Cheddar best)

Brown beef in oil. Add onions and cook until transparent. Add tomatoes and the liquid from the corn. Stir in corn meal; simmer about 10 minutes, stirring frequently. Add salt, chili powder, corn, and olives. Turn into a 9 inch square baking dish. Bake in a 350° oven 20 to 25 minutes. Sprinkle with cheese and bake 15 minutes more. Makes 6 to 8 servings.

Ada Morris, Binger, OK

SHAWIRMA

1 lb. beef or lamb or mixture of both, chopped to very thin slices
3 heads red onion, chopped

Salt and pepper to taste
Summaq (a Middle East spice)
2 heads tomatoes, chopped or sliced

Mix all, then place it on the grill in a pan or aluminum foil. You can marinate ahead of time. Spread on pita bread and Hommos Dip.

Erik Craddock

SOUTH OF THE BORDER CASSEROLE

1 lb. hamburger
Onions
1 pkg. taco seasoning mix
1/2 c. water
Corn chips or Doritos, crushed

1 (16 oz.) can kidney beans
1 (16 oz.) can corn, drained
1 (8 oz.) can tomato sauce
2 c. Cheddar cheese, shredded

In large pan, cook hamburger and onion; drain. Add taco seasoning and water. Cook 2 minutes on high. Add tomato sauce, beans, corn, and 1 cup cheese. Cook 6 minutes. Sprinkle rest of cheese and corn chips or Doritos on top and cook 2 more minutes. Serve with fresh salad.

I may have gotten this recipe from Gay Craddock. Doesn't it sound good?

Carolyn Craddock, Napoleon, OH

STUFFED BELL PEPPERS

4 bell peppers
1 c. rice, cooked
1 onion, chopped
1/3 c. celery, finely chopped

1 lb. ground beef
1 c. tomato soup
1 Tbsp. Worcestershire sauce
Salt and pepper to taste

Wash peppers; cut large ones in halves lengthwise. Remove a slice from stem end of small ones. Remove seed and cut away seed parts, leaving a clean shell. Place in boiling, salted water and boil 5 to 8 minutes or until almost tender. Drain. Cool.

Brown beef slightly, stirring to keep meat in separate particles. Add onion and celery and cook about 5 minutes longer or until vegetables are soft. Add Worcester-shire sauce. Add rice and season to taste. Moisten with a little of the soup. Fill green pepper shells. Place in a shallow baking dish containing a small amount of water. Before baking, pour remaining soup over the stuffed peppers. Bake at 375° for 25 to 30 minutes or until browned.

Misty Lynn Franklin

TORTILLA CASSEROLE BY GINY RIECK

1 1/2 lb. ground chuck, crumbled	8 corn tortillas
1 medium onion, chopped	1 c. small curd cottage cheese
1 (1 lb.) can tomatoes	1 egg
1 can enchilada sauce	1/2 lb. Monterey Jack cheese, thinly sliced
1 (2 1/2 oz.) can sliced ripe olives (including juice)	1/2 c. shredded Cheddar cheese
1 tsp. salt	1 c. finely crushed pkg. tortilla chips
1/4 tsp. garlic powder	
1/8 tsp. pepper	

Brown meat and onion in large frying pan. Blend in tomatoes, enchilada sauce, ripe olives with liquid, salt, garlic powder, and pepper. Bring mixture to a boil. Reduce heat and simmer, covered, for 20 minutes, stirring occasionally. Cut tortillas in halves. Beat cottage cheese and egg.

Spread 1/3 of meat sauce in greased shallow 3 quart casserole. Top with half the Jack cheese, half the cottage cheese mixture, half the tortilla halves, arranging each in an even layer. Repeat layering, using 1/3 more of the meat sauce and the remaining Jack cheese, cottage cheese mixture, and tortilla halves. Spread with remaining meat sauce. Top with Cheddar cheese and a border of crushed tortilla chips. Bake, uncovered, in a moderate oven (350°) for about 20 minutes or until casserole is thoroughly heated and Cheddar cheese is melted.

My sister makes smaller casseroles and freezes after assembly, then thaws and cooks as needed.

Daisy Belle Craddock, Richland, WA

B.J.'S EXPERIMENT NUMBER 483 (A keeper)

3 whole boneless chicken breasts (or 6 halves)	Several shakes of ground ginger (approx. 1 tsp. more or less)
1 bunch fresh broccoli flowerets (or a whole bunch of frozen)	1 can or jar drained mushrooms
1 can chicken broth	1 (12 oz.) pkg. fettucini
1 Tbsp. butter	3 tsp. corn starch
A whole bunch or shakes of soy sauce (more or less)	1/3 c. water
	Garlic salt
	Lemon pepper

Melt 1 tablespoon butter in wok, big skillet, or pot. Strip chicken for stir-fry and start frying in butter. Add garlic salt, lemon pepper (however much you would normally add to your food), and ginger. Put water on to boil for fettucini and cook as package directs. After chicken is done, add 1/3 can of chicken broth, broccoli, mushrooms, and some soy sauce. Stir-fry slowly on medium heat until broccoli is done (or thawed). Add rest of chicken broth. Bring to boil; thicken with corn starch and water. Add more soy sauce to taste. Drain fettucini and toss with chicken mixture. Serve.

B.J. Craddock, Anadarko, OK

CHICKEN BROCCOLI CASSEROLE

Chicken or turkey (chunk or pieces)	1/2 c. shredded Cheddar cheese
1 stick oleo	1 1/2 c. chopped frozen broccoli
1 can cream of mushroom soup	1/2 c. chopped onion
1 c. water	Salt and pepper to taste
1 c. Minute rice	

Melt 1 stick oleo in large skillet. Add mushroom soup and water; mix well. Add other ingredients. Mix and pour into baking dish. Bake at 350° until lightly browned, approximately 15 minutes.

Excellent for leftover turkey or baked chicken.

Betty Craddock, Greenville, OH

EGG ROLLS

2 whole chickens	1 head cabbage
1 bunch celery	1/4 c. soy sauce
1 head broccoli	4 pkgs. egg roll wrappers
1 bunch carrots	

Broil chicken until tender. Let cool and debone. Shred vegetables in food processor. Mix together. Stir in soy sauce and 1/4 cup chicken broth. Spoon into middle of egg roll wrapper. Wrap over and tuck in sides. Moisten edge with water and deep-fry until lightly browned.

Samie Craddock

CHICKEN FAJITAS

2 lb. boneless, skinless chicken breasts	2 green bell peppers, sliced into thin strips
2 Tbsp. vegetable oil	Flour tortillas
2 medium onions, sliced into thin strips	1 pkg. Lawry's fajita seasoning
1/2 c. water	2 tomatoes (optional) Sour cream (optional)

Heat vegetable oil in large skillet. Add whole chicken breasts. Cook well, until tender. Cut into strips while in skillet. Add onions and green bell peppers and saute with chicken until tender. Add seasoning packet and water. Simmer 5 to 8 minutes. Cut tomatoes into thin wedges and add. Heat tortillas in microwave and fill. Garnish with sour cream if desired.

Tera Craddock

GAY'S ENCHILADAS

Sauce:

1/2 c. shortening	1/2 Tbsp. cumin
1/2 c. flour	1 Tbsp. chili powder
1 clove garlic, minced	1 (8 oz.) can tomato sauce

Additional ingredients:

3½ c. chicken broth	1 lb. Longhorn cheese, grated
Salt and pepper to taste	1 can black olives, diced
1 whole chicken, boiled, deboned, and chopped	1 large onion, chopped
4 c. chicken broth	12 to 20 corn tortillas ½ c. oil

Sauce: Melt shortening in large heavy skillet. Brown flour slowly in shortening until very brown, stirring constantly. Add garlic, cumin, and chili powder to mixture. Immediately pour 3½ cups broth in and stir with whisk until smooth. Add tomato sauce and simmer 20 minutes. If too thick, add more broth.

In skillet, soften tortillas in hot oil. (Do not fry crisp.) Drain on paper towel. Place small amount of chicken, cheese, onion, and olives in center of tortilla. Roll and place seam down in 10x13 inch baking dish with ½ cup sauce in bottom. Fill dish with enchiladas and pour remaining sauce on top. Sprinkle more cheese over this. Bake 30 minutes at 350°.

Gay (Sones) Craddock

KING RANCH CHICKEN

3 cooked chicken breasts	1 can cream of mushroom soup
1 can cream of chicken soup	½ c. Milnot evaporated milk
½ c. chicken broth	1 tsp. chili powder
1 can Ro-Tel tomatoes	½ c. chopped onion
1 pkg. grated Cheddar cheese	1 (7½ oz.) pkg. tortilla chips

Layer bottom of casserole dish with crushed tortilla chips. Mix remaining ingredients together, except cheese, and pour over chips. Top with cheese. Bake at 350° for 30 minutes.

Polly (Overton) Chiles

MICROWAVE CHICKEN MAGNIFICO

3 lb. chicken, cut up	1 can Cheddar cheese soup
8 oz. stewed tomatoes (undrained)	1 c. onion, chopped
½ tsp. salt	1 tsp. leaf basil
⅛ tsp. garlic powder	⅛ tsp. pepper

Cut larger pieces of chicken in halves for uniform size. Place in 2 quart (12x7 inch) dish, skin side up. Mix remaining ingredients and spoon over chicken. Sprinkle generously with paprika. Cover with waxed paper and cook on FULL power in microwave 28 minutes or until done.

Rusty Winsett

ORIENTAL CHICKEN DISH

2 chicken breasts, halved	5 carrots
1 small head cauliflower	1 small jar pimentos
2 stalks broccoli	1 medium white onion
1 bunch green onions	Crushed red pepper
Soy sauce	Salt and pepper
MSG	Olive oil
4 or 5 garlic cloves	Garlic powder
Flour	Celery
Cooking oil	

Slice carrots diagonally. Dice onion; chop garlic fine. Break cauliflower into small pieces; chop broccoli. Stems may be sliced diagonally and used also (very nutritious). Debone raw chicken, cut into $\frac{1}{2}$ inch strips, then chop into small pieces. Put $1\frac{1}{2}$ tablespoons olive oil into large skillet. Add 1 tablespoon vegetable oil. Add chopped chicken and cook on medium heat. Stir chicken around until meat turns white. Add MSG (tiny pinch) and chopped garlic. Add to taste the salt, sparingly, as soy sauce is salty, pepper, garlic powder, red pepper, and green onions. Simmer 5 minutes.

Add 2 tablespoons soy sauce, more or less to taste; let cook 3 minutes. Add the white onion, pimentos, and 2 tablespoons cooking oil. Cook until well done and blended, about 3 more minutes. Remove mixture, draining oil off and back into skillet. To the oil, add 3 tablespoons flour (more oil and flour may be added to make more gravy); stir well. Add 1 inch of water into skillet. Stirring constantly, bring to a boil. Add 2 more tablespoons of soy sauce or to suit taste. Add carrots and broccoli (stems only); cook 10 minutes or until tender. Add remaining vegetables and cook another 3 to 4 minutes. Add meat mixture just before vegetables are done. A few more squirts of soy sauce if you please and you've got a dish you won't soon forget. Serve over rice - jasmine rice is best.

To cook rice, add 1 part rice, 2 parts water, and bring to a boil. Turn heat very low. Cover and cook 14 minutes. Fluff with fork when done, but avoid stirring during cooking to prevent sticky rice.

My son, Dale Morris, always made some of this for me whenever he came to visit. Simply delicious!

Ada Craddock Morris, Binger, OK

PEPPERY CRUMB-COATED CHICKEN (Microwave)

2½ to 3 lb. chicken	2/3 c. corn flake crumbs
½ tsp. salt	½ tsp. pepper
⅛ tsp. garlic powder	⅛ tsp. ground ginger
2 Tbsp. butter	1 egg, beaten

Rinse and dry chicken. Cut into 8 pieces; remove skin. Place 4 layers of paper toweling on a 13 inch microwave-safe platter and set it aside. In a shallow dish, combine crumbs, salt, pepper, garlic powder, and nutmeg. Set aside. Put butter or margarine in a 1 quart microwave-safe casserole. Microwave the butter on HIGH 30 to 55 seconds, just until it melts. Blend 1 beaten egg into the butter. Dip chicken pieces into egg mix, then roll in crumb mixture to coat. Arrange the coated chicken on the paper towel-covered platter with the thickest portions toward the outside of the platter.

Cover with another sheet of paper toweling. Microwave on HIGH or 100% power for 14 to 17 minutes, rotating the platter twice during the cooking time. Check for done-ness by cutting near the bone. The meat should not be pink and the juices should run clear. Let stand 3 to 5 minutes before serving.

Found this recipe in the Anadarko Daily News - tried it and found it to be delicious.

Ada Morris, Binger, OK

PERFECT SOUTHERN-FRIED CHICKEN

3 lb. fryer	1 tsp. paprika
1 c. milk	1 c. flour
1½ tsp. salt	½ inch cooking oil in heavy skillet
½ tsp. pepper	

Cut up chicken. Put all dry ingredients in a bag (brown sack). Heat oil on medium high until very hot. Dip chicken in milk; shake off excess so not dripping. Place pieces, one at a time, in bag and shake to coat. Pour in skillet quickly. Brown one side lightly. Turn heat down to low and cook, covered, for 40 minutes. Uncover, turn heat up a little, and cook for 5 to 10 minutes to crisp, turning once.

Martha Craddock

CHICKEN AND DUMPLINGS

Cut up stewing chicken. Place in heavy pan; cover with water. Add a few vegetables to add flavor to the stock (a small carrot, and onion, and a stalk of celery). Cover and simmer gently over low heat 2 hours or until the chicken is tender and the meat begins to loosen from the bones. Add more water during the cooking if necessary. Add about 1½ teaspoons salt during the last hour of cooking. Remove from heat. Skim off fat from top of stock and remove chicken. Discard skin and bones; dice the meat. Return chicken to broth.

Dumplings:

1½ c. flour	2/3 c. milk
2½ tsp. baking powder	1 egg
½ tsp. salt	2 Tbsp. corn oil
1 tsp. parsley flakes	

Combine flour, baking powder, salt, and parsley in medium size mixing bowl. Combine milk, egg, and oil. Add to other ingredients and mix just until moistened. Drop by small teaspoon into hot boiling chicken broth. Cover tightly and cook 15 minutes. The cover must *not* be removed while the dumplings are cooking, for if the steam escapes, they will not be light and tender.

Charlotte (Elton, Jr.) Craddock

NOODLES

3 eggs, well beaten	½ tsp. salt
¼ c. cream or milk	1 to 1½ c. flour
1 tsp. baking powder	

Beat eggs and salt with fork; add cream. Add baking powder to flour. Continue to add flour to egg mixture until dough is as stiff as possible. Roll very thin on floured

surface; let stand 15 minutes. Roll up like jelly roll and slice into thin strips. Spread noodles out and let dry for 15 minutes, if time permits. Drop into boiling broth made from roast beef or chicken. Cook 30 to 40 minutes or until tender - open kettle method, stirring occasionally.

Grace (Wilber) Craddock

CRANBERRY CHICKEN

**1 cut up chicken
1 can whole cranberries**

**1 bottle Russian dressing
1 env. Lipton onion soup**

Preheat oven to 350°. Mix together cranberries, dressing, and soup mix. Place chicken on pan and pour sauce over chicken. Cover with foil and bake 15 minutes longer.

Tammy Rice

CORN BREAD DRESSING

**8 c. soft biscuit crumbs
8 c. soft corn bread crumbs
1 c. chopped onions
2 c. diced celery
2 tsp. salt
1 tsp. black pepper**

**2 tsp. sage (or more, according to
your taste)
1 c. cold butter, diced
4 eggs, slightly beaten
1 fully cooked baking hen and broth**

Combine biscuits and corn bread crumbs, onions, celery, butter, and eggs. Mix well. Mix together seasonings and add to first mixture. Chop the hen into small pieces and add the meat and all of the broth to the dressing. Place in 2 large cake pans and bake at 450°F. until done.

Bob Craddock

OKLAHOMA CORN BREAD DRESSING

**1 stick oleo
1 c. chopped celery
1 c. chopped onion
1 large recipe corn bread (cold),
crumbled
8 slices wheat bread, toasted and
cubed**

**2 Tbsp. sage (more or less to your
taste)
1 tsp. salt
1 tsp. pepper
5 eggs, slightly beaten
6 to 8 c. broth (I drain mine from
turkey or boil a chicken earlier)**

Melt oleo in iron skillet. Sauté onion and celery until tender, but not brown. Add this mixture to corn bread, bread, and all other ingredients. I add about half the broth; mix to see if more broth is needed. I like it rather juicy, so it won't be so dry after baking. Bake at 350° about 45 minutes to 1 hour in greased flat pan.

*Rosalee (Finley) Nath, daughter of Aubrey Finley and Fay (Craddock) Finley,
Blanchard, OK*

EGG CASSEROLE ("From the Ansel kitchen")

6 slices decrustated buttered bread	1 lb. cooked sausage
5 oz. grated Cheddar cheese	5 eggs
1 pt. half & half	1 tsp. salt
1 tsp. dry mustard	

Line bottom of pan with buttered bread. Top with sausage and cheese. Beat remaining ingredients and pour over sausage and cheese. Bake 40 minutes at 350° F. and serve.

Ansel Finley, Seabrook, TX

ELEPHANT STEW

1 medium size elephant	Brown gravy to cover (about 20 gal.)
Salt and pepper (2 to 3 qt.)	2 rabbits (optional)

Cut the elephant into bite-size pieces. This should take about 2 months. Add the brown gravy and cook over kerosene fire about 4 months, turning daily. This will serve about 3,800 people. If more are expected, add the rabbits, but do this only if necessary, because most people don't like to find hare in their stew.

Lynne Morris Murrow, Alva, OK

YOUNG ADA CRADDOCK MORRIS' FRIZZLED FROG LEGS

3 fresh (bull?) frogs	1 c. lard
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Talk 3 gullible boys into catching 3 bull frogs (or any old toad will do from horse tank). Neatly hold skin and filet with butter knives. Burn in lard until completely blackened. Put out grease fire each time it threatens to burn down house. Make boys eat under threat of telling mom and dad, while convincing them the cook doesn't eat what she prepares. Makes 3 small servings.

David Glen Craddock, Marietta, GA

KNAFEH

1 lb. Knafeh dough (Katif dough - 1 pkg.)	2 Tbsp. Mazaher (orange blossom water)
1 (16 oz.) Ricotta cheese	3 Tbsp. sugar
8 oz. Mozzarella cheese	2 sticks butter

Melt the butter. Meanwhile, chop Knafeh dough with a sharp knife. Put the dough on the melted butter over low fire and mix until it absorbs it all. Mix the 2 kinds of cheese, sugar, and Mazaher well. Spread half of the dough on a greased tray or cookie sheet. Spread the stuffing, then cover it with rest of the dough. Bake in pre-heated oven at 350° for 20 to 30 minutes, until it starts to become brownish. Flip it over on another same size tray and bake 15 more minutes. Add syrup and serve hot.

Syrup for Knafeh:

3 c. sugar	1 Tbsp. lemon juice
1 c. water	1 tsp. Mazaher

Boil together (water and sugar) and keep stirring until it dissolves. Add lemon juice and boil until it becomes a little thick.

Eric Craddock

HAM LOAF

1 lb. ground cured ham
1 lb. ground lean pork steak
2 eggs

1/4 c. oatmeal
1 c. cracker crumbs
1 c. milk

Baste:

1/2 c. vinegar
1 Tbsp. dry mustard

1/4 c. brown sugar
1/2 c. water

Mix ham, steak, eggs, oatmeal, cracker crumbs, and milk together. Shape into loaves, about 5 inches by 7 inches in size.

Baste: Mix the preceding basting mixture and baste once before putting the loaves into oven. Baste 4 or 5 times during the cooking process. Bake at 325° for about 2 hours. Serves 11.

Polly (Overton) Chiles

MACARONI AND CHEESE

1 lb. Velveeta cheese, grated or
chunked

1 box Skinner macaroni, cooked

White Sauce:

3/4 cube margarine
4 Tbsp. flour

1 tsp. salt
4 c. milk

Cook margarine, flour, salt, and milk in medium saucepan on high. Gradually add cheese. When mixed well, pour over macaroni and coat well. Spoon into casserole and bake at 350° for 15 minutes or until brown.

Polly (Overton) Chiles

INDIANA AMISH NOODLES

1 c. flour
Pinch of salt
1 egg

1 Tbsp. oil
1 Tbsp. water

Knead all ingredients and let rest for 45 minutes. Cut dough in half. Roll out in square (8x14 inches). Roll up like a jelly roll. Cut in slices, thin or thick. Let noodles dry overnight.

Betty Jane (Jones) Craddock

STOPPING BOIL-OVERS

Spaghetti will not boil over or stick together if you add a small piece of butter or a few teaspoons of oil to the water. The same holds true for rice.

ORIENTAL PORK

1 c. green pepper
1/2 c. celery
1 Tbsp. salad oil
1/2 c. cold water
2 Tbsp. soy sauce

1 Tbsp. corn starch
1/4 tsp. salt
1/2 tsp. sugar
2 tomatoes
1 1/2 c. cubed cooked pork

Cut green pepper and celery into strips. Cook in large skillet in oil until crisp and tender. Remove and set aside. Combine water, soy sauce, corn starch, salt, and sugar. Add to skillet; cook until thickened. Add pepper, celery, pork, and tomatoes, cut in wedges. Heat and serve over cooked rice or noodles.

Marjorie Treanor, Dubuque, IA

BARBECUE WIENERS

2 lb. wieners
1 can tomato juice
Catsup (optional)

2 Tbsp. shortening
2 Tbsp. onion, chopped

Melt shortening in skillet. Stir in onion. Cook until slightly browned. Add tomato juice and wieners, which have been cut into bite-size pieces. Cover and simmer 25 or 30 minutes.

Grace (Wilbur) Craddock

SALMON (TUNA) PATTIES

1 (13 oz.) can tuna or 1 can pink salmon
1/2 c. onions, finely chopped
1/2 c. corn meal
1/3 c. tomato sauce
2 tsp. salt

1/4 tsp. pepper
1 egg, slightly beaten
1 tsp. dry mustard
Powdered garlic
2 tsp. lemon juice
1 Tbsp. jalapeno relish (or to taste)

Mix all ingredients well. Form into patties and cook in small amount of corn oil, turning to brown both sides. Or they may be layered between freezer paper and frozen, to be used as needed.

This was my Great Grandmother Terry's recipe.

Mark Franklin

SALMON PATTIES WITH MUSHROOM-CHEESE SAUCE

1 can salmon, drained and deboned
1/8 tsp. pepper

1/4 tsp. salt
1/8 tsp. onion powder

Mix salmon patty ingredients and shape into patties. Roll lightly in flour, dip in beaten egg, and roll in bread crumbs. Fry in 1 to 1 1/2 inches hot grease until golden, turning once.

Sauce:

1 can cream of mushroom soup
1/2 c. sharp Cheddar cheese, grated

1/2 c. milk

Combine soup and milk in 1 quart saucepan; heat until bubbly. Add cheese and stir until melted. Pour over salmon and serve.

Denise Craddock

SHRIMP MIAMI ("From the Ansel kitchen")

2 lb. shrimp (fresh or frozen)	1/4 c. oil (olive or salad)
2 tsp. salt	1/2 tsp. white pepper
1/4 c. extra dry vermouth	2 Tbsp. lemon juice

Thaw frozen shrimp. Peel and wash. Preheat electric pan to 320°. Add oil, salt, pepper, and shrimp. Cook 8 to 10 minutes or until shrimp are pink and tender, stirring frequently. Increase temperature to 420°. Add vermouth and lemon juice. Cook 1 minute longer, stirring constantly. Drain. Serve hot or cold as appetizers. Serves 6.

