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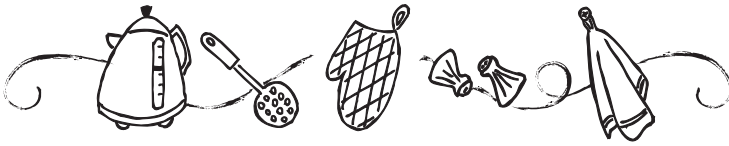
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**Samples of Standard
Fillers that Cookbook Specialists
will randomly place on your
recipe pages.**

When your heart skip a beat
and grandma signaled a treat?
Homemade breads and cake
Grandma used to make.

You must strain your eyes,
it looking on the bright side.

The best helping hand you can find
is at the end of your arm.

I cannot bear to throw away
the recipes I find.

For casseroles and cakes and pies
and meals of every kind.

And so I throw them in a box
or cram them in a book.

But as the years go by
I don't give them a second look!

The dictionary is the only place
that success comes before work.

Give others a piece of your heart,
not a piece of your mind.

If it is bright and sunny after two cold and rainy days,
it is probably Monday.

Housework is something you do that nobody notices
unless you don't do it.

There is no greater happiness than that which comes from sharing.

Education can't make us all leaders –
but it can teach us which leader to follow.

Each time you turn the pages
Looking for something new to cook
Fondly remember each person
Who makes possible this book.

The person who never makes a mistake
must get tired of doing nothing.





Peace is seeing a sunrise and saying thank.

Be glad for all God has done.

Be patient . . . and pray.

Praise the Lord.

Give thanks to the Lord

for he is good:

His love endures forever.

*O Lord, help my words to be gracious and tender
for tomorrow I may have to eat them.*

*The Lord is my light and my salvation
whom shall I fear?*

*The Lord is the stronghold of my life
of whom shall I be afraid?*

Psalms 27:1

*But the Lord's love for those who respect him
continues forever and ever and His goodness
continues to their grandchildren.*

*Blessed are the peacemakers;
For they shall be called the children of God.
Matthew 5:9*

*Each day, Lord,
as I journey through life
I have the chance to write
a simple story of love.*

*O Lord,
by this meal you bring us
together in joy and peace.
Keep us always united in Your love
through Christ our Lord.
Amen.*

*Then the Lord said to Moses,
"I will rain down bread from heaven for you."*

*" . . . He who comes to Me shall not hunger,
and he who believes in Me shall never thirst."*



My Favorite Recipes

Recipe Title

Page No.

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My Favorite Recipes
page option.

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My Favorite Recipes
page option.

This is the
Kitchen Essentials divider.

Appetizers, Beverages & Dips



STUFFED MUSHROOMS

Tonya Miller

1 pkg. fresh mushrooms
2 slices dried bread crumbs

1 tsp. salt
1/4 C. melted butter

Wash mushrooms. Remove stem from the cap and chop into fine pieces. Save half the stems and chop into fine pieces. In a bowl mix mushrooms, bread crumbs, salt and melted butter until all is moistened. Mix with mixture and place in a cake pan or cookie sheet. Broil until done.

SALSA

Sally Zimmerman

12 C. chopped tomatoes
1/2 C. hot peppers, chopped
1 1/2 C. green peppers,
chopped
6 large onions, chopped

1 T. black pepper
1 T. paprika
1 C. vinegar
1/2 C. sugar
1-12 oz. can tomato paste

Cut up vegetables and put in large pan; simmer until hot. Then boil for 60 minutes, stir often. Water bath for 5 minutes.

FRUIT PIZZA

Carol Stauffer

CRUST:

1 C. margarine, softened
1/2 C. brown sugar
1/2 C. oatmeal
2 C. flour

TOPPING:

12 oz. cream cheese, softened
2 T. sugar
1 tsp. vanilla
Fresh fruits: blueberries,
strawberries, peaches, kiwi,
bananas, etc.

Mix the crust and pat into a 9x13" pan. Bake at 375° for 8 to 15 minutes. Mix the filling and spread over crust right before serving. Add sliced fruit.

MULLED APPLE CIDER

James Miller

1 qt. cranberry juice
(Ocean Spray)
4 qts. pure apple cider
1/2 C. brown sugar
3 sticks cinnamon
4 to 6 whole cloves

In large slow cooker or crock pot maker (24-cup or larger), pour in cranberry juice and apple cider. In basket, put the brown sugar, cinnamon sticks and whole cloves. Cover with lid and let perk. Wonderful for hayrides and parties.

SLUSH

Karen Showalter

1-12 oz. can frozen lemonade
1-12 oz. can frozen fruit punch
7 C. water
1 1/2 C. sugar
1/4 C. sloe gin
1 C. hot water, with 2 tea bags added
1 C. watermelon Schnapps
1 C. vodka

Mix all together. Freeze and stir once every 8 to 10 hours. When ready to serve, put in glass (1/2 full) and fill with 7-Up or lemonade.

BRANDY SLUSH

Mark Combs

7 C. water
1-12 oz. can frozen lemonade
2 C. brandy, any flavor
1-12 oz. can frozen orange juice
1 1/2 C. sugar
7-Up

Mix water, juices and sugar thoroughly. Add 2 cups brandy. Freeze. Scrape into glass, mixing 1/2 slush to 1/2 7-Up. Makes 20 drinks.

SAGANAKI

Roger Kramer

1 tsp. butter

1/2 C. rum

1/2 lb. provolone cheese

1 oz. rum

Preheat oven to broil, approximately 500°. Place cheese in a broiler proof baking dish, approximately 6" in diameter (a 9" pie pan works great). The cheese should NOT be sliced and should be a single chunk. Place cheese on butter and put under broiler 5 minutes, until cheese bubbles and is golden on top. Immediately removing from broiler, place dish on a heat proof surface with a towel hanging overhead. Pour rum over the cheese and light it with a match. Extinguish the flames after a few seconds by squeezing the towel over it and serve while still very hot.

EASY RED PUNCH

Alecia Wilcox

1-46 oz. can cherry Hi-C

1-46 oz. can pineapple juice

1-46 oz. can red Hawaiian Punch

1-28 oz. bottle ginger ale or 7-Up

Mix above ingredients all together.

SIMPLE VEGETABLE DIP

Carrie Bridges

3/4 C. sugar

1 1/2 C. salad dressing

3 tsp. vegetable oil

3/4 tsp. garlic salt

6 tsp. mustard

Mix and let stand 1 hour before serving.

CARAMEL APPLE DIP

Alison Wilson

8 oz. cream cheese, softened

3/4 C. white sugar

3/4 C. brown sugar

1 tsp. vanilla

Mix all ingredients and use apples for dipping.

TACO DIP

Dennis Johnston

1 container sour cream
2-8 oz. cream cheese
1 pkt. taco seasoning
2 C. shredded cheddar cheese
1 ripe tomato, diced
Black olives, diced
1 head lettuce
Tortilla chips

Mix cream cheese and taco seasoning mix in small bowl until well blended. Then take a spatula and spread onto a glass platter or serving tray. Add shredded lettuce on top of mixture. Top with cheese, tomatoes and black olives. Serve immediately with chips or refrigerate until serving time.

VEGETABLE DIP

Rhonda Brandos

1 C. mayonnaise
1 T. minced onion
2 tsp. soy sauce
1 tsp. vinegar
1 tsp. ginger
2 T. milk, put in last

Mix and refrigerate. Best if made the day before you want to use the dip.

AVOCADO DIP

Amanda Samuels

3 avocados (ripe)
1 small to medium container
fat-free sour cream
1 pkg. avocado dip mix
1 C. salsa (medium)
1/4 C. finely chopped onion
and black olives

Cut open the avocados, take out pit and mash the avocado. Mix with rest of ingredients. Enough for a party and it freezes well.

TACO DIP

Nicole Henson

1ST LAYER:
1 lb. hamburger
1 can refried beans
1 pkg. taco seasoning
2ND LAYER:
8 oz. cream cheese, softened
1/2 jar taco sauce
3RD LAYER:
Shredded cheese

Place in layers in large baking dish. Bake in 300° oven until cheese melts.

SNACK MIX

Melanie Scallon

6 C. Total cereal
3/4 C. brown sugar, packed
1-6 oz. pkg. butterscotch pieces

1-6 oz. pkg. nuts
1/2 C. butter, melted

Into large bowl, measure cereal, sugar, butterscotch, and nuts. Mix with hands, coarsely crumbling cereal. Drizzle with melted butter. Spoon individual servings into small plastic bags. Make 10-12 bags (about 1/4 cup each).

CHEESE BALL

Trevor Hans

12 oz. Philadelphia cream cheese
6 oz. grated Cheddar cheese

1 T. grated onion
1 tsp. Worcestershire sauce
1 C. ground pecans

Combine cheeses, onions, and sauce in a medium size bowl; beat in 1/2 cup pecans. Shape into ball, roll in remaining nuts, cover and refrigerate. OPTIONAL: May add green peppers or olives.

CHEESE FONDUE

Rhonda Brandos

1 clove garlic
2 C. dry white wine (Chablis)
3 T. brandy

1 T. cornstarch
1/2 lb. Gruyere cheese, grated
1/2 lb. baby Swiss cheese, grated

Peel the garlic, and cut it in half. Rub the inside of a heavy saucepan with the cut end of the garlic, and discard the remains of the clove. Pour the wine into the saucepan and place over medium heat until a white foam begins to form on the surface of the wine. DO NOT BOIL. While the wine is heating, mix the brandy and cornstarch until smooth. Stirring constantly, add the cheeses to the wine, one handful at a time. Stir until the cheese is dissolved before adding the next handful of cheese. Continue until all the cheese has been added. At this point there should be some resistance from the cheese in the pan. Pour in the brandy and cornstarch mixture and stir until the fondue thickens. Serve in a fondue pot, or chafing dish. Dip bread and fresh fruit in the fondue with long forks.

SEASONED CRACKERS

Dennis Johnston

1-16 oz. bag oven ready crackers
1/2 pkg. dry ranch dressing mix
3/4 C. vegetable oil

Mix dressing and oil. Cover. Shake. Let set 2 hours. Shake well again before using.

This is Recipe Design 1 in Helvetica font.

BEAN SPREAD

Carol Stauffer

1/2 C. Velveeta
8 oz. cream cheese
1/2 C. Western dressing
1/2 C. mayonnaise or Miracle Whip
1 small bunch green onions
1 green pepper
2 pkgs. dried beef

Melt Velveeta (this works great in the microwave). With electric mixer, beat cream cheese until softened. Mix in Western dressing and mayonnaise. Add melted Velveeta and beat until smooth and creamy. Chop green onions, green pepper and dried beef. Combine with cheese mixture (do not use electric mixer). Serve spread with crackers.

COCKTAIL WIENERS

Maxine Benson

1 1/2 lbs. cocktail wieners
1 jar mustard
1 jar currant jelly

Place all in crock pot and put on low for a couple of hours.

BRAUNSCHWEIGER SPREAD

Melanie Scallon

1 lb. Braunschweiger
1-8 oz. cream cheese
1 medium onion,
chopped fine

1 T. vinegar
1 T. horseradish
1 C. onion sauce

“She just throws all of the ingredients in a bowl and stirs them up.”

RYE BREAD SPREAD

Sandy Ford

10 slices American cheese
10 slices Swiss cheese
1/2 lb. corned beef,
chopped

1/2 C. mayonnaise
1 C. Bavarian sauerkraut
Rye bread

Combine American cheese, Swiss cheese and mayonnaise in saucepan. Simmer over low heat until well melted. Stir in chopped corned beef and Bavarian sauerkraut. Keep warm and serve on rye bread.

EGG ROLLS

Beth Swanson

1 lb. hamburger (or any ground meat)
2 med. onions
1 T. oil
1/2 C. chopped celery
1 pkg. fresh bean sprouts
1/4 C. soy sauce
1 pkg. egg roll wraps

Drain grease. Add all of the other ingredients. Cook until vegetables are limp; drain in strainer for several hours. Lay out egg roll wraps and put 1 tablespoon or so of mixture on one edge. Moisten other edge with water; roll it up. Fry in oil, turning as it browns.

NOTE: Mixture will keep in refrigerator for a week or so.

DARLENE'S PINWHEELS

John Graham

1-8 oz. sour cream
1-8 oz. cream cheese
1-4 oz. can green chilies
1-4 oz. can black olives
1 C. grated Cheddar cheese

1/2 C. chopped onions
Garlic powder
Seasoning salt
5 to 6-10" flour tortillas

Mix together all ingredients, except tortillas. Spread evenly over tortillas and roll as tightly as possible. Wrap in foil or plastic wrap and chill at least 2 to 3 hours. Slice and serve with salsa.

LITTLE SMOKIES IN BLANKETS

Beth Swanson

1 pkg. of 50 smokies
1 container crescent rolls

Preheat oven to 375°. Roll out crescent rolls. Cut into little triangles. Roll little smokies in dough. Place on cookie sheet. Bake at 375° for 12 to 15 minutes.

Soups & Salads

*This is our Children
of the World divider.*



CHEESY BRAT STEW

Trevor Hanson

- | | |
|----------------------------|------------------------------|
| 6 brats | 1 C. green beans |
| 4 medium potatoes, cubed | 1 can cream of mushroom soup |
| 1 can green beans, drained | 1 C. water |
| 1 small onion, chopped | |

Cut brats into bite size pieces. In a large skillet brown brats, potatoes, beans, onion and cheese. Mix mushroom soup and water in a separate container and pour over all. Simmer over medium heat for 30 to 40 minutes. Serves 4 to 6 people.

SEVEN LAYER SALAD

John Graham

- | | |
|--|--|
| 1 small head lettuce, torn into pieces | 10 slices bacon, cut into pieces before frying, drain on paper towel |
| 1 C. celery, chopped | |
| 1/2 C. green pepper, chopped | 4 hard-boiled eggs, sliced |
| 1 onion, chopped | |

Layer the above in a 9x13" dish. Mix together 1 cup Miracle Whip, 1 cup sour cream and 2 tablespoons sugar. Spread over top and sprinkle with Cheddar cheese. Cover and refrigerate overnight.

CRANBERRY SALAD

Allen Stiles

- | | |
|----------------------------------|----------------------------------|
| 1 lb. frozen cranberries, ground | 1 can crushed pineapple, drained |
| 1 1/4 C. sugar | 1/2 C. nuts |
| 1 lb. small marshmallows | 1 carton Cool Whip |

Fold all ingredients together and freeze.

SNICKERS SALAD

Anonymous

1-8 oz. pkg. cream cheese
softened
1 small jar marshmallow
crème
8 regular Snickers bars,

cut in small pieces
6 apples (3 each of red and
green adds color, cut in
small pieces)

Mix cream cheese and marshmallow crème together. Fold in
Whip. Add the Snickers pieces and apples. Refrigerate
before serving.

GARDEN SALAD

Sally Zimmerman

1 head cauliflower
1 head broccoli
1 pkg. radishes
1 green pepper
2 cucumbers

1 onion
2 pkgs. tri-colored spiral
noodles
2 jars ranch dressing
1 pkg. shredded Cheddar cheese

Dice vegetables into bite size pieces. Cook noodles; drain and cool.
Combine all ingredients in big bowl and add dressing; stir. Chill
before serving.

FRUIT CHICKEN SALAD

Tonya Miller

4 C. diced cooked chicken
1-15 oz. can pineapple
chunks, drained
1 C. chopped celery
1-11 oz. can mandarin
orange sections, drained
1/2 C. sliced pitted ripe olives

1/2 C. chopped green pepper
2 T. grated onion
1 C. mayonnaise or salad
dressing
1 T. prepared mustard
1-5 oz. can chow mein noodles
Lettuce leaves

In large bowl, combine chicken, pineapple, celery, oranges, olives,
green pepper and onion. Blend mayonnaise or salad dressing and
mustard, toss gently with chicken mixture. Cover and chill. Just
before serving, mix in chow mein noodles; turn salad into a
lettuce-lined serving bowl. Serves 8.

MEXICAN PASTA SALAD

Linda Erickson

- | | |
|--------------------------------------|-----------------------------|
| 1/2 lb. rotini or other spiral pasta | 1 jalapeno pepper, seeded |
| 2 tomatoes, seeded and diced | and |
| 1 1/2 C. frozen corn, thawed | 3/4 tsp. |
| 2 carrots, peeled and shredded | 3/4 tsp. granulated onion |
| 1/4 C. red onion, chopped | 1 C. fresh chopped cilantro |
| 1 T. Dijon mustard | Salt and pepper to taste |
| 1 T. lime juice | |

Fill a large pot with lightly salted water and bring to a boil. Add pasta and cook for 8 to 10 minutes, until pasta is al dente. Rinse with cold water and drain. Add tomatoes, corn, carrots and red onions and mix well. In a jar, combine Dijon mustard, lime juice, jalapeno pepper, chili powder and cumin. Shake vigorously and pour dressing over pasta mixture. Add fresh chopped cilantro and toss until evenly coated. Makes 4 servings.

MACARONI SALAD

Barb Claxton

- | | |
|-------------------------------|--------------------------|
| 1 lb. uncooked curly macaroni | 1-14 oz. can sweetened |
| 3 carrots, shredded | condensed milk |
| 2 C. shredded cheese | 1 C. sugar |
| 1 onion, chopped | 3/4 C. vinegar |
| 1 C. diced celery | 2 C. mayonnaise |
| 1 1/2 C. diced ham | Salt and pepper to taste |

Prepare macaroni according to package directions. Mix first six ingredients together. Mix together. Add salt and pepper to taste. Refrigerate overnight before serving.

BROCCOLI-BACON

Rhonda Brandos

1 1/2 C. broccoli
1 C. diced
1 C. grape tomatoes
1 lb. bacon, crisp, drain
1/2 C. red pepper,

1 C. red seedless grapes
1 1/2 C. cauliflower
DRESSING:
1 C. Miracle Whip
1 T. vinegar
1/2 C. sugar

Mix all ingredients in a large bowl. Combine salad dressing ingredients. Toss on salad and chill.

SPAGHETTI SALAD

Susan Barnes

Spaghetti noodles
1/2 C. mushrooms
1/2 C. celery
Grated Cheddar cheese
Salad Supreme spices
Chopped tomatoes

1/2 C. onion
1/2 C. green pepper
Chopped green and black olives
Large bottle Zesty Italian
dressing
Pepperoni

Break spaghetti noodles into small pieces and cook. Cool. Mix all ingredients except spices and dressing. Add 1 cup dressing 24 hours before serving. Stir, cover and put in refrigerator. The day of serving, add 1 cup of dressing and spices. Stir and serve.

PEA SALAD

Nancy Upton

2 cans peas, drained
1 C. chopped celery
1 C. cubed cheese

3 hard boiled eggs
1/2 C. salad dressing

Mix all together and serve immediately.

BEEF VEGETABLE SOUP

Mark Combs

- | | |
|--|---------------------------------------|
| 1 lb. hamburger | 1 bay leaf |
| 1/2 C. chopped onion | 1/4 tsp. salt |
| 1 pkg. Hamburger Helper mix
(beef noodle) | 1/8 tsp. pepper |
| 5 C. water | 1-16 oz. whole tomatoes |
| | 1-10 oz. pkg. frozen mixed vegetables |

Brown ground beef and onion; drain. Stir in sauce mix, water, bay leaf, salt, pepper and tomatoes. Heat to boiling stirring constantly. Reduce heat, cover and simmer 10 minutes. Stir in noodles and vegetables. Cover and cook 10 minutes.

HAMBURGER SOUP

Beth Stinson

- | | |
|--------------------------|--------------------------------------|
| 1 lb. hamburger, browned | 1 tsp. Worcestershire sauce |
| 1/4 C. rice | 1 1/2 tsp. salt |
| 2 large onions | 1-14 1/2 oz. can beef broth |
| 1/4 C. celery | 1-46 oz. can tomato juice |
| 5 large potatoes, cubed | 1-10 oz. box frozen mixed vegetables |

Cook hamburger. Add all of the rest of ingredients, ending with the box of mixed vegetables on the top.

NOTE: I make this in a slow cooker, put the setting on #3 and cook about 6 hours with the lid on.

CROCK POT BEEF STEW

Beverly Anderson

- | | |
|-------------------------------|--------------------|
| Potatoes | Chopped meat |
| Carrots | 1 can tomato sauce |
| Mixed vegetables | Onion |
| 1 small can whole kernel corn | Salt and pepper |

Use desired amount of all ingredients and cook 8 to 10 hours.

This is Recipe Design 1 in Chalkboard font.

CHILI TO FEED THE

Daniel Crawford

10 lbs. hamburger
10-48 oz. can of tomato sauce
8 pkgs. of Velveeta cheese
4 medium onions, chopped
9 lbs. 6 oz. chili beans (1 gal.
plus 2 lb. can)

This is Recipe Design 1 in
Chalkboard font.

On the day of time, brown the hamburger. Add seasonings
On the day of serving, add the rest of the ingredients
Simmer for awhile.

BROCCOLI-CORN CHOWDER SOUP

John Graham

1 can Swanson's chicken broth
1-16 oz. pkg. broccoli stir-fry
2 cans whole kernel corn, drained
Salt and pepper to taste
1 can evaporated milk
3 C. regular milk
Velveeta cheese

Cook broccoli mixture in broth over medium heat until almost
tender, but still a little crisp. Add corn, salt and pepper. When
broth is cooked down, add the milk. Cut up enough Velveeta cheese
to thicken it and let it melt, adding more if needed. Stir often
so it doesn't scorch. When served, you may add some crumbled
fried bacon.

