

Spaghetti Sause

2 tins tomato soup

3 tins tomato paste

Take the open tins & fill with water and add
to tomato paste & soup mix. Chop up fresh onions
and brown in frying pan. Brown 1 lb hamburger
and add to mixture. Then add.

3 long beans. 1tsp chili powder, 2tsp salt. 1tsp
pepper. 3 chopped onions garlic. Simmer together for
approx. 3 hrs or less heat.

Marcella's Diet Soup

2 - 28oz tomatoes (Garlic optional)

1 onion soup mix

5 or 6 carrots

8 stocks Celery

2 Green Peppers

5 onions

boneless chicken Breast

24 tsp. Chicken Stock (Heaping)

24 cups water, 2 or 3 handfuls manic

Hodge Podge

dc. baby carrots	1/2 lb. wax beans
dc. new potatoes	2-1/2 lb. shelled peas
1/2 lb. green beans	1/2 c. whipping cream
1/4 c. butter	Salt and ground pepper

Clean vegetables and cut up. In large saucepan, bring 2 cups water to a boil. Add vegetables and cover. Reduce heat to medium and steam until tender (7-10

minutes). Vegetables should remain bright and colourful. Add cream, salt, pepper and butter, to taste. Yield: Six to eight servings.

Joanie MacIntosh

Recipe for Muscles

1 Cup of White Wine

1 Cup of Water

1/2 cup of Salsa

1/2 cup of French Italian dressing

1/2 cup of Vinegar

Food -

French Fried Onion Rings

2 cups milk

4 to 5 onions

3 eggs

1 cup flour

Salt & Pepper to taste.

Beat together milk, eggs & seasonings. Slice onions
into $\frac{1}{4}$ " slices. Separate the rings. Dip
rings a few at a time into milk mixture & turn
around to moisten thoroughly. Remove rings
from milk mixture, shake to drain and drop
a few at a time into paper bag containing flour

Be sure rings are coated with flour.
Fry a few at a time until golden brown
in deep fat heated to 375° F. Yield 5-6 rings.

Peanut Butter Cookies

oven 375°

$\frac{1}{2}$ c shortening

1 egg

$\frac{1}{2}$ c peanut butter

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

Cream

Add

$\frac{1}{2}$ c white sugar

$\frac{1}{4}$ c flour

$\frac{1}{2}$ c brown sugar

1 tsp. soda

Gradually beat

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

Blend

Bake 10 to 12 minutes

Yield: 3 dozen cookies

Speedy Tex Mex Bowl

3 cups cooked long grain rice Combine cooked beef, can kidney beans & salsa. Heat thoroughly
1/2 cup beef (cooked)
1 can kidney beans (rinsed & drained) Stir in cooked rice and serve
1 1/2 cups frozen corn kernels with shredded
1 1/2 cups salsa (mild) cheese on top.
3/4 cup cheddar cheese

Blueberry Muffins

1 1/2 cups flour
2 1/2 tbs B. Powder
1/2 tbs salt
1/2 cup butter

1/2 cup white sugar
1 egg (lightly beaten)
1/2 cup milk
2 cups blueberries

Combine blueberries with 1/2 cup flour taken from the above quantity. Combine butter, sugar, add egg. Then milk. Combine dry ingredients. Add blueberries. Bake at 375° for 15 to 20 min.

Christmas Fruit Cake

Combine: 6 cups raisins (2p/c)

6 cups currants (2p/c)

4 cups chopped dates (2p/c)

(2-8oz pbs) 2 cups glazed cherries (halved)

Cream 3 cups shortening.

Blend in 2tbsp each of vanilla, lemon, & almond extracts. Gradually add 5 cups lightly packed brown sugar. Beat until light & fluffy.

1 cup chopped ^(cont'd) Pineapple

1 cup mixed fruit

2 cups walnuts

1 1/2 cups blanched almonds

Add 1 cup crushed pineapple, 1 lemon
& rind

Beat 10 egg yolks until thick & lemon
coloured. Gradually add beaten yolks & the
sugar mixture a little thoroughly. Blend or
sift together. 2 cups flour, 1 top - leaking soda
2 top salt, 1 top cinnamon $1\frac{1}{4}$ top nutmeg $\frac{3}{4}$ top
cloves. Add dry ingredients to creamed mixture
alternately with 1 cup sour milk. Beat 10 egg whites
until stiff but not dry. Fold beaten whites into the
mixture. Then add prepared fruit & nuts.