Ansel Finley, Seabrook, TX

FILE GUMBO

1/2 c. oil	1 bay leaf
Flour	1 tsp. hot sauce
2 medium onions, chopped	1 tsp. salt
4 stalks celery, chopped	2 lb. shrimp, peeled
1 clove garlic, minced	1 lb. crabmeat or 6 whole crabs, cleaned
1 qt. chicken broth	Gumbo file
1 qt. water	Smoked sausage, bologna, or end of salami may be added
1 (16 oz.) can tomatoes	
1/2 lb. okra, sliced	

Combine oil and flour in large Dutch oven. Cook over medium heat, stirring constantly, until very brown (15 to 20 minutes). Stir in celery, onion, garlic, and cook about 30 minutes, stirring occasionally. Stir in okra and saute about 10 minutes. Add broth, water, tomatoes, bay leaf, hot sauce, and salt. You may also add the sausage, bologna, or salami at this time. Simmer 1 hour. Add seafood and cook 10 more minutes. Stir in file. Serve over rice.

Gay Craddock

BAKED SWORDFISH AU GRATIN

1 lb. fresh or thawed frozen swordfish steaks (1/2 to 3/4 inch thick)	6 whole peppercorns
1/2 c. salad oil	1 small onion, thinly sliced
1/2 c. sauterne	1/3 c. dry bread crumbs
1 tsp. thyme	1/3 c. grated Parmesan cheese
1 bay leaf, crumbled	1/4 tsp. oregano
	1/2 tsp. salt

1. Cut swordfish into 4 portions. In shallow baking pan, combine salad oil, sauterne, parsley, thyme, bay leaf, peppercorns, and onion. Lay swordfish on top; refrigerate 2 hours, occasionally spooning marinade over fish.

2. Heat oven to 350°F.

3. Combine bread crumbs, cheese, oregano, and salt. Use to coat fish steaks. Lay steaks in shallow baking pan.

4. Bake, covered, 20 minutes. Uncover and bake 15 minutes, until fish flakes. For browner surface, broil until desired. (Contains 210 calories per serving.)

I had an alternative recipe for broiled pig brains, but didn't think you'd accept it.

Judy (Craddock) Smith

TUNA FISH CASSEROLE

1 (6½ oz.) can tuna
1 (10½ oz.) mushroom soup
Chopped onion to taste
Salt and pepper to taste

1 can mushrooms, drained
Egg noodles, cooked
1 c. grated Cheddar cheese
Potato chips

Mix soup, tuna, onion, seasonings, mushrooms, and ¾ cup cheese together. Add cooked noodles. Mix well. Sprinkle with remaining cheese. Top with crushed potato chips. Bake 20 minutes at 350°.

Tammy Rice

B.J. PEPPER STEAK

2 lb. round steak
1 Tbsp. butter or oil
½ tsp. garlic salt
¾ tsp. black pepper
½ tsp. ginger
10 c. water (hot)
5 pkg. brown gravy mix

5 to 5½ c. water
3 Tbsp. soy sauce
1 large bell pepper, stripped
1 large onion, quartered into
eighths
1 to 2 boxes fresh sliced
mushrooms

Strip round steak as for stir-fry. Brown steak in butter or oil in a large (6 quart) pot. Add garlic salt, pepper, and ginger while browning. When the meat is brown, add 6 cups of the hot water and bring to boil on high heat. Boil this completely down, then add last 4 cups of hot water. Boil down again until meat is tender. Add 5 packages brown gravy mix and last 5 to 5½ cups water. Bring to boil. Reduce heat slightly. Add soy sauce, onion, green pepper, and mushrooms. Boil until vegetables are tender, but crisp. Serve over rice.

B.J. Craddock. Anadarko, OK

STEAK BURGERS

2½ or 3 lb. chuck or round steak
3 tomatoes
½ head lettuce
1 large onion

1 pkg. hamburger buns
Mustard or mayo
Salt and pepper

Trim steak of all fat and grind in food processor or have butcher at meat market grind for you. Make into patties. Salt and pepper. Add small amount of cooking oil to skillet and fry slow about 10 minutes on both sides until brown. Slice tomatoes, lettuce, and onion. Heat buns. *Makes great burgers!*

Viola Parham Craddock

"BEEF STEAK POTATO SCALLOP"

1 lb. round steak	3 Tbsp. shortening
3 small onions, sliced thin	3 Tbsp. flour
1½ tsp. salt	¼ tsp. pepper
Dash of thyme	Dash of garlic salt
2 c. water	Salt
4 medium potatoes, sliced thin	Paprika

Heat oven to 350°F. Cut meat in 1 inch cubes; coat with flour. Melt shortening in skillet and brown meat. Add onions. Cook and stir until onions are done. Pour into ungreased casserole. Sprinkle with flour, salt, pepper, thyme, and garlic salt. Pour water over mixture. Cover and bake 45 to 60 minutes. Increase oven temperature to 450°F. Arrange potatoes on meat. Sprinkle with salt and paprika. Bake, uncovered, 30 minutes or little longer. Serves 4.

Beulah Craddock, Minco, OK

ROAST BEEF

2 to 3 lb. slab of beef	Potatoes and carrots as desired
1 pkg. Lipton onion soup mix	
1 can cream of or golden mushroom soup	

Put meat in roasting pan. Sprinkle onion soup mix over beef. Pour over mushroom soup. Put potatoes and carrots around sides. Put in enough water to ½ cover everything (1 or 2 cans). Roast at 325° for 3 hours, covered.

Martha Craddock

UNIVERSAL TENDER MEAT

Meat, cut in serving size pieces	Seasoning as desired
Pancake mix	1 can milk (not diluted)

Pour milk into bowl. Dip meat into milk, then into seasoned mix. Place single layer into greased pan. Pour balance of milk over all. Make sure all coating is moist. Bake at 350°F. for 45 minutes to 1 hour or until meat is done.

I've used pork chops, chicken (skin side up), round steak. This can be as fat free as you choose. It makes its own gravy. This is Uncle Glen's recipe.

Daisy Belle, Richland, WA

MICROWAVE BBQ WIENERS

1 pkg. homestyle gravy mix	1 c. water
¼ c. chopped onion	1 c. ketchup
1 Tbsp. prepared mustard	1 pkg. wieners, cut in slices

Mix gravy mix, water, and onion in 1 quart dish. Cook, uncovered, 3 minutes, stirring after each minute. Add remaining ingredients. Cover and cook 3 minutes. Stir; cook 3 more minutes.

Randy Winsett

CHILI PIZZA

8 oz. cream cheese

1 large onion, chopped

Fresh pepper or jalapeno, seeded

Ripe sliced olives

1 can Armour chili with beans

1 small can chillies

1 lb. Monterey Jack or Cheddar

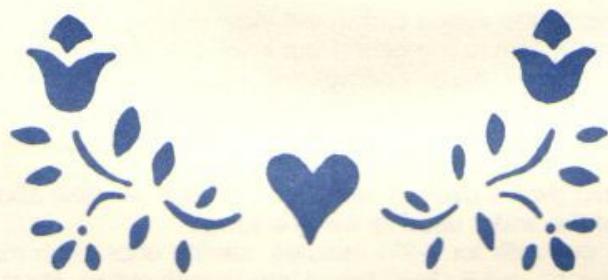
Pinto beans (optional)

Spread cream cheese in bottom of 10 inch pie pan. Layer chili beans, onion, peppers, and cheese. Place olive on top. The optional beans may be mixed with chili to make more.

I usually double and put in a 13x9 inch cake pan. It's wonderful as a leftover. Jeff and Greg both really went for this. Jeff suggested I send this recipe. You serve this after it sets around 10 to 15 minutes on restaurant style tortilla chips (plain).

Carolyn Craddock, Napoleon, OH

Notes



Breads, Rolls



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BREADS, ROLLS

The people asked, and He brought quails, and satisfied them with the bread of heaven - Psalms 105:40.

UGLY BISCUITS

Pile of flour (about 4 c.)	1/2 palmful baking powder (about 4 tsp.)
Dash of salt	Gob of shortening (about 3/4 c.)
Some milk	

Mix together dry ingredients. Cut shortening in with 2 butter knives or use a pastry blender if you'd rather. Blend until mixture is the texture of coarse meal. Add milk, a little at a time, until dough clings together and is moist. The less you stir and mix, the better the biscuits. Dump by globs onto greased cookie sheet. Brush tops with melted butter. Bake at 425° until golden brown, about 20 minutes. Serves 5 to 6. Serve with butter, jelly, hot gravy, etc.

For a smooth biscuit, roll out and cut with cutter. My hungry bunch always liked this quick breakfast.

Ada Morris, Binger, OK

YEAST BISCUITS

1 pkg. yeast	1/2 c. oil
2 c. buttermilk	4 tsp. baking powder
1/2 c. sugar	6 c. flour
2 tsp. salt	

Dissolve yeast in 1 cup warm water. Mix all ingredients. No rising needed. Will keep in refrigerator one week, covered. Bake at 400° for 8 to 10 minutes.

Elaine Eisenman, Corsicana, TX

CHEATIN' JALAPENO CORN BREAD

3 pkg. corn muffin mix	10 oz. Cheddar cheese, grated
3 eggs	1 can cream style corn
1 c. milk	3/4 to 1 c. sliced jalapenos, chopped

Mix corn muffin mix with 3 eggs and milk according to package directions. (You can use Jiffy corn bread mix, but it crumbles more.) Add half of grated cheese, the can of corn, and the peppers to the batter. Pour into greased 9x13 inch pan. Add remaining cheese sprinkled on top. Bake at 400° until done and browned on top.

B.J. Craddock, Anadarko, OK

CORN CAKES

1 can whole kernel corn, drained (save liquid)	3 Tbsp. powdered milk
1 c. Bisquick	1 egg

To Bisquick, add dried milk, liquid from corn, and egg. Mix, then add corn. Fry as small hot cakes (about 3 inches in diameter). The powdered milk and liquid equals whole milk.

Gnia could make a meal of these. I'd make a batch of these each time we came to visit.

Daisy Belle Craddock, Richland, WA

HUSH PUPPIES

**1/2 c. flour
1/2 c. yellow corn meal
1 tsp. salt
Dash of pepper
1 tsp. baking powder**

**1 small onion, chopped fine
1 c. cream style corn
1 egg
Milk (enough for runny batter)**

Sift dry ingredients together. Stir in onion, corn, and egg. Add milk. Drop by spoonfuls into hot oil. Deep-fry until golden brown.

Polly (Overton) Chiles

HUSH PUPPIES

**1 c. yellow corn meal
1/3 c. flour
1 tsp. salt
1/8 tsp. cayenne (optional)
3 tsp. baking powder
8 oz. tomato sauce**

**1 small green pepper, diced
1 small onion, diced
1 small ripe tomato, diced
1/4 c. celery, diced
1 egg (unbeaten)
Garlic powder**

Mix dry ingredients. Add egg, green pepper, onion, tomato, celery, and tomato sauce. Mixture should be just thick enough to drop by spoonful into hot grease. Brown on both sides and then drain on paper.

An original, adapted to incorporate vegetables into the menu when served with catfish.

Nelda June Craddock

JUDY FINLEY'S HUSH PUPPIES

**1 c. buttermilk
1 egg
1/2 c. flour
1 tsp. salt
White or yellow self-rising corn meal
mix (enough to make
consistency to drop by
teaspoonfuls)**

**1 medium onion, chopped
1/2 c. grated Velveeta
Chopped jalapenos (optional, but
necessary, I think)**

Mix everything together. Add enough corn meal mix to make a stiff consistency, so you can drop by small teaspoonfuls into hot oil. Don't make them too big or they won't get done in the middle. Cook them until they're golden brown. Drain on paper towels.

Judy Finley, Alvord, TX

APRICOT BREAD

2/3 c. dried apricots, chopped	1/2 tsp. soda
1/2 c. boiling water	1/2 tsp. salt
1 c. sugar	1 egg
2 Tbsp. butter	1 c. nuts, chopped
2 c. flour	1/2 c. orange juice
2 tsp. baking powder	

Soak apricots in boiling water for 30 minutes. Add remaining ingredients and mix well. Spread in 2 greased 8x4 inch loaf pans. Let rise for 15 minutes. Bake at 350° for 50 minutes or until toothpick comes out clean. Cool on racks. Yield: 2 loaves.

Pearl Bird's recipe, submitted by Elaine Craddock Franklin

BANANA-APPLE BREAD

1/2 c. butter	3 bananas
1 c. sugar	1/2 c. pecans
2 c. flour	1 tsp. cinnamon
1 tsp. soda	1 tsp. nutmeg
1/4 tsp. salt	1 apple, chopped fine
2 eggs	1/2 c. cocoanut

Cream butter and sugar. Add eggs and beat well. Add the rest of ingredients, then pecans. Bake in loaf pans for 1 hour at 350°.

Dale Morris, Ft. Smith, AR

BANANA NUT BREAD

1/2 c. oleo, softened	1 pinch of salt
1 c. sugar	2 c. flour
2 eggs	3 ripe bananas
1 tsp. soda	1 c. chopped pecans

Beat your oleo, sugar, and eggs together well, then sift together your soda, salt, and flour. Add to the preceding mixture. Mash your bananas and add. Add your pecans; mix all well. Grease and flour 2 loaf pans. Pour the mixture in pans. Sprinkle tops with a little sugar and cinnamon and cook for 45 minutes at 350°.

Viola (Craddock) Locke, Minco, OK

BANANA NUT BREAD

3 ripe bananas	1 tsp. salt
1 c. sugar	2 eggs
2 c. flour	1 tsp. soda
1 tsp. baking powder	1/2 c. shortening
3/4 c. chopped nuts	

Mash bananas. Add sugar; let stand 15 minutes. Add sifted flour, baking powder, and salt. Dissolve soda in a little water. Add shortening to bananas and sugar mixture; beat. Add dry ingredients, soda, beaten eggs, and nuts. Stir only until mixed. Cook at 325°F. for 50 to 60 minutes.

Margie Gordon, Oklahoma City, OK

HOMEMADE CINNAMON ROLLS

2 $\frac{3}{4}$ c. flour
1/4 c. warm water
1/8 c. oil
2/3 c. sugar
1/4 c. butter

1 pkg. yeast
3/4 c. milk
1 tsp. salt
1 egg, beaten

Mix sugar, salt, oil, and milk. Heat in saucepan until lukewarm. Add beaten eggs. Mix yeast into warm water. Add to mixture. Add flour; knead. Put melted butter in bowl. Put mix on butter. Let rise to twice the size. Punch down; let rise again. Roll out. Put melted butter, sugar, and cinnamon; roll up. Cut and bake at 350° for 30 to 35 minutes.

Icing: Combine 1 cup powdered sugar, 2 to 3 tablespoons milk, and 1 teaspoon vanilla. Mix and pour over rolls.

Janet Craddock, Union City, OK

QUICK CINNAMON ROLLS

2 pkg. yeast
1 c. lukewarm water
1/3 c. plus 1 tsp. sugar
1/3 c. melted shortening

1 c. milk, scalded
2 1/2 tsp. salt
2 eggs
6 1/2 to 7 c. flour

Mix yeast, water, and 1 teaspoon sugar. Set aside. To scalded milk, add salt and rest of sugar. Cool, then add eggs and yeast mixture. Stir in flour to make workable dough. Let rise to double size. Punch down and roll out dough to 1/4 inch. Spread soft butter over dough. Mix cinnamon and sugar together and sprinkle generously on dough. Roll up dough, then cut in slices, 1/4 to 1/2 inch thick. Place on greased cookie sheet. Let rise to double. Cook at 325° until done.

Mix confectioners sugar, soft margarine, vanilla, and milk (a little at a time) to make thin icing for rolls.

Viola Parham Craddock, Binger, OK

HAWAIIAN BREAD

2 $\frac{3}{4}$ c. flour
1 tsp. soda
2 c. sugar
1 tsp. salt
1 c. nuts, cut fine
2 mashed bananas

1 (8 oz.) can crushed pineapple and
the juice
3 eggs, beaten well
1 c. cooking oil
1 tsp. vanilla
1/2 c. flaked coconut

Combine flour, sugar, salt, and soda. Add nuts and remaining ingredients and blend by hand. Stir just enough to blend. Put into 2 well greased and floured loaf pans. Bake at 325° to 350° for 1 hour.

Fay Finley Craddock

FAMILY TIES

Family ties are precious bonds that passing time endears
For they begin with memories of our happy childhood years.

Family ties are growing bonds nourished by love and laughter
And a thousand "everyday" events that are cherished ever after.
Family ties are lasting bonds that are woven in each heart
To keep a family close in thought - together or apart.

BUBBLE BREAD

1 stick butter	1 c. brown sugar
1/2 pkg. vanilla pudding (<i>not instant</i>)	Pecans (optional)
1 tsp. cinnamon	1 large pkg. frozen rolls
1 tsp. vanilla	

Spray Bundt pan with Pam. Arrange frozen bread in pan like a puzzle. Melt butter and mix with all other ingredients. Pour over frozen rolls while hot. Let rise. (Can read on package of rolls to see how long.) Bake at 350° for 35 minutes.

This is great with coffee in the morning. Best when eaten hot.

Tammy (Meeks) Morris

MONKEY BREAD

5 c. flour	3 pkg. dry yeast
2 Tbsp. sugar	1 tsp. salt
1 1/2 c. milk	1/3 c. margarine
1 egg	1 c. margarine, melted

In large bowl, stir together 1 1/2 cups flour, yeast, sugar, and salt; set aside. Heat milk and 1/3 cup butter until very warm (120°) and pour over flour mixture. Add egg and beat 3 minutes at medium speed. Add 1 cup flour and beat 3 minutes more. Stir in remaining 2 1/2 cups flour and mix with wooden spoon until thoroughly blended. Grease top of dough. Cover and let rise until double (about 30 minutes).

Turn out on lightly floured surface; knead until smooth. Divide dough in half. Roll each in 18x12 inch rectangle. Cut into 3/4 inch strips, then crosswise into 3 inch pieces. Dip each in melted butter, then toss helter-skelter into 10 inch tube pan. Cover and let rise until double (1 1/2 hours). Bake on bottom rack at 425° for 20 minutes. Turn out on rack to cool slightly.

Fun to make with the little ones' help.

Rusty Winsett

1987 PANCAKE CONTEST RECIPE

20 c. flour	20 tsp. baking powder
10 tsp. salt	20 Tbsp. sugar
10 eggs	15 c. milk
3 1/3 c. oil	

Mix together dry ingredients. Beat eggs; add milk. Add dry ingredients alternately with oil, beating and stirring as you add. Cook on hot griddle. Serve with butter and syrup.

In 1987, about 25 to 35 family members had a pancake eating contest and we used this recipe. Carl Morris won first place by eating 13 1/2 cakes. Paul Craddock was

runner up - he ate 13. In the junior division, Carl's son, John Morris, ate 7 pancakes to win first place. I have no record of the junior second place winner.

Ada Morris, Binger, OK

PARMESAN PUFF RING

1/2 c. water
1/8 tsp. salt
2 eggs

1/4 c. margarine
1/2 c. flour
2 Tbsp. grated Parmesan cheese

In saucepan over high heat, heat water, butter, and salt until butter melts and mixture boils. Reduce heat to low. Add flour and stir vigorously with wooden spoon until mixture forms ball and leaves sides of pan. Remove from heat. Add eggs, one at a time, and beat vigorously 1 minute after each. Grease cookie sheet and with finger, draw 6 inch circle. Form ring of dough within circle by dropping 5 mounds of dough side-by-side. Sprinkle with Parmesan. Bake at 400° for 40 to 45 minutes. Cool on rack.

Great substitute for the usual dinner rolls with a hint of cheese flavor. Quick and easy!

Randy Winsett

SOPAIPILLAS

2 c. flour
1/2 tsp. baking powder
1/2 c. shortening
1/2 c. scalded milk, cooled

3/4 tsp. salt
1 Tbsp. sugar
1 pkg. dry yeast

Combine first flour, salt, baking powder, and sugar. Mix well. Cut in shortening until crumbly. Make well in center. Dissolve yeast in 1/4 cup warm water and add to milk, mixing well. Knead 50 to 60 times. Let stand 10 minutes and roll 1/4 inch thick, then cut into squares or triangles. Deep-fry until puffy and golden brown. Makes about 24.

Polly (Overton) Chiles

BASIC ROLL DOUGH

3 1/2 c. flour
1 3/4 c. milk
1/4 c. Crisco
1 egg

1 pkg. yeast
1/2 c. sugar
1 tsp. salt

Combine 1 1/2 cups of the flour and yeast. Heat milk, sugar, shortening, and salt until shortening melts. Add to dry mixture. Add egg. Beat at low speed for 1/2 minute. Scrape bowl; beat at high for 3 minutes. Stir in the rest of the flour. Shape into bowl. Place in greased bowl, turn once, and cover. Let rise 1 1/2 to 2 hours.

Punch down; let rest 10 minutes. Make desired rolls. Let rise 30 to 35 minutes. Bake at 400° for 10 to 12 minutes or until golden brown. Makes about 4 dozen crescent rolls.

Polly (Overton) Chiles

BUTTER ROLLS

Dough:

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

Additional ingredients:

1 cube oleo, melted	2 3/4 c. milk
1 1/2 c. sugar	Another 1/4 c. sugar
3 Tbsp. cinnamon	

Dough: Mix together to make a biscuit dough. Put out on a floured bread board and knead together a little to make a ball, then roll out fairly thin. Add next ingredients.

Spread melted oleo over dough, then sprinkle the sugar over it. Sprinkle the cinnamon over that. (Or you can mix the sugar and cinnamon before you sprinkle it on top.) You roll it into a long roll. Cut into 1 inch rolls. Place in a large baking dish. Leave a little room between each roll. Sprinkle the other $\frac{1}{4}$ cup sugar over the top. Sprinkle a little cinnamon too, then pour the milk over it. Bake at 350° for about 40 minutes.

It will thicken some and look glazed on top. Best eaten while still warm.

Laura Belle (Craddock) Johnston

MOUTH-WATERING HOT ROLLS

1 c. cold water	1/2 c. sugar
2 tsp. salt	3/4 c. boiling water
1/2 c. shortening	2 eggs, beaten well
2 pkg. yeast	5 c. flour
2 tsp. sugar	

Mix cold water, $\frac{1}{2}$ cup sugar, and salt together. Mix boiling water and shortening together. Allow shortening to melt and water to cool before next step is added.

Mix yeast and 2 teaspoons sugar together, allowing to set long enough for yeast to melt in cup. Add beaten eggs. Combine all of the preceding mixtures, then add flour slowly. Let rise in refrigerator until double (about 4 hours). Roll out and shape into rolls. Let rise again about 1 hour. Bake at 425°. Makes about 6 dozen.

The best homemade hot rolls I've ever had.

Denise Craddock

SOUR CREAM TWISTS

1 pkg. yeast	1 tsp. vanilla
1 c. butter flavor Crisco	4 c. flour
1/4 c. lukewarm water	1 c. sour cream
1 tsp. salt	2 egg yolks
1 egg	

Dissolve yeast in water. Sift flour and salt together. Cut in shortening. In a separate bowl, beat egg yolks and egg and combine with the yeast. Combine sour cream and vanilla with yeast mixture. Add to dry mixture, mixing well. Let rise 2 hours.

Roll out thin and sprinkle with sugar. Fold over. Roll out thin, sprinkle with sugar, and fold over again. Repeat process 1 or 2 more times. Roll out about $\frac{1}{4}$ inch thick. Cut in 1x4 inch strips and twist. Place on cookie sheet and let rise again until light. Bake at 350° for about 15 minutes or until light brown. Makes about 3 dozen.

Polly (Overton) Chiles

YEAST BREAD

2 pkg. granulated sugar
1 c. warm water
1 tsp. sugar
1 c. hot milk
2½ tsp. salt

1/3 c. sugar
2 eggs, beaten
1/3 c. melted shortening (half butter)
6½ to 7 c. all-purpose flour

Pour yeast and 1 teaspoon sugar into 1 cup water. Mix and set aside. Heat milk in small pan and add 1/3 cup sugar and 2½ teaspoons salt. Mix and let cool to lukewarm. Add yeast mixture and beaten eggs. Pour this in large bowl and mix well. Add 3 cups flour and mix. Add melted shortening and mix. Add remainder of flour, mixing and kneading, one cup at a time, until you have smooth and elastic dough. (I never use the whole 7 cups called for - maybe 5½ or 6 cups flour.) Grease bowl. Place dough in bowl and grease top of dough also. Cover and let rise about 1 hour or until doubled in size.