POTATO SOUP

Beth Stinson

20 potatoes
1/2 of a 1 1/2 to 2 lb. ham
2 large onions
1 gal. milk
1 large pkg. Velveeta cheese
1/2 tsp. celery salt
1 tsp. pepper

Dice and cook potatoes and onions. Dice ham and cheese. Add
together. Add milk, celery salt and pepper. Cook until heated.
For extra taste add shredded broccoli.

CHEESEBURGER SOUP

Dennis Johnston

- | | |
|-----------------------------|------------------------|
| 1/2 lb. ground beef | 4 C. cubed potatoes |
| 3/4 C. chopped onion | 1/4 C. flour |
| 3/4 C. shredded carrots | 8 oz. American cheese |
| 3/4 C. diced celery | 1 1/2 C. milk |
| 1 tsp. dried basil | 3/4 tsp. salt |
| 1 tsp. dried parsley flakes | 1/4 to 1/2 tsp. pepper |
| 4 T. margarine, divided | 1/4 C. sour cream |
| 3 C. chicken broth | |

In a 3-quart saucepan, brown beef; drain and set aside. In the same saucepan, saute onions, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add broth, potatoes and beef, bring to a boil. Reduce heat, cover and simmer for 10 to 12 minutes or until potatoes are tender. Meanwhile, in small skillet, melt remaining butter. Add flour, cook and stir-fry 3 to 5 minutes or until bubbly. Add to soup, bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from heat; blend in sour cream. Yield: 8 servings (2 1/4 quarts).

KOOTIE MOOTIE

Karen Showalter

- | | |
|---|--------------------------|
| 1 lb. ground chuck | 1 qt. tomato juice |
| 2 cans chili beans in gravy | 1 tsp. chili powder |
| 1 tsp. onion flakes | Salt and pepper to taste |
| 3 small potatoes, sliced
and boiled to clear stage
(save water) | |

Brown ground chuck with onion flakes, salt and pepper. In large pot, combine meat, beans, chili powder and potatoes. Add tomato juice and a cup of potato water; let simmer until done.

MANDARIN ORANGE CRACKER CRUMBS

Susan Barnes

60 Ritz crackers, crushed
1/4 C. vegetable oil
1 stick butter, melted
6 T. fresh orange juice
1 can Eagle Brand milk
8 oz. carton Cool Whip
2 small cans mandarin oranges, drained

Mix together Ritz cracker crumbs, sugar and oleo. Press into a 9x13" pan. Reserve some crackers (1 cup) to sprinkle on top. Mix together orange juice and milk. Fold in Cool Whip and oranges. Pour into pan and sprinkle with remaining crumbs, cover. Refrigerate until served.

POTATO SOUP

Maxine Benson

6 potatoes, cubed
2 carrots, sliced
2 celery stems, sliced
2 onions, diced
1 T. parsley, chopped
Salt and pepper to taste
5 C. water
4 chicken bouillon cubes
1-13 oz. evaporated milk
1/3 C. margarine

Combine all ingredients except milk and margarine. Cover and cook over medium heat for 40 minutes. Add milk and margarine; simmer for 30 more minutes on low heat.

*Breast
& Rolls*

*This is our Dove Cancer Ribbon
divider printed on orchid paper.*



BREAKFAST HINTS AND TIPS

•To preserve egg whites for future use, place them into a small bowl and add two drops of lemon juice and a dash of salad oil. Then put into refrigerator. The egg yolks will remain fresh. Egg whites and egg yolks kept in this way can be used in many ways.

•To determine the age of an egg by placing it in the bottom of a bowl of water. If it lies on its side, it is strictly fresh. If it stands at an angle, it is at least a few days old; and ten days old if it stands on end.

•To make light and fluffy scrambled eggs, add a little water while beating the eggs.

•Don't skimp on the milk: A single serving of milk on breakfast cereal can help towards your daily calcium requirement.

•Add sliced fruit on to the top of your breakfast cereal – not only does it taste great, it also adds more fiber and vitamin C.

•In the winter, use warm milk on cereal. It's comforting and makes a tasty change.

•Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.

•Have cooked cereal stiff enough to be chewed. If too soft, it is swallowed without being mixed with saliva.

•Try this pancake or waffle topping: heat up some chunky-style applesauce with 1 or 2 teaspoons of cinnamon and use in place of syrup.

•Spread warm pie filling on pancakes or waffles.

•For a fun sandwich, use cooked waffles as bread for children's peanut-butter-and-jelly sandwiches.

•For a different taste and texture, add a little cooked rice to waffle batter.

•Boxed pancake mixes should only be stirred enough to mix, because over stirring can make the pancakes tough.

•Preheat the waffle iron **before you start** the process of mixing the batter. This way, there will be plenty of time for the iron **get up to temperature before cooking.**

•Always include a protein source with your breakfast: eggs, meat, cheese, yogurt, nuts.

•Don't assume that you have to eat "breakfast food" for breakfast. Leftovers from supper, half of a sandwich, or a piece of string cheese are all good breakfast choices.

PUMPKIN

3 C. sugar
1 C. oleo
4 eggs
1 1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg

1/3 C. pumpkin
2 C. pumpkin
3 2/3 C. flour
2 tsp. baking
Chopped nuts,

Cream together sugar and oleo. Add remaining
Bake in two 9x5" greased and floured loaf pans at
1 hour.

Julia Lar

JELLO ROLLS

2 loaves frozen bread dough
1/2 stick margarine, melted
TOPPING:
1/2 C. sugar

1/4 C. brown sugar
1 pkg. strawberry jello
3/4 tsp. cinnamon

Cut frozen bread dough in pieces after thawing overnight in refrigerator. Put in 9x13" pan. Mix topping ingredients together and sprinkle over dough. Top with melted margarine. Let rise. Bake at 350° for 30 to 35 minutes. Drizzle with powdered sugar frosting.

LeaAnn Howard

COFFEE CAKE

2 C. flour
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. baking soda
1 tsp. baking powder
1 C. sugar
1/2 C. brown sugar
2/3 C. shortening or
margarine, softened

2 eggs, well beaten
1 C. buttermilk (1 T. vinegar
and 1 C. milk)
TOPPING:
1/2 C. brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/2 C. chopped nuts

Cream sugar and shortening and add eggs. Add buttermilk and dry ingredients. Pour in greased 9x13" pan. Sprinkle with topping ingredients. Put in refrigerator overnight. Bake the next morning at 350° for 35 minutes.

Barb Claxton

This is Recipe Design 2 in
Avant Garde font.

CHEESE BREAD

- | | |
|---|----------------------------|
| 1 lg. loaf French bread, cut lengthwise | 1 C. black olives, chopped |
| 1/2 C. mozzarella cheese | 2 C. mozzarella cheese |
| 1/2 C. margarine, softened | 2 cloves garlic, crushed |
| | 6 green onions, chopped |

Apply margarine to margarine and mix well. Once softened, add remaining ingredients; spread over bread halved. Bake at 350° for 15 minutes or until cheese is melted. Freezes well.

Mary Alberts

FRUIT FILLED COFFEE CAKE

- | | |
|------------|---|
| 1 C. oil | 1 tsp. baking soda |
| 1 C. sugar | 1/2 tsp. salt |
| 4 eggs | 1 tsp. vanilla |
| 2 C. flour | 1 can pie filling (cherry, blueberry, etc.) |

Mix by hand! Stir oil, eggs and vanilla together. Add dry ingredients. Spread half of the mixture in greased 9x13" pan. Spread can of pie filling over the first layer. Spread remaining batter over top. Bake at 350° for about 30 minutes. DO NOT OVERBAKE. When cooled, top with powdered sugar frosting.

NOTE: When using apple pie filling, sprinkle a little cinnamon over apples.

Beth Stinson

BLUEBERRY MUFFINS

- | | |
|------------|----------------------------------|
| 1 egg | 1/2 C. sugar |
| 1 C. milk | 3 tsp. baking powder |
| 1/4 C. oil | 1 tsp. salt |
| 2 C. flour | 1 C. frozen or fresh blueberries |

Preheat oven to 400°. Stir all ingredients until flour is moistened. Batter should be lumpy. Do not overmix. Fill greased muffin tins 2/3 full. Bake for 20 to 25 minutes. Makes 12 muffins.

Ron Frank

HOLIDAY

1/2 C. butter, softened 1 tsp. vanilla
1 C. sugar 1 1/4 C. walnuts
2 eggs, beaten 1/4 C. chocolate chips
3 bananas, mashed 1/4 C. maraschino cherries
2 C. flour

Cream butter and sugar; add beaten eggs and mashed bananas. Sift flour, salt and baking powder together. Stir just to moisten and then stir in chopped walnuts, chocolate chips and maraschino cherries. Bake in a greased 9x5" loaf pan at 350° for about 40 minutes.

Tonya Miller

GARLIC BUBBLE BREAD

2 loaves frozen bread 1/2 tsp. garlic powder
dough 1/4 tsp. salt
1/2 C. butter, melted 1 tsp. dried parsley
1 egg

Partially thaw dough (overnight in refrigerator) and cut in small pieces or slices. Beat together butter, egg, garlic powder, parsley and salt. Drizzle over bread slices. Let rise. Bake at 350° for 20 to 30 minutes. Watch closely so as not to burn. Makes a 9x13" and 8x8" pan.

Nicole Henson

FRUIT AND NUT MON ROLLS

2 pkgs. (24 c. each) rolls 3/4 C. brown sugar
1-3 3/4 oz. pudding mix 3/4 T. cinnamon
(instant) 1/2 C. chopped nuts
1/2 C. butter

Rolls in a greased tube pan. Sprinkle dry pudding mix over rolls. Cook butter and remaining ingredients over low heat until sugar is dissolved and mixture bubbles; pour over rolls. Cover tightly with foil and let stand overnight. Bake at 350° for 30 minutes. Let stand 5 minutes, invert onto serving dish.

Lory Peters

HERB BREAD

2 pkgs. dry yeast 1 T. onion powder
1 C. warm water 1 1/2 T. garlic powder
1 C. warm milk 1/2 tsp. oregano
1/4 C. oil 1/2 tsp. basil
1 egg 1/2 tsp. parsley
1/4 C. sugar 1/2 tsp. rosemary
2 to 3 C. flour

Dissolve yeast in warm water. Add the remaining ingredients, except for flour. Knead in more flour, until slightly sticky. Let rise, punch down and rise again. Shape in 2 loaves; let rise. Bake at 400° for 20 to 25 minutes in greased loaf pans.

Cathy Singer

Vegetables Side Dishes

This is our
Chick Parade divider.



CARROT CASSEROLE

Carol Stauffer

1-16 oz. bag baby carrots
12 slices or 1 C. finely
grated American cheese

1 small onion
1 stick margarine
Cracker crumbs

Cook carrots and drain. Put in casserole dish. Add margarine and margarine. Top with cracker or bread crumbs. Bake for 1 hour.

HASH BROWN POTATO CASSEROLE

Amanda

2 lbs. thawed hash browns
1/2 C. margarine, melted
1 tsp. salt
1/2 tsp. pepper

1/4 C. chopped onion
2 C. grated Cheddar cheese
1-12 oz. carton sour cream

Mix all ingredients together. Pour into 9x13" pan. Top with an additional 1/4 cup melted margarine and 3/4 cup crushed corn flakes or buttered bread crumbs. Bake for 45 minutes at 350°.

DELICIOUS ZUCCHINI CASSEROLE

John Graham

5 C. cubed zucchini
3/4 C. grated carrots
1/2 C. chopped onion
8 T. margarine, divided

1-10 3/4 oz. can cream of
chicken soup
1/2 C. sour cream
2 1/2 C. seasoned stuffing
mix, divided

Cook cubed zucchini in salted water until tender. Sauté carrots and onion in 6 tablespoons margarine until tender. Drain zucchini and add onion, carrots, 1 1/2 cups of stuffing mix, soup and sour cream. Place in 5-quart casserole dish. Top with remaining stuffing mix, mixed with remaining 2 tablespoons butter. Bake in 350° oven for 35 to 40 minutes.

SCALLOPED CELERY

Melanie Scallon

1-16 oz. can cream of chicken soup
1 1/2 C. frozen onion soup mix
1 C. milk
2 eggs
2 T. butter
1/2 C. chopped celery
1/4 C. chopped onion
2/3 C. shredded American cheese
1 tsp. salt
1/4 tsp. paprika

Melt butter and onions in butter. Combine sautéed vegetables and remaining soup mix in a large bowl. Put in greased 1 1/2-quart casserole dish. Bake at 350°F for 40 to 50 minutes.

FIRE 'N ICE TOMATOES

Grace Trask

3/4 C. vinegar
1 1/2 tsp. celery salt
1 1/2 tsp. mustard seed
1/2 tsp. sugar
1/4 C. cold water
1 large green pepper
1/8 tsp. red pepper
1/8 tsp. black pepper
1 tsp. salt
1 tsp. garlic salt
6 large tomatoes
1 red onion
1 cucumber, sliced

Peel and quarter tomatoes, dice green pepper, cut onion into rings. Mix vinegar, water and spices, bring to a boil and boil rapidly for 1 minute. Pour over vegetables. Chill overnight. When ready to serve, add sliced cucumber.

CAULIFLOWER SAUTÉ

LeaAnn Howard

2 T. butter
4 C. thinly sliced cauliflower
1 C. thinly sliced celery
1 T. instant toasted onions
1 T. chicken broth
1/2 C. dry white wine
1 tsp. Mei Yen seasoning
1/2 tsp. salt
1/8 tsp. black pepper

Melt butter in large, heavy frying pan. Add cauliflower, celery and toasted onions. Combine chicken broth, wine, Mei Yen, salt and pepper. Pour over vegetables. Cook quickly over high heat, turning constantly with wide spatula or pancake turner. Cook until vegetables are barely tender and still crisp, about 7 or 8 minutes. Serve at once.

CHEESY CORN BAKE

Mark Combs

2 T. margarine	1-3 oz. ham, softened
4 tsp. flour	3-10 oz. p
1/8 tsp. garlic powder	3 oz. diced h
3/4 C. milk	
6 oz. shredded American cheese	

In large saucepan, melt margarine. Stir in flour and garlic powder and cook and stir over medium heat until thick and bubbly. Stir in milk. Cook and stir over low heat until melted. Stir in corn and ham. Add cheese mixture to 2-quart casserole. Bake in 350° for 45 minutes.

GARDEN MEDLEY

Linda Erickson

5 strips bacon, diced	1 C. eggplant, diced
1 C. diced onion	2 medium tomatoes, sliced
4 cloves garlic, minced	Pepper to taste
1 C. okra, sliced	Parmesan cheese
1 C. zucchini, diced	

In a heavy frying pan, cook the bacon. Add the onion, and garlic and sauté until softened. Add the okra and zucchini and cook until tender. When the okra and zucchini are tender, add the eggplant and cook until it becomes tender. Add the tomatoes, cover and simmer for 2 to 3 minutes. Add the pepper to taste and sprinkle with Parmesan cheese. Toss and serve immediately. For best color, and greatest nutrition, leave the skins on all vegetables.

NEW POTATOES

Jason Watson

New potatoes (small red)	Garlic to taste
Chopped onion to taste	Sour cream, ranch dressing
Chopped green pepper	or French onion dip
to taste	

Cut potatoes in half and put in skillet filled with water. Add onion, green pepper and garlic. Bring to a boil. Cook, uncovered, until water is absorbed. Stir in sour cream, ranch dressing or French onion dip; heat. Toss until evenly coated. Serve.

ALMOND WILDERICE

Cathy Singer

1-12 oz. pkg. wild rice
1/2 C. butter
1 large onion, sliced
1 medium tomato, sliced

1 C. slivered almonds
1/2 tsp. each salt and pepper
2-10 1/2 oz. cans consommé
1-10 z. can cream of chicken soup
1 can water

Mix with other ingredients and bake, uncovered, for 3 to 4 hours at 300°. Stir occasionally and add more water if necessary. Serves 8.

CHEESE CABBAGE CASSEROLE

Julia Larson

1 head cabbage
2 T. oil
2 T. flour

1 C. milk
1 C. Velveeta cheese
Ritz crackers

Chop cabbage and boil until tender, drain. Meanwhile, heat oil and add flour and milk to make a white sauce. Add cheese and stir until melted. Layer in large baking dish with one layer crackers, a layer of cabbage and a layer of cheese sauce. Keep layering and top with crackers. Bake at 350° for 30 minutes. Soda crackers may be substituted in place of the Ritz crackers.

SWEET POTATOES

Dennis Johnston

6 or 7 large sweet potatoes
1 C. sour cream
2 T. (or to taste) brown sugar

Salt and pepper to taste
1 pkg. large marshmallows

Cook and mash sweet potatoes. Add sour cream and brown sugar. Salt and pepper to taste. Put in casserole dish, cover with large marshmallows. Bake at 325° for 25 minutes. Can be prepared ahead and then baked.

BROCCOLI CASSEROLE

Beverly Anderson

4 C. chopped broccoli	1 can cream of mushroom soup
2 oz. chopped pimento	3/4 C. sour cream
1 can sliced water chestnuts	1/2 tsp. salt
1/2 tsp. pepper	1 C. grated Cheddar cheese

Combine all ingredients except cheese. Place in 13x9" pan and top with cheese. Bake at 350° for 30 minutes.

BROCCOLI AND LIMA CASSEROLE

LeaAnn How

2-10 oz. pkgs. frozen chopped broccoli	8 oz. carton sour cream
1-10 oz. pkg. frozen limas	1 pkg. Lipton onion soup mix
1 can mushroom soup	1/4 lb. margarine
1 can sliced water chestnuts	2 C. Rice Krispies

Cook broccoli and limas separately until done. Put in bottom of 2-quart casserole dish. Mix soups, sour cream and water chestnuts together and put on top of limas and broccoli. Melt margarine and mix with Rice Krispies for top layer. Bake at 350° for 30 minutes.

NOTE: If you should want to freeze this before cooking, do not add the Rice Krispies until you get ready to cook.

BROCCOLI CASSEROLE

Susan Barnes

1 stick oleo	1 bag frozen broccoli cuts, chopped fine
2 C. quick rice	2 C. Velveeta cheese, cubed OR 1-8 oz. jar Cheez Whiz
Diced onion	
2 C. water	1 can cream of mushroom soup

Combine oleo, rice and onion in 2-quart casserole dish and microwave on medium heat for 2 1/2 minutes. Stir and microwave on medium for another 2 to 2 1/2 minutes. Add water. Let set for 5 to 7 minutes or until most of the water is absorbed. Cook broccoli until 2/3 done. Then, add broccoli to the rice mixture. Next, add the cheese and cream of mushroom soup. Bake at 350° for 20 to 30 minutes until hot and bubbly.

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RICE BROCCOLI CAKE

Tonya Miller

- | | |
|------------------------------|------------------------------|
| 1 C. Minute Rice | 1/4 C. chopped onion |
| 1 box chopped | 1/2 C. diced celery |
| 1 can cream of mushroom soup | 1-8 oz. jar Cheez Whiz |
| 1/2 C. parmesan cheese | 1 can sliced water chestnuts |
| 3 T. margarine | |

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in Times font.

Combine all ingredients. Put in 2-quart casserole and bake 35 to 50 minutes at 350°.

BROCCOLI-CORN BAKE

Daniel Crawford

- | | |
|------------------------------|--|
| 1-1 lb. can cream style corn | 1/2 C. coarse crushed saltine crackers |
| 1-10 oz. box frozen chopped | 2 T. minced onion |
| broccoli, cooked and drained | 1/2 tsp. salt |
| 1 egg, beaten | 5 T. melted margarine |

Combine corn, cooked broccoli, egg, cracker crumbs, onion, salt and melted margarine. Mix well. Pour into a greased 1-quart casserole. Top with crushed Ritz crackers and bake at 350° for 30 minutes.

CALICO BEANS

Amanda Samuels

- | | |
|-----------------------------------|--------------------------------|
| 2 cans pork and beans | 1 C. catsup |
| 1 can Reber butter beans, drained | 1/2 C. brown sugar |
| 1 can kidney beans, drained | 1/4 C. white sugar |
| 1 lb. hamburger | 1/2 C. minced onion (optional) |
| 1 lb. bacon, cut into 1" pieces | |

Cook hamburger and bacon, slowly, until hamburger is done (bacon will be limp). Add other ingredients and mix well. Place in large baking dish. Bake for 1 hour at 350°.

NOTE: Or cook 6 to 8 hours in crock pot on low.

BAKED BEANS

Ron Frank

1 small onion
1/2 lb. hamburger
1/2 lb. bacon, chopped
1/4 C. brown sugar
1/4 C. sugar

1/4 C. oil
1/2 tsp. salt
1 can kidney beans
1 can pork and beans
1 can butter beans

Brown onion, hamburger and bacon. Add remaining ingredients. Put in large casserole and bake at 350° for 1 to 1 1/2 hours depending on thickness of beans desired.

CORN FRITTERS

Jason Watson

1 1/3 C. flour
1 T. sugar
1 egg
1 C. whole corn, drained

2 tsp. baking powder
1/4 tsp. salt
1/2 C. milk
Powdered sugar
Syrup

Beat egg, add milk and blend in corn. Add dry ingredients and mix well. Drop by spoonfuls into deep fat (390°); fry until golden. Roll in powdered sugar, put syrup over top and eat. Makes 6 servings. NOTE: They don't reheat real well. Better to not use all mixture and refrigerate. I've been able to use it a couple days later.

CHEESY CORN NOODLES

Beverly Anderson

1/4 lb. Vel

1 1/4 C

2 C

2 C. cooked noodles

Salt, pepper and butter (your
choice for flavor)

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in milk over low heat. Pour this mixture over corn
noodles in a buttered casserole dish. Bake at 350° for 30 to
minutes.