2 9 in round or sq. pans. Bake in 325° for 2 to 3 hrs.

Choc. Chips Cookies

1 cup margarine

3/4 cup Brown sugar

2/3 cup white sugar

2 eggs)

1 tsp vanilla

2 1/2 cups flour

Pinch salt

1 tsp Baking Soda

1 1/2 cups choc chips

Cream margarine & sugars. Add eggs & vanilla. Beat 2 min. Gradually add flour, baking soda & salt. Then choc chips. Drop by spoonfuls on cookie sheet. Bake 10 - 12 min at 350° oven.

Brown Sugar Glaze

In a saucepan melt

4 tbsp margarine

Blend in a mixture of

4 tbsp flour

1 cup Brown Sugar

$\frac{1}{4}$ tsp salt

Gradually stir in 2 cups water. Cook,
stirring constantly until thick. Remove from
heat. Stir in 1 tsp vanilla and 2-3 tbsp vinegar.

Mixed Fruit Rice Salad

Heat $\frac{2}{3}$ can Pineapple juice & $\frac{1}{3}$ c water
in saucepan to boiling. Stir in 1c instant rice
berries from heat, cover. Let stand
10 mins. In bowl, stir rice with 1 can (11 oz)
Mandarin oranges drained, 1 can (8 oz)
Crushed pineapple undrained $\frac{1}{2}$ c
chopped ~~pineapple~~ cucumber $\frac{1}{3}$ c chopped
red onion, and 3 tbsp chopped mint
Serves 4

350°

(ANN CAMPBELL)

8-10 min. RASPBERRY PINWHEELS

Mix

1/2 c. MADELEINE

2 c. FLOUR

1 C. SUGAR

1 TSP. B.P.

1 EGG

1/4 + TSP. SALT

1 TSP. VANILLA

ROLL BETWEEN TWO SHEETS OF WAXED PAPER 12 by 9. MIX 1/2 C. RASPBERRY JAM, 1/2 C. COCONUT, 1/4 C. PECANS. SPREAD OVER DOUGH, ROLL UP TIGHTLY. CHILL OVERNIGHT. CUT INTO 1/4 IN SLICES.

Waffles

2 1/4 cups flour

1 tbsps sugar

2 1/2 tsps Baking Powder

1/2 tsp salt

3 eggs

2 1/4 cups milk

2 tbsps melted Margarine
or Canola Oil

Whisk together. Cook 3 min in waffle

Raspberry Pinwheels

Mix 2 cups flour, 1 tsp B. Powder
1/4 tsp salt, 1/2 cup butter, 1 cup sugar,
1 egg, 1 tsp vanilla. Roll
between two sheets of waxed paper
12 x 9. Mix 1/2 cup raspberry jam
1/2 cup coconut. Spread this mixture
over the dough. Roll up tightly.
Chill overnight. Cut into 1/4 in slices
and bake at 350° for 8-10 min.

Fruit Blossom

2 ph (235 g. each) Crescent roll dough

1 lemon

4 cups (1 l) frozen whipped topping (thawed)

1/2 cup icing sugar

2-3 kiwis, peeled & sliced

1 cup fresh strawberries

1/2 can mandarin oranges (drained)

1/4 cup blueberries

Icing sugar

Preheat oven to 375°. Cook rolls 16'-18 min or until golden brown. Combine lemon, whipped topping and icing sugar. Mix until smooth. Spread over rolls. Arrange kiwi, strawberries, orange, blueberries. Sprinkle reserved lemon zest over top. If desired lightly sprinkle icing sugar over edges.

bake in oven) Seasoning for potatoes+carrots+turnip

Seasoning salt

Onion + garlic salt

Fair amount of butter

COOK 1 hr.

Shake well after $\frac{1}{2}$ hr.

305-350°