Punch dough down. Knead 2 or 3 times and pinch off small dough balls. Form each into round peach size balls and place in greased pan, 1 inch apart (grease tops of balls). Cover and let rise in warm place 1 hour or until doubled. Bake in *hot* oven (400°) for 15 or 20 minutes, until golden brown. Makes 2 dozen. (Butter tops as soon as you remove from oven.)

Viola Craddock

CINNAMON ROLLS

Use 1/2 of Yeast Bread dough. After dough has risen the first time, turn out on floured surface and roll out until 1 inch thick. Brush top with melted butter and sprinkle with sugar and cinnamon (pretty heavy). Roll up tight and cut into 1½ inch pieces. Place in greased pan, ½ inch apart (grease tops also). Let rise 1 hour or until doubled in size and bake in *hot* oven (400°) until brown, about 15 to 20 minutes. While baking, mix frosting.

Frosting:

2 c. confectioners sugar
2 Tbsp. butter (soft)

¾ c. milk
1 tsp. vanilla flavor

Mix sugar, milk, butter, and flour together. Pour over *hot* cinnamon rolls. Makes about 1½ dozen.

Viola Craddock



Desserts



Common Baking Dishes and Pans



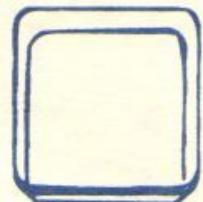
Spring Form Pan



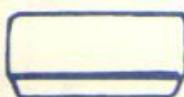
Layer Cake or Pie Pan



Ring Mold



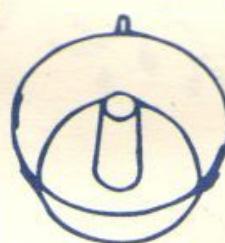
Baking or Square Pan



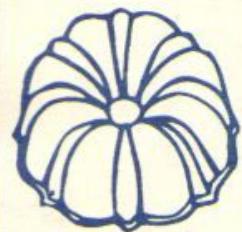
Loaf Pan



Brioche Pan



Angel Cake Pan



Bundt Tube

Equivalent Dishes

4-CUP BAKING DISH

= 9" pie plate
= 8" x 1¹/₄" layer cake pan
= 7³/₈" x 3⁵/₈" x 2¹/₄" loaf pan

6-CUP BAKING DISH

= 8" or 9" x 1¹/₂" layer cake pan
= 10" pie pan
= 8¹/₂" x 3⁵/₈" x 2⁵/₈" loaf pan

8-CUP BAKING DISH

= 8" x 8" x 2" square pan
= 11" x 7" x 1¹/₂" baking pan
= 9" x 5" x 3" loaf pan

10-CUP BAKING DISH

= 9" x 9" x 2" square pan
= 11³/₄" x 7¹/₂" x 1³/₄" baking pan
= 15" x 10" x 1" flat jelly roll pan

12-CUP BAKING DISH OR MORE

= 13¹/₂" x 8¹/₂" x 2" glass baking dish
= 13" x 9" x 2" metal baking pan
= 14" x 10¹/₂" x 2¹/₂" roasting pan

Total Volume of Pans

TUBE PANS

7 ¹ / ₂ " x 3" Bundt tube	6 cups
9" x 3 ¹ / ₂ " fancy or Bundt tube	9 cups
9" x 3 ¹ / ₂ " angel cake pan	12 cups
10" x 3 ³ / ₄ " Bundt tube	12 cups
9" x 3 ¹ / ₂ " fancy tube mold	12 cups
10" x 4" fancy tube mold	16 cups
10" x 4" angel cake pan	18 cups

SPRING FORM PANS

8" x 3" pan	12 cups
9" x 3" pan	16 cups

RING MOLDS

8 ¹ / ₂ " x 2 ¹ / ₄ " mold	4 ¹ / ₂ cups
9 ¹ / ₄ " x 2 ³ / ₄ " mold	8 cups

BRIOCHE PAN

9 ¹ / ₂ " x 3 ¹ / ₄ " pan	8 cups
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DESSERTS

ANGEL FOOD CAKE

1 c. plus 2 Tbsp. sifted cake flour $\frac{3}{4}$ c. sugar

Sift and mix into flour. Put 1½ cups egg whites with ½ teaspoon salt in large mixing bowl. Beat on medium speed until real foamy. Add 1½ teaspoons cream of tartar. Beat on fast speed until real stiff, about 3 minutes. Sprinkle 1 cup sugar over this mixture and slowly mix until all has been poured in - takes about 1½ minutes. Turn to real slow and add 1 teaspoon vanilla and 1 teaspoon almond flavoring. When mixed, pour into ungreased angel food pan. Don't turn oven on until cake is set in oven. Set oven at 370° for first 15 minutes. Turn oven back to 350° for 20 minutes more.

Icing:

1/2 stick oleo 1 small pkg. cream cheese
3 Tbsp. milk

Melt together, then add 1 teaspoon vanilla and powdered sugar to smooth paste.

Fay (Craddock) Finley, Verden, OK

GERMAN APPLE CAKE

2 eggs	1 tsp. soda
1/2 tsp. salt	2 c. flour
1 tsp. vanilla	1 c. salad oil
2 tsp. cinnamon	2 c. sugar
3/4 c. nuts	3 c. diced apples

Frosting (optional):

8 oz. cream cheese	1 tsp. vanilla
2 Tbsp. margarine	2 c. powdered sugar

Mix all but apples and nuts with a spoon, then add apples and nuts. Spread in greased and floured pan. Bake at 350° for 50 minutes. Serve with whipped cream or ice cream or frost with recipe given.

Frosting (optional): Combine cream cheese, margarine, vanilla, and powdered sugar.

Carolyn Craddock, Napoleon, OH

RAW APPLE CAKE

4 c. chopped apple	2 c. sugar
1/2 c. butter	2 eggs
2 c. flour	1 tsp. cinnamon
1 tsp. nutmeg	2 tsp. soda
1/2 tsp. salt	

Cream together the apple and butter. In separate bowl, combine flour, nutmeg, salt, sugar, eggs, cinnamon, and soda. Mix both mixtures together and add 1 teaspoon vanilla and $\frac{1}{3}$ cup nuts. Bake at 350° for 35 to 40 minutes.

Juanita (Kuykendall) Handke

VIOLA'S APPLE CAKE

4 c. apples	2 tsp. vanilla
3 c. flour	2 tsp. soda
2 c. sugar	1 c. nuts
2 eggs	1 tsp. salt
1 c. oil	1 c. coconut

Soak apples in sugar overnight, then mix all ingredients with apples and sugar. Bake in 9x13 inch pan at 350° for 45 minutes.

This is a one cake recipe. Can double recipe for a two cake recipe.

Viola Locke, Elaine Eisenman

BAKLAVA

2 lb. Baklava dough (filo dough)	1/2 tsp. nutmeg
6 c. walnuts, chopped	1/2 c. confectioners sugar
2 c. rendered butter	2 c. Attar
1 tsp. cinnamon	

Mix nuts, sugar, spices, and 1 tablespoon butter. Grease the baking sheet (12x17 inches) with butter. Place 2 layers of Baklava on the baking sheet, brushing lightly with butter. Continue this process until $\frac{1}{2}$ pound of dough has been layered. Spread the nut mixture evenly over dough. Lay rest of dough, following same procedure. Do not grease last layer. With sharp knife, cut into diamond shapes. Heat rest of butter (about 1 cup) and pour on tray. Preheat oven to 400°. Place tray in oven, then reduce to 275°. Bake 1½ to 2 hours. Cool 10 minutes. Pour cold syrup (Attar) evenly over surface.

Erik Craddock

BIBLE CAKE

Mix together:

1 c. Judges 5:25 (last clause)	6 Jeremiah 17:11
2 c. Jeremiah 6:20	1/2 c. Judges 4:19 (last clause)

Put 4½ cups I Kings 4:22 in the sifter. Add 2 teaspoons Amos 4:5, then pinch of Leviticus 2:13. Sift all this into the first mixture, stirring well, then add 2 teaspoons I Samuel 14:25. Stir again.

Add:

2 c. Nahum 3:12	2 c. I Samuel 30:12, rolled in I Kings
1 c. Numbers 17:8	4:22

Season to taste with II Chronicles 9:9. Stir all up together and bake in deep 9x13 inch pan.

This is very interesting to find. All the ingredients are in the references and certainly makes a delicious cake when mixed in the order given.

Denise Craddock

EASY NO-BAKE CHEESECAKE

1 c. sugar
1 (15 oz.) pkg. cream cheese
1 tub Cool Whip

1 graham cracker pie crust
1 can cherry pie filling or any pie
filling of your choice

In mixing bowl, blend sugar and cream cheese well. Add Cool Whip and mix well. Pour mixture in pie crust. Top with pie filling. Refrigerate.

It's good and it's easy! Try it ... you'll really like it! (If you like cheesecake, that is.)

Paula McDougle

PEANUT BUTTER CREAM CHEESE CAKE

1 (8 oz.) bar cream cheese
1 bowl Cool Whip
Readymade graham cracker crust
Chocolate chip morsels

1½ c. peanut butter (or to desired
taste)
Chopped peanuts
½ c. sugar

Whip together cream cheese, peanut butter, Cool Whip, and sugar. Sprinkle chocolate chip morsels on bottom of graham cracker crust. Cover with cream filling. Sprinkle top with morsels and chopped peanuts.

For a more attractive pie, melt morsels and swirl around on top of pie. Sprinkle with chopped peanuts. *Delicious!*

Glenda (Craddock) Ward, Florida

CREAM COCONUT CAKE

½ c. oleo
½ c. shortening
2 c. sugar
5 egg yolks
5 egg whites, beaten stiff
1 tsp. vanilla

1 c. buttermilk
1 tsp. soda
2 c. flour
3½ oz. flaked coconut
1 c. chopped nuts

Cream shortening and margarine. Add sugar; beat. Add egg yolks; beat well. Sift flour and soda; add to creamed mixture, alternating with milk. Stir in vanilla, coconut, and nuts. Fold in egg whites. Place batter in 3 floured 9 inch pans. Bake 30 minutes or until done.

Jennifer (Overton) Smithson

CREAM FROSTING

½ c. margarine
8 oz. cream cheese
2 c. powdered sugar

1 tsp. vanilla
1 c. chopped nuts

Cream the cream cheese and margarine. Add powdered sugar; beat well. Add vanilla and nuts. Frost cake when cool.

Jennifer (Overton) Smithson

COCONUT CREAM CAKE

1 box white cake mix

1/4 c. oil

3 egg whites

1 small sour cream

1 c. cream of coconut (Coco Casa)

Mix all ingredients with water. Bake in 9x13 inch pan or layers at 350° for 30 minutes or until done.

Icing:

8 oz. cream cheese

1 box powdered sugar

2 Tbsp. milk

1 tsp. vanilla

1 can coconut

Blend sugar into softened cream cheese, then work in milk and vanilla. Frost cake, then spread coconut over cake.

Rosalee Finley Nath

RECIPE FOR PRESERVING CHILDREN

1 grass-grown field

Several dogs (and puppies if available)

Pebbles

1 half-dozen children (or more)

1 brook

Into field, pour children and dogs, allowing to mix well. Pour brook over pebbles until slightly frothy. When children are nicely browned, cool in warm bath. When dry, serve with milk and fresh baked gingerbread.

BETTY'S CHOCOLATE CAKE

2 c. flour

2 c. sugar

1 tsp. salt

1 tsp. cinnamon

4 Tbsp. cocoa

1 c. water

1 stick oleo

1/2 c. oil

1/2 c. buttermilk

2 eggs

1 tsp. baking soda

1 tsp. vanilla

Frosting:

1 box powdered sugar

3 Tbsp. cocoa

5 Tbsp. milk

1 tsp. vanilla

1 stick oleo

Bring cocoa, water, oleo, and oil to a boil. Add dry mixture. Mix well. Bake at 350° for 25 minutes or until done.

Frosting: Melt butter, cocoa, and milk. Add vanilla and powdered sugar until sugar is dissolved.

Betty Crane

CHOC-CHERRY CAKE

Cake:

1 pkg. chocolate fudge cake mix
1 tsp. almond extract

2 eggs
21 oz. cherry pie filling

Mix all ingredients well. Bake in 9x13 inch pan at 350° for 35 minutes.

Frosting:

1 c. sugar
5 tsp. margarine

1/4 c. milk
6 oz. chocolate chips

Cook sugar, milk, and butter, stirring constantly. Let boil 1 minute. Remove from heat and add chocolate chips. Stir until chips are melted. Frost cake.

Quick and easy way to make a plain cake mix extra moist and mouth-watering.

Randall Gene Winsett

CHOCOLATE CHERRY CAKE

1 box chocolate cake mix
1 tsp. almond flavoring

1 can cherry pie filling
2 eggs

Combine all ingredients until well blended. Blend by hand so not to crush berries. Pour into 15x10 inch pan and bake at 350° for 20 to 30 minutes.

Frosting:

1 c. sugar
2 Tbsp. butter
1/3 c. milk

1 c. chopped pecans
6 oz. chocolate chips

Combine sugar, butter, and milk. Bring to a boil and boil 1 minute. Remove from heat and add chocolate chips and pecans. Spread on warm cake immediately.

Polly (Overton) Chiles

CHOCOLATE POUND CAKE

2 c. sugar
1 c. margarine
4 eggs
2 tsp. vanilla

1 c. buttermilk
4 oz. German chocolate, melted
1/2 tsp. baking soda
3 c. flour

Cream together sugar and butter. Add eggs, one at a time, beating well after each addition. Add vanilla and melted chocolate. Blend in thoroughly. Sift together flour, soda, and salt. Add dry ingredients alternately with buttermilk to creamed mixture. Pour batter into lightly greased and floured 10 inch tube pan or 2 loaf pans. Bake in a slow oven (300°) for 1 1/2 hours. When done, let stand for 10 minutes in pan, then remove cake from pan and cover loosely until cool. Makes 16 servings.

This was one of my first ventures in cooking when I was a teenager and an all time favorite.

Denise Craddock

COCOA AND COCA-COLA CAKE

1 c. oleo
1 3/4 c. sugar
3 Tbsp. cocoa
1 tsp. soda

1 tsp. vanilla
2 eggs
1/2 c. buttermilk

Blend slowly in mixer 1 minute.

Add:

1 c. Coca-Cola

1 1/2 c. small marshmallows

Pour into greased and floured flat cake pan. Bake 40 minutes at 325°. Cool and frost with frosting.

Frosting:

1/2 c. soft oleo
3 Tbsp. cocoa
1/2 c. Coca-Cola

2 c. powdered sugar
1 c. fine cut nuts (pecans or walnuts)

Spread on cake.

Eat and smile - so good!

Noma Craddock Crutchfield

DIRT CAKE

1 1/4 lb. Oreos, crushed until of "dirt" texture
1 (8 oz.) pkg. cream cheese
1/2 c. butter

1 c. powdered sugar
3 1/2 c. milk
2 small pkg. instant vanilla pudding
12 oz. Cool Whip

Set aside Oreo crumb mixture. Mix cream cheese, powdered sugar, and butter together in large bowl and set aside. In another bowl, combine milk and uncooked pudding. Mix well, then fold in Cool Whip. Add cream cheese mixture to the pudding mixture. In a container, layer the cream mixture alternately with the cookie crumb mixture, beginning and ending with the crumbs.

Note: This is fun to put in sand buckets and put gummy worms on top.

Shannon Bray

EARTHQUAKE CAKE

1 box German chocolate cake mix
1 (1 lb.) box powdered sugar
1 (8 oz.) pkg. cream cheese

1/2 c. oleo
1 c. coconut
1 c. pecans

Grease and flour 9x13 inch pan (or a little larger if you have one). Spread coconut and pecans evenly over bottom of pan. Mix cake mix according to directions on box and spread evenly over pecans and coconut. Mix softened oleo, cream cheese, and powdered sugar and drop by spoonfuls over cake. Take a knife and swirl as when making marble cake. Bake at 350° for 45 to 55 minutes. Check with toothpick.

This is a very rich dessert and everyone will think you an excellent cook when you serve this!

Rosalee is the daughter of Fay Craddock Finley who is an excellent cook!
Rosalee Finley Nath

FUDGY PUDDING CAKE

2 c. water	1 c. unsifted flour
3/4 c. sugar	1/2 c. chopped nuts
2 Tbsp. unsweetened cocoa	1 tsp. baking powder
1/2 tsp. salt	1 tsp. vanilla
2 Tbsp. oil	1/2 c. milk
3/4 c. sugar	1/4 c. unsweetened cocoa

Place water in "pourable measure" and cook approximately 4 minutes to boiling.

Meanwhile, combine flour, sugar, nuts, cocoa, baking powder, and salt in 2 1/2 quart dish. Add vanilla, oil, and milk; mix well. Spread evenly in dish. Combine sugar and cocoa; sprinkle over top of cake. Pour boiling water over all. Cook, uncovered, 9 minutes or until cake is no longer doughy. Serve with ice cream or whipped topping.

Great for unexpected company. Quick and easy, with only basic ingredients required.

Denise Craddock

GERMAN CHOCOLATE POUND CAKE

1 box German chocolate cake mix	1/2 c. water
1 box coconut pecan frosting mix	1 (6 oz.) pkg. semi-sweet chocolate chips
4 eggs	
1 c. oil	

Mix first 5 ingredients well. Stir in chocolate chips. Pour into greased and floured Bundt pan. Bake at 375° for 50 to 60 minutes.

Elaine Eisenman

GERMAN SWEET CHOCOLATE CAKE

1 (4 oz.) Baker's sweet chocolate	2 1/4 c. all-purpose flour
1/2 c. boiling water	1 tsp. baking soda
1 c. margarine	1/2 tsp. salt
2 c. sugar	1 c. buttermilk
4 egg yolks	4 egg whites
1 tsp. vanilla	

Melt chocolate in boiling water; cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, beating well after each. Blend in vanilla and chocolate. Sift flour with soda and salt. Add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten egg whites. Pour into three 9 inch layer pans, lined on bottoms with paper. Bake at 350° for 30 to 35 minutes. Cool.

Verna (Kuykendall) Overton

HONEYMOON CAKE (Better than "Better Than Sex Cake")

2 sticks margarine	1 tsp. vanilla
4 Tbsp. cocoa	2 eggs
1/2 c. water	1 c. buttermilk
2 c. flour	1 tsp. baking soda
2 c. sugar	

Heat margarine, cocoa, and water in saucepan, stirring. Sift flour and sugar together; mix with above. Add vanilla and eggs. Mix buttermilk and baking soda together; add to rest. Batter is thin. Pour into greased 9x13 inch pan. Bake at 325°F. for 30 minutes.

Icing: Heat 1 stick margarine, 4 tablespoons cocoa, and 6 tablespoons milk. Add 1 teaspoon vanilla and 1 box confectioners sugar. Stir until creamy. Add 1 cup chopped walnuts. Pour over warm cake.

Martha Craddock, Tampa, FL

HOW TO PRESERVE A HUSBAND

1. First, be careful in your selection.
2. Do not choose one too young and pick only as much as has been reared in a good atmosphere.
3. Some wives insist on keeping them in a pickle, while others keep them in hot water. Either only makes them sour, hard, and sometimes bitter.
4. Even poor varieties may be kept sweet and tender and even good by garnishing them with patience, well-sweetened smiles, and flavored with kisses to taste. When thus prepared, they will keep for years.

JUNE'S CHOCOLATE CAKE

Combine in saucepan:

2/3 c. water	9 Tbsp. cocoa
1/4 c. sugar	3 Tbsp. margarine

Cook over low heat until thick, stirring constantly. Remove from heat and cool to room temperature. Add 1 teaspoon vanilla and set aside.

Sift together:

2 c. flour	3 tsp. baking powder
1/2 tsp. salt	

Set aside.

Cream together:

2/3 c. shortening	1 1/4 c. sugar
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Gradually add sugar to shortening until fluffy. Add 3 eggs (unbeaten), one at a time, beating thoroughly after each addition. Add cooled chocolate mixture; beat until smooth. Add dry ingredients alternately with 1/2 cup milk, stirring only enough after each addition to blend thoroughly. Pour into 2 greased 9 inch layer cake pans, at least 1 1/4 inches deep. Bake at 350° about 35 minutes.

Cool cake completely. Slice each layer in half horizontally. (Inserting toothpicks around edges helps evenly guide your knife for evenly cut layers.)

Frosting:

1/2 c. sugar	1/4 c. water
9 Tbsp. cocoa	3 Tbsp. margarine

Combine in saucepan. Cook over low heat, stirring constantly, until chocolate melts and mixture is smooth. Add 4 egg yolks. Mix well and set aside to cool.

Beat together until fluffy:

1/2 lb. margarine	1 c. powdered sugar, sifted
1 tsp. vanilla	

Add cooled chocolate mixture; beat well. Chill about 20 minutes. Beat 4 egg whites (room temperature) until stiff. Fold beaten whites carefully into chocolate frosting. Spread frosting thickly between layers of cake, top and sides. If possible, refrigerate overnight before slicing; store in refrigerator.

This cake is well worth the time and effort involved. This is an original version. It's been a family favorite since the early 1950's. Always expected by Elton on his birthday.

Nelda June Craddock

MISSISSIPPI MUD CAKE

2 sticks melted margarine	1 tsp. vanilla
1 1/2 c. flour	4 oz. cocoanut
2 c. sugar	1 1/4 c. pecans
4 eggs	2 Tbsp. cocoa

Icing:

1 large jar marshmallow creme	1/2 c. melted margarine
1 lb. confectioners sugar	1 tsp. vanilla
1/3 c. cocoa	

To make cake, stir together sugar, cocoa, and flour. Add eggs, margarine, cocoanut, pecans, and vanilla. Pour into greased and floured 9x13 inch pan. (Use flour sparingly in pan or substitute sprinkle of cocoa.) Bake at 350° until done. Do not overcook - cake will be moist like brownies. Cool completely. Spread marshmallow creme on cake.

Mix the rest of the icing ingredients and spread over marshmallow creme. You may use half of the pecans for cake and the rest in icing if preferred.

Recipe requested by my niece, Glenda Craddock Ward.

Ada Craddock Morris, Binger, OK

PANHANDLE MUD CAKE

2 c. sugar
1 c. shortening
4 eggs
1½ c. flour
1 tsp. vanilla

1 c. nuts
¼ tsp. salt
½ pkg. mini marshmallows
⅓ c. cocoa

Frosting:

2 sticks oleo
⅓ c. cocoa
1 box powdered sugar

½ c. evaporated milk
1 tsp. vanilla
1 c. chopped nuts

Cream together sugar and shortening. Beat eggs in by hand. Sift together flour, cocoa, and salt. Blend into creamed mixture. Add vanilla and nuts; mix well. Pour into greased 9x13 inch pan. Bake 35 minutes at 300°. Remove cake from oven and place marshmallows on top. Bake for 10 minutes at 350°, then frost.

Frosting: Sift together cocoa and sugar. Mix well with melted butter. Beat in milk, vanilla, and nuts. Pour over cake.

Elaine Eisenman, Corsicana, TX

RED VELVET CAKE

Cake:

½ c. shortening
2 eggs
2 Tbsp. cocoa
2½ c. flour
1½ tsp. almond flavoring
1 Tbsp. vinegar

1½ c. sugar
1 oz. red food coloring
1 tsp. salt
1 c. buttermilk
1 tsp. baking soda

Cream shortening and sugar. Add eggs; beat well. Add food coloring; beat well. Sift cocoa, salt, and flour together. Add to sugar mixture alternately with buttermilk, beating after each addition. Add almond flavoring. Stir soda into vinegar and stir well into batter without beating. Bake in layer pans at 350° for 35 minutes. Cool, then frost.