SCALLOPED CORN

Lisa Weston

4 C. corn

1 beaten egg

1 C. milk

4 saltine crackers (16 sections)

1 T. butter

1/4 onion, diced

SEASON WITH (to taste):

Mrs. Dash original blend

Mrs. Dash extra spicy

Salt and pepper

Mix all ingredients together in casserole dish. Add crackers to
thickness desired. Bake 1 hour at 350°, test with fork.



This is the
Wine and Barrel divider.

MAIN DISHES & MEATS

Pepsi *Trevor Ha*

4 lb. beef roast
1 pkg. dry onion soup mix

1 can ch...
soup
1-12 oz. can

Put roast in pan and top with dry onion soup mix. ...
over the onion mixture and slowly pour the Pepsi over...
slowly in a 300° oven for 5 to 6 hours.

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Beach font.

Italian Marinated Turkey Fillets

Daniel Crawford

4 turkey breast fillets,
approx. 4 oz. each
1/2 C. Italian salad dressing
1/2 tsp. garlic salt

1 tsp. minced onions flakes
1/4 tsp. coarse ground
black pepper

Combine salad dressing and seasonings in a shallow dish large enough to accommodate turkey fillets. Slice turkey fillets horizontally, not quite all the way through, and open out flat. Place fillets in marinade, cover and refrigerate at least 2 hours (overnight is best). Turn fillets in marinade occasionally. Grill over a hot fire about 3 to 4 minutes on each side, basting with marinade until done. Serves 4 to 6.

Crock Pot Swiss

John Graham

2 lb. round steak
1 env. beef-mushroom dry
soup mix

Carrots, sliced
Celery, sliced
Potatoes, sliced

Cover both sides of steak with dry soup mix. Place in crock pot. Add the desired amount of sliced carrots, potatoes and celery. Cook on low for 6 to 8 hours.

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will be filled with fillers for FREE!
Or you may use your fillers for these spaces.

1-10 oz. can
onion
1-16 oz. can
1 lb. pkg. angel hair pasta,
cooked
1 lb. pkg. angel hair pasta,
cooked

vera
erts
2 C. broccoli, diced
8 oz. scallops, thawed
1/4 C. flour
Lemon-pepper seasoning
1 lb. pkg. angel hair pasta,
cooked

up with milk per the instructions on the can. After the soup
n, squeeze half of the lemon into the soup, stir and remove
heat. In a large frying pan, sauté the onion in butter until onion
translucent. Add mushrooms, broccoli and scallops, continuing to
sauté until scallops are cooked (3 to 5 minutes). Stir in flour, lemon-
pepper seasoning and juice from remaining half of lemon, until flour
is well dissolved. Pour the soup over the scallops and broccoli; stir
until it thickens. Serve with angel hair pasta.

Tater Tot Casserole

Trevor Hanson

1 or 2 lbs. hamburger
1 can green beans, corn
or peas
1 can cream of celery soup
1 can cream of mushroom
soup
2 cans Cheddar cheese soup
1 onion
Bag of tater tots

Brown hamburger and onion in frying pan. Spread hamburger
on bottom of 9x13" pan. Pour soups and vegetables over top. Mix
together. Lay tater tots on top. Bake at 400° for 45 minutes.

*If you see someone without a smile –
give him one of yours.*

Pizza Beef

Carol Stapp

1 lb. ground beef
1/3 C. chopped green
pepper
1 small onion, chopped
1/2 tsp. garlic salt
1-16 oz. can pizza sauce
1-4 oz. can mushrooms,
drained

1-3 1/2 C. shredded
pepperoni
1 C. water
2 C. macaroni, uncooked
1 C. shredded mozzarella
cheese

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Beach font.

Combine ground beef, green pepper and onion in a 2-quart casserole dish. Cover and cook on high in the microwave oven for 5 minutes, stirring once, or until beef loses its pink color; drain. Add remaining ingredients except mozzarella cheese and mix well. Cover and cook 15 to 17 minutes on high, stirring at 5 minute intervals. Top with mozzarella cheese, recover and let stand 5 to 10 minutes.

Veggie-Stuffed Pockets

Nicole Henson

1 loaf frozen bread dough
1 lb. ground beef
1 small onion, chopped
1-16 oz. pkg. frozen
vegetable mixture

Butter or margarine
12 oz. shredded cheese

Thaw loaf of frozen bread dough. Preheat oven to 375°. Brown ground beef with onion and let cool. Cook frozen vegetable mixture, drain and cool. Cut bread in half and roll out both halves to 1/4" rectangles. Brush with melted butter. Put half meat mixture on each. Put half vegetable mixture on each. Add shredded cheese. Roll up so meat, vegetables and cheese are enclosed in bread. Pinch shut. Put sealed edges down on cookie sheet. Brush top with melted butter. Put 3 slits on top for steam to escape. Bake for 20 to 25 minutes.

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Real Men

by Alberta

1 prepared
4 eggs
1/2 C. milk
Dash Worcestershire sauce
1/2 tsp. garlic salt
1/2 cup heavy cream of
soup

1/2 lb. bacon, cooked and
crumbled
1 C. diced broccoli
1-4 oz. can mushrooms
1/2 lb. Swiss cheese, grated

Preheat oven to 325°. Prepare pie crust per package directions. In a mixing bowl, beat together eggs and heavy cream until frothy. Stir in Worcestershire and garlic salt. Using a whisk or mixer on low speed, mix in soup a little at a time until all soup is added and the mixture is smooth. Spread the crumbled bacon over the pie crust, in an oven-safe pie pan. Add the broccoli, mushrooms and cheese, tossing to combine. Pour the soup mixture over all to fill the pie shell. Bake uncovered for 1 hour, or until firm in the center.

Swedish Meatballs

Barb Claxton

1 1/2 lbs. ground beef
1/2 C. onion, chopped
3/4 C. crushed crackers
1/2 C. milk
1 1/2 tsp salt

1/8 tsp. pepper
1/8 tsp. nutmeg
1/8 tsp. allspice
1 egg

Mix all ingredients together and form into meatballs. Brown meatballs, remove from pan. To make gravy, combine 1/2 cup flour, 4 cups water and 4 beef bouillon cubes. Put meat in pan and simmer for 1 to 1 1/2 hours.

Runza *Julia Larmer*

1 lb. ground beef
1/2 C. chopped onion
1 C. cabbage, thinly shredded

1/4 tsp. salt
1 tsp. salt
1 T. Worcestershire

Brown ground beef and onion. Add remaining ingredients and cook uncovered about 5 to 10 minutes. Roll out Refrigerator Roll Dough on a 16" square. Cut into 16 (4") squares. Place a couple tablespoons of meat mixture on each square of dough, dividing it equally. Bring the edges of the dough together and seal the dough, forming a square pocket. Turn each Runza upside down on a greased cookie sheet. Bake in a preheated 400° oven for 15 minutes. Brush the tops with margarine. Allow to cool slightly before eating.

NOTE: Add more Worcestershire if you like it a little more spicy or put on the table for an added garnish.

Beef Roast *Cathy Singer*

3 to 5 lb. beef roast
(any cut you prefer)
2 to 4 C. beef broth (I use
bouillon and water)
Minced onions
Garlic

GRAVY:
Beef broth from cooked roast
2 T. cornstarch mixed with
1/4 C. cold water

Preheat oven to 350°. Set beef roast in baking pan that has a lid. Pour beef broth in pan, at least to 3" deep. Sprinkle minced onion and a small amount of garlic into broth. Cover with lid. Bake at least 2 hours or more if larger cut.

GRAVY: Pour broth into saucepan. Heat to boiling. Add cornstarch mixed with cold water and stir constantly until thick. May need to add water if too thick, or more cornstarch and water mixture if not thick enough. Makes a rich beef flavored lump-free gravy.

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Beach font.

You can also fill the space on the recipe pages with your own line art graphics.

Beef Stew

Barb Claxton

3 lbs. lean beef

1/4 C. vegetable oil

1 large onion

1/4 C. flour

1 T. salt

1 T. pepper

1/4 tsp. pepper

1 1/4 C. dry red wine

3/4 C. strong black coffee

3 cloves garlic, minced

3/4 tsp. dried thyme

Cut beef into 1 1/2 inch cubes; brown meat; remove meat from pan. Cook onion in hot oil until soft; add flour, salt and pepper; toss with browned meat. Return to pan and stir to brown flour, add wine, coffee, garlic and thyme. Simmer and simmer for 2 hours. Lift out cooked meat and onions with slotted spoon. Boil sauce to thicken, adjust seasonings, return meat and onions, heat. Serve with sauteed sliced mushrooms, if desired. Makes 6 to 8 servings.

Herb Butter-Basted Turkey Breast

Barb Claxton

1 stick butter or margarine,
melted

1/4 C. fresh lemon juice

2 T. minced green onion

2 T. soy sauce

1 tsp. dried leaf sage

1 tsp. dried leaf marjoram

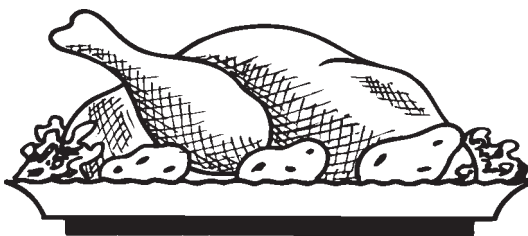
1 tsp. dried leaf thyme

1/2 tsp. salt

1/4 tsp. pepper

1-4 to 5 lb. turkey breast,
thawed

Mix together butter, lemon juice, onion, soy sauce, sage, marjoram, thyme, salt and pepper in small pan. Stir constantly until butter melts. Cook turkey breast on covered electric charcoal or gas grill. Brush breast frequently with basting sauce. Use a meat thermometer and cook until the breast reaches an internal temperature of 170°. Allow about 2 1/2 hours cooking time. Let breast cool for about 20 minutes for easier carving.



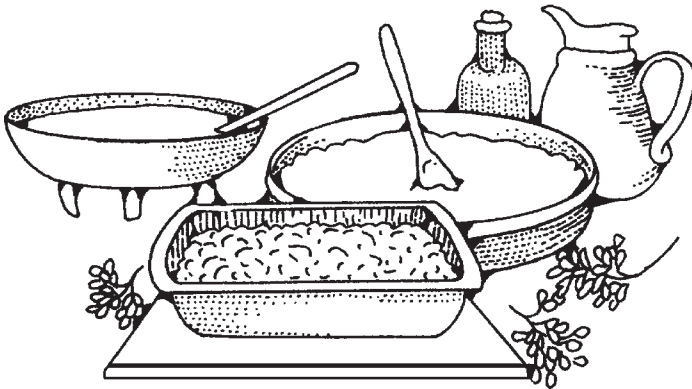
Steak Tacos

Jason Watt

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- 1 1/2 lb. steak (3/4" thick),
score both sides of steak
in diamond pattern,
place in glass baking
dish
- MARINADE
1/2 C. soy sauce
3 T. honey
1/2 tsp. ground cumin
3 T. salad oil
2 to 3 tsp. minced garlic

Mix marinade well. Pour over steak in glass dish. Turn steak to coat; cover. Refrigerate 6 hours or overnight. Preheat grill. Place steak on rack, 4 to 5" from heat. Grill 3 to 4 minutes on each side for rare, 5 minutes or more for well done. Brush often with marinade. Discard leftover marinade.



Beef Steak

Shirley Scallon

- | | |
|------------------|---------------------------|
| 2 lb. round | 1-4 oz. can mushrooms |
| tenderloin | 1 can cream of mushroom |
| 1/4 cup oil | soup |
| 1 onion, chopped | 1/2 C. milk (mix milk and |
| | soup together) |

Cut round steak into serving size pieces. Flour steak and brown in oil in an electric frypan. Add onions and mushrooms. Pour soup mixture over all; cover. Simmer 1 hour.

Beefburgers

(FOR A LARGE GROUP)

Cathy Singer

- | | |
|------------------------|----------------------------|
| 10 lbs. hamburger | 1 C. chopped onion |
| 1 C. water | (6 T. minced onion) |
| 32 oz. catsup | 1 C. brown sugar |
| 1 C. vinegar | 1/2 can dry mustard (3 T.) |
| Juice of 2 lemons | 3 T. salt |
| (6 T. RealLemon juice) | 1 C. water |

Cook the hamburger and 1 cup water, stirring frequently to break up the lumps, for 1/2 hour or until done. Drain the grease thoroughly. Heat the last 8 ingredients together and add to the meat.

This is our
Whisked Away divider.



Desserts

7-Up

Mark Col

1 box lemon cake mix 3/4 C
1 box lemon and pineapple 10 oz. 7
pudding 4 eggs

Mix all ingredients well and bake at 350° for 40 minutes. For icing, use 1 small can of crushed pineapple, 2 eggs, 1/2 C coconut, 1 1/2 cups sugar, 1 stick of butter. Cook on stove until thick. Pour over cake.

This is Recipe Design 5 in
Lucida Bright font.

Almond Joy Brownie Bites

Karen Showalter

1 box of family size chocolate 1/4 C milk
fudge brownie mix 1 C. chocolate chips, melted
1-14 oz. can sweetened 1/4 C. almonds (or nuts),
condensed milk crushed
1-14 oz. bag coconut

Preheat oven to 350°. Line (regular size, not mini) cupcake pan with paper liners. (Don't skip the paper liners as they make stick.) Make brownies according to package directions and pour batter only half way up the liners. Bake in preheated oven for 12 minutes. While they are baking, mix the coconut, sweetened condensed milk and milk together. Remove brownies from oven and spoon on some sweetened coconut. Place back in oven and continue to bake an additional 14 to 16 minutes. Remove from oven and allow to cool completely before removing the paper liners. Drizzle on the chocolate then sprinkle on the almonds.

Ambrosia

Barb Claxton

24 marshmallows 2 apples
6 oranges 1/2 C. nuts
1/2 C. sugar 2 bananas
Juice of 1 lemon 1 can crushed pineapple

Chop bananas and squeeze juice of lemon over it. Let stand while other fruit is prepared. Mix all ingredients together, chill and serve.

This is Recipe Design 5 in
Lucida Bright font.

As Cake

Johnston

1-8 oz. pkg	Candied pineapple slices
1 1/2 tsp	(optional)
1/2 lb	2 1/4 C. sifted cake flour
1 C.	Candied cherries (optional)
	GLAZE ICING:
1/2 cup chopped pecans	3/4 C. sugar
1/2 cup vanilla	1/4 C. margarine
1/2 C. finely chopped pecans	1/4 C. syrup from pineapple
2 eggs	2 T. rum flavoring (optional)

Thoroughly blend softened cream cheese, margarine, sugar and vanilla. Add eggs, one at a time, mixing well after each addition. Gradually add two cups of cake flour- sifted with baking powder. Combine 1/4 cup flour with candied fruit and 1/2 cup chopped nuts. Fold into batter. Grease a 10 inch bundt pan; sprinkle with finely chopped pecans. Pour batter into pan.

Bake at 325° for 1 hour and 20 minutes. Cool for 5 minutes and remove from pan. Garnish with candied pineapple and cherries (optional).

GLAZE ICING: Combine sugar, margarine, and syrup from pineapple. Stir over low heat until sugar is dissolved and margarine melted. Remove from heat and stir in rum flavoring (optional).

Butter Brickle Loaf Cake

Rhonda Brandos

1 box yellow cake mix	4 eggs
1 box vanilla or cheesecake instant pudding	1/2 C. oil
1 C. almond toffee bits or Heath bits	1 C. chopped nuts
	1/2 tsp. butternut flavoring
	3/4 C. water

Spray 2 loaf pans with cooking spray. Sprinkle the bottom of each pan with chopped nuts. Divide batter in each pan and bake at 350° for 45 minutes.

Chocolate

Julia La

6 T. butter
1 C. self-rising flour
1 3/4 C. sugar, divided
1/4 C. plus 1 1/2 T.
unsweetened cocoa, divided

1/2 C.
1 tsp. va
1 1/2 C. bo

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Lucida Bright font.

Preheat oven to 350°. Place the butter in 8x8" baking pan and melt while the oven preheats.

In a medium bowl stir together the flour, 3/4 cup of the sugar and 1 1/2 tablespoons of the cocoa. Stir in the milk and vanilla until smooth. Spoon this batter over the melted butter in the baking pan.

Stir together the remaining 1 cup of sugar and 1/4 cup cocoa. Sprinkle over the batter. Slowly pour boiling water over the top of the mixture. Bake for 30 minutes, until set. Serve slightly warm, alone or with vanilla ice cream.

Butterfinger Cake

Jason Watson

1 box of devil's food cake mix
8 oz. Cool Whip
1 can of sweetened condensed milk
1 jar of caramel sundae topping (12 1/4 oz.)
Small pkg. Butterfingers (6 pack)

Follow directions on the devil's food cake mix. When the cake is baked and completed, poke holes with toothpicks or the handle of a wooden spoon halfway through the cake. Pour the sweetened condensed milk and caramel evenly over the cake. While the cake cools and soaks up the condense milk and caramel, crush up the Butterfingers. After the cake cools, top the cake with Cool Whip (like icing), pour the crushed Butterfingers all over the cake. Refrigerate and chill.

Chocolate Turtle Cake

Susan Frank

- 1-18.25 oz. pkg. chocolate pudding without
pudding mix
14 oz. can evaporated milk
1/2 cup butter
1/2 cup semisweet chocolate chips
- 1 C. chopped pecans
2-1 oz. squares unsweetened
chocolate
2 T. butter
2 T. corn syrup
1 tsp. vanilla extract
1 1/2 C. confectioners' sugar
3 T. milk

Preheat oven to 350°F. Lightly grease 9x13" pan. Prepare cake mix according to package directions and pour 1/2 of the batter into the prepared pan. Bake at 350°F for 15 minutes.

In a saucepan melt caramels, 3/4 cup of the butter or margarine, and evaporated milk, and pour over baked cake. Sprinkle chocolate chips and chopped pecans over caramel mixture. Pour remaining cake batter on top and bake for 20 minutes at 350°F. Cool cake and frost.

To Make Frosting: Melt 2 tablespoons of the butter or margarine and the unsweetened chocolate together. Remove from heat and add the corn syrup, vanilla, confectioners' sugar, and milk. Mix well and use to frost cooled cake.

No Bake Cheesecake

Susan Barnes

- 1-9" graham cracker pie crust
12 oz. pkg. cream cheese,
softened
- 2/3 C. sour cream
1 C. powdered sugar
1 tsp. vanilla

In a medium bowl, beat cream cheese and sour cream until fluffy. Beat in powdered sugar and vanilla until smooth. Pour into crust. Refrigerate at least 1 hour. Yields 8 servings.

Mom's Coffee Cake

Linda Ericson

- | | |
|---|-----------------------------|
| 1 chocolate cake mix or brownie mix | it) |
| 1 pkg. butterscotch pudding | 1 jar caramel syrup |
| 1 large tub Cool Whip | 1 jar chocolate syrup |
| 1 pkg. toffee pieces or 4 candy bars, crushed | Chocolate syrup |
| 1 T. instant coffee (use Sanka if kids are eating | 1 pkg. small pieces of nuts |

Make pudding according to directions. Bake cake or brownies in 9x13" pan or 2 small pans. If you use 9x13" pan, cut in half making 2 thinner long pieces. Place 1 cake in a tall serving dish. Poke holes in cake and drizzle with coffee sprinkles and syrup. Mix pudding mix with cool whip. Layer 1/2 over cake and add 1/2 of the toffee pieces. Add next layer of cake or brownie. Poke holes in it and add coffee sprinkles, some syrup and then add Cool Whip/pudding layer. Add cool whip on top and drizzle with more coffee sprinkles, syrup, and toffee pieces. Cover and cool in fridge until ready to eat.

Fresh Peach Cobbler

Carrie Bridges

- | | |
|------------------------|----------------------------|
| 1/2 C. butter | 3/4 C. milk |
| 1 C. all purpose flour | 4 or 5 large fresh peaches |
| 2 tsp. baking powder | |
| 1 1/2 C. sugar | 1/2 C. water |

Melt butter in baking dish. Mix flour, baking powder, 1 cup sugar and milk; pour into the baking dish. Peel and slice peaches, arrange over batter. Sprinkle remaining 1/2 cup sugar over peaches. Pour water over peaches. Bake in preheated 350° oven for 50 minutes.

Peanut Butter Snickers Cheesecake Brownie Pie

James Miller

BROWNIE MIX:
1 pkg. brownie mix (I used Pillsbury)
1 C. brownie mix for 9x13"
I used a Pillsbury

1/2 C. oil
1/4 C. water
1 egg

CHEESECAKE LAYER:
1-8 oz. pkg. cream
cheese, softened

1 egg
1/4 C. sugar
1 tsp. vanilla
1 C. creamy peanut
butter
1 bag peanut butter
Snickers minis, chopped
into quarters (11.5 oz.)

TOPPING:
1 -8 oz. Cool Whip
2 T. chocolate sprinkles

Let the pie crust sheet sit out on the counter for about 15 minutes. Remove wrapping and unroll gently. Press into a 10" pie plate and crimp edges. Set aside. In a mixing bowl, combine the brownie mix, oil, water, and egg. Mix just until combined. It will be very thick. Spoon into pie plate and spread out. Bake at 350° for 35 minutes.

While the brownie pie is cooking, place the cream cheese and sugar in a mixing bowl and beat until creamy. Add the egg, vanilla, and peanut butter and beat again until creamy. Stir in the Snickers candies by hand. When the brownie pie is finished baking, remove from the oven and gently spoon the cheesecake batter on top of the brownie. Spread out very gently. Return to the oven and bake another 25 minutes. Remove from the oven and let cool. Refrigerate until completely cooled. Top with the Cool Whip and sprinkles. Cut into 12 slices. Keep covered in the refrigerator for 4 to 5 days.