Fluffy Frosting:

1 c. shortening
¼ c. cornstarch
1 tsp. almond extract

1 c. powdered sugar
1 c. milk

Cook cornstarch with milk until thick; cool. Cream shortening with sugar at high speed. Add cornstarch mixture and almond extract. Beat until of spreading consistency.

Just like the expensive restaurants and bakeries serve.

Denise Craddock Winsett

RED VELVET CAKE

1½ c. sugar
1 c. shortening
2 eggs
2 c. flour
Dash of salt
1 Tbsp. cocoa

1 c. buttermilk
1 tsp. vanilla
2 (1 oz.) bottles red food coloring
1 Tbsp. vinegar
1 Tbsp. soda

Cream sugar and shortening. Add eggs and beat. Sift flour, salt, and cocoa and add alternately with buttermilk. Add vanilla and red food coloring and beat. Mix vinegar and soda. Fold into batter. Bake in two 9 inch cake pans at 375° or 400° until done.

Verna (Kuykendall) Overton

ICING FOR RED VELVET CAKE

1 c. sweet milk
¼ c. flour
1 stick oleo

½ c. shortening
1 c. sugar
1 tsp. vanilla

Cook milk and flour to a pudding. Cool. In fact, it should be cold. Cream oleo, shortening, sugar, and vanilla. Add to cold pudding. Beat real well with electric mixer at high speed. This then looks like whipped cream. Add Angel Flake coconut for garnish on top.

Verna (Kuykendall) Overton

TURTLE CAKE

1 (14 oz.) pkg. caramels (42 pieces)
1 c. evaporated milk
1 pkg. chocolate cake mix

¾ c. margarine, melted
1 c. pecans, chopped
1 c. milk chocolate chips

In a medium saucepan, melt caramels with ¼ cup evaporated milk. Set mixture aside. Beat together cake mix, ¾ cup evaporated milk, and margarine. The batter will be thick. Pour ½ of batter in a 9x13 inch greased pan. Bake for 15 minutes at 350°.

Spread caramel mixture on top of baked portion. Sprinkle on pecans and chocolate chips. Top with remaining batter and bake an additional 15 to 20 minutes. Do not overbake.

Mark Franklin

WACKY CHOCOLATE CAKE (No eggs - no milk)

3 c. flour
2 c. sugar
½ c. cocoa
2 tsp. soda
1 tsp. salt

2 tsp. vinegar
2 tsp. vanilla
2 c. water
1 c. oil

Mix in pan or bowl. Bake in 9x13 inch pan 30 to 40 minutes at 350°.

Gayle Hicks, Ft. Cobb, OK

AUNT NOMA'S FRUIT CAKE

2 lb. nuts (pecans or walnuts)
1½ lb. candied cherries
1½ lb. candied pineapple
1 lb. chopped dates

Angel Flake coconut (optional)
½ c. flour, mixed well through fruit
2 cans Eagle Brand milk

Mix milk well through entire batter. Bake in pan lined with greased waxed paper in a 250° oven about 2 hours.

Note: Any change and it is no longer Aunt Noma's recipe.

Daisy Belle Craddock, Richland, WA

FRUIT COCKTAIL CAKE

2 c. flour
2 c. sugar
1 tsp. vanilla

2 tsp. soda
2 eggs
2 c. fruit cocktail

Glaze:

1½ c. sugar
1 c. milk
1 stick oleo

1½ c. cocoanut
1½ c. pecans

Mix sugar and flour, then add other ingredients. Bake 1 hour at 325°.

To glaze, cook sugar, milk, and butter in pan. Boil 2 minutes. Add cocoanut and pecans. Pour over hot cake. Put in oven for 5 minutes.

Elaine Eisenman, Corsicana, TX

TIDEWATER FRUITCAKE

1 c. fruit juice
2 lb. dark seedless raisins
1 lb. white raisins
½ lb. figs
½ lb. dates
1 lb. candied pineapple
1 lb. candied cherries
1 lb. candied citron
¼ lb. candied orange peel
1 tsp. cloves
1 tsp. nutmeg
1 tsp. salt
1 tsp. cinnamon

¼ lb. candied lemon peel
1 lb. butter (optional margarine)
1 lb. light brown sugar
1 doz. eggs
1 Tbsp. molasses
1 c. buttermilk
6½ c. sifted flour
2 tsp. baking powder
1 tsp. soda
1½ lb. nutmeats
1 glass currant or plum jelly
4 hard, tart, juicy apples

Soak chopped fruit (except apples) overnight in the cup of fruit juice. Cream butter; add sugar gradually. Add molasses, then whole eggs, one at a time. Beat thoroughly, then add alternately with buttermilk half of the flour mixture to which the dry ingredients have been added. Beat hard. To soaked fruit mixture, add melted jelly, grated apples, and chopped nutmeats. Stir in the other half of flour mixture and combine the two batters. Stir mixture 10 to 15 minutes. Bake in paper lined tube or small loaf pans at 250° to 275°. Time 1 hour for the first pound, 30 minutes for each additional pound. Yield: 13 to 14 pound cake.

I make this every Christmas for Larry Dean and myself.

Ada Morris, Binger, OK

HUMMINGBIRD CAKE

3 c. flour	1 tsp. salt
1 tsp. baking soda	3 eggs, beaten
1 tsp. cinnamon	1½ tsp. vanilla
1 c. vegetable oil	1 c. chopped pecans
1 (8 oz.) can crushed pineapple	2 c. chopped bananas
2 c. sugar	½ c. chopped pecans

Cream Cheese Frosting:

1 tsp. vanilla	½ c. butter (room temperature)
1 (16 oz.) powdered sugar	
1 (8 oz.) cream cheese (room temperature)	

Combine flour, sugar, soda, salt, and cinnamon in a large bowl. Add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple, 1 cup pecans, and bananas. Spoon batter into greased and floured cake pan or three 9 inch round cake pans. Bake at 350° for 25 to 30 minutes. Cool completely. Spread frosting on cake(s) and sprinkle with ½ cup pecans.

Cream Cheese Frosting: Combine cream cheese and butter. Beat until smooth. Add sugar and vanilla. Beat until light and fluffy.

Tammy (Meeks) Morris

How one ages is determined at an early age. An individual must work to cultivate traits which please oneself and others. Time wrinkles the skin, but to give up one's enthusiasm wrinkles the soul.

Nothing great was ever achieved without enthusiasm - Ibid.

OATMEAL CAKE

1 c. quick oats	2 eggs
1½ c. boiling water	1 tsp. cinnamon
1 stick butter, melted	1 tsp. soda
1 c. brown sugar	1 tsp. vanilla
1 c. sugar	1½ c. flour

Mix oats, water, and butter and pour over remaining ingredients. Bake at 350° for 30 minutes.

Lynne Murrow, Alva, OK

PECAN PIE SQUARES

1 pkg. yellow cake mix	¼ c. melted butter (or oleo)
5 large eggs	2 c. chopped pecans
1 c. dark corn syrup	⅓ c. oil
1 c. sugar	

Preheat oven to 350°. Grease 9x13 inch baking pan. In large bowl, mix cake mix with 1 egg and 1/3 cup oil. Press into bottom of pan. Bake 20 minutes.

While this is baking, mix 4 eggs, sugar, corn syrup, dash of salt, oleo, and pecans. Pour over baked crust. Bake 45 minutes (or until set). Cool completely and cut into squares.

Sue Upchurch, Anadarko, OK

PINEAPPLE CAKE

2 c. flour
2 c. sugar
1½ tsp. soda
1 tsp. salt

2 eggs
1 can crushed pineapple (do not drain)
1 tsp. vanilla

Icing:

1½ c. sugar
1 (6 oz.) can Milnot
1 stick butter

1 tsp. vanilla
1 c. coconut
½ c. chopped pecans

Mix dry ingredients. Beat eggs and vanilla in small bowl. Add pineapple. Mix 2 mixtures together. Cook for 25 to 30 minutes. Start icing 5 to 10 minutes before cake is done.

Icing: Mix all ingredients together. Cook over low heat for 5 minutes. Pour over hot cake.

Tammy Morris, Binger, OK

PINEAPPLE CAKE

2 c. flour
2 c. sugar
2 eggs

1 (No. 2) can crushed pineapple
1½ tsp. vanilla
1½ tsp. soda

Mix all together and bake in greased and floured oblong pan at 325° for 35 to 40 minutes.

Icing:

1 (8 oz.) pkg. cream cheese
4 Tbsp. butter

½ box powdered sugar
1 tsp. vanilla

Combine ingredients and add on warm cake.

Vaughn Craddock

PINEAPPLE PRALINE CAKE

1½ c. sugar
2 c. flour
2 tsp. soda
½ tsp. soda

½ c. oil
2 eggs
1 can pineapple with juice
1 tsp. vanilla

I make this every Christmas for Larry Dean and myself.

Ada Morris, Binger, OK

HUMMINGBIRD CAKE

3 c. flour	1 tsp. salt
1 tsp. baking soda	3 eggs, beaten
1 tsp. cinnamon	1½ tsp. vanilla
1 c. vegetable oil	1 c. chopped pecans
1 (8 oz.) can crushed pineapple	2 c. chopped bananas
2 c. sugar	½ c. chopped pecans

Cream Cheese Frosting:

1 tsp. vanilla	½ c. butter (room temperature)
1 (16 oz.) powdered sugar	
1 (8 oz.) cream cheese (room temperature)	

Combine flour, sugar, soda, salt, and cinnamon in a large bowl. Add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple, 1 cup pecans, and bananas. Spoon batter into greased and floured cake pan or three 9 inch round cake pans. Bake at 350° for 25 to 30 minutes. Cool completely. Spread frosting on cake(s) and sprinkle with ½ cup pecans.

Cream Cheese Frosting: Combine cream cheese and butter. Beat until smooth. Add sugar and vanilla. Beat until light and fluffy.

Tammy (Meeks) Morris

How one ages is determined at an early age. An individual must work to cultivate traits which please oneself and others. Time wrinkles the skin, but to give up one's enthusiasm wrinkles the soul.

Nothing great was ever achieved without enthusiasm - Ibid.

OATMEAL CAKE

1 c. quick oats	2 eggs
1½ c. boiling water	1 tsp. cinnamon
1 stick butter, melted	1 tsp. soda
1 c. brown sugar	1 tsp. vanilla
1 c. sugar	1½ c. flour

Mix oats, water, and butter and pour over remaining ingredients. Bake at 350° for 30 minutes.

Lynne Murrow, Alva, OK

PECAN PIE SQUARES

1 pkg. yellow cake mix	¼ c. melted butter (or oleo)
5 large eggs	2 c. chopped pecans
1 c. dark corn syrup	⅓ c. oil
1 c. sugar	

Preheat oven to 350°. Grease 9x13 inch baking pan. In large bowl, mix cake mix with 1 egg and 1/3 cup oil. Press into bottom of pan. Bake 20 minutes.

While this is baking, mix 4 eggs, sugar, corn syrup, dash of salt, oleo, and pecans. Pour over baked crust. Bake 45 minutes (or until set). Cool completely and cut into squares.

Sue Upchurch, Anadarko, OK

PINEAPPLE CAKE

2 c. flour
2 c. sugar
1 1/2 tsp. soda
1 tsp. salt

2 eggs
1 can crushed pineapple (do not drain)
1 tsp. vanilla

Icing:

1 1/2 c. sugar
1 (6 oz.) can Milnot
1 stick butter

1 tsp. vanilla
1 c. coconut
1/2 c. chopped pecans

Mix dry ingredients. Beat eggs and vanilla in small bowl. Add pineapple. Mix 2 mixtures together. Cook for 25 to 30 minutes. Start icing 5 to 10 minutes before cake is done.

Icing: Mix all ingredients together. Cook over low heat for 5 minutes. Pour over hot cake.

Tammy Morris, Binger, OK

PINEAPPLE CAKE

2 c. flour
2 c. sugar
2 eggs

1 (No. 2) can crushed pineapple
1 1/2 tsp. vanilla
1 1/2 tsp. soda

Mix all together and bake in greased and floured oblong pan at 325° for 35 to 40 minutes.

Icing:

1 (8 oz.) pkg. cream cheese
4 Tbsp. butter

1/2 box powdered sugar
1 tsp. vanilla

Combine ingredients and add on warm cake.

Vaughn Craddock

PINEAPPLE PRALINE CAKE

1 1/2 c. sugar
2 c. flour
2 tsp. soda
1/2 tsp. soda

1/2 c. oil
2 eggs
1 can pineapple with juice
1 tsp. vanilla

Topping:

1 small can evaporated milk
1½ c. sugar
1 stick oleo

1 tsp. vanilla
1 c. nuts

Combine sugar, flour, soda, salt, oil, eggs, pineapple with juice, and vanilla. Mix well by hand. Bake in a sheet pan for 30 minutes at 350°.

Topping: Combine milk, sugar, and oleo. Bring to a boil and cook 8 minutes, stirring most of the time. Remove from heat. Add vanilla and nuts. Spread hot topping on warm cake.

Norma Eisenman

VERNA'S CAKE

2 c. sugar
2 eggs
1 tsp. soda
½ tsp. salt

2 c. flour
1 large can crushed pineapple
1 tsp. vanilla

Icing:

1½ sticks oleo
1½ c. sugar

1⅓ c. Milnot

Mix all ingredients with a spoon. Bake at 350° for 25 to 30 minutes.

Icing: Mix icing ingredients and bring to a boil for about 5 minutes. Add 1 cup of chopped pecans and 1 cup coconut. Pour icing over hot cake.

Verna (Kuykendall) Overton

POPPY SEED CAKE

½ c. poppy seed, soaked in milk 2 hours
1 c. milk
¾ c. butter
1½ c. sugar

2 c. sifted flour
1½ tsp. baking powder
4 egg whites, beaten
1 tsp. vanilla

Filling:

1 or 2 Tbsp. cornstarch
1½ c. milk
¾ c. sugar

4 egg yolks
½ c. walnut meats
Vanilla

Soak poppy seed in milk for 2 hours. Cream butter and add sugar. Add poppy seed/milk mixture. Add dry ingredients and then egg whites. Bake at 375° for 30 to 35 minutes.

Filling: Dissolve cornstarch in a little milk. Cook with rest of milk in double boiler until thick. Add rest of ingredients.

Debbie (Treanor) Craddock

BUTTER POUND CAKE

2 c. cake flour
1 c. oil
7 eggs

2 c. sugar
2 tsp. butter flavor
Pinch of salt

Mix all preceding ingredients. Pour into greased Bundt pan. Bake 30 minutes at 350° or until done.

Elaine Eisenman, Corsicana, TX

QUICK POUND CAKE

2 sticks oleo
2 c. flour
2 c. sugar

6 eggs
1 Tbsp. vanilla or lemon flavoring

Mix all ingredients and beat for 10 minutes. Bake in greased and floured Bundt pan for 1 hour at 350°.

Brandy Eisenman

BEST EVER RUM CAKE

1 tsp. sugar
1 c. dried fruit
1 tsp. soda
2 large eggs
Lemon juice

1 or 2 qt. rum
Brown sugar
1 c. butter
Baking powder
Nuts

This is one recipe Dan and I like to make together! Before starting, sample rum to check quality. Good isn't it? Now proceed. Select large mixing bowl, measuring cup, etc. Check rum again. It must be just right. To be sure rum is of proper quality, pour 1 level cup of rum into glass and drink as fast as you can. Repeat. With electric mixer, beat 1 cup butter in a large fluffy bowl. Add 1 seaspoon of thugar and beat again.

Meanwhile, make sure rum is still all right. Try another cup. Open second quart if necessary. Add leggs, 2 cups dried fruit, and beat until high. If druit gets stuck in beaters, pry loose with a drewsriber. Sample rum again, checking for tonssistrctiy. Next sift 3 cups pepper or salt (really doesn't matter). Sample rum. Sift 1/2 pint lemon juice. Fold in chopped butter and strained nuts. Add 1 bablespoon of brown sugar or whatever color you can find. Mix well. Grease oven. Turn cake to 350°. Pour mess into bocen and ake. Check rum again and bo to ged.

B.J. Craddock

SOCK-IT-TO-ME CAKE

1 pkg. Duncan Hines Butter Recipe
cake mix
1 c. (8 oz.) sour cream
1/3 c. oil

1/4 c. sugar
1/4 c. water
4 eggs

Filling:

2 Tbsp. reserved cake mix
2 tsp. cinnamon

2 Tbsp. brown sugar
1 c. finely chopped pecans

Preheat oven to 375°. Combine filling ingredients and set aside.

In a large bowl, blend cake mix, sour cream, oil, 1/4 cup sugar, water, and eggs. Beat at high speed for 2 minutes. Pour 2/3 of the batter in a greased and floured 10 inch tube or fluted pan. Sprinkle filling ingredients over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45 to 55 minutes, until cake springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan.

Scharleene Bowen, Chickasha, OK

SOCK-IT-TO-ME CAKE

1 Duncan Hines Butter Recipe
Golden cake mix
1 c. dairy sour cream
1/3 c. Crisco oil

4 eggs
1/4 c. sugar
1/4 c. water

Filling:

2 Tbsp. reserved cake mix
2 Tbsp. brown sugar

2 tsp. cinnamon
1 c. chopped pecans

Preheat oven to 375°. Combine filling ingredients and set aside.

In a large bowl, blend cake mix, sour cream, oil, sugar, water, and eggs. Beat at high speed for 2 minutes. Pour 2/3 of the batter in a greased and floured 10 inch tube or Bundt pan. Sprinkle filling ingredients over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45 to 55 minutes, until cake springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan.

Glaze: Blend 1 cup powdered sugar and 2 tablespoon milk. Drizzle over cake.

Juanita (Kuykendall) Handke

SOUR CREAM CAKE

1 c. shortening
2 c. sugar
2 c. flour
2 eggs
2 heaping Tbsp. cocoa

3/4 c. sour milk or buttermilk
1 tsp. soda
1 tsp. vanilla
1/2 tsp. salt

Put all ingredients in bowl and pour 3/4 cup boiling water over mixture. Stir well. Bake at 350° for 30 to 40 minutes. Pierce with fork after cake is done.

Icing: Bring 3 heaping tablespoonfuls cocoa, 1 cup sugar, 1/3 cup milk and 1/4 cup shortening or butter to a boil. Remove from heat and then add 1 teaspoon vanilla. Pour over warm cake.

Lynne Murrow, Alva, OK

SOUR CREAM COFFEE CAKE

1/2 c. butter or margarine	1/2 c. shortening
1 1/4 c. sugar	1 tsp. vanilla
2 eggs	1 c. sour cream
1 tsp. baking powder	1/2 tsp. soda
2 c. flour	

Topping:

4 Tbsp. brown sugar	Nuts if wanted
1 tsp. cinnamon	

Cream and mix all the ingredients as usual. (This mixture will be real thick.) Put 1/2 of it in tube pan and sprinkle 1/2 of topping on it. Put rest of mixture in this and add rest of topping. Bake for 1 hour at 350°. Let cool some before removing from pan.

This is real good with a cup of coffee and it's easy to make.

Carrie Craddock, Richland, WA

STRAWBERRY CAKE

1 white cake mix	1 c. cooking oil
1 large box strawberry Jell-O	1/2 c. water
3 Tbsp. flour	4 eggs
1 small box frozen strawberries	

Frosting:

1/2 box powdered sugar	1/2 stick butter, melted
1 box strawberries	

Mix cake mix, Jell-O, flour, strawberries, and oil. Add eggs and water. Bake at 325° in glass pan or 350° for other pan (35 to 40 minutes).

Frosting: Mix all ingredients. Spread on cool cake.

My grandmother made this when we came to Hinton, Oklahoma to visit when we were kids.

Debbie (Treanor) Craddock

STRAWBERRY POP CAKE

1 yellow cake mix	1 small box instant vanilla pudding
1 pt. frozen strawberries, thawed	1 can strawberry pop
1 box strawberry Jell-O	1 bowl Cool Whip

Bake cake as directions say. While still hot, poke holes in cake. Make Jell-O up, but instead of adding cold water, add thawed berries. Pour over cake. Put in refrigerator until completely cool. Mix up instant pudding and mix Cool Whip with it. Pour over cake and set in refrigerator overnight.

Dee Morris, Ft. Smith, AR

THE TEN COMMANDMENTS OF LOVE

Thou shalt put thy mate before thy mother, thy father, thy son, and thy daughter, for thy mate is thy lifelong companion.

Abuse not thy body with excessive food, drink, or any foreign substance that goeth into thy arm or up thy nose.

Do not forget that cleanliness is a virtue.

Permit neither thy business nor thy hobby to make thee a stranger to thy children, for the most precious gift a parent can give his or her family is time.

Make not a beggar of thy mate. Willingly share with him or her thy worldly goods.

Forget not to say, "I love you." For even though thy love may be constant, thy mate doth yearn to hear those cherished words.

Remember that the approval of thy mate is worth far more than the adoring glances of a hundred strangers, so cleave unto thy mate, and forsake all others.

Keep thy home in good repair, for out of it cometh the joys of old age (not to mention its resale value).

Forgive with grace, for who among us does not need to be forgiven?

Honor the Lord thy God all the days of thy life, and thy children will grow and bless you.

BURNT SUGAR CAKE

1/2 c. butter	1 c. sugar
1 c. sugar, burned	2 c. flour
2 tsp. baking powder	4 eggs, separated
1/2 tsp. salt	1 tsp. vanilla

First, burn sugar and let cool. To burn sugar, put 1½ cups sugar in a heavy skillet on low heat. Stir until melted and slightly browned. Add ¾ cup hot water. Stand back while pouring in hot water and stirring, as this will splatter. It will become caramel-like at first. Continue stirring for 2 to 3 minutes on low heat; it will become liquid again.

Cream butter. Add sugar and cream together. Add egg yolks. Beat and add 1 cup cooled burned sugar. Mix. Add ½ cup flour with baking powder mixed in it. Add vanilla. If necessary, add a little water. Beat egg whites until stiff and fold into batter. Bake at 350° for 30 to 35 minutes in greased 9 inch layer pans.

Icing:

1/2 c. sugar, burned	2½ c. sugar
1½ c. milk or cream	Dash of salt
3 Tbsp. white or corn syrup	3 Tbsp. butter
1½ tsp. vanilla	

Mix together all ingredients except butter and vanilla. Cook without stirring (after sugar dissolves) to 232° (or soft ball). Add butter and vanilla as you remove it

from the heat. Do not stir. Cool to 110° (lukewarm), then beat until it begins to lose gloss. Keep soft over hot water while spreading.

Cake can be trimmed with English walnuts or pecan halves.

Randall Gene Winsett

NEIMAN-MARCUS CAKE

Cake:

1 pkg. yellow cake mix	2 eggs
1/2 c. margarine, melted	

Topping:

1 pkg. powdered sugar	8 oz. cream cheese
2 eggs	

Mix cake ingredients well and spread into 9x13 inch cake pan. Sprinkle with chopped pecans.

Mix together topping ingredients and spread over cake mixture. Bake at 350° for 35 minutes.

Makes a plain cake mix taste as good as scratch.

Denise Craddock Winsett

NEIMAN-MARCUS CAKE

1 yellow cake mix	8 oz. cream cheese
1/2 c. pecans, chopped	1 box powdered sugar
2 eggs	1/2 c. pecans
1/2 c. cooking oil	2 eggs

Mix together cake mix, chopped pecans, eggs, and oil. Pat into 9x13 inch pan. Mix other ingredients together and spread over top of raw cake mixture. Bake at 300° for 1 hour, 15 minutes.

This is so delicious and easy to make, I take it to potlucks and picnics - no sticky icing or mess. Always take extra copies of recipe, because someone always asks for it.

Laverne (Archer) Kinsky

PEA PICKING CAKE

1 yellow cake mix	1/2 c. water
1/4 c. oil	1 can mandarin oranges, drained
3 eggs	

Topping:

1 large Cool Whip	1 large crushed pineapple, drained
1 large vanilla instant pudding	

Mix well all ingredients for cake. Bake cake at 350° until done.

Topping: Mix ingredients for topping. Put filling between layers.

Elaine Eisenman

PIG CAKE

1 box Duncan Hines Butter Recipe Golden cake mix	1/2 c. orange juice
1/2 c. soft margarine	4 eggs
1 tsp. vanilla	1 (11 oz.) can mandarin oranges, drained
Icing:	
1 (20 oz.) crushed pineapple, drained (keep juice)	1 tsp. vanilla
1/2 c. powdered sugar	1 small container Cool Whip
1 (3 1/2 oz.) pkg. instant vanilla pudding	

Preheat oven to 350°. Grease and flour 9x13 inch cake pan. Cream together cake mix, margarine, vanilla, and orange juice. Add eggs, one at a time, beating after each egg, then beat 4 minutes. Add drained oranges and stir until just blended. Bake 30 minutes.

For icing, drain pineapple. Mix juice with pudding. Add sugar, vanilla, and pineapple. Fold in Cool Whip. Spread over completely cooled cake.

This yummy cake won the "Best Cook Award" at the 1992 Craddock Reunion.
Tammy Morris, Binger, OK

PUMPKIN PIE CAKE

Crust:

1 box yellow cake mix	1 egg, beaten
1 stick melted oleo	

Filling:

2 beaten eggs	1 1/2 tsp. pumpkin pie spice
2/3 c. evaporated milk	1/2 tsp. salt
1 (16 oz.) can pumpkin	1/2 tsp. vanilla
3/4 c. sugar	

Topping:

1 c. yellow cake mix	1 tsp. cinnamon
1/4 c. sugar	1/2 stick melted oleo

Remove 1 cup of yellow cake mix. Mix remainder with oleo and egg for crust. Press mixture into 9x13 inch pan.

For filling, combine all ingredients and pour over crust. Combine topping ingredients except melted oleo. Sprinkle over filling. Pour the melted oleo over this. Bake at 350° for 40 to 45 minutes. Serve warm or cold.

This recipe was given to me by a friend, Helen Britton. Matter of fact, she brought us the cake.

Ada Morris, Binger, OK

VANILLA WAFER CAKE

2 c. sugar
2 sticks butter
6 eggs
1/2 c. milk

7 oz. shredded coconut
1 (12 oz.) box vanilla wafers
1 1/2 c. chopped pecans

Cream sugar and butter. Add eggs and beat well. Add milk and beat well. Crush vanilla wafers in blender. Add coconut and mix well. Mix in the vanilla wafers and stir well. Add pecans. Mix well. Bake in preheated oven (275°) in a greased and lightly floured (or spray with Pam) angel food cake pan. Bake 2 hours. When cake has been cooled and transferred to a cake plate, serve with Cool Whip.

Charlene Oldham

BROWNIES

1 1/2 sticks butter
5 Tbsp. cocoa
3 eggs
2 c. sugar

1 1/2 c. flour
1 tsp. baking powder
1 tsp. vanilla

Preheat oven to 350°. Cream butter and sugar. Add eggs. Mix well. Combine the remaining ingredients. Bake for 25 to 35 minutes. To check for doneness, insert a knife in center; if knife comes out clean, brownies are ready.

Tammy Rice

ELAINE'S BROWNIES

1 c. sugar
2 1/2 Tbsp. cocoa
3/4 c. self-rising flour
1 stick butter, melted

2 eggs
1/2 tsp. vanilla
Pinch of salt

Icing:

1 stick butter
3 Tbsp. cocoa
6 Tbsp. milk

1 lb. powdered sugar
1/2 tsp. vanilla
Pinch of salt

Mix all ingredients for brownies and bake at 350° (grease pan) for 20 minutes.

Make icing by mixing butter, cocoa, milk, and salt. Bring to boil, then add sugar and vanilla. Pour over brownies when removed from oven.

Viola Parham Craddock

BROWN SUGAR BROWNIES

1 box brown sugar
4 eggs
1 tsp. vanilla
3/4 c. oil

2 c. Bisquick
1 c. coconut
1 c. nuts

Combine all ingredients and pour into a 9 1/2 x 13 1/2 inch Pyrex dish and bake at 325° for 40 minutes.

Brownies must be baked in a glass dish!

Juanita (Kuykendall) Handke

CHOCOLATE CHERRY CRUNCHIES

Mix:

**1/2 c. soft butter (or margarine)
3/4 c. confectioners sugar**

**1 egg
1 tsp. vanilla**

Add:

**1 sq. melted chocolate (or 4 Tbsp.
cocoa)** **1 1/2 c. sifted flour
1/8 tsp. salt**

Measure about 1 tablespoon dough (size of small walnut) and flatten in hand. Securely wrap the dough around a well-drained maraschino cherry. Bake 12 to 15 minutes in a 350° oven. Makes approximately 2 dozen cookies.

Frost with any favorite chocolate frosting.

Debbie (Treanor) Craddock

NO-BAKE COOKIES

**1/2 c. milk
2 c. sugar** **3 Tbsp. cocoa**

In 2 quart mixing bowl, add the preceding ingredients. Cook on HIGH in the microwave for 4 to 5 minutes or until boiling. Stir in 1 stick oleo (1/2 cup) and 1/2 cup peanut butter. Combine until melted. Add 3 cups old-fashioned Quaker Oats. Drop by the spoonful on wax paper. Yield: 36 cookies.

Jennifer (Overton) Smithson

CHOCOLATE NO-BAKE COOKIES

**1/4 c. cocoa
1/4 c. butter
2 c. sugar
1/2 c. milk** **1 tsp. vanilla
3 c. quick-cooking oats
1/2 c. peanut butter**

Boil cocoa, butter, sugar, and milk together for 1 minute (rolling boil). Add other ingredients. Drop spoonfuls on waxed paper.

Tricia Craddock Felty, Greenvine, OH

CHOCVANILLI CUPCAKES

**2 c. flour
2 eggs
1/2 c. milk
1 tsp. baking powder** **1 1/2 sticks butter
1 1/2 c. sugar
1/2 tsp. cocoa
Pinch of salt**

Cream sugar and butter. Add eggs; beat. Add dry ingredients to flour. Add dry mix and milk alternately to sugar and butter mix. Put heaping tablespoonful in cupcake cups and bake at 375° for 10 minutes or until done.

This recipe is an experiment that turned out pretty good.

Leesa Morris-Binger, Aleshia Morris, Belleville, IL

COCONUT OATMEAL COOKIES

1 c. shortening	2 tsp. soda
1 c. brown sugar	1 tsp. salt
1 c. white sugar	2 c. quick oats
2 eggs	2 c. flaked cocoanut
2 c. flour	1 tsp. vanilla

Cream first 4 ingredients real well, then add flour, soda, and salt. Mix well. Add rest of ingredients and drop by spoonfuls on greased cookie sheet. Bake at 350° for 15 to 20 minutes.

Fay (Craddock) Finley, Verden, OK

CRISP PEANUT BUTTER SNACKS

4 Tbsp. margarine	1 c. peanut butter
2 c. powdered sugar, sifted	2 c. Rice Krispies
1/2 c. nuts, chopped (optional)	

In saucepan, melt butter. In large bowl, mix melted butter, peanut butter, powdered sugar, cereal, and nuts. Mix well, using hands if necessary. Chill 2 hours. Shape into small balls, about 1 inch in diameter. Store, covered, in refrigerator. Makes 2½ dozen.

Jamie Lyn Craddock

HELLO DOLLY COOKIES

1/2 c. oleo	1 c. coconut
1 c. vanilla wafer crumbs	1 c. chopped nuts
1 c. chocolate chips	1 can Eagle Brand milk

Preheat oven to 350°. In 9x13 inch oblong pan, melt oleo. Layer evenly rest of ingredients in order they appear. Drizzle Eagle Brand milk over mixture. Do not stir. Bake 20 minutes. Cool. Set in refrigerator overnight.

Verna (Kuykendall) Overton

ULTIMATE CHOCOLATE CHIP, PEANUT BUTTER, OATMEAL COOKIES

1 1/4 c. brown sugar	1 egg
1/4 c. sugar	1 3/4 c. flour
1/2 c. butter flavor Crisco	1 tsp. salt
1/2 c. peanut butter	3/4 tsp. baking soda
1 Tbsp. vanilla	1 1/4 c. chocolate chips
2 Tbsp. milk	1 1/4 c. oatmeal

Cream together sugars, Crisco, and peanut butter. Blend in egg, vanilla, and milk. Combine flour, salt, and baking soda. Add to preceding and mix well. Stir in chocolate chips and oatmeal. Drop by spoonful on ungreased cookie sheet and bake at 375° for 10 minutes. Makes approximately 5 dozen.

Dough may be kept in refrigerator 2 weeks.

Martha Craddock, Tampa, FL

PEANUT BUTTER AND COCOANUT COOKIES

1 c. sugar

Bring to boil; boil 1 minute.

Add:

1½ c. crunchy peanut butter

1 c. cocoanut

1 c. white Karo

1 tsp. vanilla

4 c. corn flakes

Drop by spoonfuls onto waxed paper. Let set and cool.

Fay Finley

SAVANNAHS COOKIES

2½ c. flour

1 tsp. baking powder

1 c. peanut butter

⅔ c. buttermilk

1 tsp. cinnamon

1 c. brown sugar

½ c. chopped nuts

½ tsp. baking soda

1 c. margarine

1½ c. rolled oats

¼ tsp. salt

1½ c. sugar

2 eggs, slightly beaten

2 tsp. vanilla

Sift flour with soda, baking powder, salt, and cinnamon. Cream sugars until soft and well blended. Add eggs, margarine, and peanut butter; mix thoroughly. Stir in half of flour. Add milk, then add rest of flour, oats, nuts, and vanilla. Drop from teaspoon onto a baking sheet. Press with tines of fork to make crisscross. Bake at 400° for 10 minutes or until nicely browned. Makes approximately 7 dozen.

These were my favorite Girl Scout cookies back when I was selling them as a young girl. Since the cookies are not available year-round, Mom and I experimented until we finally came up with what we think is a very good "taste-alike."

Denise and June Craddock

DEE'S M&M COOKIES

1 c. butter

1 c. sugar

⅔ c. brown sugar

2 eggs, well beaten

2¼ c. sifted flour

¼ tsp. salt

1 tsp. baking soda

½ to 1 tsp. hot water

1 tsp. vanilla

3 to 4 handfuls M&M's (plain)

1. Cream butter and sugars.
2. Add eggs.
3. Sift flour with salt and baking soda into creamed mixture.
4. Stir well.
5. Add hot water and vanilla.
6. Mix until well blended.
7. Add M&M's.
8. Drop from teaspoon onto greased cookie sheet (butter works best to grease it).

9. Bake in a moderate oven (375°F.) for 8 to 10 minutes. Makes approximately 6 dozen cookies.

I developed this recipe from a chocolate chip recipe I had. I have only used plain M&M's, but if you'd like to try the peanut or almond M&M's, then go for it. Be sure and let me know how it turns out if you do.

Deanna Climer, Binger, OK

DISHPAN COOKIES

2 c. brown sugar	1/2 tsp. salt
2 c. white sugar	1 c. white raisins
2 c. Crisco oil	2 c. cocoanut
1 tsp. vanilla	4 c. corn flakes
4 eggs	4 c. Minute oatmeal
4 c. flour	1 c. nuts
2 tsp. baking soda	1 c. semi-sweet chocolate bits

Mix sugars, oil, vanilla, eggs, raisins, cocoanut, corn flakes, oatmeal, and nuts. Add flour, soda, salt, and chocolate bits. Bake at 350° about 12 minutes.

I and Ada Morris visited Nelda, along with Sue and Rosalee, several years ago and she served these cookies. She gave us the recipe (delicious), so I'm entering this recipe for her.

Nelda Crutchfield Smith, Stinett, TX

GINGERBREAD RINGS

4 c. all-purpose flour	2 tsp. baking soda
12 oz. (1½ c.) light molasses	½ tsp. ground cinnamon
1 c. softened margarine	½ tsp. salt
¾ c. dark brown sugar	2 large eggs
2½ tsp. ginger	1 c. hot water

Heat oven to 350°F. Grease 10 inch Bundt pan. Mix in a large bowl at high speed the flour, molasses, margarine, brown sugar, ginger, cinnamon, salt, soda, eggs, and water. Blend well. Bake 50 minutes or until toothpick inserted in center of cake comes out clean.

Mickey Craddock Leus, Chickasha, OK

APPLE CINNAMON GRANOLA

4 c. quick or old-fashioned oats	¼ c. canola oil
½ c. unsweetened cocoanut	1 tsp. vanilla
1 c. wheat germ	½ c. golden raisins
1 c. chopped pecans	4 oz. dried apples, cut in small pieces
2 tsp. cinnamon	
½ c. honey	

In a very large bowl, combine oats, cocoanut, wheat germ, pecans, and cinnamon. Toss well to combine. In a separate bowl, stir together honey, canola oil, and vanilla. Pour mixture over oat mixture and combine well. Divide the mixture equally between 2 jelly roll pans and bake at 350° for 15 to 18 minutes or until lightly browned. Shake or stir pan once or twice while mixture is roasting. Cool; transfer

mixture to large bowl. Add raisins and dried apples; toss well. Store in tightly covered container. Makes about 8 cups.

Kim Mann, Spring Hill, FL

BANANA SPLIT SQUARES

1 (19 to 21 oz.) pkg. brownie mix
3 bananas
1½ c. nuts, chopped
1 qt. each 3 flavors ice cream,
softened

Lemon juice
Chocolate syrup
Whipped cream
Cherries

Prepare brownie mix according to package directions, spreading in a 13x9 inch baking pan. Bake at 350° for 20 to 25 minutes or until the brownies are done. Cool.

On top of the pan of brownies, layer 2 bananas, thinly sliced and dipped in lemon juice, to prevent browning, chopped nuts, 1 quart of ice cream, then 1 quart of second flavor, and 1 quart of a third flavor. Cover and freeze until firm. Remove from the freezer 10 minutes before serving. Cut into squares and place each square on a plate. Garnish each serving with chocolate syrup, whipped cream, more chopped nuts, additional banana slices, and cherries. Makes 12 to 16 servings.

Tera Craddock

SOFT GRANOLA BARS

1 c. packed brown sugar
1 c. vegetable oil
2 eggs
2 c. quick cooking oats
1½ c. unbleached flour

1 c. raisins or chopped dates
1 c. chopped nuts or flaked coconut
1½ tsp. ground cinnamon or cloves
1 tsp. soda
¼ tsp. salt

Heat oven to 350°. Grease jelly roll pan, 15½ x 10½ inches. Mix brown sugar, oil, and eggs in large bowl with spoon until smooth. Stir in remaining ingredients. Spread in pan, patting with hands. Bake just until center is set, 17 to 22 minutes. Bars can be stored, tightly covered, up to 2 weeks or wrap in Saran Wrap and freeze up to 6 months.

These are so good and nice to have when someone drops by for coffee.

Laverne (Archer) Kinsey

HONEY BARS

½ c. oil
1 c. sugar
¼ c. honey
1 egg
2 c. flour

1 tsp. soda
1 tsp. cinnamon
1 tsp. salt
1 c. pecans

Icing:

1 c. powdered sugar

5 Tbsp. orange juice

Mix ingredients together. Bake in 9x13 inch pan at 350° for 20 to 25 minutes.

Icing: Mix powdered sugar and orange juice until smooth and drizzle over hot "cake." Let set for a while and then cut into squares.

Tammy (Meeks) Morris

NEIMAN-MARCUS BARS

First mixture:

1 white or yellow cake mix	1 egg
1 cube oleo	

Mix ingredients and pat into a 9x13 inch pan which has been greased and floured.

Second mixture:

1 (8 oz.) pkg. cream cheese	1/2 c. pecans
1 lb. powdered sugar	1/2 c. coconut
2 eggs	

Mix second mixture and spread over first mixture. Bake at 325° for 1 hour. Cut into squares while warm.

Fay Craddock Finley

RICE KRISPIE SQUARES

1 c. Karo (white or waffle)	6 c. Rice Krispies
1 c. sugar	
1 c. peanut butter (creamy or crunchy)	

Heat Karo and sugar to boiling. (Microwave on HIGH 2½ minutes.) Remove from heat. Stir in peanut butter and Rice Krispies. Spread immediately in 9x13 inch buttered pan. Cut into squares while still warm.

A delicious new twist to an old favorite.

Jamie Lyn Craddock

SESAME COOKIES

2 eggs	2 to 3 Tbsp. warm milk
1¼ c. rendered butter	2 c. sesame seeds
¾ c. sugar	1⅓ c. honey or Attar
2 c. smeед (farina)	½ c. chopped pistachios
1¾ c. sifted flour	Dash of salt
1 tsp. baking powder	

Mix sesame seeds and honey or Attar. Cream eggs, butter, and sugar together. Sift the baking powder with the flour, smeед, and salt to egg mixture. Blend all thoroughly. Add milk gradually to dough. Cut dough in small balls (walnut size). Dip each ball. Flatten each ball between fingers to form a 2 inch cookie to place pistachio-covered side face down on a greased cookie sheet each with 1 tablespoon of sesame seed and honey mixture. Bake for 15 minutes or until light brown in an oven at 375°.

Erik Craddock

WHEATIE COOKIES

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
2 c. flour
 $\frac{1}{4}$ tsp. salt

1 tsp. soda
 $\frac{1}{2}$ tsp. baking powder
1 tsp. vanilla
1 c. pecans
2 c. Wheaties

Cream shortening and sugars. Add eggs and mix well. Combine flour, salt, soda, and baking powder. Add to creamed mixture. Add pecans and Wheaties last. Stir until just mixed. Do not crush Wheaties when you measure. Drop by teaspoonfuls onto greased cookie sheet. Bake at 300° for 15 minutes.

Juanita (Kuykendall) Handke

PRALINE PECAN CRUNCH

16 oz. Quaker Oat Squares
2 c. pecan pieces
 $\frac{1}{2}$ c. light corn syrup
 $\frac{1}{2}$ c. firmly packed brown sugar

$\frac{1}{4}$ c. margarine
1 tsp. vanilla
 $\frac{1}{2}$ tsp. soda

Heat oven to 250° F. Combine cereal and pecans in 13x9 inch pan. Set aside. Combine syrup, sugar, and margarine in a bowl. Microwave 3½ minutes or until boiling. Stir in soda and vanilla and pour over cereal and pecan mixture. Stir to coat evenly. Bake 1 hour, stirring every 20 minutes. Spread on baking sheet and cool.

Mickey Craddock Leus, Anadarko, OK

SANDIES

4 c. flour
1 short c. powdered sugar
1 lb. butter or oleo

2 tsp. vanilla
3 to 4 Tbsp. water
2 c. chopped pecans

Mix with hands until well blended. Add nuts, chopped fine, last. Form small balls in your hands (floured a little). Roll in palms until looks like a 2 inch boomerang. Place close together on ungreased cookie sheet. Bake 20 minutes at 300° or until light brown. Roll in bowl of powdered sugar while hot. Makes a big bunch. Enjoy!

Fay Craddock Finley, Verden, OK

SANDIES

1 c. butter
 $\frac{1}{4}$ c. powdered sugar
2 tsp. vanilla

1 Tbsp. water
2 c. flour
1 to 2 c. chopped pecans

Cream butter and powdered sugar. Add vanilla and water. Add flour. Mix well and add chopped pecans. Form small balls, 1½ inches long. Bake on ungreased cookie sheet in slow oven (300°) 20 minutes or until delicately browned. While hot, roll in powdered sugar. Makes 3 dozen.

Charlene Oldham

SAND TARTS

1/2 c. oleo	2 tsp. vanilla
1/2 c. shortening	2 c. flour
1/3 c. sugar	1/2 c. pecans
2 tsp. water	Powdered sugar

Cream butter, shortening, and sugar. Mix in water and vanilla, then flour and nuts. Chill for 3 to 4 hours. Mold into small balls. Bake on an ungreased cookie sheet at 350° for 15 minutes. Cool slightly, then roll in powdered sugar.

Tammy Rice

BROWN SUGAR BROWNIES

1 box brown sugar	1 c. nuts
4 eggs	1 c. cocoanut
3/4 c. oil	1 tsp. vanilla
2 c. Bisquick	

Mix all ingredients and bake in a 13x9 inch Pyrex dish for 40 minutes at 325°.

Jane Humphrey, Minco, OK

4 IN 1 COOKIES

1 c. Crisco	4 c. flour
2 cubes oleo	1 tsp. soda
1 1/2 c. white sugar	1/2 tsp. salt
1 c. brown sugar	4 eggs
1 tsp. vanilla	

Cream Crisco and oleo. Add with sugars and cream until light and fluffy. Add eggs and vanilla. Mix well. Sift together flour, soda, and salt. Slowly add to sugar mixture, beating well each time. This cookie recipe is for (4 or less) different kinds of cookies at one time. Divide dough into one-fourths or one-halves or for one flavor, don't divide.

Oatmeal: Add 1 teaspoon cinnamon, 1 cup oats, and 1 cup raisins.

Chocolate Chip: Add 1/2 cup chips.

M&M's: Add 1/2 cup M&M's.

Peanut Butter: Add 1/2 cup peanut butter.

Bake cookies at 350° for 8 to 10 minutes.

Polly (Overton) Chiles

ICEBOX COOKIES

3 c. flour	1 tsp. soda
1/2 tsp. salt	1 c. shortening
1 c. brown sugar	1 c. white sugar
2 eggs	1 tsp. vanilla

Combine all ingredients and drop on a cookie sheet. Cook at about 350° to 375° for 10 to 15 minutes.

Juanita (Kuykendall) Handke

SNICKERDOODLE COOKIES

2 $\frac{3}{4}$ c. flour
2 tsp. soda
1/2 tsp. salt

1 c. softened shortening
1 $\frac{1}{2}$ c. sugar
2 eggs

Sift together flour, soda, and salt. Mix shortening, sugar, and eggs. Add to dry mixture. Form small balls and roll them in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Bake at 400° for 8 to 10 minutes.

Jennifer (Overton) Smithson

SOFT SUGAR COOKIES (For the sweet tooth)

1 $\frac{1}{2}$ c. white sugar
2 eggs
1/2 c. sour milk*
1 tsp. soda

1 $\frac{1}{2}$ c. shortening
4 $\frac{1}{2}$ c. flour
1 tsp. salt

Preheat oven to 350°. Cream together sugar, shortening, and eggs. Add 2 cups of the flour. Next, add sour milk, salt, and soda, then add rest of flour. Divide dough in portions and roll out on floured surface. Cut with cutters and bake. Cookies will not brown on top. When they are light brown on bottom, they are done. Ice with Powdered Sugar Icing.

Powdered Sugar Icing:

3 c. confectioners sugar
3 Tbsp. milk

1/3 c. margarine
1 $\frac{1}{2}$ tsp. vanilla

Mix all together. You can add food coloring to the mixture.

* To sour milk, heat and add 1 teaspoon vinegar.

Nona Craddock Kennedy, Bradford, OH

SUGAR COOKIES

1 c. margarine (2 sticks)
1 $\frac{1}{2}$ c. powdered sugar
1 tsp. vanilla
2 $\frac{1}{2}$ c. flour

1 egg
1/2 tsp. almond extract
1 tsp. soda

Mix margarine, egg, powdered sugar, vanilla, and almond extract (a must). Beat and add soda and flour. Refrigerate 2 hours and bake at 375° for 7 to 8 minutes. Frost if desired.

These are so simple and so good. It's a favorite of mine, because at Christmas I make the dough ahead and me and my grandchildren get out the cookie cutters and have lots of fun. They eat their own creations and are usually very proud of them. This recipe can't be beat when shared like this.

Carolyn Craddock, Napoleon, OH

SUGAR COOKIES

1 c. sugar	1 tsp. salt
1 c. powdered sugar	1 tsp. soda
2 eggs	1 tsp. cream of tartar
4 c. plus 4 Tbsp. flour	2 tsp. vanilla
1 c. butter (2 sticks), softened	

Mix in order given. Chill. Roll in balls and press down with glass dipped in sugar. Bake at 300°.

Janet Craddock, Union City, OK

Nothing lies beyond the reach of prayer except that which lies outside the will of God.