This is a divider
from the Whipped Up Set.

Cookies & Candies



SOUR CREAM COOKIES

Maxine Benson

1 C. shortening, softened
1 C. sugar
2 egg yolks, beaten
1/2 C. sour cream
1 tsp. vanilla

4 C. flour
1/2 tsp. salt
1 tsp. nutmeg
1/2 tsp. baking powder

Preheat oven to 350°. Cream together shortening and sugar. Add beaten egg yolks, sour cream and vanilla. Sift dry ingredients and gradually add to creamed mixture, mixing well after each addition. Roll into balls and press with cookie press. Press dough into desired shapes on ungreased cookie sheet. Bake for 10 to 12 minutes. Yields 10 dozen.

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SUGAR COOKIES

Carol Stauffer

2 C. sugar
2 sticks margarine
2 eggs
1 C. sour cream
2 tsp. baking soda

1 rounded tsp. baking powder
1 tsp. salt
1 tsp. vanilla
5 C. flour

Preheat oven to 350°. Cream together sugar and margarine. Add remaining ingredients and roll out on a floured surface. Cut into shapes. Place on ungreased cookie sheet and bake for 10 to 12 minutes.

NO-BAKE COOKIES

Beverly Anderson

2 C. sugar
4 T. cocoa powder
1/2 C. milk
1 stick butter, softened

3 C. oatmeal
1 tsp. vanilla
1/2 C. peanut butter

Mix first four ingredients and bring to rolling boil. Boil 3 minutes. Remove from heat. Add vanilla, peanut butter and oatmeal. Spoon on cookie sheet and place in refrigerator until hardened.

POWDERED SUGAR COOKIES

Trevor Hanson

3 C. powdered sugar
2 C. butter
2 eggs
2 tsp. vanilla
2 tsp. almond extract
5 tsp. cream of tartar
1/2 tsp. baking soda

1/2 tsp. salt
ALMOND FROSTING:
1/3 C. butter flavored Crisco
1 tsp. almond extract
3 C. powdered sugar
Milk, to moisten to nice
spreading consistency
Food coloring (optional)

Preheat oven to 325°. Mix powdered sugar, butter, eggs, vanilla and almond extract together until creamy. Combine dry ingredients and add slowly to first mixture. Chill slightly and roll out with rolling pin to cut shapes; or spoon out dough and roll into balls, pressing a little with the sugared end of a juice glass to flatten. Bake until golden brown on edges for approximately 8 minutes. Cool and frost with Almond Frosting.

ALMOND FROSTING: Mix all ingredients, adding powdered sugar slowly until frosting is the right texture and consistency for spreading. Add color, if desired.

FUDGE

Ron Frank

4 C. sugar
1-12 oz. can evaporated
milk

1 stick margarine
Salt

Mix in pan. Bring to boil for 9 minutes. Stir and add 1 1/2 cups chocolate chips, 32 marshmallows, 1 teaspoon vanilla and desired amount of nuts. Continue stirring until chocolate chips and marshmallows are melted. Spread on greased cookie sheet.

CHOCOLATE BRITTLE

Grace Trask

1 C. soda crackers

1 C. sugar

1/2 C. butter

1/2 C. margarine

1-1 1/2 C. Nestle's

chocolate chips

1 C. chopped

Spray cookie sheet with cooking spray. Line cookie sheet with soda crackers covering the entire sheet. Cook butter, margarine and sugar over medium heat. Boil for 5 minutes; stirring constantly. Pour mixture over crackers and bake at 350° for approximately 8 minutes until mixture bubbles. Remove from oven and pour Nestle's bits over chocolate. After a couple of minutes, the chocolate will melt; spread evenly. Sprinkle with nuts. Place in freezer for 15 minutes. Break into bite-size pieces.

PEANUT BUTTER FUDGE

Susan Barnes

2/3 C. evaporated milk

2 C. sugar

1 C. crunchy peanut butter

2 C. marshmallow crème

1 tsp. vanilla

Cook milk and sugar to 250°, stirring constantly. Remove from heat and add peanut butter, marshmallow crème and vanilla. Beat until smooth. Pour into a buttered 9" square pan.

KISS COOKIES

Beth Stinson

1 C. margarine, softened

1/2 C. sugar

2 C. flour

5 3/4 oz. pkg. chocolate

kisses, unwrapped

1 tsp. vanilla

Preheat oven to 375°. Cream together butter, sugar and vanilla until light and fluffy. Add flour; blend. Chill dough. Using 1 tablespoon dough, shape around chocolate kiss and roll to make a ball. Place on ungreased cookie sheet. Bake for 12 minutes or until cookies are set, but not brown; cool.

TWIX BARS

Daniel Crawford

Club crackers
1 C. graham cracker crumbs
3/4 C. brown sugar
1/2 C. white sugar
1/3 C. milk
1/2 C. margarine
2/3 C. peanut butter
1 C. chocolate chips

Place a layer of Club crackers on the bottom of a buttered 9x13" pan. In a medium saucepan over medium heat, combine graham cracker crumbs, brown sugar, white sugar, milk and margarine. Boil for 5 minutes. Pour mixture over crackers, then top with another layer of Club crackers. Melt peanut butter and chocolate chips. Spread over top of crackers. Refrigerate.

CHINESE CHEWS

Jason Watson

3/4 C. flour
1 C. sugar
1 tsp. baking powder
1/4 tsp. salt
1 C. chopped dates
1 C. chopped walnuts
3 eggs, well beaten

Preheat oven to 300°. Sift dry ingredients. Stir in chopped dates, walnuts, and eggs. Pour into 10 1/2x15 1/2" well-greased pan. Bake for 30 minutes.

HOLLY

Carrie Bridges

46 large marshmallows
1 stick margarine
1 1/2 tsp. green food coloring
3 1/2 C. corn flakes
Red cinnamon candies

Melt marshmallows and butter over low heat. Add food coloring until dark green; fold in corn flakes gently. Drop by teaspoonfuls onto buttered cookie sheet or waxed paper. Decorate with candies immediately. Let cool in refrigerator.

AMISH SUGAR COOKIES

Thonda Brandos

1 C. sugar
1 C. powdered sugar
1 C. margarine
1 C. oil
2 eggs

4 1/2 C. flour
1 tsp. salt
1 tsp. cinnamon
1 tsp. vanilla

Preheat oven to 350°. Combine sugars, margarine, oil. Beat well. Add eggs, beat again. Add remaining ingredients, mix well. Roll in small balls, dip in sugar, place on cookie sheet. Flatten balls slightly. Bake for 10 to 12 minutes.

SUGAR COOKIES

Julia Larson

2 C. sugar
2 sticks oleo
2 eggs
1 C. sour cream
2 level tsp. soda

1 rounded tsp. baking powder
1 tsp. salt
1 tsp. vanilla
5 C. flour

Cream together sugar and oleo. Add other ingredients and roll out on lots of flour to cut. Bake at 350° on ungreased pan for 10 to 12 minutes.

GRANDMA'S RAISIN COOKIES

Melanie Scallon

1 1/2 C. shortening
1 C. brown sugar
1 C. white sugar
1 C. raisins, ground
2 C. oatmeal
1 C. nuts

3 3/4 C. flour
3 eggs
1 tsp. vanilla
2 tsp. soda
Dash of salt

Mix ingredients together. Form into balls, roll in sugar and place on ungreased cookie sheet. Press flat with bottom of glass. Bake at 350° for 10 to 12 minutes.

MELTING MOUNTAIN COOKIES

Lory Peters

1 C. flour
3/4 C. butter
1 C. confectioners' sugar

1 tsp. vanilla
1/3 C. confectioners' sugar

...ce, measure, add cornstarch and sift again.
...tter with vanilla. Add confectioners' sugar and
...until smooth; chill. Make tiny balls and flatten. Bake
...50° for 10 to 15 minutes. When cool frost with the
...llowing.

CREAM CHEESE FROSTING: Cream 3 ounces cream
cheese until fluffy. Add 1 cup of confectioners' sugar and
1 teaspoon vanilla; beat until blended. Spread on cookies.
Allow frosting to firm before storing. Makes about 5 dozen
cookies.

NO BAKE COOKIES

Sandy Ford

4 T. cocoa
2 C. sugar
1 stick butter
1/2 C. milk

1 tsp. vanilla
2 1/2 C. oatmeal
1/2 C. peanut butter
Nuts, if desired

Boil cocoa, sugar, butter and milk, stir continuously 1 minute
NO LONGER. Remove from heat, add vanilla, oatmeal and
peanut butter. With a regular cereal spoon, drop cookies
onto wax paper. Let set until cool and firm.

X-MAS COOKIES

Beth Stinson

1/2 C. shortening

1 tsp.

1 C. sugar

2 3/4

1 egg

1/2 tsp.

1/4 C. milk

1/2 tsp. ba

Cream shortening and sugar. Mix in egg, milk and vanilla. Add flour, soda and baking powder; chill overnight. Roll on floured cloth and cut into cookies. Bake on ungreased cookie sheet at 375° for 8 to 10 minutes. Cool and decorate.

SOUR CREAM COOKIES

Rhonda Brandos

1 C. shortening

1 tsp. vanilla

1 C. sugar

4 C. sifted flour

2 egg yolks

1/2 tsp. salt

1/2 C. thick sour cream

1 tsp. nutmeg

1/2 tsp. soda

Cream the shortening, add sugar; mix well. Add beaten egg yolks, sour cream and vanilla. Sift dry ingredients and gradually add to creamed mixture, mixing well after each addition. Fill cookie press. Form desired shapes on ungreased cookie sheets. Bake for 10 to 12 minutes at 350°. Yields 10 dozen.

Notes



If your recipes end on an odd # page, a lined Notes page will be added as the last page in that section.

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divider printed on
tan heavyweight paper.

Miscellaneous

BEER NUTS

Barb Claxton

1-16 oz. jar raw peanuts
1/2 C. water

1 C.

Preheat oven to 350°. Mix all ingredients together for 15 minutes, stirring constantly. Spread on cookie sheet for 15 minutes. Turn off oven and let set for 15 minutes.

MORNAY SAUCE

Nancy

2 C. milk
4 T. butter
2 T. flour

1/4 C. Parmesan cheese
1/4 C. Romano cheese
Dash cayenne pepper

In a microwave safe dish, heat milk just to almost boiling. In a heavy saucepan over medium heat, melt butter. Whisk the flour into the melted butter until a smooth paste forms. Continue to stir flour and butter until golden brown in color. Slowly add the hot milk, whisking constantly, until it has all been added. Reduce heat and slowly stir in cheeses until sauce thickens. Sprinkle with a dash of cayenne pepper and stir. Goes well with vegetables or potatoes.

JALAPENO SALSA

Alecia Wilcox

4 C. peeled and cored
tomatoes, chopped
2 C. seeded green peppers
1 C. seeded jalapeno
peppers, chopped

3/4 C. chopped onions
1 1/2 tsp. salt
2 cloves garlic
1/2 C. cider vinegar

Mix all ingredients together and cook until boiling. Reduce heat and simmer about 20 minutes. Makes 3 pints.

OVEN CARAMEL CO

Maxine Benson

2 C. brown sugar
1/2 tsp. salt
7 1/2 qts
2 sticks margarine (1 C.)
1/2 C. corn syrup
1/2 tsp. baking soda

Cook margarine, sugar, margarine, syrup, and salt in a saucepan over medium heat for 5 minutes. Remove from stove; add baking soda and stir. Popcorn. Spread on cookie sheet. Place in 200° oven for 15 minutes. Remove every 15 minutes. Peanuts may be added. Remove from oven and let cool.

STEAK MARINADE

Roger Kramer

1 tsp. garlic salt
1/2 tsp. dry mustard
3/4 C. water
1/4 C. soy sauce
1 tsp. celery seed
1 T. honey
1 T. vinegar
1/2 tsp. ground ginger

Place pieces of round steak or ribeyes in a shallow glass pan. Mix all ingredients in a medium bowl. Pour marinade over the meat, cover tightly. Refrigerate overnight or for 8 hours. Remove meat from marinade and broil.

HOMEMADE HORSERADISH

Nicole Henson

1 C. cubed, peeled
horseradish
3/4 C. vinegar
2 tsp. sugar
1/4 tsp. salt

Combine all ingredients in a food processor. Cover and store in refrigerator. Will keep in refrigerator 4 to 6 weeks. Will keep in freezer for 6 months.

CARROT PICKLES

Melanie Scallon

3 to 4 lbs. carrots

1 C. sugar

1 tsp. salt

2 C. vinegar

1 1/2

1 T. mixed pickling spices

1 cinnamon

Wash and peel carrots. Slice 1/2" thick, using a straight blade. Cook in a small amount of water until tender, then drain. Combine sugar, salt, vinegar and in a medium saucepan. Tie mixed pickling spices and cinnamon stick in a cheesecloth bag and add to vinegar mixture. Bring mixture to a boil, then reduce heat and simmer for 10 minutes. Discard spice bag. Pack carrots into hot sterilized canning jars, leaving 1/2" headspace. Carefully ladle hot liquid over carrots, leaving 1/2" headspace. Remove air bubbles with a nonmetallic spatula. Wipe jar rim clean and place lid on jar. Process 30 minutes in a boiling water canner. Yields about 3 pints.

KNOX BLOCKS

Amanda Samuels

4 C. boiling water

4 pkgs. Knox gelatin
(unflavored)

3 pkgs. jello (any flavor)

Combine all ingredients together and pour into long glass dish. Cut into squares or use cookie cutters to make designs.

FRESH FRUIT B...

Linda Erickson

2-3 oz. pkgs.
1 C. boiling
1-12 oz.
lemon concentrate,
ginger ale

1 1/2 gals. mixed fruit:
strawberries, pitted
cherries, grapes,
cantaloupe, plums,
bananas, peaches,
watermelon, sliced

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... bowl, stir jello and boiling water to dissolve. Stir in
... onade and ginger ale. Add mixed fruit. Stir gently until
... ell coated. Cover. Refrigerate 4 hours until chilled well.

MARINADE FOR STEAK

Amanda Samuels

1 tsp. garlic salt	1 tsp. celery seed
1/2 tsp. dry mustard	1 T. honey
3/4 C. water	1 T. vinegar
1/4 C. soy sauce	1/2 tsp. ginger

Place pieces of round steak or ribeyes in a shallow glass pan. Pour marinade over the meat; cover tightly. Refrigerate overnight or for 8 hours. Remove meat from marinade and broil.

HOW TO FREEZE CORN

Donna Hill

36 med. ears of corn	1 lb. butter
1 pt. half and half	

Cut the corn off the cobs and put in roaster. Add the half and half and butter. Bake for 1 hour at 350° stirring every 15 minutes. Cool and put into freezer bags.

"GIDDY" GRINDERS

Ron Frank

6 hoagie or sub buns
1 lb. ground beef

1 can of sloppy Joe mix
1 bag shredded mozzarella
cheese

First, I would just like to say, I have no idea what a sandwich called Giddy Grinders. My stepdad's aunt, from whom the recipe was borrowed (with some minor changes of her own), called them this.

Brown 1 pound crumbled ground beef; drain. Stir in 1 can of Manwich sauce; heat through. Lightly butter hoagie buns and place on cookie sheet. Fill buns with the Manwich/ground beef mixture prepared earlier. Preheat oven to about 250°. Now lightly sprinkle cheese (or sprinkle heavy, your choice) over meat and place cookie sheet in oven on middle rack. Allow cheese to melt and buns to toast lightly and in a few minutes you've got yourself a tasty sandwich.

POTATO PANCAKES

Lisa Weston

1/4 C. milk
1 egg
2 C. diced raw potatoes
1 small onion, quartered

2 T. flour
3/4 tsp. salt
1/4 tsp. baking powder

Put all ingredients in order listed in blender or food processor, cover and blend on high just until all pieces of potatoes go through blades, about 10 seconds. Do not overblend or potatoes will be liquefied. Pour in small amounts onto a hot griddle, greased or frypan. Fry until brown on both sides, turning once.

Value-Added Sections

The following pages show Cookbook Specialist's Value-Added Sections.

Each 16-page section provides fun and useful information, plus adds thickness and value to your book!

The 5 Value-Added Sections are:

- Cooking & Nutritional Tips
- Household Hints
- Kids' Kitchen Crafts
- Gifts from the Kitchen
- Nutrition for the Soul (Inspirational Scripture)

Cooking & Nutritional Tips



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Common Kitchen Pans

When a recipe calls for...

4 cup baking dish:

- 9 inch pie plate
- 8 x 1¼" layer cake pan
- 7⅞ x 3⅝ x 2¼" loaf pan

6 cup baking dish:

- 8 or 9 x 1½" layer-cake pan
- 10" pie plate
- 8½ x 3⅝ x 2⅝" loaf pan

8 cup baking dish:

- 8 x 8 x 2" square pan
- 11 x 7 x 1½" baking pan
- 9 x 5 x 3" loaf pan

10 cup baking dish:

- 9 x 9 x 2" square pan
- 11¾ x 7½ x 1¾" baking pan
- 15 x 10 x 1" jellyroll pan

12 cup baking dish or over:

- 12½ x 8½ x 2" glass baking pan (12 cups)
- 13 x 9 x 2" metal baking pan (15 cups)
- 14 x 10½ x 2½" roasting pan (19 cups)

Total Volume of Various Special Baking Pans...

Tube Pans:

- 7½ x 3" "Bundt" tube (6 cups)
- 9 x 3½" fancy tube or "Bundt" pan (9 cups)
- 9 x 3½" angel cake pan (12 cups)
- 10 x 3¾" "Bundt" or "Crownburst" pan (12 cups)
- 9 x 3½" fancy tube (12 cups)
- 10 x 4" fancy tube mold (kugelhupf) (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 Mold:

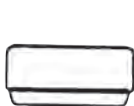
- 8½ x 2¼" mold (4½ cups)
- 9¼ x 2¾" mold (8 cups)

Charlotte Mold:

- 6 x 4¼" mold (7½ cups)

Brioche Pan:

- 9½ x 3¼" pan (8 cups)



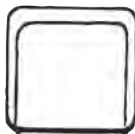
Loaf Pan



Spring Form Pan



Layer-Cake Pan



Square Pan



Ring Mold



Brioche Pan



Charlotte Mold



Angel Cake Pan



Fancy Tube Mold
(kugelhupf)



Bundt Pan

Equivalents for Cooking Ingredients

Apples (1 lb.)	3 or 4 medium
Bananas (1 lb.)	3 or 4 medium
Beans, dried (1 lb.)	5 to 6 cups cooked
Berries (1 quart)	3½ cups
Bread (1 slice)	½ cup crumbs
Cheese, grated (¼ lb.)	1 cup
Chocolate, 1 square (1 oz.)	1 T. melted
Cream (½ pint)	1 cup
Cream, heavy (1 cup)	2 cups whipped
Flour, all-purpose (1 lb.)	4 cups sifted
Gelatin (1 envelope)	1 T.
Herbs, dried (1 tsp.)	1 T. fresh
Lemon (2 to 3 T. juice)	1½ tsp. grated rind
Macaroni (1 cup dry)	2¼ cups cooked
Meat, diced (1 lb.)	2 cups
Mushrooms (1 lb.)	5 to 6 cups sliced
Nuts, shelled (¼ lb.)	1 cup chopped
Onion (1 medium)	½ cup chopped
Orange (6 to 8 T. juice)	⅓ to ½ cup pulp
Potatoes (3 medium)	1¾ to 2 cups mashed
Rice (1 cup uncooked)	3 cups cooked
Spaghetti (½ lb.)	3½ to 4 cups cooked
Sugar, confectioners (1 lb.)	4½ cups unsifted
Sugar, granulated (1 lb.)	2 cups
Tomatoes (1 lb.)	3 or 4 medium
Walnuts in shell (1 lb.)	1¾ cups chopped

Substitutions

For: You Can Use:

1 T. cornstarch	2 T. flour OR 1½ T. quick cooking tapioca
1 C. cake flour	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour	1 C. plus 2 T. cake flour
1 square chocolate	3 T. cocoa and 1 T. shortening
1 C. melted shortening	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk	½ C. evaporated milk and ½ C. water
1 C. sour milk or buttermilk	1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
1 C. heavy cream	⅔ C. milk and ⅓ C. butter
1 C. heavy cream, whipped	⅔ C. well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 T. dried whole egg and 2 T. water
1 tsp. baking powder	¼ tsp. baking soda and 1 tsp. cream of tartar OR ¼ tsp. baking soda and ½ C. sour milk, buttermilk or molasses; reduce other liquid ½ C.
1 C. sugar	1 C. honey; reduce other liquid ¼ C.; reduce baking temperature 25°
1 C. miniature marshmallows	About 10 large marshmallows, cut up
1 medium onion (2½" dia.)	2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
1 garlic clove	⅛ tsp. garlic powder OR ¼ tsp. garlic salt; reduce salt ⅛ tsp.
1 T. fresh herbs	1 tsp. dried herbs OR ¼ tsp. powdered herbs OR ½ tsp. herb salt; reduce salt ¼ tsp.
Bread crumbs	Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.
Butter	Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.