APPLE PIE

1 c. sugar	1 tsp. cinnamon
1 Tbsp. cornstarch	1/8 tsp. salt
4 to 5 c. apples, peeled, cored, and sliced	2 Tbsp. butter
1 (9 inch) unbaked pie crust	1 Tbsp. lemon juice

Combine sugar, cornstarch, cinnamon, and salt. Spread half of this mixture over pastry-lined pie plate. Add apples and sprinkle with lemon juice and dot with butter. Roll, fit, and seal upper crust. Cut out leaf and stem pattern or slits for escaping steam. Brush with milk and sprinkle sugar on top. Microwave on HIGH for 12 minutes (or until juices start), turning once. Finish baking on lower shelf of conventional oven at 350° for 10 minutes (or until brown). Bottom crust will be crisp (not soggy like long cooking crusts).

Optional: Bake in conventional oven 10 minutes at 425°. Reduce heat to 350° for about 35 minutes or until apples are tender.

Equal may be substituted for part or all of sugar - 10 packs equals 1/2 cup sugar.

This is an original version adapted to the liking of my family in the early 1950's.

Nelda June (Elton) Craddock

BANANA CREAM PIE

1 (9 inch) baked pastry shell	2 Tbsp. butter
3 Tbsp. cornstarch	1 tsp. vanilla
1 2/3 c. water	3 medium bananas
1 (14 oz.) Eagle Brand milk	Lemon juice
3 egg yolks, beaten	

In heavy saucepan, dissolve cornstarch in water. Stir in Eagle Brand milk and egg yolks. Cook and stir until thickened and bubbly. Remove from heat. Add butter and vanilla. Cool slightly.

Slice 2 bananas. Dip in lemon juice and drain on paper towel. Arrange on bottom of pastry shell. Pour filling over bananas; cover. Chill 4 hours or until set.

Spread top with Cool Whip. Slice remaining banana. Dip in lemon juice, drain, and garnish top of pie. Makes one 9 inch pie.

Tammy (Meeks) Morris

BURNT SUGAR PIE

Combine 3 egg yolks, well blended, with $\frac{3}{4}$ cup sugar and 4 tablespoons sugar. Into this mixture, add 2 cups milk, 1 teaspoon vanilla, and 1 tablespoon margarine. Set aside until you have melted the white sugar.

In a large skillet, melt $\frac{3}{4}$ cup of white sugar, until it is medium brown in color. *Do not melt until it smokes - do not let sugar burn or it will taste burned.* Pour the egg and milk mixture into the skillet of melted sugar and cook until it is thick. Pour into 9 inch baked pie shell and top with meringue.

Note: You may need to make this pie once or twice before you know how brown you want your melted sugar to be.

This was my mother's recipe, Alta (Craddock) Kuykendall.

Verna Overton

AMAZING COCONUT PIE

2 c. milk
 $\frac{3}{4}$ c. sugar
1/2 c. biscuit mix

4 eggs
 $\frac{1}{4}$ c. butter or oleo
1 1/2 tsp. vanilla

Mix all this real well in mixer for 3 minutes. Pour into greased pie pan. Let stand 5 minutes, then sprinkle top with 1 cup Angel Flake coconut. Bake at 350° for 30 to 40 minutes. Serve either warm or cold.

Fay Finley

The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own. Live, love, toil with a will. Place no faith in tomorrow, for the hands may then be still.

4-LAYER DELIGHT

First layer:

1 stick oleo
1 c. flour

1 c. crushed nuts

Mix first layer and put in 9x13 inch pan. Cook 20 minutes at 350°. Pack with hands; let it cool.

Second layer:

8 oz. cream cheese
1 c. powdered sugar

1/2 (9 oz.) Cool Whip

Mix second layer and spread over crust.

Third layer:

1 vanilla instant pudding mix	3 c. milk
1 chocolate instant pudding mix	

Make pudding and spread over second layer. Top with Cool Whip. Chill and serve.

Pauline Craddock, Minco, OK

FLOWER POT-DIRT DESSERT

1 (8 oz.) cream cheese	2 small boxes instant French vanilla
1 c. powdered sugar	pudding
1/2 c. margarine	1 (12 oz.) Cool Whip
3 1/2 c. milk	1 large pkg. Oreos

Mix cream cheese, powdered sugar, and margarine well. Set aside. Mix milk, pudding, and Cool Whip together. Mix both mixtures together. Crush large package of Oreos. Layer Oreos and mixture in a plastic or clay flowerpot. Decorate with seasonal plant or flowers and gummy worms.

Michelle Overton

CHOCOLATE DELIGHT

1 c. flour	3 c. milk
1 c. chopped pecans	2 small pkg. instant pudding
1 stick oleo, melted	(coconut cream, chocolate,
1 (8 oz.) cream cheese	butterscotch, or vanilla -
1 c. powdered sugar	whatever flavor you prefer)
1/2 (12 oz.) Cool Whip	

Mix flour, pecans, and oleo well. Pat into 9x13 inch pan. Bake in a 350° oven about 15 minutes or until light brown. Cool completely. Mix well the cream cheese, powdered sugar, and 1/2 carton of Cool Whip. Spread over cooled crust. Mix milk and puddings well. Spread over the cream cheese layer. Top with the remainder of the Cool Whip. Keep refrigerated.

Verna (Kuykendall) Overton

CHEESE CAKE

1 box lemon jello, cooled, but not jelled	1 (8 oz.) cream cheese
1 can chilled Milnot, whopped until stiff	1 tsp. vanilla
Crust:	1 c. sugar

20 to 25 honey graham crackers	3/4 stick margarine, melted
2 Tbsp. sugar	Nuts (optional)

Combine the first 5 ingredients and fold into Milnot.

Crust: Mix all ingredients together. Chill for 1 hour in a 9x13 inch pan. Spread filling over crust.

Juanita (Kuykendall) Handke

NO-FAIL MICROWAVE CHERRY CHEESECAKE

Crust:

**1/2 c. margarine
2 Tbsp. flour
1/4 tsp. cinnamon**

**1 c. graham cracker crumbs
2 Tbsp. sugar**

Melt butter in 8 inch round dish (30 seconds). Mix remaining ingredients and press in bottom of dish and halfway up sides.

Filling:

**8 oz. cream cheese
1 egg**

**1/3 c. sugar
1 tsp. lemon extract**

Softens cream cheese (30 seconds) in small mixing bowl, then beat with remaining ingredients using mixer. Pour over crust and cook, uncovered, 5 minutes.

Topping:

**1 c. sour cream
1/2 tsp. almond extract**

**3 Tbsp. sugar
21 oz. cherry pie filling**

Combine all but pie filling. Spread over cheesecake and cook, uncovered, 2 minutes. Cool slightly. Spoon pie filling on top. Chill overnight.

May use prepared graham cracker crust in place of crust ingredients. Set metal pan in glass pie plate before putting in microwave.

Foolproof, quick, easy, and always gone within minutes.

Russell Glen Winsett

CUSTARD PIE

**3 eggs, beaten
1 Tbsp. flour
1 c. milk**

**5 Tbsp. sugar
Nutmeg
Salt**

Beat eggs slightly and add sugar and salt. Add milk. Pour into unbaked crust and sprinkle generously with nutmeg. Bake in oven at 425° for 15 minutes. Reduce heat to 350° and complete baking.

Scharleene Bowen, Chickasha, OK

EGG CUSTARD

**3 eggs, beaten
6 Tbsp. sugar
1/4 tsp. salt
1 Tbsp. flour**

**2 c. hot milk
1 tsp. vanilla
1 tsp. nutmeg**

Put eggs in mixer and beat well, then add vanilla. Mix dry ingredients together and add to egg mixture. Add hot milk slowly while mixer is going. Pour batter into unbaked pie shell and sprinkle nutmeg and cinnamon on top. Bake at 325° F. until custard is set, 30 to 40 minutes.

Wanda Craddock

EASY FRUIT COBBLER

1 c. Bisquick
1 c. milk
1 c. sugar

1 stick butter
Any kind of canned fruit pie filling

Melt butter in 2 quart casserole dish. Mix in separate bowl the Bisquick, milk, and sugar until smooth. Pour in casserole dish. Spoon in fruit filling all through Bisquick mixture. Do not stir. Bake at about 350° until golden brown.

Tammy (Meeks) Morris

FRUIT PIE

1 c. self-rising flour
 $\frac{3}{4}$ stick butter, melted
1 egg

3 to 4 c. fresh or canned fruit
1 c. sugar
1 c. milk

Mix all ingredients, except fruit, and pour into baking dish. Add fruit and bake at 350° for 30 to 45 minutes, until brown.

From Mrs. Hazel Rozear, an old family friend.

Martha Craddock, Tampa, FL

GRAPE DUMPLINS

Grape juice
Sugar

Canned biscuits
 $\frac{1}{2}$ stick butter per qt. juice

Pour 1 or 2 quarts (depends on quantity needed) grape juice in large pan. Add sugar to taste and stir until dissolved. Add butter or margarine; bring to a boil. Pinch off small bits (bite size) of uncooked canned biscuits and drop into boiling juice until desired thickness is reached. Turn heat on low and simmer until thickened well and dumplins are cooked.

My mother surprised us with this dessert every once in a while. It was a very tasty treat, especially since candy and other sweets were not readily available to us.

Ada (Craddock) Morris

LEMON PIE

3 heaping Tbsp. flour
1 c. boiling water
 $\frac{1}{4}$ c. lemon juice
1 Tbsp. butter

$\frac{3}{4}$ c. sugar
2 beaten egg yolks
Grated lemon rind
Pinch of salt

Mix flour, sugar, and water. Cook together until thick. Stir while cooking. Take from stove and stir in egg yolks, lemon juice, rind, butter, and salt. Cook 2 minutes longer. Pour into baked pie shell. (Cover with egg whites and brown in oven.) I just use Cool Whip instead of egg whites.

Carrie Craddock, Richland, WA

MERINGUE PIE SHELL

2 egg whites	1/8 tsp. salt
1/8 tsp. cream of tartar	1/2 c. sugar
1/2 tsp. vanilla	

Have whites at room temperature. Beat in non-plastic bowl until frothy. Add salt and cream of tartar; beat until stiff. Gradually beat in sugar, one tablespoon at a time, until stiff peaks form. Stir in vanilla. Spread mixture on sides and bottom of 9 inch greased pie plate. Bake at 275° for 1 hour. Turn off heat and leave in oven 30 minutes more. Remove and cool.

Great when you want something different for your favorite pie recipe.

Denise Craddock

CRACKLESS EGGS

Pierce the rounded end of eggs with a needle before hard-boiling to prevent shells from cracking.

PERFECT MERINGUE

Room temperature whites are best to beat.

Add sugar, one tablespoon at a time, when eggs reach the stiff foam stage. Cool filling to keep crust crisp.

Use 2 tablespoons sugar per white. (Too little sugar makes tough meringue; too much prevents proper browning.)

Meringue will grow syrupy on bottom and skid off when cut if it is put onto a hot surface.

Preheat oven to 350°. Brown 15 minutes. If heat is lower, meringue shrinks.

Nelda June Craddock

PEACH COBBLER

2 (24 oz.) cans peaches	1 1/2 c. sugar
1 c. flour	2 Tbsp. baking powder
1 c. milk	1/4 c. butter

Heat oven to 350°. Put 1/4 cup butter inside a large cake pan. Put in oven; bring to a boil. Mix all ingredients together. Pour directly over butter. Immediately add 2 large cans peaches. Bake about 30 to 45 minutes.

Janet Craddock, Union City, OK

PEAR PIE

3/4 c. sugar	1 Tbsp. butter
1/2 c. Milnot	1 Tbsp. orange juice
2 large cans drained, sliced pears	1 Tbsp. lemon juice
Cinnamon	Nutmeg

Mix sugar, juices, and Milnot. Pour over pears that have been placed in unbaked pie crust. Dot with butter. Sprinkle with cinnamon and nutmeg. Put strips of

crust on this, then dot a little more butter, sugar, and spices on this. Bake at 400° for 40 to 45 minutes or until brown.

Margie Gordon, Oklahoma City, OK

BEST EVER PECAN PIE

3 eggs, beaten slightly	1/3 c. melted butter
2/3 c. sugar	1/4 tsp. vanilla
1/2 c. dark corn syrup	1 c. pecan halves
1/2 c. white corn syrup	1 (9 inch) pastry shell

Add sugar, syrups, and butter to beaten eggs. Add vanilla and mix thoroughly. Stir in pecan halves and pour into pastry shell. Bake at 375°F. for 40 to 50 minutes.

Note: One tablespoon of flour mixed with sugar helps the pie cook quicker.

Bob Craddock

PECAN PIE

3 eggs	1 1/3 c. pecans, chopped up
3/4 c. white sugar	1 1/4 c. white Karo syrup
1/4 tsp. salt	2 tsp. vanilla
1/3 c. melted oleo or 6 Tbsp. as marked on oleo	

Beat eggs real well. Melt oleo and let cool some. Add sugar, oleo, syrup, salt, and vanilla to eggs. Mix well. Add pecans and mix again. Pour into an uncooked pie shell. You can place whole pecan halves on top to make look pretty. Cook at 350° for 40 to 50 minutes or until solid when shook a little.

Laura Belle (Craddock) Johnston

MOCK PECAN PIE

2 c. brown sugar	4 eggs, beaten
1/2 c. melted butter or oleo	1 c. cooked pinto beans, mashed
1 Tbsp. vanilla extract	

Beat together sugar, butter, vanilla, and eggs. Stir in beans. Pour into pie shell. Bake 45 to 50 minutes or until knife inserted comes out clean (350° oven).

Betty June (Jones) Craddock

They say you will never be lonely, from the start of each day to it's end, if you walk life's path with God in your heart, and side by side with a friend.

CHERRY PINEAPPLE FREEZE

1 can cherry pie filling	1 can Eagle Brand milk
1 can crushed pineapple	1 c. chopped pecans
1 (9 oz.) Cool Whip	

Mix all ingredients. Pour into 9x13 inch pan and freeze.

This is really good. I've made it! Idea came from Diane Harrow of Defiance Lutheran Church.

Paula McDougle

MAPLE SYRUP PIE

**1/4 c. pure maple syrup
1/2 stick butter**

1 can Eagle Brand milk

Cook all ingredients in microwave until thick. Stir and add 1 cup pecans. Pour into baked pie shell. Can top with Cool Whip if you want.

Jane Humphrey, Minco, OK

MILLIONAIRE PIE

**1 can Eagle Brand milk
3 tsp. lemon juice
1 (9 oz.) Cool Whip**

**1 large can crushed pineapple
1 tsp. vanilla**

Combine all ingredients and pour into a graham cracker pie crust. Refrigerate.

Verna (Kuykendall) Overton

MYSTERY PIE

**3 egg whites
1 c. sugar
1 tsp. baking powder**

**1 tsp. vanilla
20 Hi-Ho or Ritz crackers
3/4 c. pecans, crushed**

Beat egg whites until stiff. Add sugar, baking powder, and vanilla. Blend in crushed crackers. Add pecans. Pour into heavily buttered 9 inch baking dish. Bake at 350° for 35 minutes. When cool, top with Cool Whip and refrigerate.

Verna (Kuykendall) Overton, Minco, OK

PUMPKIN PIE

Prepare pastry and make an unbaked pastry shell. Chill thoroughly.

**1 c. sugar
1/2 tsp. salt
1 1/4 tsp. cinnamon
1 tsp. cloves
2 c. cream (or 1 c. milk and 1 c.
Milnot)***

**3 eggs, slightly beaten
1 1/2 c. pumpkin
1 tsp. ginger
1/2 tsp. nutmeg**

Sift together the sugar, salt, and spices. Add remaining ingredients; mix until smooth. Pour into unbaked pastry shell and cook in microwave on DEFROST 40 to 45 minutes or until edges are set, turning occasionally. Brown in conventional oven at 350° if necessary. Bake in hot oven (425°) 30 to 40 minutes or until a knife inserted in the center comes out clean.

This recipe was developed by Elton and I in 1950 by trial and error to match Elton's memory of his Grandmother Gibson's pumpkin pies and has been served in this family every holiday since.

* Coffee Rich is my modern day choice for the cream.

Nelda June (Elton) Craddock

PUMPKIN ROLL

3 eggs
1 c. sugar
 $\frac{2}{3}$ c. pumpkin
1 tsp. lemon juice
 $\frac{3}{4}$ c. flour
1 tsp. baking powder

1/2 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. ginger
1 tsp. cinnamon
1 c. chopped nuts (optional)

Beat eggs 5 minutes. Add sugar, pumpkin, and lemon juice and mix. Set aside. Add flour, baking powder, salt, and spices and mix with first ingredients. Grease and flour cookie sheet. Pour batter in and sprinkle nuts over batter. Bake at 375° for 15 minutes. Sprinkle powdered sugar on dish towel. Turn cake out on towel and roll cake and towel together. Let cool. Unroll cake and spread with mixture of 1 cup powdered sugar, 6 ounces cream cheese, 4 tablespoons butter, and 1 teaspoon vanilla. Roll back up and refrigerate. *Can be frozen.*

Viola Parham Craddock

STRAWBERRY CREAM SQUARES

1 (6 oz.) pkg. strawberry Jell-O
2 c. boiling water
1 (16 oz.) pkg. frozen strawberries
1 (15 $\frac{1}{2}$ oz.) can crushed pineapple
(do not drain)

1 large ripe banana, finely diced
1 c. chopped pecans
1/2 c. sour cream
1 (3 oz.) pkg. cream cheese (room temperature)

Dissolve Jell-O in boiling water. Add strawberries. Stir until thawed. Add pineapple, banana, and 1/2 cup pecans. Pour 1/2 of this mixture in an 8x8x2 inch dish. Chill until firm. Mix sour cream, cream cheese, and other 1/2 cup pecans. Spread over chilled mixture. Add other half of Jell-O mixture. Chill until firm. Cut into squares.

Can use sugar or fat free ingredients for this recipe.

Tammy (Meeks) Morris

STRAWBERRY DELIGHT

1 1/2 c. flour
3/4 c. melted butter
Chopped pecans
1 (9 oz.) Cool Whip
1 (8 oz.) cream cheese, softened

2 c. powdered sugar
1 large box strawberry Jell-O
2 small or 1 large box frozen strawberries
2 c. boiling water

Cream together flour and butter. Press into 9x13 inch cake pan. Sprinkle pecans over this and lightly press into crust. Bake at 325° for 15 minutes. Let this cool completely.

Cream Cool Whip, cream cheese, and powdered sugar. Spread this over cooled crust. Mix together Jell-O, frozen strawberries, and boiling water. Stir until Jell-O is dissolved and frozen strawberries are apart. Pour over cream cheese mixture. Put in refrigerator until Jell-O sets. Top with Cool Whip.

Tammy (Meeks) Morris

STRAWBERRY PIZZA

Crust:

2 c. flour	1/2 c. confectioners sugar
2 sticks butter (1/2 lb.)	

Blend together. Form dough; press into pizza pan. Bake at 350°F. approximately 15 minutes.

Topping:

8 oz. Cool Whip	1 (14 oz.) jar strawberry glaze
1 c. confectioners sugar	8 oz. cream cheese
1 qt. strawberries	

Blend cream cheese with confectioners sugar. Fold in Cool Whip; spread on crust. Top with strawberries. Pour strawberry glaze over top evenly. Refrigerate overnight before serving. If needed sooner, refrigerate as long as possible to firm up enough to serve.

Martha Craddock, Tampa, FL

FLAKY PASTRY

4 c. all-purpose flour	2 tsp. salt
1 3/4 c. shortening	1 Tbsp. vinegar
1 Tbsp. sugar	1 egg

With fork, mix first 4 ingredients. In small bowl, beat 1/2 cup water, vinegar, and egg. Add to the dry mixture. Mold dough and chill for 15 minutes. Dough can be refrigerated up to 3 days or frozen until ready to use.

Here's a recipe I got from Steve's mom, Karlene Kennedy, for pie dough. It's the best one I've ever found to work with. Tastes great too!

Nona Craddock Kennedy, Bradford, OH

FOOLPROOF PIE CRUST (Makes ten 9 inch pie shells)

8 c. all-purpose flour (unsifted)	2 Tbsp. vinegar (white or cider)
2 Tbsp. sugar	2 eggs (large)
4 tsp. salt	1 c. water
3 1/2 c. Crisco (butter flavor)	

Put first 3 ingredients in large mixing bowl and mix well with table fork. Add shortening and mix with fork until ingredients are crumbly. In small bowl, beat together with fork 1/2 cup water, vinegar, and eggs. Combine the two mixtures, stirring with fork until all ingredients are moistened. Divide dough into 10 portions. With hands, shape each portion into a flat round patty ready for rolling. Wrap each in plastic wrap and chill at least 1/2 hour. Dough can be kept in refrigerator for 3 days or it can be frozen.

Nelda June (Elton) Craddock

FOR PERFECT PIE CRUST

Cover edges of pie with strips of aluminum foil, 2 to 3 inches wide, to prevent excessive browning.

To keep pie crust from getting too done around the edges, cut the bottom out of an aluminum pie tin. The rim and sides cover the crimped crust edge as the center of the pie browns. Wash and save to use for the next pie.

Bake pastry shells on the upper shelf of an oven preheated to 450° to set the edges quickly and prevent the shell from shrinking. Transfer to the lower shelf of the oven after the crust is set if the edges are in danger of getting too brown before the rest of the crust is baked.

Pie crusts won't have soggy bottoms if brushed with white of an egg before baking.

FRIED PIE DOUGH

**1½ c. flour
½ tsp. salt
1 Tbsp. vinegar
½ c. shortening or oil**

**½ tsp. baking powder
¼ c. water
1 egg**

Mix thoroughly. Roll out to desired size. Add scant more flour if humidity is high. Fill with your choice of fruit. Seal edges that have been slightly dampened with water. Fry in 1 inch deep hot shortening or oil.