Substitutions

For: You Can Use:

Fresh milk	To substitute 1 cup of fresh milk, use ½ cup each of evaporated milk and water. For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2½ teaspoons butter or margarine.
Sugar	Use brown sugar, although it will result in a slight molasses flavor.
Superfine sugar	Process regular granulated sugar in your blender.
Red and green sweet pepper	Use canned pimientos.
Vanilla extract	Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.
Flour	Substitute 1 tablespoon cornstarch for 2 tablespoons of flour. Or try using instant potatoes or cornmeal.
Buttermilk	Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.
Ketchup	Use a cup of tomato sauce added to 1¼ cups of brown sugar, 2 tablespoons of vinegar, ¼ teaspoon of cinnamon and a dash of ground cloves and allspice.
Unsweetened chocolate	Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.
Corn syrup	Use ¼ cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.
Eggs	Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.
Cake flour	Use ⅞ cup of all-purpose flour for each cup of cake flour called for in a recipe.
Fresh herbs and spices	Use ⅓ the amount of dried herbs or spices. Dried herbs are more concentrated.
Honey	To substitute 1 cup of honey, use 1¼ cups of sugar and ¼ cup of water or other liquid called for in the recipe.

Troubleshooting Baking Failures

Biscuits

1. Rough biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

Muffins

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and soggy texture are caused from overmixing.
3. For a nice muffin, mix well but light and bake at correct temperature.

Cakes

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

Pies

1. Pastry crumbles caused by overmixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing dough.
3. Pies can burn -for fruit or custard pies use a Pyrex pie pan or enamel pan and bake at 400° to 425° constant temperature.

Breads (Yeast)

1. Yeast bread is porous -this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters -this is caused by over-rising, the bread will blister just under the crust.
3. Bread does not rise -this is caused from over-kneading or from using old yeast.
4. Bread is streaked -this is caused from underkneading and not kneading evenly.
5. Bread baked uneven -caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high temperature.

Uses for Spices & Seasonings

<i>All-Spice</i>	Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow vegetables
<i>Basil</i>	Tomatoes, tomato sauce, barbecue sauce, salads
<i>Celery Seed</i>	Meat loaf; beef, lamb and vegetable stews; bean salad
<i>Cloves</i>	Ham, beets, pickling, beef marinades, hot spiced beverages, cakes, pies, puddings
<i>Chili Powder</i>	Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, meatballs, meat loaf
<i>Thyme</i>	Chowder, seafood, stuffing, poultry, meat, vegetables
<i>Dill</i>	Salads and salad dressings, sour cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes
<i>Garlic</i>	Nearly all types of meat, fish, poultry, vegetables, sauces, stews, soups, salads and salad dressings
<i>Rosemary</i>	Lamb, poultry stuffing, beef and pork roasts, tomato sauce, salads, seafood, turnips, potatoes, cauliflower
<i>Sage</i>	Veal, sausage, poultry, stuffings, cheese spreads, soups
<i>Tarragon</i>	Salad dressings, sauces, egg dishes, stews, poultry, seafood
<i>Cinnamon</i>	Cakes, cookies, pies, puddings, coffee, dessert topping, yellow vegetables, hot spiced beverages



Food Storage

Baking Powder: Store the airtight tins in a cool, dry place and replace every 6 months.

Baking Soda: Store in an airtight container in a cool, dry place for about 6 months.

Beans: Once a package is opened, dry beans should not be refrigerated but stored in airtight containers in a cold, dry place. They will keep for about 1 year.

Bread: A rib of celery in your bread bag will keep the bread fresh for a longer time.

Brown Sugar: Wrap in a plastic bag and store in a tightly covered container for up to 4 months.

Cakes: Putting half an apple in the cake box will keep cake moist.

Celery and lettuce: Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

Cheese: Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

Chocolate: Store chocolate for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60°F to 75°F. If the storage temperature exceeds 75°F, some of the cocoa butter may separate and rise to the surface, causing a whitish color to the chocolate called “bloom”.

Cocoa: Store cocoa in a glass jar in a dry and cool place.

Cookies: Place crushed tissue paper on the bottom of your cookie jar.

Cottage Cheese: Store carton upside-down. It will keep twice as long.

Dried Fruit: Store unopened packages of dried fruit in a cool, dry place or in the refrigerator. Store opened packages in an airtight container in the refrigerator or freezer for 6 to 8 months.

Flour: Store flour in a clean, tightly covered container for up to 1 year at room temperature.

Garlic: Garlic should be stored in a dry, airy place away from light. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic flavored oil for salad dressing.

Granulated Sugar: Store sugar in a tightly covered container for up to 2 years.

Honey: Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

Ice Cream: Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

Lemons: Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

Limes: Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Marshmallows: They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Nuts: For optimum freshness and shelf life, nuts should be stored, preferably unshelled, in a tightly covered container in the refrigerator or freezer and shelled as needed. (The shell and the cool temperature keep the nut from turning rancid.)

Olive Oil: You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

Food Storage

Onions: Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Parsley: Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate “old-maids”.

Potatoes: Potatoes, as well as other root vegetables, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

Shredded Coconut: Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

Smoked Meats: Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

Soda Crackers: Wrap tightly and store in the refrigerator.

Strawberries: Keep in a colander in the refrigerator. Wash just before serving.

Vegetables with tops: Remove the tops on carrots, beets, etc. before storing.

Yeast: Store in the freezer or refrigerator in a closed plastic bag.

MEAT

Beef

Roasts	3 to 5 days
Steaks	3 to 5 days
Ground beef, stew meat	2 days

Pork

Roasts	3 to 5 days
Hams, picnics, whole	7 days
Bacon	7 to 14 days
Chops, spareribs	2 to 3 days
Pork sausage	1 to 2 days

Veal

Roasts	3 to 5 days
Chops	4 days

Lamb

Roasts	3 to 5 days
Chops	3 to 5 days
Ground lamb	2 days

Poultry

Chickens, whole	1 to 2 days
Chickens, cut up	2 days
Turkeys, whole	1 to 2 days

Cooked meats

Leftover cooked meats	4 days
Cooked poultry	2 days
Hams, picnics	7 days
Frankfurters	4 to 5 days
Sliced luncheon meats	3 days
Un sliced bologna	4 to 6 days



Measurements/Equivalents

Metric Volume Measurements

<i>Measure</i>	<i>Equivalent</i>
1 cubic centimeter	0.061 cubic inch
1 cubic inch	16.39 cubic centimeters
1 cubic decimeter	0.0353 cubic foot
1 cubic foot	28.317 cubic decimeters
1 cubic yard	0.7646 cubic meter
1 cubic meter	0.2759 cord
1 cord	3.625 steres
1 liter	0.908 qt. dry (1.0567 qts. liquid)
1 quart dry	1.101 liters
1 quart liquid	0.9463 liter
1 dekaliter	2.6417 gallons (1.135 pecks)
1 gallon	0.3785 dekaliter
1 peck	0.881 dekaliter
1 hektoliter	2.8378 bushels
1 bushel	0.3524 hektoliter

Simplified Measurements

1 tablespoon	3 teaspoons
2 tablespoons	1 ounce
1 jigger	1½ ounces
¼ cup	4 tablespoons
⅓ cup	5 tablespoons plus 1 teaspoon
½ cup	8 tablespoons
1 cup	16 tablespoons
1 pint	2 cups
1 quart	4 cups
1 gallon	4 quarts
1 liter	4 cups plus 3 tablespoons
1 ounce (dry)	2 tablespoons
1 pound	16 ounces



USDA Food Guide

Amounts in each food group are recommended for most adults at a daily 2,000 calorie level diet.

Food Group	USDA Daily Recommendation	Equivalent Amounts
Fruits	2 cups (4 servings)	<i>½ cup is equivalent to:</i> <ul style="list-style-type: none"> • ½ cup fresh, frozen or canned fruit • 1 medium fruit • ¼ cup dried fruit • ½ cup fruit juice
Vegetables	2½ cups (5 servings)	<i>½ cup is equivalent to:</i> <ul style="list-style-type: none"> • ½ cup raw or cooked vegetables • 1 cup raw leafy vegetables • ½ cup vegetable juice
Grains	6 ounces	<i>1 ounce is equivalent to:</i> <ul style="list-style-type: none"> • 1 slice bread • 1 cup dry cereal • ½ cup cooked rice, pasta or cereal
Meats & Beans	5½ ounces	<i>1 ounce is equivalent to:</i> <ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry or fish • 1 egg • ¼ cup cooked dry beans or tofu • 1 tablespoon peanut butter
Milk	3 cups	<i>1 cup is equivalent to:</i> <ul style="list-style-type: none"> • 1 cup low-fat or fat-free milk or yogurt • 1½ ounces low-fat or fat-free natural cheese • 2 ounces low-fat or fat-free processed cheese
Oils	24 grams (6 teaspoons)	<i>1 teaspoon is equivalent to:</i> <ul style="list-style-type: none"> • 1 teaspoon soft margarine • 1 tablespoon low-fat mayonnaise • 2 tablespoons light salad dressing • 1 teaspoon vegetable oil
Discretionary	267 calories (2⅔ T. sugars)	<i>1 tablespoon is equivalent to:</i> <ul style="list-style-type: none"> • 1 tablespoon jelly or jam • ½ ounce jelly beans • 8 ounces lemonade

The 2,000 calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age and for some other gender or age groups who are more physically active. The oils listed in this table are not considered to be part of discretionary calories because they are a major source of Vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and trans fats) are listed separately as a source of discretionary calories.

Source: *USDA Dietary Guidelines for Americans 2005, Table 1.*

Calorie Requirements Chart

Estimated amounts of calories required to maintain energy balance for certain gender and age groups at three different levels of physical activity. Estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

Gender	Age	Activity Level		
		Sedentary	Moderately Active	Active
Child	2 to 3	1,000	1,000 to 1,400	1,000 to 1,400
Female	4 to 8	1,200	1,400 to 1,600	1,400 to 1,800
	9 to 13	1,600	1,600 to 2,000	1,800 to 2,200
	14 to 18	1,800	2,000	2,400
	19 to 30	2,000	2,000 to 2,200	2,400
	31 to 50	1,800	2,000	2,200
Male	51+	1,600	1,800	2,000 to 2,200
	4 to 8	1,400	1,400 to 1,600	1,600 to 2,000
	9 to 13	1,800	1,800 to 2,200	2,000 to 2,600
	14 to 18	2,200	2,400 to 2,800	2,800 to 3,200
	19 to 30	2,400	2,600 to 2,800	3,000
	31 to 50	2,200	2,400 to 2,600	2,800 to 3,000
	51+	2,000	2,200 to 2,400	2,400 to 2,800

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

How Much is One Serving?

Milk & Milk Products	<ul style="list-style-type: none"> • 1 C. (8 oz.) milk or yogurt • 2 (¾ oz.) slices cheese (⅛" thick) 	<ul style="list-style-type: none"> • 2 C. cottage cheese • 1½ C. ice cream or frozen yogurt
Meat & Meat Alternatives	<ul style="list-style-type: none"> • 2 to 3 oz. cooked lean meat, poultry or fish • 2 eggs • 7 oz. tofu 	<ul style="list-style-type: none"> • 1 C. cooked dried beans or peas • 4 T. peanut butter • ½ C. nuts or seeds
Vegetables	<ul style="list-style-type: none"> • ½ C. cooked vegetables • ½ C. raw chopped vegetables 	<ul style="list-style-type: none"> • 1 C. raw leafy vegetables • ½ to ¾ C. vegetable juice
Fruits	<ul style="list-style-type: none"> • 1 whole medium fruit (about 1 cup) • ¼ C. dried fruit 	<ul style="list-style-type: none"> • ½ C. canned fruit • ½ to ¾ C. fruit juice
Bread & Cereal	<ul style="list-style-type: none"> • 1 slice bread • 1 medium muffin • ½ hot dog bun or hamburger bun • ½ bagel or English muffin • 4 small crackers 	<ul style="list-style-type: none"> • 1 tortilla • 1 C. cold cereal • ½ C. cooked cereal • ½ C. rice • ½ C. pasta

Source: USDA Dietary Guidelines for Americans 2005, Table 3.

Table of Nutrients

Estimated nutrient intake levels recommended by the USDA at the daily 2,000 calorie level, as well as recommendations by the Institute of Medicine (IOM) for females 19 to 30 years of age.

Nutrient	USDA	IOM for females 19 to 30*
Protein, g	91	RDA: 56
Carbohydrate, g	271	RDA: 130
Total Fat, g	65	—
Saturated Fat, g	17	—
Monounsaturated Fat, g	24	—
Polyunsaturated Fat, g	20	—
Total Dietary Fiber, g	31	AI: 28
Cholesterol, mg	230	ALAP
Potassium, mg	4,044	AI: 4,700
Sodium, mg	1,779	AI: 1,500, UL: <2,300
Calcium, mg	1,316	AI: 1,000
Magnesium, mg	380	RDA: 310
Iron, mg	18	RDA: 18
Phosphorous, mg	1,740	RDA: 700
Zinc, mg	14	RDA: 8
Riboflavin, mg	2.8	RDA: 1.1
Vitamin B6, mg	2.4	RDA: 1.3
Vitamin B12	8.3	RDA: 2.4
Vitamin C	155	RDA: 75
Vitamin E	9.5	RDA: 15
Vitamin A	1,052	RDA: 700

***RDA**= Recommended Daily Allowance, **AI**= Adequate Intake, **AMDR**= Acceptable Macronutrient Distribution Range, **UL**= Upper Limit, **ALAP**= As Low As Possible while consuming a nutritionally adequate diet.

Source: USDA Dietary Guidelines for Americans 2005, Table 2.

Sources for Common Nutrients

Vitamin A

- Bright orange vegetables like carrots, sweet potatoes and pumpkin
- Tomatoes, tomato products and red sweet peppers
- Leafy greens, such as spinach, collards, turnip greens, kale, beet and mustard greens, green leaf lettuce and romaine
- Orange fruits like mango, cantaloupe, apricots and red or pink grapefruit

Vitamin C

- Citrus fruits and juices, kiwi fruit, strawberries, guava, papaya and cantaloupe
- Broccoli, peppers, tomatoes, cabbage (especially Chinese cabbage), brussels sprouts and potatoes
- Leafy greens, such as romaine, turnip greens and spinach

Potassium

- Baked white or sweet potatoes, cooked greens or spinach, orange squash
- Bananas, plantains, many diced fruits, oranges and orange juice, cantaloupe and honeydew melons
- Cooked dry beans
- Soybeans (green and mature)
- Tomato products (sauce, paste or puree)
- Beet greens

Source: USDA Dietary Guidelines for Americans 2005, Table 5.

Healthy Choices

This table shows the differences in saturated fat and calorie content of commonly consumed foods. Comparisons are made between foods in the same food group.

Food Group	Portion	Saturated Fat (g)	Calories
CHEESE	Regular Cheddar cheese	1 oz.	6.0
	Low-fat Cheddar cheese	1 oz.	1.2
MEATS & POULTRY	Regular ground beef	3 oz.	6.1
	Extra lean ground beef	3 oz.	2.6
	Fried chicken leg	3 oz.	3.3
	Roasted chicken breast	3 oz.	0.9
	Fried fish	3 oz.	2.8
	Baked fish	3 oz.	1.5
MILK	Whole milk	1 C.	4.6
	Low-fat milk (1%)	1 C.	1.5
BREADS	Croissant	Medium	6.6
	Oat bran bagel (4")	Medium	0.2
DESSERTS	Regular ice cream	½ C.	4.9
	Low-fat frozen yogurt	½ C.	2.0
OILS	Butter	1 tsp.	2.4
	Soft margarine	1 tsp.	0.7

Source: USDA Dietary Guidelines for Americans 2005, Table 9.

Sources of Saturated Fat

This table shows major dietary sources of saturated fats in the U.S. diet, with a mean average daily intake of 25.5 grams. Saturated fats make the body produce more cholesterol, which can raise blood cholesterol levels and lead to cardiovascular disease. Contribution shows percent of total saturated fat consumed.

Food Group	Contribution	Food Group	Contribution
Cheese	13.1	Shortening	4.4
Beef	11.7	Salad Dressing/Mayonnaise	3.7
Milk	7.8	Poultry	3.6
Oils	4.9	Margarine	3.2
Ice Cream/Sherbet		Sausage	3.1
/Frozen Yogurt	4.7	Potato Chips/Corn	
Cakes/Cookies		Chips/Popcorn	2.9
/Quick Bread /Donuts	4.7	Yeast Bread	2.6
Butter	4.6	Eggs	2.3

Source: USDA Dietary Guidelines for Americans 2005, Table 10.

Physical Activity Recommendations

Physical Activity Recommendations Per Age Group

Children & Adolescents

Engage in at least 1 hour of physical activity on most or all days of the week.

Pregnant Women

In the absence of medical or obstetric complications, engage in 30 minutes or more of moderate-intensity physical activity on most or all days of the week. Avoid activities with a high risk of falling or abdominal trauma.

Breastfeeding Women

Be aware that neither acute nor regular exercise will adversely affect the mother's ability to successfully breastfeed.

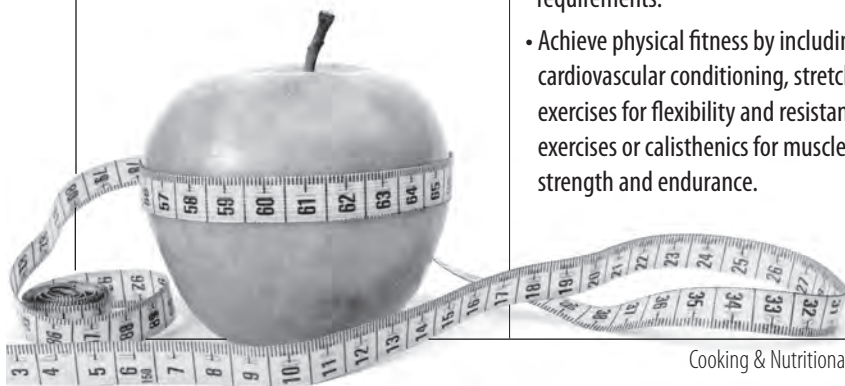
Older Adults

Engage in regular physical activity to reduce functional declines associated with aging.

Source: USDA Dietary Guidelines for Americans 2005, Physical Activity, viii.

Engaging in regular physical activity will promote your health, psychological well-being and a healthy body weight. Use the following recommendations for achieving regular physical activity.

- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity. Physical activity should be above usual activity at work or home on most days of the week.
- Greater health benefits can be achieved by most people by engaging in more vigorous physical activity over a longer duration.
- To help manage body weight and to prevent gradual unhealthy weight gain in adulthood, engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week, while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility and resistance exercises or calisthenics for muscle strength and endurance.



Calories Expended in Common Physical Activities

This table shows the average amount of calories expended during common physical activities. Examples are average amounts of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure. Some of the activities can constitute either moderate- or vigorous-intensity physical activity depending on the rate at which they are carried out (for example, walking or biking).



*Approximate
Calories Expended
Per Hour*

Moderate Physical Activity

Hiking	370
Light gardening/yard work	330
Dancing.....	330
Golf (walking while carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout) ...	220
Stretching	180

Vigorous Physical Activity

Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics.....	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

Source: USDA Dietary Guidelines for Americans 2005, Table 4.

HOUSEHOLD HINTS

*Tips to remedy
this or that in
the household*

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Clean-up Tips

Appliances: To shine chrome, use vinegar or window cleaner. If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with clear nail polish. To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: ½ cup bleach, ¼ cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly. Instead of using commercial waxes, shine with rubbing alcohol. For quick clean-ups, rub with equal parts of water and household ammonia. Or, try club soda. It cleans and polishes at the same time.

Blender: Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Burnt and scorched pans: Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, ½ cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cast-iron skillets: Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Dishwasher: Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains: When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Dusting: Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

Dish Drainer: Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

Glassware: Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater: For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing.

Thermos bottle: Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Oven: Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

Plastic cups, dishes and containers: Coffee or tea stains can be scoured with baking soda.

Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator: To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerin soaked cloth to wipe sides and shelves. Future spills wipe up easily.

After the freezer has been defrosted, coat the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks: For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for ½ hour or so.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar. Club soda will shine up stainless steel sinks in a jiffy.

Teakettle: To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.



Keeping Furniture Clean

To remove polish build-up: Mix $\frac{1}{2}$ cup vinegar and $\frac{1}{2}$ cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.

Polishing carved furniture: Dip an old soft toothbrush into furniture polish and brush lightly.

Cigarette burns: For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.

Removing paper that is stuck to a wood surface: Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

Old decals can be removed easily by painting them with several coats of white

vinegar. Give the vinegar time to soak in, then gently scrape off.

Scratches: Make sure you always rub with the grain of the wood when repairing a scratch.

Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.

Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains: Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops: You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

Glass table tops: Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

Chrome cleaning: For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue: Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker: Wicker needs moisture, so use a humidifier in the winter. To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture: To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery: Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

Soiled upholstery: Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

Leather upholstery: Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

Grease stains: Absorb grease on furniture by pouring salt on the spill immediately.



Laundry Care

Spot removal: Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

Clean machine: Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.

Too sudsy: When your washer overflows with too many suds, sprinkle salt in the water – the suds will disappear.

Hand-washed sweaters: Add a capful of hair cream rinse to the final rinse water when washing sweaters.

Whiter fabric: Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

Whitest socks: Boil socks in water to which a lemon slice has been added.

Freshen feather pillows: Put feather pillows in the dryer and tumble, then air outside.

Lintless corduroy: While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip: When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.

Creaseless garments: Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

Remove creases from hems: Sponge material with a white vinegar solution and press flat to remove creases in hems.

Bedroom ironing: A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

Ironing board cover: When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth. Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover: Add a yard of nylon netting to your dryer with the wet clothes – it will catch most of the lint.

Washer advice: Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Soiled collars: Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing: Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

Ironing embroidery: Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

Removing Clothing Stains

Alcoholic beverages: Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

Baby Food: Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

Blood: Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

Candle wax: Use a dull knife to scrape off as much as possible. Place fabric between 2 blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

Chewing gum: Rub area with ice, then scrape off with a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Cosmetics: Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Deodorants: Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye: If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. *CAUTION:* Do not use color remover in washer, or around washer and dryer as it may damage the finish.