Tammy (Meeks) Morris

NEVER FAIL PIE CRUST

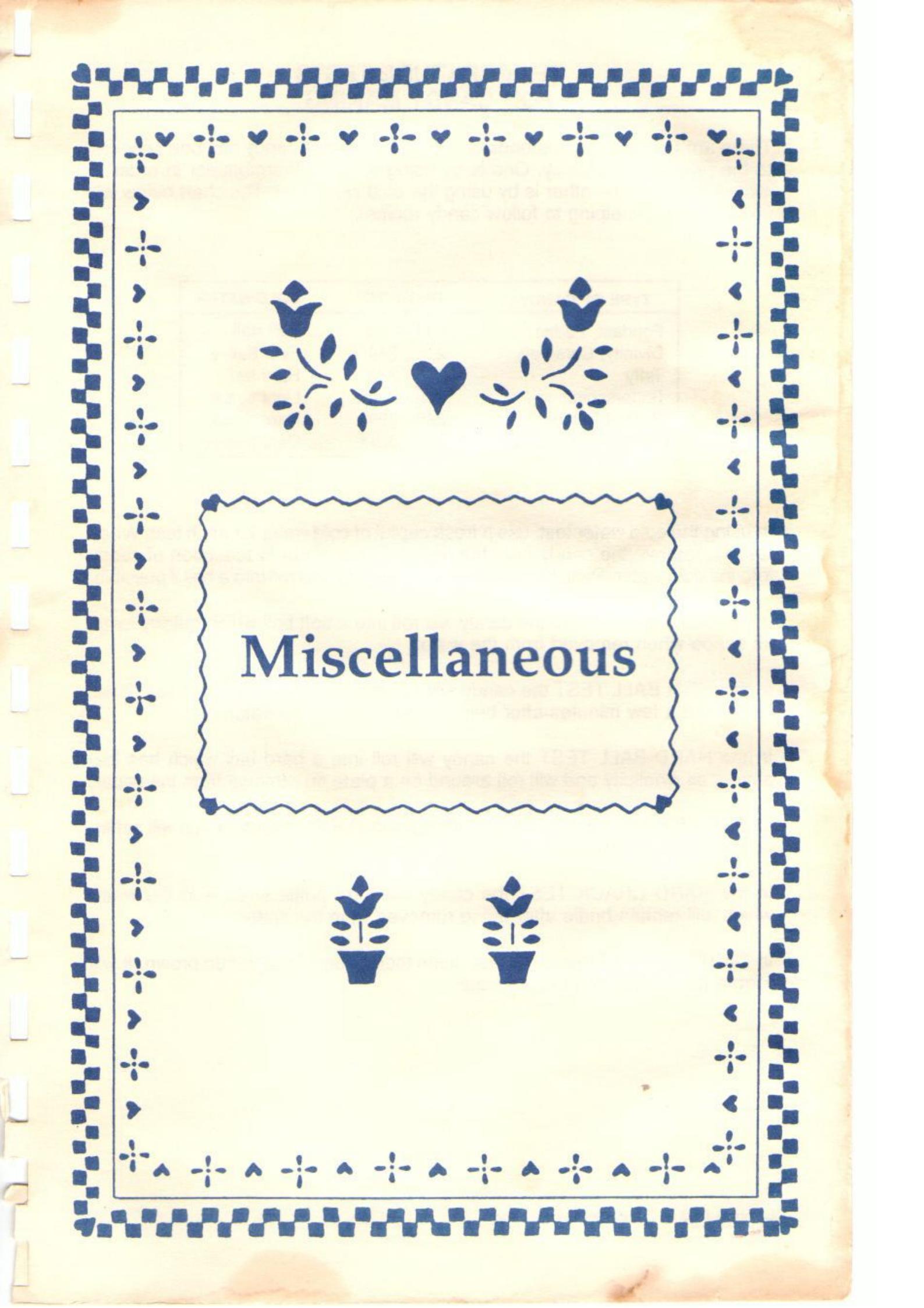
**1 heaping c. flour
1⅓ cubes good oleo (I prefer Blue Bonnet)**

1/3 c. whole milk

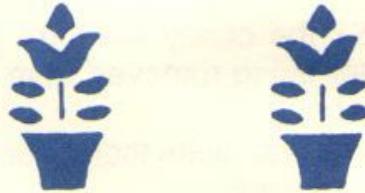
Blend flour and oleo together real well. Add milk and work in real well. It is ready to roll out into crust. This will make 2 single crusts or enough for a 2 crust fruit pie.

Laura Belle (Craddock) Johnston

Then she stirred it all together and she baked it a full hour, but she never quite forgave herself for leaving out the flour.



Miscellaneous



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MISCELLANEOUS

HEAVEN'S GROCERY STORE

I was walking down life's highway a long time ago. One day I saw a sign that read Heaven's Grocery Store. As I got a little closer, the door came open wide, and when I came to myself, I was standing inside.

I saw a host of angels. They were standing everywhere. One handed me a basket and said, "my child, shop with care." Everything a Christian needed was in that grocery store and all you couldn't carry, you could come back the next day for more.

First I got some patience. Love was in the same row. Further down understanding - you need that everywhere you go. I got a box or two of wisdom, a bag or two of faith. I just couldn't miss the Holy Ghost, for it was all over the place. I stopped to get some strength and courage to help me run this race. By then, my basket was getting full, but I remembered I needed some grace. I didn't forget salvation, for salvation that was free. So I tried to get enough of that to save both you and me. Then I started up to the counter to pay my grocery bill, for I thought I had everything to do my Master's will.

As I went up the aisle I saw prayer and I just had to put that in, for I knew when I stepped outside, I would run right into sin. Peace and joy were plentiful - they were on the last shelf. Song and praises were hanging near, so I just helped myself. Then I said to the angel, "now how much do I owe?" He just smiled and said, "just take them everywhere you go." Again I smiled at Him and said, "how much, now do I really owe?" He smiled again and said, "my child, Jesus paid your bill a long time ago."

Louise Mullins, Denton, TX

CARAMEL CORN

Popped corn
2 c. brown sugar
 $\frac{1}{2}$ tsp. soda

2 sticks butter
 $\frac{1}{2}$ c. butter pecan syrup
 $\frac{1}{2}$ tsp. vanilla

Mix together (except corn) and boil 5 minutes, then add $\frac{1}{2}$ teaspoon soda and $\frac{1}{2}$ teaspoon vanilla. Pour over corn. Put in a 200° oven for 1 hour. Stir for 15 minutes.

I store mine in gallon jars. It tastes like Cracker Jacks - sure makes a good snack.

Laverne (Archer) Kinsky

HARD CINNAMON CANDY

3 $\frac{1}{2}$ c. light corn syrup
3 $\frac{3}{4}$ c. sugar
1 tsp. cinnamon liquid

Red food coloring
Powdered sugar

Heat corn syrup, sugar, and 1 cup water in saucepan until sugar dissolves, stirring constantly. Boil until mixture reaches hard crack stage or to 310°. Do not stir.

Stir in cinnamon and food coloring. Pour into 12x24 inch foil-lined pan. Sprinkle with powdered sugar. Break into pieces and cool.

Polly (Overton) Chiles

MICROWAVE PEANUT BRITTLE

1 c. sugar	1 tsp. vanilla
1½ c. raw peanuts	1 Tbsp. butter
½ c. light Karo syrup	1 tsp. soda
½ tsp. salt	

Stir together first 4 ingredients. Microwave on HIGH for 4½ minutes. Stir again and microwave another 4½ minutes. Add vanilla and butter and microwave for 1 more minute. Remove and add soda. Stir and pour on greased cookie sheet. Cool and crack.

Total cooking time: 10 minutes.

Carolyn Craddock, Napoleon, OH

PEANUT PATTIES

2 c. sugar	1 stick oleo
1 (5 oz.) can condensed milk	1 tsp. red food color
½ c. white Karo	1 tsp. vanilla
2 c. (12 oz.) raw peanuts	

Cook to soft ball stage. Add vanilla; let set for 15 minutes. Beat until color changes slightly. Drop on greased wax paper by tablespoonful.

Dorothy Crutchfield, Amarillo, TX

PEANUT PATTIES

2 c. sugar	1 stick butter
1 (5 oz.) can condensed milk	1 tsp. red food coloring
½ c. white Karo syrup	1 tsp. vanilla
2 c. raw peanuts	

Cook all ingredients, except vanilla, until soft ball stage. Add vanilla. Let set for 15 minutes. Beat until color changes slightly. Drop on greased wax paper by tablespoon.

Tammy (Meeks) Morris

PECAN PRALINES

2 c. white sugar	1 tsp. soda
1 c. buttermilk	Pinch of salt

Boil together for 5 minutes and add 2½ cups pecan halves and 2 tablespoons butter (oleo). Boil until fairly firm ball, stirring all the time. Set off and beat until thick. Drop by spoonfuls on waxed paper. Good!

Noma Crutchfield

MARTHA WASHINGTON CANDY

2 c. coconut

1½ c. powdered sugar

1 stick butter, softened

2 c. chopped pecans

1 c. Eagle Brand milk

Chocolate Mixture (or chocolate almond bark):

1 small bag chocolate chips

1 (1 inch) sq. paraffin

Mix the first 5 ingredients well. Chill at least overnight. (I usually let chill for several days.) Roll into balls and dip in Chocolate Mixture or chocolate almond bark. Place on wax paper and cool.

To make Chocolate Mixture, melt chocolate chips and paraffin in top of double boiler or microwave (or melt chocolate almond bark the same way).

B.J. Craddock. Anadarko, OK

AUNT FAY'S CHOW CHOW

1 gal. green tomatoes

1 gal. cabbage

1 qt. onion

1 qt. sweet peppers (any kind)

2 c. hot peppers (more or less to taste)

1 scant c. canning salt

5 pt. vinegar

3 c. sugar

1 Tbsp. black pepper

½ c. horseradish

1 tsp. ground cloves

2 Tbsp. mustard seed

Using a food chopper, grind vegetables so you'll have the quantity of the vegetables given preceding. Mix tomatoes, cabbage, onion, sweet and hot peppers with canning salt. Cover and let set overnight. Next day, drain real well. Mix vinegar, sugar, pepper, horseradish, cloves, and mustard seed in large container (granite or stainless steel). Add chopped vegetables and boil slowly for 30 minutes. Pack in hot pint jars. (Leave ½ inch head space.) Seal jars. Makes about 10 or 11 pints.

Ada (Craddock) Morris

SAUERKRAUT IN THE JAR

Cabbage

Salt

Slice cabbage fine. Pack in fruit jars. Use 1 teaspoon salt to a quart. Fill jar with boiling water; seal. Set jar in a warm place. Can be used in 2 weeks. If you want to keep it longer, put on a new lid and process in cold pack water bath for about 10 minutes - enough for seal. Do set the jars on a newspaper pad - it may spew out during the fermenting stage.

I got the recipe from Aunt Carrie, but I added the second seal.

Daisy Belle Craddock, Richland, WA

HOMEMADE B B Q SAUCE

1 (14 oz.) bottle catsup	1/2 green pepper
1/2 c. distilled vinegar	1 small onion
1 tsp. sugar	1/2 tsp. liquid smoke
1/4 tsp. black pepper	1 squirt honey
1/4 tsp. salt	2 tsp. Worcestershire
Olive oil	1/4 tsp. cayenne pepper
2 cloves garlic	

Mix catsup, vinegar, sugar, black pepper, and salt in pan and heat. Saute in olive oil the garlic, green pepper, onion, liquid smoke, honey, Worcestershire, and cayenne pepper. Add to first mixture in pan. Heat together.

Betty June (Jones) Craddock

DEE'S BARBECUE SAUCE

6 Tbsp. salt	4 c. white vinegar
3 Tbsp. pepper	4 c. water
6 Tbsp. chili powder	1 large yellow onion
4 c. ketchup	1/2 c. sorghum molasses

Combine ingredients in a large saucepan. Bring to a rolling boil. Reduce heat and cook 1 1/2 hours. Stir every 10 minutes. Pour into sterilized canning jars; seal. Let stand 2 to 6 weeks before using.

Delores Morris, Ft. Smith, AR

HOW TO MAKE KETCHUP

Almost empty bottle of ketchup Water

When you still have just a little bit of ketchup in the bottle and it won't come out, put some water in it and shake it, then you have some ketchup. My daddy showed me how to make ketchup.

Jeremy Morris (age 6), Binger, OK

PICANTE SAUCE

1 gal. ripe tomatoes	1 1/2 tsp. cumin powder
1 pt. ground onions	1 1/2 tsp. oregano
1 pt. ground hot peppers	1 1/2 tsp. mustard seed
2 c. vinegar	1 tsp. celery seed
1 1/2 c. sugar	5 tsp. canning salt
1 1/2 tsp. curry powder	

Cook all together at a slow boil for 1 1/2 hours. Stir often, so won't stick. Put up in hot jars with hot lids and leave 1/2 inch space in jars for sealing.

If desired, add more hot peppers.

Fay (Craddock) Finley, Verden, OK

PIZZA-SPAGHETTI SAUCE

1/2 bu. fresh tomatoes	1 1/2 c. sugar
3 lb. chopped onions	1 Tbsp. basil
4 jalapeno peppers, chopped	1 Tbsp. oregano
2 c. Crisco oil	1/2 c. salt
4 (12 oz.) cans tomato paste	

Blanch, peel, and chop tomatoes. Add chopped onions; simmer 2 hours. Add peppers, oil, sugar, basil, oregano, and salt. Simmer another hour. Add tomato paste. Pour into jars and seal. I pressure 5 pounds for 5 minutes.

This recipe was given to me by a sister-in-law, Carolyn Craddock, in 1984.
Betty Craddock, Greenville, OH

B.J.'S SWEET AND SOUR SAUCE

1 (20 oz.) can pineapple (crushed or tidbits)	1/2 c. cider vinegar
3/4 c. brown sugar	3 tsp. corn starch
	1/3 c. water

Bring pineapple and juice, brown sugar, and vinegar to a boil on medium heat. Mix corn starch with water and stir in slowly to thicken pineapple mixture. Remove from heat and serve hot or cold.

Great for egg rolls, pork, and chicken.

B.J. Craddock, Anadarko, OK

BUTTERMILK

Add 2 teaspoons of lemon juice or vinegar to 1 cup of milk. Keep in a warm place and stir occasionally until used.

Nelda June Craddock

CHERYL SUE BLUES

I don't have any recipes to contribute, just ask my brother, David, Jr. My cooking stems from boxes, cans, jars, etc. Very unlike my mom, who's cooking I miss dearly.

Cheryl Sue Craddock Boyette, Seminole, FL

GRANDPA'S SURPRISE

4 Tbsp. peanut butter	2 tsp. jelly
2 tsp. maple syrup	

Mix all ingredients together in a small bowl. Spread on a fresh baked biscuit.

This recipe is an invention of Grandpa David. Kim said when she was a child and her dad, Dave, was in the kitchen that all the leftovers in the fridge were thrown into the same pot. This was one such concoction that they so named.

Shannon Mann, Spring Hill, FL

BROILED GRAPEFRUIT

Have fruit at room temperature, so it will be hot through when top is browned. Cut around every section of grapefruit half, close to membrane; fruit should be completely loosened from shell. Cut a hole in center of grapefruit half and fill with 1 to 1½ tablespoons butter. Sprinkle ½ teaspoon sugar over each half, then sprinkle each with 2 tablespoons cinnamon-sugar mixture (1 part cinnamon to 4 parts sugar). Broil grapefruit on shallow baking pan or jelly roll pan, 4 inches from heat, about 8 to 10 minutes or just long enough to brown tops and heat bubbling hot.

A favorite breakfast item for my children when they were small.

Nelda June Craddock

ROAST BEEF GRAVY

Remove meat from pan after done. If broth is greasy, remove some of grease. Add water (1½ cups - amount will depend on servings desired). Bring to a boil. To thicken, mix cornstarch or flour (2 or more tablespoons) in a shaker or small bowl with a small amount of broth. Add slowly, stirring and seasoning to taste.

Nelda June Craddock

SAUSAGE OR HAMBURGER GRAVY

Brown a small amount of ground beef or sausage (¼ cup to 1 pound, according to your need) in skillet. When meat is nice and brown, sprinkle in 2 or more tablespoons flour (if more servings needed, more shortening will have to be added). Add milk, while stirring constantly, until of desired consistency. Simmer on low for 2 or 3 minutes. Season with salt and pepper to taste.

Good served with hot biscuits.

Nelda June Craddock

TOMATO GRAVY

2 slices bacon	1 (8 oz.) can tomato sauce
1 onion, diced	
1 (16 oz.) can tomatoes (stewed or plain)	

Fry bacon until crisp. Remove bacon and crumble. Sauté onion in bacon fat until tender. Pour tomatoes, tomato sauce, and bacon in with onion and simmer about 20 minutes. Serve over boiled rice, cooked grits, or toast.

This was frequently served for breakfast and supper when I was a child. Still one of my favorites! Also Lucille's.

Gay (Sones) Craddock

MAYONNAISE

1 tsp. dry mustard	1 Tbsp. vinegar
½ tsp. paprika	2 c. vegetable oil
Dash of cayenne	2 Tbsp. lemon juice
2 egg yolks	

Blend mustard, paprika, eggs, and cayenne. Add vinegar. Add oil, one teaspoon at a time, blending until 1½ cups are added. Add lemon juice, alternating with oil, until done. Blend until right consistency.

Martha Craddock, Tampa, FL

PAZZA AEROLA (Cure for Arthritis)

1 Tbsp. flax seed oil

Salad or cottage cheese

Pour oil over salad or cottage cheese - daily dosage.

Since Debbie did not send any recipes, I, Ada, am sending this recipe for her. She gave it to me and also "the secret of youth" - take daily. Contains 1,000 mg calcium, 2,000 mg magnesium. I am waiting to see if any of these work for someone else before I try them.

Debbie Treanor Craddock

ORANGE PINEAPPLE SHERBET

2 (15 oz.) cans sweet condensed milk

4 (16 oz.) bottles orange carbonated beverage

1 (No. 2) can crushed pineapple (undrained)

Mix milk and pineapple well, then add orange drink and stir well. Pour into 1 gallon size ice cream freezer and freeze. Use 6 parts ice to 1 part ice cream salt.

Fay Craddock Finley

HOMEMADE VANILLA ICE CREAM

2 cans Eagle Brand milk

¼ tsp. salt

6 eggs

½ pt. half & half whipping cream

1 c. sugar

Milk

2 Tbsp. vanilla

Combine eggs, sugar, salt, and vanilla. Mix well with mixer. Add Eagle Brand milk. Mix and pour into ice cream freezer. Add to line with milk. Makes 4 quarts.

Betty Craddock, Greenville, OH

SNOW ICE CREAM

**Large heaping bowl clean snow
(avoid yellow snow)**

Eagle Brand milk

Add sweetened condensed milk (Eagle Brand or other), a little at a time, to snow until desired consistency is reached.

My children all loved this. Unfortunately, we have not had adequate snowfall for the past few years.

Ada Morris, Binger, OK

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

SWEETENED CONDENSED MILK (Equivalent of Eagle Brand milk)

1 c. instant milk
3 Tbsp. margarine
1/3 c. boiling water

2/3 c. sugar
2 Tbsp. white syrup

Mix all of the preceding ingredients in the blender until smooth.

This is very good and only the most sensitive taste buds can detect the difference from Eagle Brand. I use this over snow for snow ice cream.

Ada Morris, Binger, OK

SWEETENED CONDENSED MILK

1 c. instant nonfat dry milk solids
2/3 c. sugar

3 Tbsp. margarine, melted
1/3 c. boiling water

Combine all ingredients in container of electric blender. Process until smooth and store in refrigerator until ready to use. Yield: About 1 1/4 cups.

To be used in pies, cakes, ice cream, etc.

Nelda June Craddock

BROWN SUGAR

To make the equivalent of 1/2 cup brown sugar, blend together 1/2 cup sugar and 2 tablespoons molasses. You can make any amount, but for the best results, make as you need it.

Denise Craddock

POWDERED SUGAR

1 c. granulated white sugar

1 1/2 tsp. cornstarch

Combine ingredients in food processor and process until sugar is finely powdered. Store in tightly covered container.

Cornstarch helps prevent the sugar from caking and helps give it a nice powdery texture.

Denise Craddock

YOUNG ADA (CRADDOCK) MORRIS' STAY OUT OF THE SUGAR CANDY

All the sugar in the house

Water (enough to cover sugar)

Promise mom you'll stay out of the sugar as she leaves the house. Place large pan on hottest burner as soon as mom clears the yard. Pour in sugar. Cover with water and boil furiously until thick, clear syrup. Cooling time is 2 hours - 1 hour for candy, 1 hour for mom. After 1 hour, beat hard candy out of pan with butter knife and fork. Leave mess in house. Take candy and don't return until mom has been home at least 1 hour. A bouquet of wild flowers can't hurt.

David G. Craddock, Marietta, GA

GRANDMA ADA CRADDOCK'S SUGAR TEAT

5 inch sq. cheesecloth or clean Bull Durham tobacco sack $\frac{1}{3}$ c. sugar

Place sugar on cloth or in sack and tie tightly with string to make 1 inch ball with spare cloth for handle. Will last for 2 to 3 hours, depending on sucking ability of child or length of time since they have had a sweet.

David Glen Craddock, Marietta, GA

DUTCH HONEY

2 c. sugar	2 c. dark Karo
2 c. whipping cream	2 tsp. vanilla

Bring sugar and syrup to a boil until it hairs, then add cream. Boil until it sheets. Remove from stove. Add vanilla.

Good with hot biscuits, over ice cream, or straight from the jar. (Old Eisenman family recipe.)

Elaine Eisenman, Corsicana, TX

ORANGE SYRUP

Mix all in saucepan and heat until margarine and sugar are dissolved. Great on pancakes!

Gay (Sones) Craddock

MAPLE SYRUP

4 c. sugar	1 tsp. vanilla extract
½ c. light brown sugar	1 tsp. maple extract
2 c. water	

Combine and boil together all but flavoring, slowly for 10 minutes. Remove and add flavoring.

Nelda June (Elton) Craddock

CINNAMON ORNAMENTS

4.12 oz. ground cinnamon **$\frac{3}{4}$ to 1 c. applesauce**

Mix ingredients well. Roll out to $\frac{1}{4}$ inch thickness. Cut with cookie cutters or carve your own. Make small hole for ribbon or string. Carefully put on rack to dry. Let air dry several days, turning occasionally. Makes 12 sweet smelling ornaments or air fresheners.

I made these in 1991. Fun and easy for kids.

Ada Morris, Binger, OK

PLAY DOUGH

1 c. flour
1 c. water
1 Tbsp. oil

1/2 c. salt
1 tsp. cream of tartar
Food coloring

Mix and cook over medium heat until mixture pulls away from sides of pan (stir constantly) and becomes like play dough in consistency. Knead until cool.

This is supposed to keep 3 months, unrefrigerated and stored in tight container. My kids always "used it up" in a few days. I have made many, many batches of this. Give your children cookie cutters, plastic knives, small lids, etc. The little ones love play dough. It's not that hard to get out of carpet either.

Ada Craddock Morris, Binger, OK

"HOW TO COOK A HUSBAND"

A good many husbands are utterly spoiled by mismanagement! Some women keep them constantly in "hot water." Others let them "freeze" by their carelessness and indifference. Some keep them in a "stew" by irritating ways and words. Others "roast" them, while some keep them in a "pickle" all their lives! It cannot be expected that any husband will be "tender" and "good" managed in this way, but they are really delicious when properly treated.

In selecting your husband, you should not be guided by the silvery appearance as in buying mackerel, nor by the golden tint as if you wanted salmon. Be sure to select him yourself, as tastes differ! Do not go to market for him, as the best are always brought to your door. It is far better not to have any, unless you know patiently how to cook. See that the linen in which he is wrapped is nicely washed and mended with the required number of buttons and strings sewed on. Tie him in the kettle with a silk cord called "comfort," as the one called "duty" is apt to be weak. They are apt to fly out of the kettle and be "burned" and "crusty" around the edges, since like crabs and lobsters, you have to cook them "alive."

Make a clean, cheerful fire out of cheerfulness; let him as near this as seems to agree with him. If he sputters and sizzles, do not be anxious, as some husbands do this until they are quite done. Add a little sugar in the form confectioners call "kisses," but no vinegar or pepper on any account. A little spice improves them, but it must be added with judgment. Do not stick any sharp instrument into him to see if he is becoming tender, but stir him gently and watch the while lest he lie too close to the kettle and so become useless. You cannot fail to know when he is done. If thus treated, you will find him very digestible, agreeing nicely with you and the children. And he will keep as long as you wish, unless you become careless and set him in too "cool" a place.

Marjorie Treanor, Dubuque, IA

SMELL GOOD

1 apple juice (large can or jar)
1 pkg. pickling spice

1 pkg. whole cloves
1 stick cinnamon

Mix ingredients in crock pot. Add water to fill pot. Bring to boil and then simmer for as long as you desire. This mixture will last about 1 week. If you wish to use it again, strain out spices and add fresh juice and water. Be sure to reuse your spices in the next brew.

POTPOURRI

8 cinnamon sticks (each 3 inches long), broken in halves
4 nutmegs (whole)

2 Tbsp. allspice (whole)
1 Tbsp. cloves (whole)
1/2 tsp. orange peel, dried

Mix all ingredients. Store airtight at room temperature. To use, add about 3 tablespoons of the potpourri to 2 cups simmering water in a small saucepan over low heat. Fragrance lasts about 2 hours; add more water if needed. Makes about 3/4 cup potpourri. Keeps indefinitely in a tightly covered jar.

CLEANING WINDOW SCREENS

In the spring, take down all window screens and screen doors and carry them outside. With a pail of gasoline and a stiff brush, scrub all the screening with gasoline. It removes all the dust and grease and makes dingy screens look good as new.

Remember that gasoline is very flammable. Also be careful not to breathe in the fumes.