Fruit and fruit juices: Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass: Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar or butter: *Method 1:* Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Perspiration: Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Removing Floor Stains

Candle drippings: For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

Dog stains: Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

Rug care: When washing and drying foam-backed throw rugs, never wash in hot water, and use the “air only” dryer setting to dry. Heat will ruin foam.

Cleaning rugs: If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.

Spills on the rug: When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.

Ballpoint ink marks: Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

Glue: Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

Repairing braided rugs: Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.

Repairing a burn: Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.

Blood on the rug: When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet

the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

Crayon Marks: Use silver polish to remove from vinyl tile or linoleum.

Spilled nail polish: Allow to almost dry, then peel off of waxed floors or tile.

Tar spots: Use paste wax to remove tar from floors. Works on shoes, too.

Dusting floors: Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors: Use cold tea to clean woodwork and varnished floors.

Spilled grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine: Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

Unmarred floors: Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care: Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Heel marks: Just take a pencil eraser and wipe them off.

Floor polisher: When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Garage floors: In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors: Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

Basic Fabric Care

Keep your clothing and fabrics looking and feeling great by following a few basic washing, drying and ironing rules. Be sure to follow any specific instructions on the care label of clothing pieces. Take tailored clothes and special items to a dry cleaner.

Fabric	Washing	Drying & Ironing
Acetates	Machine or hand wash at a low temperature. Do not wring or fast spin in machine.	Do not tumble dry. Allow acetate items to dry naturally and iron while still damp.
Acrylic	Usually machine washable – check label. Wash at low temperature.	Pull into shape after washing and remove excess water. Dry flat or line dry.
Brocade	Hand wash at cool temperature or dry clean. Do not wring.	Iron on the wrong side over a towel.
Cashmere	Hand wash in cool water in well-dissolved soap. Rinse well. Do not wring.	Dry and gently pull into shape. Iron inside out while damp with a cool iron.
Corduroy	Always wash inside out. Hand or machine wash – check label.	Iron inside out while evenly damp. Smooth fabric with a soft cloth.
Cotton	Machine wash at high temperature, separating whites from colors.	Tumble or line dry. Iron before items are completely dry.
Denim	Wash separately until there is no color run. Wash items inside out.	Tumble or line dry. Iron while very damp with a hot iron.
Leather & Suede	Protect items with leather spray after hand washing.	Rub suede onto another piece of suede or use a suede brush.
Linen	Machine wash according to label.	Iron while damp. Starch to prevent creases.
Silk	Hand wash in warm water. Some items may be machine washed on delicate cycle.	Line dry naturally and iron while damp. Use a pressing cloth to protect fabric.
Wool	Hand wash unless machine is acceptable – check label.	Dry flat, line dry or use a sweater rack. Do not tumble dry.

Food Safety

Keep your family and yourself healthy by ensuring the foods you consume have been purchased, stored and prepared safely. A general understanding of how germs and bacteria grow will help protect you and your family from the risk of food poisoning.

When Shopping

- Carefully check over fresh fruits and vegetables for bruising, rotting or discoloration.
- Try to keep chilled and frozen foods as cold as possible between buying these items and storage at home. Once home, transfer these foods to the refrigerator or freezer immediately.
- Read all package labels carefully, noting the expiration date and any ingredients that may affect a family member by causing an allergic reaction.

When Storing

- Make sure your refrigerator is running correctly and kept cold enough, as harmful bacteria will flourish in warmer temperatures. Keep the coldest part of the refrigerator around 0 to 5°C/32 to 41°F.
- Store the most perishable foods in the coldest part of the refrigerator.
- Place foods that should be kept cooler, such as milk, fruit juices, cheeses, butter and eggs, in the refrigerator's special compartments.
- Wrap and cover all raw and uncooked foods to prevent them from touching other foods.
- Discard foods that have been kept longer than the "use by" or "best before" date.

When Preparing

- Keep your hands and all equipment extremely clean.
- Never use a knife that has been used to cut raw meat or fish for anything else before washing it thoroughly.
- Use separate cutting boards for raw foods, vegetables and cooked meats.
- Carefully wash and disinfect cutting boards, counter surfaces and kitchen towels after all uses.
- High temperatures will kill most bacteria. Be sure to cook foods throughout, especially raw meats and fish. A good rule of thumb is to cook meats so the center reaches 70°C/158°F for at least 2 minutes.
- Cooking raw eggs will destroy bacteria. Avoid recipes calling for uncooked eggs.
- It is best to thaw frozen foods in the refrigerator or microwave. If frozen meats or fish are not completely thawed, the center may not cook properly.
- Never reheat food or meals more than once.



Kitchen Safety

Kitchen Fires

Always keep a domestic fire extinguisher in the kitchen.

However, be careful not to position the extinguisher above the stove, as a stovetop or oven fire would make the extinguisher inaccessible. Be sure to train your entire family on how to use the fire extinguisher. A compact fire blanket kept close will help suffocate flames from deep-fat fryers, which are a major cause of household fires. NEVER throw water on grease fires!

Child Safety

Use cupboard lock handles so children and infants cannot get into harmful kitchen chemicals or other products. Buy detergents and cleaning chemicals that have child-proof lids or store these products in high cupboards or on high shelves that are out of reach.

Never leave knives or scissors on the counter. Try to keep them out of the way by placing them in a lockable drawer, on a magnetic rack or in a wooden knife block.

Hygiene

Always wash hands in warm soapy water before touching food, after touching raw foods and before touching ready-to-eat foods. If cuts or scrapes occur while cooking food, be sure to wash and cover the area immediately. Wipe hands on a separate kitchen towel, reserving the dish towel for dishes only. Bleach, disinfect or replace kitchen towels, cloths and sponges often, especially after working with raw foods. Return perishable foods, such as butter or milk, to the refrigerator as soon as possible after use.

Hot Pans

On the stovetop, make sure pan handles are pointing inwards so they won't be knocked off or catch on loose clothing. When using a frying pan, place a splatter guard over the pan so you or others will not be splattered by hot oil or grease.



Perfect Party Checklist

- ☐ Create the party guest list.
- ☐ If applicable, pick a party theme. Party themes can be helpful during the planning process, as they give the party a defined purpose and focus.
- ☐ As party ideas come to you, jot them down. Don't rely on your memory for thoughts and inspiration.
- ☐ Create/buy invitations and send. If you have a theme, use the invitations to incorporate the theme and as a way to get party guests excited for the event!
- ☐ Gather materials needed for serving food, party games, decorations, music and/or party favors.
- ☐ Create the party menu, including snacks, main meal, beverages and/or dessert.
- ☐ Buy all necessary food and ingredients. If possible, prepare as much food the day before or morning of the party. If necessary, chill the beverages.
- ☐ Set the mood with decorations, lighting and music.
- ☐ Don't forget to wear something that is comfortable but, as the party host, makes you feel special!
- ☐ Set out party snacks, beverages, decorations and favors.
- ☐ Relax and welcome your guests!



Menu Planning

When Selecting Recipes for a Party

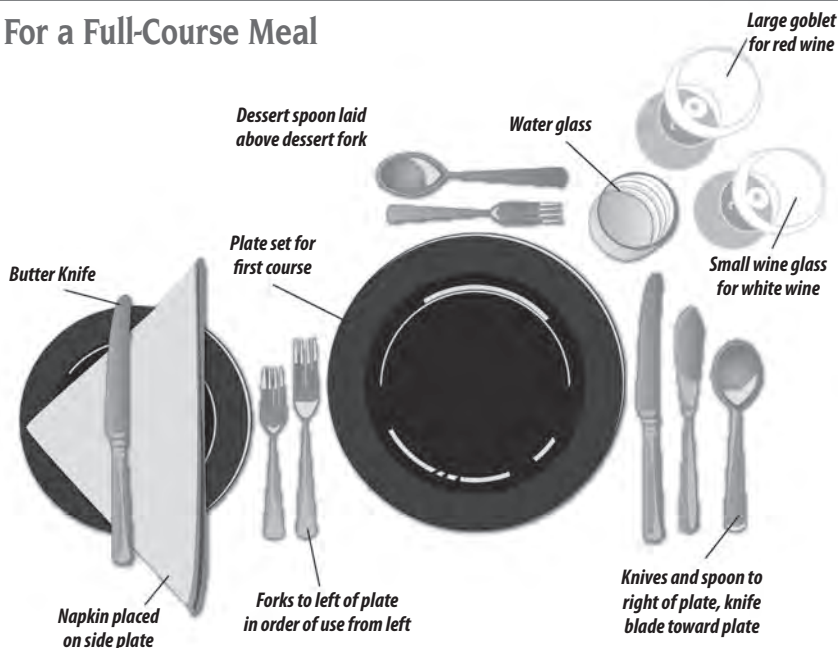
- Plan the main course first, unless a meal will not be served. After choosing the main course, pick appetizers, sides and desserts to complement it.
- Keep the courses simple and try to choose items that can be either entirely or partly prepared ahead of time.
- Try to create a balance of color, texture and flavor throughout the courses. Avoid choosing recipes that are too similar, for example, all egg- or cheese-based.
- Balance a rich or spicy dish with a plain, light and/or refreshing appetizer or dessert.
- Be aware of any special dietary or allergic requirements your guests may have.
- Unless you have extra help, try to limit the amount of courses to three.

Estimating Quantities

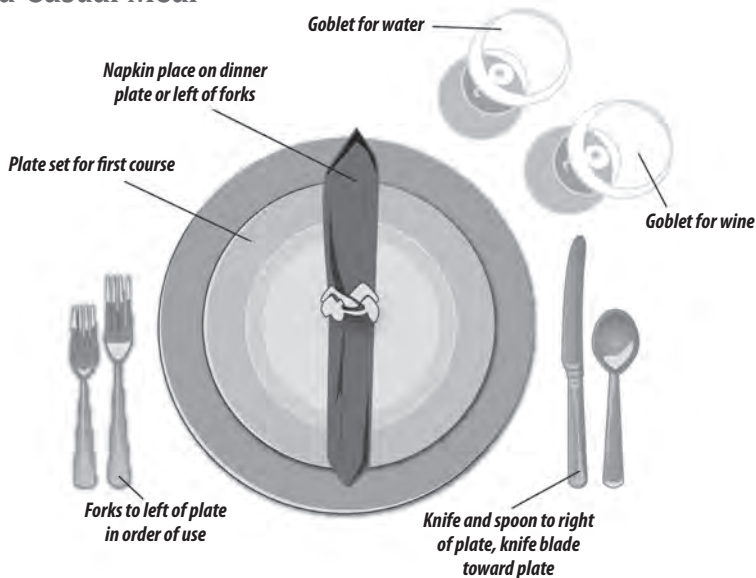
Food	10 Portions	20 Portions	40 Portions
Soup	1/2 gallon	1 gallon	2 gallons
Cold, sliced meats	2 lbs.	3 lbs. 14 oz.	7 lbs. 11 oz.
Boneless meat for casseroles	2 lbs. 3 oz.	5 lbs.	10 lbs.
Roast meat on the bone	3 lbs. 14 oz.	6 lbs. 10 oz.	14 lbs. 5 oz.
Cheese	12 oz.	2 lbs.	2 lbs. 12 oz.
Crackers for cheese	1 lb. 1 oz.	1 lb. 10 oz.	2 lbs. 3 oz.
Filleted fish	2 lbs. 12 oz.	5 lbs.	10 lbs.
Whole chicken or turkey	7 lbs. 11 oz.	15 lbs. 7 oz.	2 – 7 lbs. 11 oz.
Rice or pasta (uncooked weight)	1 lb. 1 oz.	1 lb. 9 oz.	2 lbs. 12 oz.
Fresh fruits or fruit salad	3 lbs. 5 oz.	6 lbs. 1 oz.	12 lbs. 2 oz.
Ice cream	1/2 gallon	3/4 gallon	1 1/4 gallons

Table Settings

For a Full-Course Meal



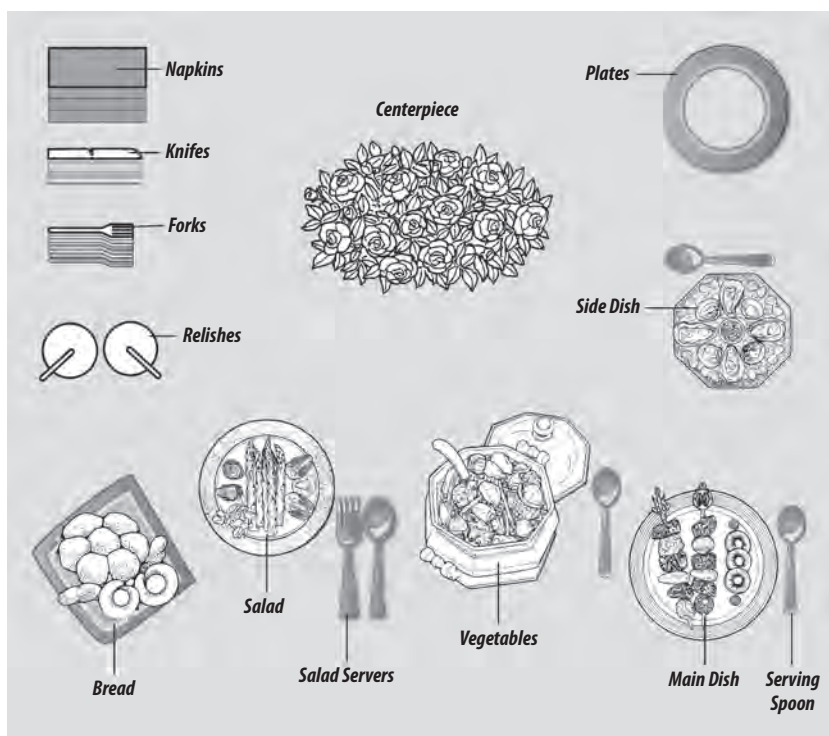
For a Casual Meal



Buffet Arrangement

Arranging the Buffet Table

- Decide which direction guests will walk around the table.
- Start with empty plates, then side dishes, followed by the main dish and finally the vegetables and salads. Place serving utensils beside each dish.
- Set breads, relishes, cutlery and napkins at the end of the table. If there is room, set decorations in the center of the table.
- Leave room behind the buffet table so you have easy access for replacing dishes.
- Leave spaces between dishes on the buffet table so guests can set down glasses or plates when serving themselves.
- To keep cold side dishes or salads chilled, set the serving bowl or dish inside a separate dish that is full of ice.
- Place drinks, glasses, cups and ice on a separate table to avoid congestion in one area.



Staying Organized

Use the following tips to keep your home organized.

- Use drawer dividers to give smaller items a well-defined spot. Within the drawers, store very small items in jewelry boxes, ice cube trays, desk trays, etc.
- Label storage containers or boxes with pictures or words so everyone will know the contents within. Color-coding works well, too. Color-code items for certain areas. For example, yellow-tagged items go in the upstairs bathroom. Or, use a separate color for each family member.
- Store items close to where they are used. For example, store jumper cables in the car trunk, pens and paper close to the phone and fast-food coupons in the car.
- Keep separate folders holding data for the home, for each car, for pets and for tax and insurance documents.
- Use a file folder to hold receipts for valuable items. File any guarantees or warranties together with the appropriate receipt.
- Print hard copies of important documents on your computer and file the documents in a safe place. This will allow you to retrieve the documents in case the computer breaks down or is stolen.
- If you keep magazines or pamphlets that do not show their title or issue on the spine, group the items by title and sort in a magazine file. Place a label on the file showing the contents within.
- Combine all cleaning fluids, detergents and rags needed to clean a particular area or room. Place them together in a sturdy container or bucket.
- Use lists to remember items needed, important errands or appointments. If possible, carry the list with you and check the items off as they are gathered or completed.



KIDS' KITCHEN CRAFTS

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Homemade Glitter

Makes ½ cup

½ C. salt

3 drops food coloring

Preheat oven to 350°. In a small bowl, place salt. Add drops of any color food coloring. Mix lightly until salt is thoroughly colored. Spread salt mixture in a single layer on a baking sheet. Bake in preheated oven for 10 minutes. Remove baking sheet, being careful not to spill the glitter. Let glitter cool completely on baking sheet before transferring to a storage container.

Silly Putty

Makes about 1 cup

½ C. Elmer's white glue

3 drops food coloring

½ C. liquid starch

Place white glue in a medium shallow dish. Slowly add liquid starch to glue, kneading with your fingers. The more you handle the silly putty, the better it will turn out! If desired, add drops of any color food coloring and continue to knead with your hands until color is fully incorporated.



Chocolate Scented Playdough

Makes about 2 cups

1 ¼ C. flour

½ C. salt

½ C. cocoa powder

½ T. cream of tartar

½ T. vegetable oil

1 C. boiling water

In a medium saucepan over medium heat, combine flour, cocoa powder, salt and cream of tartar. Add vegetable oil and boiling water and mix well. Cook, stirring frequently, until mixture forms a soft dough. Remove from heat and let cool. When mixture has cooled, continue to knead with your hands. Store mixture in an airtight container. Kids will enjoy creating shapes and characters with this sweet-smelling playdough!

Bubble Juice

Makes about 1½ cups

1 C. water

**2 T. light corn syrup
or 2 tsp. glycerin**

4 T. liquid dishwashing soap

In a large shallow dish, combine water, corn syrup and dishwashing soap. Mix thoroughly and use with homemade bubble wands.

Bubble Wands

Form wire clothes hangers or thin pieces of wire into various shapes. Lightly dip the wands into the bubble juice and wave through the air to make big bubbles!

Bread Dough Basket

Makes 1 basket

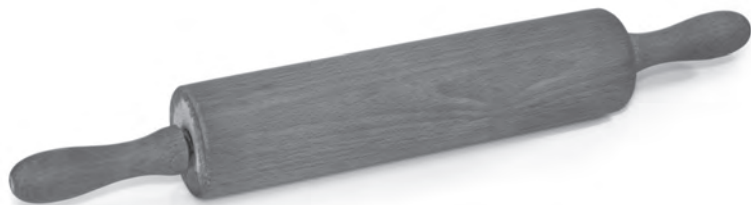
1½ C. warm water

1 lb. salt

2 lbs. flour

Clear gloss varnish

Preheat oven to 250°. In a large bowl, combine warm water and salt. Let mixture cool and slowly add flour, mixing constantly, until a firm dough forms. Knead dough with hands until mixture has an elastic feel. Cover mixture with a damp cloth and let sit for 30 minutes. Measure the diameter of an ovenproof baking dish. Roll out dough to desired thickness and cut dough into strips that are about 1" longer than the diameter of the dish. Lay the strips horizontally across the dish from the top of one side, down over the base of the dish and up the opposite side of the dish. Continue laying the strips, leaving a gap of about 1" between each strip. When the baking dish has been covered in one direction, begin weaving strips in the opposite direction, alternating going over one strip and under the next. Continue this weaving method by placing the next strip so it goes under and over the opposite strips. Trim any uneven edges with a knife. Roll remaining dough into thin 5" long strips. Lay the strips end-to-end along the rim of the dish until rim is completely covered. Run your fingers over the dough to create a smooth finish around the rim. To give the rim of the basket a ribbed effect, make small cuts with a knife around the rim. Bake in oven for 1½ to 2 hours, until dough is golden brown and hard to the touch. Remove from oven and let cool completely before removing bread basket from baking dish. Using a medium brush, paint basket with clear gloss varnish. Let varnish dry and apply another coat. When varnish has dried completely, use basket to hold fresh fruits or bread rolls. Do not eat the basket!



Rock Candy Stir Sticks

Makes 5 to 6 sticks

2 C. water

5 C. sugar

Drops of food coloring

Plastic container lid

Wooden coffee stir sticks,

bamboo skewers or

popsicle sticks

In a large saucepan over medium high heat, place water. Bring to a boil and stir in sugar. Continue to boil until mixture reaches 260°. Remove from heat and let mixture cool for 5 minutes. Pour sugar mixture into glass jar and add drops of food coloring. Mix lightly. Punch stir sticks through the plastic container lid. Set lid over glass jar so the sticks hang down into the sugar mixture but do not touch the bottom of the jar. Set the mixture aside for 7 days. After 7 days, carefully lift the lid out of the jar and you will find magical rock candy stir sticks. Give the sticks as gifts for grown-ups to stir in their coffee or tea.

Birdie “Tweet” Treats

Makes 3 wreaths

8 T. water, divided

1-¼ oz. pkg. unflavored gelatin

2 C. wild birdseed

3-4” mini bundt or fluted pans

3-12” pieces colorful ribbon

In a medium saucepan over medium heat, bring 6 tablespoons water to a boil. In a medium bowl, combine unflavored gelatin and remaining 2 tablespoons water. Let mixture sit for 1 minute and then add boiling water. Stir for 2 to 3 minutes, until gelatin is completely dissolved. Stir wild birdseed into gelatin mixture, stirring well. Let mixture sit for a few minutes and stir again. Repeat this process twice, allowing the bird seed to absorb the liquid. Divide the mixture evenly into the miniature bundt pans. Place the filled pans in the refrigerator for 3 hours. Remove the wreaths from the molds by inverting and carefully tapping on the bottom of each pan. Let wreaths dry overnight. Thread one piece of ribbon through each wreath and tie closed. Hang the treats outside for birds to enjoy!

Colorful Salt Art Creations

Makes about 2 creations

1 C. table salt

2 empty baby food jars

Various pieces of colored chalk

Toothpicks

Divide the salt into separate small ziplock bags. Place one piece of colored chalk in each bag with the salt. Close the bags and rub the salt and chalk together by hand until the salt is completely colored. Remove leftover pieces of chalk from the bags. Pour salt in any pattern or order, alternating colors, into the baby food jars. Fill jars completely full so the salt will not shift. If desired, create patterns along the inside of the jar by sticking the toothpick into the layers of colored salt. Put a thin line of hot glue along inside of jars and screw lids tightly onto jars. These salt art creations make great gifts or paperweights!

Colored Vases

Makes 2 vases

¼ C. tacky glue

2 empty bottles, washed

1 tsp. water

Colored salt (from recipe

1 paintbrush

above)

Use the colored salt from the above recipe to make beautiful vases! In a plastic cup, combine tacky glue and water. Mix well. Using a paintbrush, apply a thin coat of the glue mixture to the outside of the clean bottles. Pour your colored salt into a cup, using a separate cup for each color. Using one hand, hold one bottle by the tip over a piece of newspaper. While turning the bottle, sprinkle some of the colored sand over the bottle so the salt will attach to the sticky surface. When the bottle is satisfactorily covered with sand, set the bottle aside for 1 day so the glue can dry. Repeat with remaining bottle. Carefully fill the bottles half way with water and display flowers in your homemade vases!

Cinnamon Holiday Ornaments

Makes 12 ornaments

½ C. cinnamon
1 C. applesauce
1 T. nutmeg

1 T. ground cloves
1 T. white glue
Ribbon

In a medium bowl, combine cinnamon, applesauce, nutmeg, ground cloves and glue. Mix well, until a stiff dough forms. Roll out dough to ¼" thickness. Using cookie cutters, cut dough into various shapes. Using the end of a straw, poke a hole into one side of each ornament for the ribbon to go through. Carefully place cut out shapes on a wire rack. Let ornaments air dry for 5 to 7 days, turning occasionally. When ornaments are completely hardened, thread a piece of ribbon through the hole in each ornament and tie a loop so the ornaments can hang. You'll love the smell of these ornaments when placed throughout your home!



Beauty Bath Bar

Makes 1 bar

1 bar soap
Acrylic paints

Paint brushes
2 oz. canning wax

Paint a design over one side of the bar of soap, using the acrylic paints and paint brushes. Meanwhile, in a double boiler over medium high heat, place canning wax. When wax is completely melted, use a disposable brush to paint a layer of clear wax over the painted design on the bar of soap. Set the bar of soap aside until the wax dries. The protective layer of wax will allow the soap to be used while the painted design remains on the bar!

Mini Log Cabin

Makes 1 cabin

1 empty ½ pint milk carton

1 C. creamy peanut butter

50 pretzel sticks

1 graham cracker half

2 square pretzels or cereal squares

12 thin wheat crackers

1 pretzel nugget for chimney

Rinse milk carton completely and staple top closed, trimming the top so carton resembles a house shape. Cover sides and top (roof) of carton with creamy peanut butter. Cut pretzel sticks into desired length and cover sides of carton with pretzels, to resemble logs. Use the graham cracker half as a door and the square pretzels or cereal squares for windows. Press the pretzels, cereal and graham crackers into the peanut butter to secure to the carton. Use the thin wheat crackers as overlapping shingles for the roof. Using additional peanut butter, attach the pretzel nugget to the roof as a chimney. Continue to decorate as desired.



Apple Spice Potpourri

Makes about 1½ cups

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| ½ C. chopped dried apple slices | 1 whole nutmeg, broken into pieces |
| ½ C. dried whole cranberries | 2 T. whole cloves |
| 4 cinnamon sticks | 2 T. whole allspice |

Place dried apples and cranberries on a baking sheet and set aside to air dry for several days. In a large bowl, combine dried apples, dried cranberries, cinnamon sticks, nutmeg pieces, whole cloves and whole allspice. Mix ingredients together by hand. To simmer the potpourri, in a small saucepan, combine ½ cup of the potpourri mixture and 2 cups water. Place the saucepan over low heat and let simmer for several hours. If mixture begins to dry out, add more water as needed. Simmering potpourri will fill your entire house with a pleasing fragrance!

Apple Doll

Makes 1 doll

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|--|---------------------------------|
| 1 large Red Delicious apple | 1 plastic bottle |
| Carving knife and potato peeler | Hot glue gun and glue |
| Colored markers, optional | Various pieces of fabric |

Peel and core the apple. With the help of an adult, carefully carve a face shape into the apple, hollowing out deep-set eyes and a deep slit for the mouth. If desired, add extra features like ears or a nose. Set the apple aside for several days, until the apple has shrunk to about ⅔ its original size. When the apple face is completely dried out, go over the eyes and other features with markers, if desired. Cut the top part off of the plastic bottle and apply a line of hot glue. Attach the apple head to the bottle and hold in place until hot glue has dried. Decorate the doll by wrapping fabric around the bottle to make clothes. Enjoy playing with your new doll, but remember that this doll is not for eating!

Finger Paints

Makes about 5 cups

2 C. flour

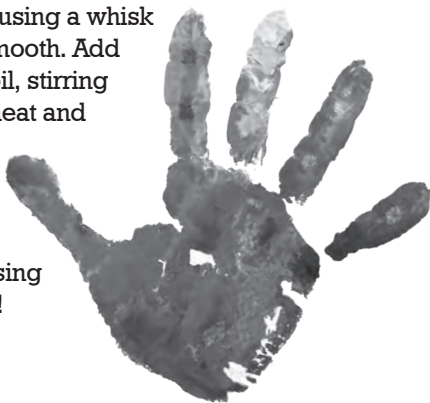
2 tsp. salt

3 C. cold water

2 C. hot water

Drops of food coloring

In a medium saucepan over medium heat, combine flour and salt. Add cold water and, using a whisk or hand mixer, beat mixture until smooth. Add hot water and bring mixture to a boil, stirring until paint is glossy. Remove from heat and add drops of desired color food coloring. Stir until mixture is completely colored, adding more drops of food coloring if needed. Let paint cool completely before using finger paints in various art projects!



Scented Rocks

Makes about 6 rocks

½ C. wholemeal flour

½ C. salt

¼ tsp. essential oil, any kind

⅔ C. boiling water

Drops of food coloring

In a small bowl, combine flour, salt and essential oil. Mix well and add boiling water. Add drops of any color food coloring and mix well. When mixture has cooled enough to handle, roll mixture into 2" to 3" balls. Shape balls into assorted rock shapes. Place "rocks" on a cooling rack in a warm, dry area. After several days, the rocks will be hard. These scented rocks will give a nice fragrance when placed in various dishes around your home.

Eggshell Chalk

Makes 1 chalk stick

4 to 5 egg shells

1 tsp. flour

1 tsp. very hot water

Drops of food coloring, optional

Wash and dry egg shells completely. Place clean and dry egg shells in a small bowl and grind into a fine dust. When egg shells are almost completely ground, discard any larger pieces. In a separate bowl, place flour and hot water. Mix well and add 1 tablespoon of the egg shell powder, stirring until a paste forms. If desired, add drops of any color food coloring and continue to mix. Remove mixture from bowl and shape into a log or chalk stick form. Wrap mixture tightly with a strip of paper towel. Set aside chalk piece and let dry for about 3 days, until hardened. Carefully unwrap paper towel to reveal your homemade chalk. This chalk is for use on sidewalks only!

Spray Chalk

Makes about 1 cup

4 T. cornstarch

1 C. warm water

Drops of food coloring

In a medium bowl, combine cornstarch and warm water, stirring until mixture is smooth. Add drops of any color food coloring and mix well. Pour mixture into a small plastic bottle mister. Shake bottle before using to break up clogs. Use spray chalk to decorate sidewalks or snow. Or use it to create colorful sand sculptures at the beach!

Colored Pasta Art

Makes 2 cups colored pasta

¼ C. rubbing alcohol

2 C. dry pasta, any kind*

1 T. food coloring

In a 1-quart ziplock bag, place rubbing alcohol and food coloring. Securely close bag and shake until well combined. Open bag and add dry pasta. Close bag again and turn in hands to coat pasta with the coloring. Lay bag on a flat surface and let sit for 1 hour. Turn bag over and let sit for an additional 30 minutes. Carefully pour liquid from bag and pour remaining pasta into a large paper bag to dry. Use dried colored pasta to make pictures, sculptures, jewelry or other art projects.

**Use various pasta shapes, such as: rigatoni, macaroni, wagon wheel, spiral or bow tie.*



Artificial Snow

Makes 1 cup

½ C. sugar

½ C. white glue

½ C. talcum powder

½ C. water

In a medium bowl, combine sugar and talcum powder and set aside. In a separate bowl, combine glue and water. Spread glue mixture over surface that you want to decorate with snow. Sprinkle the sugar mixture over the glue and enjoy the look of sparkling white snow!

Marbled Paper

10 C. cold water
2 or 3 different colors
of oil paint

Turpentine
Brown paper bags

In a shallow pan, place cold water. Add one color of the oil paint and a little turpentine until mixture reaches the consistency of thick cream. Drop a few drops of a different colored oil paint into the pan. If the paint drops sink, the mixture is too thick and you should add a little more turpentine. If the paint drops spread, the mixture is too thin and you should add a little more oil paint. When the mixture is the correct consistency, drop large spots of oil paint, one at a time, into the mixture. Using a spoon, stick or comb, swirl the paint into desired marbled patterns. Cut the brown paper bags into pieces that are slightly smaller than the shallow pan. Holding opposite corners of the paper, slowly lower the paper into the mixture in pan until one side of the paper has touched the solution. Carefully lift the paper out of the solution and place, marbled side up, on a stack of newspapers or drying rack. If desired, hang the papers on a clothes line to dry. Use this marbled paper for various art crafts or as stationery.

Juggling Balls

Makes 1 balls

3 plastic baggies
4½ C. dried beans, divided

6 balloons

Fill each plastic baggie with 1½ cups dried beans. Secure baggies with twist ties. Cut the top off of each balloon (the part that you blow into). Stretch one balloon over a filled plastic bag, being sure to cover the twist tie. Stretch another balloon over the baggie to conceal the hole, making sure the plastic bag is completely covered.

Homemade Glue

Makes about 6 cups

1 qt. skim milk

$\frac{3}{4}$ T. baking soda

1 T. white vinegar

10 oz. water

In a double boiler over low heat, place milk and vinegar. Cook, stirring occasionally, until curds begin to form. Remove from heat and pour mixture through a strainer, discarding any remaining liquid. Slowly wash curds under running water until the smell of vinegar has disappeared. Place the curds in a clean, medium bowl. In a separate bowl, combine baking soda and water, stirring until baking soda is completely dissolved. Pour mixture over curds in bowl and stir until a white paste forms. Use glue for craft projects and store in airtight containers.

Modeling Clay

Makes 1½ cups

1 C. baking soda

$\frac{3}{4}$ C. water

$\frac{1}{2}$ C. cornstarch

Drops of food coloring

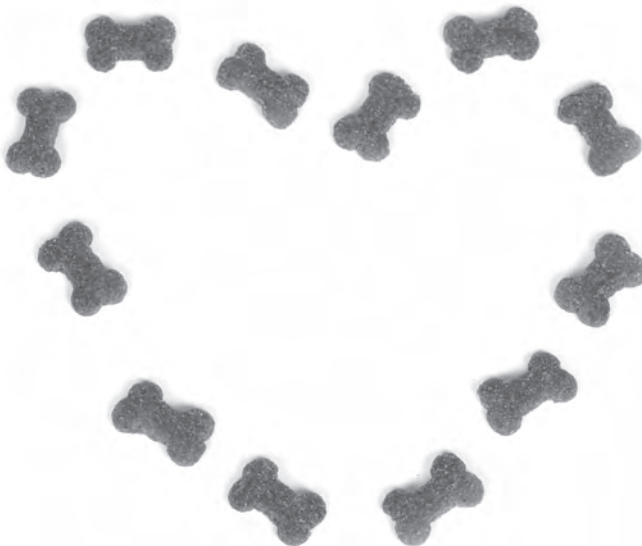
In a medium saucepan over low heat, combine baking soda and cornstarch. Mix well and add water. Continue to heat for 7 to 10 minutes, stirring frequently, until mixture is the consistency of mashed potatoes. Continue to stir, as mixture will thicken very quickly. Cover a flat surface with additional cornstarch. Spread mixture over cornstarch and knead by hand until mixture turns into a workable clay. Divide clay into several sections. Make a hole in the center of each section and add a few drops of food coloring to the hole in each section. If desired, use a different color for each section. Knead the sections by hand until the color has distributed throughout. Use modeling clay to make fun sculptures and creations. For a permanent sculpture, let the modeled clay air dry overnight. Place leftover clay in a ziplock bag and refrigerate. Use leftover clay within 3 days.

Doggie Biscuits

Makes about 2 dozen

- | | |
|---------------------------------|--------------------------------|
| ¼ C. hot water | 1½ C. tomato juice |
| 1 tsp. sugar | 2 C. flour, divided |
| 1 pkg. active dry yeast | 2 C. wheat germ |
| 8 chicken bouillon cubes | 1½ C. whole wheat flour |

Preheat oven to 300°. In a large bowl, place hot water. Add sugar and yeast and let stand for about 5 minutes. Crush chicken bouillon cubes with a fork and stir crushed bouillon into yeast mixture. Add tomato juice, 1 cup flour and wheat germ and stir until a smooth batter forms. Add remaining 1 cup flour and whole wheat flour and stir until dough is stiff and very dry. Continue to mix by hand. Turn half of the dough out onto a lightly floured flat surface. Using a rolling pin, roll dough to about ¼" thickness. If dough is too sticky, add additional flour. Using cookie cutters or a knife, cut biscuits into desired shape. Repeat with remaining dough. Place biscuits on a baking sheet and bake in oven for 1 hour. Turn off oven and let biscuits dry and harden in oven for about 4 hours. Remove cooled biscuits from oven and give them as a treat to your favorite dog!



Invisible Writing

Makes about 6 cups

1 small paint brush

1/2 C. lemon juice

White paper

1 medium paint brush

1 C. grape juice

Write a secret message on a piece of paper that only your friends can see! Dip the small paint brush in lemon juice and write your message on the white paper. Your friend can reveal the message by dipping the medium paint brush in grape juice and “painting” over the entire piece of paper. Your secret message will show through!



The Butter Factory

Makes 1½ cups

1 pint heavy whipping cream

Yellow food coloring, optional

Small plastic container with lid

Pour the heavy whipping cream into the plastic container. Securely fasten the lid to the container. Take turns shaking the container with cream vigorously. Continue shaking for 15 to 30 minutes, until the cream has separated into buttermilk and solid butter. Open the container and discard the buttermilk. If desired, stir in a few drops of yellow food coloring until butter reaches desired shade. Use butter for normal purposes. Store in an airtight container in refrigerator.

Gifts from the Kitchen

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Flower Pot Dirt Cake

Makes 1 cake

- | | |
|--|---|
| 1 (20 oz.) pkg. chocolate sandwich cookies | 2 (6 oz.) pkgs. instant chocolate pudding mix |
| ¼ C. butter, softened | 3 C. milk |
| 1 (8 oz.) pkg. cream cheese, softened | 1 (12 oz.) container whipped topping |
| 1 C. powdered sugar | 15 gummi worms |
| 1 tsp. vanilla | |

In a blender or food processor, crush sandwich cookies into fine crumbs and set aside. In a large mixing bowl, place butter, cream cheese, powdered sugar and vanilla. Beat at low speed until well combined and increase speed to medium until smooth. Add chocolate pudding mix and milk and beat at low until mixed. Fold in whipped topping with a rubber spatula. Into a large clean flower pot or sand pail, alternate layers of cookie crumbs and pudding mixture. Tuck gummi worms into mixture. Chill in refrigerator at least 3 hours before serving. Give dirt cake as a gift with a clean garden trowel or toy sand shovel for serving. If desired, add plastic flowers for decoration.

Jelly Bean Bites

Makes 2 dozen

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| 1 C. butter or margarine, softened | 1 egg yolk |
| ½ C. sugar | 2½ C. flour |
| 2 T. water | ½ tsp. baking soda |
| 1 tsp. vanilla | 1 bag jelly beans |

In a medium bowl, cream together butter and sugar. Add water, vanilla and egg yolk. Mix well and add flour and baking soda. Dough should be firm. Refrigerate dough for 30 minutes. Preheat oven to 350°. Roll tablespoonfuls of dough into rounds and place on greased baking sheets. Bake in oven for 5 minutes. Remove from oven and immediately make 3 indentations on the top of each cookie with your thumb. Place 1 jelly bean in each indentation and return cookies to oven for 8 to 10 minutes, until lightly browned. Remove from oven and let cool completely. For a nice gift, place cookies in a decorative tin lined with tissue paper.

Energizing Citrus Bath Salts

Makes 3 cups

2 C. Epsom salts

15 drops citrus essential oil

1 C. sea salts

Red and yellow food coloring

In a large bowl, combine Epsom salts, sea salts and citrus essential oil. Mix well and divide salts into two separate bowls. Color one of the bowls of salts with drops of red food coloring. Color the other bowl with drops of red and yellow food coloring to make orange salts. Using a funnel, transfer salts to a decorative sealable bottle, one color at a time, to make layers of red and orange salts. If desired, mix salts together before funneling into bottle. Attach a personalized gift tag with the directions below.

Add 2 to 4 tablespoons Energizing Citrus Bath Salts to warm running bath water. Soak, relax and enjoy!

M&M Cookie Pops

Makes 15 cookies

2¼ C. flour

½ C. brown sugar

¾ tsp. baking powder

2 large eggs

½ tsp. salt

2 tsp. vanilla

1 C. butter, softened

2 C. M&M's

¾ C. sugar

In a large bowl, combine flour, baking powder and salt. In a separate bowl, cream together butter, sugar and brown sugar. Add eggs, one at a time, mixing well after each addition. Stir in vanilla. Gradually add dry ingredients to butter mixture, stirring until well combined. Fold in M&M's and refrigerate dough overnight. Preheat oven to 300°. Drop about ¼ cup dough onto greased baking sheets, about 3" apart. Insert a Popsicle stick at least 1" deep into the dough to form a pop. Bake in oven for 30 to 35 minutes, until lightly browned. Transfer cookie pops to a wire rack to cool completely. Once completely cooled, wrap each cookie in plastic wrap and tie a ribbon around the Popsicle stick to seal.

Bird's Nests

Makes 2 dozen

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| 2 T. butter or margarine | Shredded coconut |
| 3 C. miniature marshmallows | Peanut M&M's |
| 4 C. regular or fruit-flavored
crispy rice cereal | |

In a large microwave-safe bowl, place butter. Heat in microwave for 30 seconds or until butter has melted. Add marshmallows and toss until coated. Return to microwave for an additional 1½ minutes, stirring after 45 seconds. Add crispy rice cereal and mix until coated. Press mixture into greased muffin cups to form 24 nests. Let cool. Decorate nests with shredded coconut and peanut M&M's or jelly beans to resemble bird's eggs.

May Day Baskets

Makes 2 dozen

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| 1 pkg. yellow cake mix | Individual candies, such as |
| 1 (16 oz.) tub frosting, any flavor | Lemonheads, Sprees, Sweetarts |
| Red or black string licorice | or Hot Tamales |

Line 24 muffin cups with paper liners. Prepare cake mix according to package directions. Pour batter into prepared muffin cups and bake in oven. Remove from oven and let cool in pans for 10 minutes. Remove from pan and let cool completely on a wire rack. Spread frosting over cooled cupcakes. Bend string licorice over cupcakes as basket handles and arrange individual candies in flower shapes on frosting.



Griller's Gift Basket

Makes 1 kit

1 apron

1 hot pad mitt

Grilling tools (long spatula,
tongs, etc.)

Meat thermometer

Metal skewers

In a large gift basket, decoratively arrange the apron, hot pad mitt, grilling tools, meat thermometer, metal skewers or other appropriate gifts. For a homemade touch, add a bottle of Apple BBQ Sauce (recipe below).

Apple BBQ Sauce

Makes 1 quart

1 C. ketchup

$\frac{3}{4}$ tsp. white pepper

$\frac{1}{2}$ C. apple juice concentrate

$\frac{1}{3}$ C. peeled diced apples

$\frac{1}{4}$ C. apple cider vinegar

$\frac{1}{4}$ C. diced onions

$\frac{1}{4}$ C. soy sauce

2 tsp. diced green peppers

$\frac{3}{4}$ tsp. garlic powder

In a large pot over medium heat, combine ketchup, white pepper, apple juice concentrate, apples, vinegar, onions, soy sauce, green peppers and garlic powder. Bring to a boil. Reduce heat and simmer for 15 minutes. If smooth sauce is preferred, transfer to a blender or food processor and puree. Using a funnel, transfer sauce to a decorative, sealable bottle. Seal bottle tightly and store in refrigerator. Attach a personalized gift tag with the directions below.

Use Apple BBQ Sauce as a dipping sauce for meat, smothered over steaks, pork or chicken or in recipes calling for barbecue sauce. Store in refrigerator.

Ice Cream Sundae Kit

Makes 1 kit

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| 4 ice cream bowls | ½ C. chopped nuts |
| 4 ice cream spoons | ½ C. colored sprinkles |
| 1 bottle Praline Sundae Sauce | 1 small jar maraschino cherries |

In a large gift basket, decoratively arrange the ice cream bowls and spoons. Add a bottle of Praline Sundae Sauce (recipe below). Add small containers of chopped nuts or colored sprinkles and a jar of cherries!