CLEANING EXTERIOR WINDOWS

A fast and easy way to clean exterior windows is first to mix a handful of powdered electric dishwasher detergent into a pail of hot water. (The secret is to use a product that advertises something like, "leaves your glasses sparkling clean, with no spots.") Wash the outside of your windows with this mixture, using any method you prefer, and immediately rinse them with a strong spray from your garden hose. Just let them air-dry and your windows should be cleaner and shinier (with fewer spots) than ever before. Do not use without rubber gloves.

SPLATTER-FREE

To keep fat from splattering, sprinkle in a little flour or salt.

WEEVIL-BE-GONE

If you have weevils in your cabinet, just sprinkle baking soda on your shelves. Also putting soda in small jar lids and leaving in your shelves will get rid of weevils; they don't like soda. (Bay leaves work good also.)

A NEW DAY

This is the beginning of a new day.
God has given me this day to use as I will.
I can waste it - or use it for good,
But what I do today is important.
Because I am exchanging a day of my life for it!
When tomorrow comes, this day will be gone forever,
Leaving in its place, something that I have traded for it.
I want it to be gain, and not loss;
Good, and not evil; success, and not failure;
In order that I shall not regret,
The price that I have paid for it.

LEFTOVERS

It's a little too less to save,
And a little too much to dump.
And there's nothing to do but eat it;
That's what makes the housewife plump.

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add 1/4 teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add $\frac{1}{4}$ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour $\frac{1}{2}$ cup of baking soda followed by a cup of vinegar down the drain . . . let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.



CALORIE COUNTER

Almonds:	
roasted in oil, salted, 9-10 nuts	62
Apple butter, 1 tbsp.	33
Apple juice, canned or bottled, 1 cup	117
Apples:	
fresh, with skin, 1 average (2½" diameter)	61
dried, cooked, sweetened, ½ cup	157
dried, cooked, unsweetened, ½ cup	100
Applesauce, canned, sweetened, ½ cup	116
Applesauce, canned, unsweetened, ½ cup	50
Apricot nectar, canned or bottled, 1 cup	143
Apricots:	
fresh, 3 average (12 per lb.)	55
canned, 4 halves with 2 tbsp. heavy syrup	105
canned, water pack, ½ cup with liquid	38
Asparagus:	
canned, drained, cut spears, ½ cup	25
frozen, 6 spears	23
Avocados, 3½" diameter	185
Bacon, fried, drained, 2 medium slices	86
Bacon, Canadian, fried, drained, 1 slice	58
Bagel, egg or water, 1 medium (3" diameter)	165
Bamboo shoots, raw, cuts, ½ cup	21
Bananas, 1 average	118
Bean sprouts, soy, raw, ½ cup	24
Beans, baked, canned:	
with pork and tomato sauce, ½ cup	156
Beans, green or snap:	
fresh, boiled, drained, cuts or French style, ½ cup	16
canned, with liquid, ½ cup	22
Beans, lima, immature seeds:	
boiled, drained, ½ cup	95
canned, with liquid, ½ cup	88
Beans, pea, navy, or white, dry, cooked, ½ cup	112
Beans, red kidney, canned, with liquid, ½ cup	115
Beef, choice grade cuts (without bone):	
brisket, lean only, braised, 4 oz.	253
chuck, arm, lean only, pot-roasted, 4 oz.	219
club steak, lean only, broiled, 4 oz.	277
flank steak, lean only, pot-roasted, 4 oz.	222
ground, lean (10% fat), broiled, 4 oz.	248
porterhouse steak, lean only, broiled, 4 oz.	254
rib, lean only, roasted, 4 oz.	273
round steak, lean only, broiled, 4 oz.	214
rump, lean only, roasted, 4 oz.	236
short plate, lean only, simmered, 4 oz.	253
sirloin steak, double-bone, lean only, broiled, 4 oz.	245
sirloin steak, round-bone, lean only, broiled, 4 oz.	235
T-bone steak, lean only, broiled, 4 oz.	253
Beef, corned:	
boiled, medium-fat, 4 oz.	422
canned, lean, 4 oz.	211
Beef and vegetable stew, canned, 4 oz.	90
Beets:	
boiled, drained, sliced, ½ cup	33
Blackberries:	
fresh, ½ cup	42
canned, juice pack, ½ cup with liquid	68
Blueberries:	
fresh, ½ cup	45
canned, water pack, ½ cup with liquid	47
Bologna, all meat, 4 oz.	315
Boysenberries:	
canned, water pack, ½ cup with liquid	45
frozen, unsweetened, ½ cup	30
Braunschweiger (smoked liverwurst), 4 oz.	362
Brazil nuts (3 large nuts)	90
Bread, commercial:	
Boston brown, 1 slice	101
cracked wheat, 1 slice, 20 per loaf	60
French, 1 slice	44
Italian, 1 slice	28
pumpernickel, 1 slice	79
raisin, 1 slice, 20 per loaf	60
rye, light, 1 slice, 20 per loaf	56
white, firm-crumb type, 1 slice, 20 per loaf	63
whole wheat, firm-crumb type, 1 slice, 20 per loaf	56
Bread stuffing, mix, mixed with butter, water, ½ cup	250
Broccoli:	
raw, 1 large spear	32
boiled, drained, cut spears, ½ cup	20
Brussels sprouts boiled, drained ½ cup	28
Butter, 1 Tbsp.	100
Butter, whipped, 1 tbsp.	67
Cabbage:	
red, raw, chopped or shredded, ½ cup	14
white, raw, chopped or shredded, ½ cup	11
Cake, mix, prepared as directed on package:	
angelfood, without icing, 3½-oz. serving	269
coffee cake, 3½-oz. serving	322
devil's food, with chocolate icing, 3½-oz. serving	369
white, with chocolate icing, 3½-oz. serving	351
yellow, with chocolate icing, 3½-oz. serving	365
Candies, 1-oz. serving:	
almonds, chocolate-covered	161
butter mints, after dinner (Kraft)	106
butterscotch	112
cherries, dark chocolate-covered (Welch's)	115
chocolate, milk	147
chocolate, semi-sweet	144
coconut, chocolate-covered	124
fudge, chocolate, with nuts	121
gum drops	98
jelly beans	104
licorice (Switzer)	101
Life Savers, all flavors except mint	111
Life Savers, mint	108
mints, chocolate-covered	116
marshmallows (Campfire)	100
peanut brittle	119
peanut cluster, chocolate-covered (Kraft)	151
raisins, chocolate-covered	120
toffee, chocolate (Kraft)	111
Cantaloupe, fresh, ½ melon, 5" diameter	58
Carrots:	
raw, 1 average	21
boiled, drained, diced, ½ cup	23
Catsup, tomato, bottled, 1 tbsp.	16
Cauliflower:	
raw, flowerbuds, sliced, ½ cup	12
boiled, drained, flowerbuds, ½ cup	14
Celery, raw, 1 outer stalk (8" long)	7
Cereals:	
All-bran, 1 cup	192
bran, 100% (Nabisco), 1 cup	150
bran flakes, 40%, 1 cup	106
bran flakes with raisins, 1 cup	144
corn flakes, 1 cup	97
corn flakes, sugar coated, 1 cup	154
Cream of Wheat, cooked, 1 cup	133
farina, quick-cooking, cooked, 1 cup	105
oat flakes, (Post), 1 cup	165
oatmeal or rolled oats, cooked, 1 cup	132
rice, puffed, 1 cup	60
wheat flakes, 1 cup	106
wheat, puffed, 1 cup	54
wheat, puffed, presweetened, 1 cup	132
wheat, shredded, 1 biscuit (2½" x 2" x 1¼")	89
Cheese:	
American, processed, 1 oz.	105
blue or Roquefort type, 1 oz.	104
brick, 1 oz.	105
cheddar, domestic, 1 oz.	113
cottage, creamed, small curd, ½ cup	112

CALORIE COUNTER

cream, 1 tbsp.	52	Eclair, custard filled, with chocolate icing, 1 average	239
cream, whipped, 1 tbsp.	37	Eggnog, 8% fat (Borden's), 1/2 cup	171
Gouda, 1 oz.	108	Eggplant, boiled, drained, diced, 1/2 cup	19
Monterey Jack, 1 oz.	103	Eggs, chicken:	
Mozzarella, part-skim, 1 oz.	85	boiled or poached, 1 large egg	82
Muenster, 1 oz.	100	fried, with 1 tsp. butter, 1 large egg	99
Neufchatel (Borden's), 1 oz.	73	scrambled, with 1 tsp. butter, 1 large egg	111
Old English, processed, 1 oz.	105	Endive, raw, 10 small leaves	5
Parmesan, grated, 1 Tbsp.	23	Escarole, raw, 1 large leaf	4
pimiento, American, processed, 1 oz.	105	Fat, vegetable shortening, 1 tbsp.	111
Provolone, 1 oz.	99	Figs:	
ricotta, moist, 1 oz.	45	dried, 1 large fig (2" x 1")	57
Romano, 1 oz.	110	Fish cakes, fried, frozen, reheated, 4 oz.	306
Roquefort, 1 oz.	105	Flour:	
Swiss, domestic, 1 oz.	104	all-purpose, sifted, 1 cup	419
Cheese food, American, processed, 1 oz.	92	buckwheat, dark, sifted, 1 cup	326
Cherries:		cake or pastry, sifted, 1 cup	349
sweet, fresh, whole, 1/2 cup	41	rye, dark, unsifted, 1 cup	419
Cherries, maraschino, bottled, 1 oz. with liquid	33	wheat, self-rising, sifted, 1 cup	405
Chestnuts, fresh, 10 average	141	Frankfurters, all-meat, 1 average (10 per lb.)	133
Chicken:		Fruit cocktail, canned, water pack, 1/2 cup with liquid	46
broiled, meat only, 4 oz.	154	Fruit, mixed, frozen, sweetened, 4 oz.	125
roasted, dark meat, 4 oz., no skin	204	Gelatin dessert, flavored, prepared with water, 1/2 cup	71
roasted, light meat, 4 oz., no skin	207	Gooseberries, fresh, 1/2 cup	30
Chili, with beans, canned 1/2 cup	170	Grape drink, canned, 1 cup	135
Chili, without beans, canned, 1/2 cup	255	Grape juice, canned or bottled, 1 cup	167
Coconut:		Grapes:	
dried, sweetened, shredded, 1/2 cup	258	fresh (Concord, Delaware, etc.), 10	18
Cod (meat only):		fresh (Thompson seedless, etc.), 10	34
broiled, with butter, fillets, 4 oz.	192	Grapefruit juice:	
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276	canned, sweetened, 1 cup	133
Coffee, prepared, plain, 1 cup	2	canned, unsweetened, 1 cup	101
Coleslaw, commercial, with mayonnaise, 1/2 cup	87	Haddock, fried, breaded fillets, 4 oz.	187
Cookies, commercial:		Halibut, fillets, broiled with butter, 4 oz.	194
brownies, from mix, with nuts and water, 1 oz.	114	Halibut, frozen, steak, 4 oz.	254
butter thins, 1 piece (2" diameter)	23	Halibut, smoked, 4 oz.	254
chocolate chip, 1 piece (2 1/4 " diameter)	50	Ham:	
coconut bar, 1 oz.	140	boiled, packaged, 4 oz. (about 4 slices)	266
fig bar, 1 average piece	50	fresh, medium-fat, roasted, 4 oz.	426
gingersnaps, 1 piece (2" diameter)	29	picnic, cured, medium-fat, roasted, 4 oz.	368
graham cracker, plain, 1 piece (5" x 2 1/2 ")	55	canned, cured, lean only, roasted, 4 oz.	241
ladyfinger, 1 piece	40	canned, deviled, 4 oz.	398
macaroon, 1 piece (2 3/4 " diameter)	91	Herring:	
oatmeal with raisins, 1 piece (2 5/8 " diameter)	59	canned, plain, 4 oz. with liquid	236
peanut sandwich, 1 piece (1 3/4 " diameter)	58	pickled, Bismark-type, 4 oz.	253
shortbread, 1 average piece	37	smoked, hard, 4 oz.	340
vanilla wafer, 1 piece (1 3/4 " diameter)	19	Hickory nuts, shelled, 4 oz.	763
Corn:		Honey, strained or extracted, 1 tbsp.	64
boiled, drained on cob, 1 ear (5" x 1 3/4 ")	70	Honeydew melon:	
boiled, drained, kernels, 1/2 cup	69	fresh, 1 wedge (2" x 7")	49
canned, cream style, 1/2 cup	105	Ice cream:	
Corn chips (Fritos), 1 oz.	166	hardened, rich, 16% fat, 1/2 cup	165
Crackers:		soft-serve (frozen custard), 1/2 cup	167
bacon-flavor, 1 oz.	127	Ice cream bar, chocolate coated, 3-oz. bar	162
butter, round, 1 piece (1 7/8 " diameter)	15	Ice cream cone, sugar 1 cone	37
cheese, round, 1 piece (1 5/8 " diameter)	17	Ice cream cone, waffle, 1 cone	19
Melba toast, white, regular, 1 piece	15	Ice milk, hardened, 5.1% fat, 1/2 cup	100
Rye-Krisp, 1 piece (1 7/8 " x 3 1/2 ")	21	Ice milk, soft-serve, 5.1% fat, 1/2 cup	133
saltines, 1 piece	12	Ice milk bar, chocolate coated, 3-oz. bar	144
whole wheat, 1 oz.	114	Jams and preserves, all flavors, 1 tbsp.	54
Cranberry juice cocktail, canned or bottled, 1 cup	164	Jellies, all flavors, 1 tbsp.	49
Cranberry sauce, canned, strained, 1/2 cup	202	Kale:	
Cream:		fresh, leaves only, 4 oz.	80
half and half, 1/2 cup	162	fresh, with stems, boiled, drained, 1/2 cup	16
sour, 1 tbsp.	26	Knockwurst, 1 link (4" x 1 1/8 " diameter)	189
whipping, light, 1/2 cup unwhipped	358	Kumquats, fresh, 1 average	12
whipping, heavy, 1/2 cup, unwhipped	419		
Cream substitute, non-dairy, dry, 1 tbsp.	33		
Cucumber, with skin, 1 large (8 1/4 " long)	45		
Dates, domestic, 10 average	219		
Duck, domestic, roasted, meat only, 4 oz.	352		

CALORIE COUNTER

Lamb, retail cuts:	
chop, loin, lean only, broiled, 2.3 oz. with bone	122
leg, lean and fat, roasted, boneless, 4 oz.	317
shoulder, lean only, roasted, boneless, 4 oz.	233
Leeks, raw, 3 average	52
Lemon juice:	
fresh, 1 tbsp.	4
Lemonade, frozen, diluted, 1 cup	107
Lemons, fresh, 1 average (2½" diameter)	20
Lentils, whole, cooked, 1 cup	212
Lettuce:	
iceberg, 1 leaf (5" x 4½")	3
romaine, 3 leaves (8" long)	5
Limes, fresh, 1 average (2" diameter)	19
Liverwurst, fresh, 4 oz.	348
Lobster, cooked in shell, whole, 1 lb.	112
Lobster, cooked or canned, meat only, cubed, ½ cup	69
Macadamia nuts, 6 average nuts	104
Macaroni, boiled, drained, ½ cup	96
Macaroni and cheese, canned, ½ cup	114
Mackerel, fresh or frozen, broiled with butter, 4 oz.	268
Mangos, whole, 1 average (1½ per lb.)	152
Margarine, salted or unsalted, 1 tbsp.	102
Marmalade, citrus flavors, 1 tbsp.	51
Milk, chocolate, canned, with skim milk, 1 cup	190
Milk, chocolate, canned, with whole milk, 1 cup	213
Milk, cow's:	
whole, 3.5% fat, 1 cup	159
buttermilk, cultured, 1 cup	88
skim, 1 cup	88
skim, partially, 1 cup	145
canned, condensed, sweetened, 1 cup	982
canned, evaporated, unsweetened, 1 cup	345
dry, whole, 1 tbsp. dry form	35
dry, nonfat, instant, 1 envelope (3.2 oz.)	327
Milk, malted, beverage, 1 cup	244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130
Mushrooms, raw, sliced, chopped or diced, ½ cup	10
Mushrooms, canned, with liquid, ½ cup	21
Mustard greens, boiled, drained, ½ cup	16
Nectarines, fresh, 1 average (2½" diameter)	88
Noodles, chow-mein, canned, ½ cup	110
Noodles, egg, cooked, ½ cup	100
Oil, cooking or salad:	
corn, safflower, sesame or soy, 1 tbsp.	120
olive or peanut, 1 tbsp.	119
Olives, pickled, canned or bottled:	
green, 10 large (¾" diameter)	45
ripe, salt-cured, Greek style, 10 extra large	89
Onions, mature:	
raw, 1 average (2½" diameter)	40
raw, chopped, 1 tbsp.	4
Orange juice:	
fresh, California, Valencia, 1 cup	117
fresh, Florida, Valencia, 1 cup	112
canned, sweetened, 1 cup	130
canned, unsweetened, 1 cup	120
frozen, concentrate, unsweetened, diluted, 1 cup	112
Oranges, fresh, 1 average	71
Pancakes, prepared from mix as directed on package:	
plain and buttermilk, 4" diameter cake	61
buckwheat and other flours, 4" diameter cake	54
Papaya juice, canned, 1 cup	120
Papayas, fresh, whole, 1 papaya (3½" x 5½")	119
Peach nectar, canned, 1 cup	120
Peaches:	
fresh, 1 average	38
canned, in juice, 2 peach halves with 2 tbsp. juice	45
dried, ½ cup	210
Peanut butter, commercial, 1 tbsp.	94
Peanuts:	
roasted, in shell, 10 nuts	105
roasted, chopped, 1 tbsp.	52
Pear nectar, canned, 1 cup	130
Pears:	
fresh, Bartlett, 1 pear (2½" diameter)	100
canned, in heavy syrup, 1 pear half and 2 tbsp. syrup	71
dried, ½ cup	241
Peas, green:	
boiled, drained, ½ cup	57
Peas, split, cooked, ½ cup	115
Pecans:	
shelled, 10 large nuts	62
chopped, 1 tbsp.	52
Peppers, hot, chili:	
green, raw, seeded, 4 oz.	42
green, chili sauce, canned, ½ cup	25
red, chili sauce, canned, ½ cup	26
Peppers, sweet, green:	
raw, fancy grade, 1 pepper (3" diameter)	36
Peppers, sweet, red:	
raw, fancy grade, 1 pepper (3" diameter)	51
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382
Perch, white, raw, meat only, 4 oz.	134
Pickle relish:	
hamburger (Heinz), 1 tbsp.	17
sweet, 1 tbsp.	21
Pickles, cucumber:	
dill, 1 large (4" long)	15
sweet gherkins, 1 small (2½" long)	22
Pies, frozen:	
apple, baked, 3½" arc (¼ of 8" pie)	173
cherry, baked, 3½" arc (¼ of 8" pie)	211
coconut custard, baked, 3½" arc (¼ of 8" pie)	187
Pimientos, canned, drained, 1 average	10
Pineapple:	
fresh, sliced, 1 slice (3½" diameter x ¾")	44
canned, heavy syrup, chunks or crushed, ½ cup	95
canned, water pack, tidbits, ½ cup with liquid	48
Pineapple juice, canned, unsweetened, 1 cup	138
Pistachio nuts, chopped, 1 tbsp.	53
Plums:	
damson, fresh, whole, 10 plums (1" diameter)	66
canned, purple, 3 plums and 2¾ tbsp. liquid	110
Popcorn:	
popped, plain, 1 cup	23
popped, with oil and salt added, 1 cup	41
Pork:	
Boston butt, lean only, roasted, 4 oz.	279
chop, lean only, broiled, 4 oz. with bone	308
loin, lean only, roasted, 4 oz.	288
Potato chips, 10 chips (2" diameter)	114
Potato sticks, ½ cup	95
Potatoes, white:	
baked, in skin, 1 long	145
boiled, in skin, 1 round	104
fried, ½ cup	228
frozen, hash brown, cooked, ½ cup	174
mashed, with milk and butter, ½ cup	99
Potatoes, sweet:	
baked, in skin, 1 average	161
boiled, in skin, 1 average	172
boiled, in skin, mashed, ½ cup	146
candied, 1 piece (2½" long x 2")	176
Pretzels, commercial varieties:	
rods, 1 pretzel (7½" long)	55
twisted, 3-ring, 10 pretzels	117
Prune juice, canned or bottled, 1 cup	197
Prunes, dried, medium-size, 1 average	16
Pumpkin, canned, ½ cup	41
Radishes, raw, whole, 10 medium	8
Raisins, seedless (½ cup)	210

CALORIE COUNTER

Raspberries:	
black, fresh, 1/2 cup	49
red, fresh, 1/2 cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, 1/2 cup with liquid	43
frozen, red, sweetened, 1/2 cup	123
Rhubarb, cooked, sweetened, 1/2 cup	191
Rice, cooked (hot):	
brown, long grain, 1/2 cup	116
white, long grain, 1/2 cup	112
white, parboiled, long grain, 1/2 cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, 7/8-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73
Salad dressings, commercial:	
blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80
Salami:	
cooked, 1 slice (4" diameter)	68
dry, 1 slice (3 1/8" diameter)	45
Salmon, smoked, 4 oz.	200
Sauces:	
barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), 1/2 cup	35
Sauerkraut, canned, 1/2 cup with liquid	21
Sausages:	
polish, 2.7 oz. sausage (5 3/8" long x 1" diameter)	231
pork, cooked, 1 link (4" long x 7/8" diameter)	62
pork, cooked, 1 patty (3 1/8" diameter x 1/4")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38
Sherbet, orange, 1/2 cup	130
Shrimp:	
fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37
Soft drinks:	
cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97
Soup, canned, condensed, diluted with equal part water:	
asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consomme, 1 cup	31
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consomme, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
clam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78
Spaghetti:	
plain, boiled 8-10 minutes, drained, 1/2 cup	96
canned, in tomato sauce with cheese, 1/2 cup	95
canned, with meatballs in tomato sauce, 1/2 cup	129
Spinach:	
boiled, drained, leaves, 1/2 cup	21
Squash, summer:	
scallop variety, boiled, drained, sliced, 1/2 cup	15
yellow, boiled, drained, sliced, 1/2 cup	14
zucchini, boiled, drained, sliced, 1/2	11
Squash, winter:	
acorn, baked, 1/2 squash (4" diameter)	86
acorn, boiled, mashed, 1/2 cup	42
butternut, baked, mashed, 1/2 cup	70
butternut, boiled, mashed, 1/2 cup	50
Strawberries:	
fresh, whole, 1/2 cup	28
canned, water pack, 1/2 cup with liquid	27
Sugar, beet or cane:	
brown, 1/2 cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, 1/2 cup	385
granulated, 1 tsp.	15
powdered, unsifted, 1/2 cup	231
powdered, stirred, 1 tbsp.	31
Sunflower seed kernels, in hull, 1/2 cup	129
Sunflower seed kernels, hulled, 1/2 cup	406
Syrups:	
chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53
Tangerines, fresh, 1 average (2 3/8" diameter)	39
Tomato juice, canned or bottle, 1 cup	46
Tomato juice cocktail, canned or bottled, 1 cup	51
Tomato paste, canned, 1/2 cup	108
Tomato puree, canned 1/2 cup	49
Tomatoes, ripe:	
raw, whole, 1 average (about 2 2/5" diameter)	20
canned, 1/2 cup with liquid	26
Toppings: dessert:	
butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56
Tuna, canned:	
in oil, solid pack or chunk style, drained, 1/2 cup	158
in water, all styles, with liquid, 4 oz.	144
Turkey:	
dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, 1/2 cup	207
Turnip greens:	
fresh, boiled in small amount water, drained, 1/2 cup	15
Turnips, boiled, drained, cubed, 1/2 cup	18
Vegetable juice cocktail, canned, 1 cup	41
Vegetables, mixed, frozen, boiled, drained, 1/2 cup	58
Waffles, baked from mix:	
made with egg and milk, 1 round (7" diameter)	206
Walnuts, 10 large nuts	322
Watermelon, with rind, 1 wedge (4" x 8")	111
Wheat bran, commercially milled, 4 oz.	242
Wheat germ, toasted, 1 tbsp.	23
Yogurt, plain:	
partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140