Praline Sundae Sauce

Makes 2½ cups

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| ¼ C. butter or margarine | Pinch of salt |
| 1¼ C. brown sugar | 1 C. evaporated milk |
| 16 large marshmallows | ½ C. chopped pecans, toasted* |
| 2 T. light corn syrup | 1 tsp. vanilla |

In a large saucepan over medium heat, melt butter. Add brown sugar, marshmallows, light corn syrup and salt. Cook, stirring constantly, over low heat until marshmallows are melted and mixture begins to boil. Boil for 1 minute and remove from heat. Cool for 3 minutes and stir in evaporated milk, toasted pecans and vanilla. Mix until well blended. Using a funnel, transfer sauce to a decorative sealable bottle. Seal bottle tightly and store in refrigerator. Attach a personalized gift tag with the directions below.

Heat Praline Sundae Sauce in microwave for 1 to 1½ minutes or warm over low heat before serving. Store in refrigerator.

** To toast, place pecans in a single layer on a baking sheet. Bake at 350° for approximately 10 minutes or until pecans are golden brown.*

Rainbow Cupcakes

Makes 2 dozen

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| 2¼ C. flour | 2 tsp. vanilla |
| 1 T. baking powder | 3 egg whites |
| ½ tsp. salt | Drops of food coloring |
| 1⅔ C. sugar | 1½ C. various colored M&M's, |
| ½ C. butter or margarine, softened | divided |
| 1 C. milk | 1 (16 oz.) tub vanilla frosting |

Preheat oven to 350°. Line 24 muffin cups and set aside. In a large bowl, combine flour, baking powder and salt. Mix well and add sugar, butter, milk and vanilla. Beat at high speed for 2 minutes. Add egg whites and beat for an additional 2 minutes. Pour batter into prepared muffin cups. Place 2 drops of desired color food coloring into the batter in each cup. Swirl gently with a knife. Sprinkle half of the M&M's over the batter in each cup. Bake in oven for 20 to 25 minutes, or until a toothpick inserted in center of cupcakes comes out clean. Remove from oven and let cool completely. In a medium bowl, combine vanilla frosting and drops of blue food coloring. Spread frosting over cupcakes and decorate with remaining M&M's in a rainbow pattern.

Watermelon Cookies

Makes 3 dozen

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| 2 C. flour | 1 T. milk |
| 1½ tsp. baking powder | 1 tsp. vanilla |
| ½ tsp. salt | Drops of red and green |
| ⅓ C. butter, softened | food coloring |
| ½ C. shortening | ⅓ C. miniature chocolate chips |
| ¾ C. sugar | 1½ C. powdered sugar |
| 1 egg | 2 T. water |

In a small bowl, combine flour, baking powder and salt. In a medium bowl, beat together butter and shortening, until fluffy. Gradually add sugar, beating well. Stir in egg, milk and vanilla. Gradually add flour mixture, stirring constantly. Add drops of red food coloring, mixing well. Shape dough into a ball, cover and chill for 3 hours. Preheat oven to 375°. Roll half of the dough to ¼" thickness and, using a 3" round cookie cutter, cut dough into circle shapes. Cut circles in half. Place half circles on an ungreased baking sheet. Press mini chocolate chips into cookies to resemble seeds. Repeat with remaining dough. Bake in oven for 8 to 10 minutes. Remove from oven and let cool. To make frosting, in a medium bowl, combine powdered sugar and water. Stir in drops of green food coloring. Dip rounded edges of cookies in green frosting. Set cookies on waxed paper until frosting has hardened.

Baked Caramel Corn

Makes 14 cups

12 C. popped popcorn	¼ C. light corn syrup
1½ C. walnut or pecan halves	½ tsp. salt
1 C. brown sugar	½ tsp. baking soda
½ C. butter or margarine	

Preheat oven to 200°. Divide popcorn and walnut halves evenly onto 2 ungreased 9 x 13" baking dishes. In a large saucepan over medium heat, combine brown sugar, butter, corn syrup and salt. Cook, stirring constantly, until mixture begins to bubble around the edges. Continue to cook for 5 minutes, stirring occasionally, and remove from heat. Add baking soda and mix well. Pour mixture evenly over popcorn and walnuts on both baking sheets. Stir until well coated and bake in oven for 1 hour, stirring after every 15 minutes. Remove caramel corn from oven and let cool. To assemble gift, place caramel corn in a decorative tin or box that is lined with tissue paper.

Popcorn Balls

Makes 20 servings

¾ C. light corn syrup	2½ C. plus 2 T. powdered sugar
¼ C. margarine	1 C. marshmallows
2 tsp. cold water	5 qts. popped popcorn

In a large saucepan over medium heat, combine corn syrup, margarine, cold water, powdered sugar and marshmallows. Cook, stirring constantly, until mixture begins to boil. Place popped popcorn in a large bowl or roasting pan. Carefully pour syrup mixture over popcorn, tossing until evenly coated. Grease hands with vegetable shortening and quickly shape popcorn into balls. Wrap each popcorn ball individually in colored plastic wrap.

Lavender Dreams Bubble Bath

$\frac{1}{2}$ C. unscented shampoo

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

$\frac{3}{4}$ C. water

15 drops lavender essential oil

In a large bowl, pour shampoo and add water. Stir gently until well mixed. Add salt and stir until mixture thickens. Add lavender essential oil and mix well. Using a funnel, transfer to a decorative sealable bottle. Attach a personalized gift tag with the directions below of how to use the bubble bath.

Add 2 to 4 tablespoons Lavender Dreams Bubble Bath to warm running bath water. Soak, relax and enjoy!

Oatmeal Milk Bath

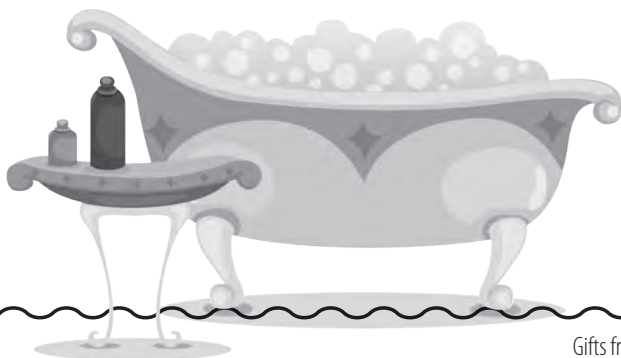
1 C. cornstarch

$\frac{1}{2}$ C. oatmeal

2 C. powdered milk

Using a funnel, layer cornstarch, powdered milk and oatmeal into a decorative sealable bottle, one ingredient at a time. If desired, you can mix all ingredients together in a medium bowl before transferring to a decorative bottle. Attach a gift tag with the directions below of how to use the milk bath.

Add a generous amount of Oatmeal Milk Bath to warm running bath water. Soak, relax and enjoy!



Carrot Cake Mix in a Jar

Makes 1 gift

In a 1-quart wide-mouth jar, layer the following ingredients in the order listed. Pack each layer into the jar before adding the next ingredient.

1½ C. flour	½ tsp. salt
1 C. sugar	½ C. golden raisins
1½ tsp. cinnamon	½ C. raisins
¼ tsp. nutmeg	¾ C. chopped walnuts or pecans
1 tsp. baking soda	

Close the jar with a lid and cover with fabric. Create a gift tag with the directions shown below, personalize with a message and attach to the jar using ribbon, raffia or twine. The recipient will have to mix the following ingredients with the mix from the jar to make the carrot cake.

Carrot Cake

2 eggs	1 (8¼ oz.) can crushed pineapple, drained
¾ C. vegetable oil	1 jar of Carrot Cake Mix
1 tsp. vanilla	
2 C. shredded carrots	

Preheat oven to 350°. In a large mixing bowl, combine eggs, vegetable oil and vanilla at medium speed until well blended. Add shredded carrots and drained pineapple and stir until combined. Empty contents of jar into bowl and mix at low speed for 1 minute, scraping sides of bowl occasionally. Pour batter into a lightly greased and floured 9 x 13" baking dish. Bake in oven for 40 to 45 minutes.

Caramel Apple Gift Basket

Makes 1 kit with 6 apples

6 snacking apples

1 (11 oz.) pkg. caramel bits

1 (8 oz.) pkg. chopped nuts

6 popsicle sticks



Fill a gift box or basket with tissue paper. Arrange 6 apples, the package of caramels, the package of chopped nuts and popsicle sticks in the basket. On a gift tag or recipe card, write the recipe shown below and add it to the basket. Be sure to personalize the tag and decorate the basket with ribbons, raffia or twine.

Easy Caramel Apples

- Wash and dry the apples. Push 1 popsicle stick half way into the apple where the stem used to be.
- In a microwave-safe bowl, place the caramels. Microwave on high, stirring often, until caramels are melted. Or, melt caramels in a saucepan or double boiler over low heat, stirring often.
- On a large sheet of waxed paper, spread out the chopped nuts in a single layer.
- Dip apples in melted caramel and roll in chopped nuts.
- Place apples on a baking sheet and refrigerate for 30 minutes, until caramel has hardened.

Hot Cocoa Mix

Makes 4 gifts

2 C. non-fat dry milk powder	½ C. miniature chocolate chips
¾ C. sugar	½ C. powdered non-dairy creamer
½ C. unsweetened cocoa powder	⅛ tsp. salt

In a large mixing bowl, combine all ingredients. Mix well and divide mixture evenly into four ziplock plastic bags. To assemble one gift, place one of the filled ziplock bags in a ceramic mug. Add a baggie of miniature marshmallows, some candy stick stirrers or a spoon. Decorate the mug with ribbons or a bow. Don't forget to attach a gift tag that says, "Spoon 3 heaping tablespoons of the cocoa mix into your mug and add hot water. Stir well and enjoy!"

Candy Cane Bath Salts

Makes 2½ cups

2 C. Epsom salts, divided	2 to 3 drops red food coloring
½ C. sea salt, divided	
4 to 6 drops peppermint essential oil, divided	

In a small bowl, combine 1 cup Epsom salts, ¼ cup sea salts, 2 to 3 drops peppermint essential oil and 2 to 3 drops red food coloring. Mix until well combined. In a second bowl, combine remaining 1 cup Epsom salts, remaining ¼ cup sea salts and remaining 2 to 3 drops peppermint essential oil. In a decorative or antique bottle with a lid, add layers of red bath salts followed by a layer of white bath salts. Repeat layers until all bath salts are used. Close the bottle and decorate with a ribbon. Attach a personalized gift tag with the directions below.

Add 2 to 4 tablespoons Candy Cane Bath Salts to warm running bath water. Soak, relax and enjoy!

Instant Peanut Brittle

Makes 2 pounds

- | | |
|--------------------------|----------------------------|
| 1 C. sugar | 1 tsp. butter or margarine |
| ½ C. light corn syrup | 1 tsp. vanilla |
| 1 C. dry roasted peanuts | 1 tsp. baking soda |
| ⅛ tsp. salt | |

In a large microwave-safe bowl, combine sugar, corn syrup, peanuts and salt. Mix until well combined and microwave on high for 6 minutes. Carefully remove from microwave, as mixture will be very hot! Add butter and vanilla, but do not stir. Return to microwave for 30 seconds. Carefully add baking soda and stir gently, until mixture is light and foamy. Pour mixture onto a lightly greased baking sheet. Let the peanut brittle cool for at least 30 minutes before breaking into pieces. Place peanut brittle in a decorative tin or box, decorate and give as a gift!

Rudolph Lollipops

Makes 1 lollipop

- | | |
|------------------------|---------------------------|
| 1 large round lollipop | 1 tiny bell |
| Plastic wrap | 10" red ribbon |
| Clear tape and glue | Self-adhesive goggly eyes |
| 1 brown pipe cleaner | 1 mini red pom-pom |

Unwrap the lollipop and cover completely in plastic wrap. Secure the plastic wrap to the base of the lollipop with clear tape. Wrap the pipe cleaner in half around the neck and bend up behind Rudolph's head. Shape each end of the pipe cleaner into antlers. Thread the tiny bell onto the red ribbon and tie the ribbon in a bow around the base of the lollipop. Attach the goggly eyes and the red pom-pom as Rudolph's nose.

Santa Claus Cookies

Makes about 1 dozen

- | | |
|---|---------------------------|
| 1 (18 oz.) pkg. refrigerated sugar cookie dough | Shredded coconut |
| White frosting | Miniature chocolate chips |
| Red frosting | Red cinnamon candies |

Roll out sugar cookie dough on a flat surface. Using a heart-shaped cookie cutter, cut dough into heart shapes and place on a baking sheet. Bake cookies according to package directions. To decorate cookies, turn each heart upside down and frost the two rounded parts with white frosting. Sprinkle shredded coconut over white frosting to make Santa's beard. Use red frosting on the point of the heart to create Santa's hat, adding more shredded coconut for the trim. Add mini chocolate chips for the eyes and a cinnamon candy for the nose!

Candy Train Engines

Makes 24 gifts

- | | |
|-----------------------------------|--------------------------------|
| 24 pkgs. (5 stick) chewing gum | 24 wrapped chocolate Kisses |
| 96 round peppermint candies | 24 individual wrapped caramels |
| 24 rolls ring-shaped hard candies | Hot glue gun and glue |

To assemble each train, glue 4 peppermint candies as the wheels onto the sides of each gum package. Glue 1 roll of ring-shaped candies onto the top of the gum package. Attach 1 chocolate kiss and 1 wrapped caramel to the top of the engine. Repeat to make remaining trains.

Frosty Cupcakes

Makes 1 dozen

12 baked cupcakes
White frosting
Large marshmallows
24 pretzel sticks
Black frosting

Orange slice candy
12 Junior Mints
12 Thin Mint cookies
12 licorice ropes

Frost the top of each cupcake with white frosting. For each snowman, use two marshmallows. Flatten one marshmallow with the palm of your hand and place on top of the white frosting. Cut the other marshmallow in half horizontally and stack on top of the first marshmallow to make Frosty's torso and head. Stick one pretzel stick down through the snowman and into the cupcake to help Frosty stand up. Stick another pretzel horizontally through the snowman for the arms. Pipe black frosting onto Frosty to make eyes, a mouth and buttons. Cut a wedge from the orange slice candy to use as a nose. To make Frosty's hat, attach a Junior Mint to the center of a thin mint cookie with frosting and place on Frosty's head. Wrap a licorice rope around the snowman as a scarf.

Reindeer Cookies

Makes 32 cookies

4 (1 oz.) squares white baking chocolate
96 pretzel sticks
1 (16 oz.) pkg. Nutter Butter cookies

64 blue, green or brown M&M's Minis
32 red M&M's Minis

In a microwave-safe dish, place white baking chocolate. Melt in microwave on high, stirring occasionally, until melted. Place 2 pretzel sticks into peanut butter filling of each sandwich cookie. Break remaining pretzels in half and stick next to longer pretzels in each cookie to form antlers. Dip 1 side of each blue, green or brown M&M Mini in melted chocolate and place two on each cookie to form eyes. Dip 1 side of each red M&M Mini in chocolate and place on each cookie for the nose. For a nice gift, place cookies in a decorative tin lined with tissue paper.

Gingerbread Family Kit

Makes about 18 cookies

4½ C. flour

1 T. cinnamon

2 tsp. ground ginger

1¼ tsp. baking soda

½ C. butter, softened

½ C. brown sugar

2 eggs

¾ C. molasses

1 tube white decorator's frosting

1 pkg. M&M's Minis

Red cinnamon candies

Licorice ropes

In a large bowl, combine flour, cinnamon, ginger and baking soda. In a separate bowl, cream together butter and brown sugar. Add eggs, one at a time, beating well after each addition. Add molasses and flour mixture, beating well. The dough will be very stiff. Divide dough in half and wrap each half in plastic. Chill dough for 1 to 2 hours. Preheat oven to 350°. On a lightly floured flat surface, roll dough to between ⅛" and ¼" thickness. Using a gingerbread cookie cutter, cut the dough into gingerbread men. Bake in oven for 10 minutes, until cookies are lightly browned. Remove from oven and let cool completely. To assemble the kit, line a gift box or basket with tissue paper. Place enough gingerbread cookies in the kit so each member of the family can decorate their own. Add a tube of white decorator's frosting and various candies, such as M&M's Minis, red cinnamon candies and licorice ropes. Attach a tag to the basket that says, "Gingerbread Family Kit" and personalize the tag with a special greeting.



Nutrition for the Soul



Inspirational Scripture

For Scripture...

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Scripture on Home...

I have been with you wherever you have gone, and I have cut off all your enemies from before you. Now I will make your name great, like the names of the greatest men of the earth. And I will provide a place for my people Israel and will plant them so that they can have a home of their own and no longer be disturbed.

2 SAMUEL 7:9-10

How lovely is your dwelling place, O Lord Almighty! My soul yearns, even faints, for the courts of the Lord; My heart and my flesh cry out for the living God. Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young – a place near your altar, O Lord Almighty, my King and my God. Blessed are those who dwell in your house; they are ever praising you.

PSALM 84:1-4

Jesus said to them, “Surely you will quote this proverb to me: ‘Physician, heal yourself! Do here in your hometown what we have heard that you did in Capernaum.’” “I tell you the truth,” he continued, “no prophet is accepted in his hometown.”

LUKE 4:23-24

“I tell you the truth,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel will fail to receive a hundred times as much in this present age (homes, brothers, sisters, mothers, children and fields – and with them, persecutions) and in the age to come, eternal life. But many who are first will be last, and the last first.”

MARK 10:29-31

“My house will be called a house of prayer for all nations.”

ISAIAH 56:7

Jesus knew their thoughts and said to them: “Any kingdom divided against itself will be ruined, and a house divided against itself will fall.”

LUKE 11:17

“Do not let your hearts be troubled. Trust in God; trust also in me. In my Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.”

JOHN 14:1-4

Scripture on Children...

Only be careful, and watch yourselves closely so that you do not forget the things our eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.

DEUTERONOMY 4:9

“Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”

MATTHEW 7:9-11

He called a little child and had him stand among them. And he said: “I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.”

MATTHEW 18:2-4

“And whoever welcomes a little child like this in my name welcomes me. But if anyone causes one of these little ones who believe in me to sin, it would be better for him to have a large millstone hung around his neck and to be drowned in the depths of the sea.”

MATTHEW 18:5-6

Then little children were brought to Jesus for him to place his hands on them and pray for them. But the disciples rebuked those who brought them. Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

MATTHEW 19:13-14

Children, obey your parents in the Lord, for this is right. “Honor your father and mother” – which is the first commandment with a promise – “that it may go well with you and that you may enjoy long life on the earth.”

EPHESIANS 6:1-3

Scripture on Health & Healing...

Get wisdom, get understanding; do not forget my words or swerve from them. Do not forsake wisdom, and she will protect you; love her, and she will watch over you. Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding. Esteem her, and she will exalt you; embrace her, and she will honor you.

PROVERBS 4:5-8

“Give thanks to the Lord Almighty, for the Lord is good; his love endures forever.” For I will restore the fortunes of the land as they were before, says the Lord.

JEREMIAH 33:11

On hearing this, Jesus said, “It is not the healthy who need a doctor, but the sick. But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners.”

MATTHEW 9:12-13

Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them.

MATTHEW 4:23-24

Praise the Lord, O my soul; all my inmost being, praise his holy name. Praise the Lord, O my soul, and forget not all his benefits – Who forgives all your sins and heals all your diseases, Who redeems your life from the pit and crowns you with love and compassion.

PSALM 103:1-4

Scripture on Forgiveness...

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

COLOSSIANS 3:12-13

O you who hear prayer, to you all men will come. When we were overwhelmed by sins, you forgave our transgressions. Blessed are those you choose and bring near to live in your courts!

PSALM 65:2-4

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

MATTHEW 6:14-15

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy times seven."

MATTHEW 18:21-22

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.

MARK 11:24-25

Scripture on Love...

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength.

DEUTERONOMY 6:4-5

If you pay attention to these laws and are careful to follow them, then the Lord your God will keep his covenant of love with you, as he swore to your forefathers. He will love you and bless you and increase your numbers.

DEUTERONOMY 7:12-13

When all the Israelites saw the fire coming down and the glory of the Lord above the temple, they knelt on the pavement with their faces to the ground, and they worshiped and gave thanks to the Lord saying, “He is good; his love endures forever.”

2 CHRONICLES 7:3

For the word of the Lord is right and true; he is faithful in all he does. The Lord loves righteousness and justice; the earth is full of his unfailing love.

PSALM 33:4-5

For great is your love, higher than the heavens; your faithfulness reaches to the skies. Be exalted, O God, above the heavens, and let your glory be over all the earth.

PSALM 108:45

You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven.

MATTHEW 5:43-45

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 CORINTHIANS 13:4-8

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

JOHN 3:16

Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

MATTHEW 22:37-40

Scripture on Joy...

“Oh, that I might have my request, that God would grant what I hope for, that God would be willing to crush me, to let loose his hand and cut me off! Then I would still have this consolation – my joy in unrelenting pain – that I had not denied the words of the Holy One.”

JOB 6:8-10

Clap your hands, all you nations; shout to God with cries of joy. How awesome is the Lord Most High, the great King over all the earth!

PSALM 47:1-2

Shout for joy to the Lord, all the earth, burst into jubilant song with music; make music to the Lord with the harp, with the harp and the sound of singing, with trumpets and the blast of the ram's horn – shout for joy before the Lord, the King.

PSALM 98:4-6

Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

PSALM 100:1-3

A cheerful look brings joy to the heart, and good news gives health to the bones.

PROVERBS 15:30

So I commend the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun.

ECCLESIASTES 8:15

So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. In that day you will no longer ask me anything. I tell you the truth, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

JOHN 16:22-24

Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The Lord has done great things for them.” The Lord has done great things for us, and we are filled with joy.

PSALM 126:2-3

An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, “Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord.”

LUKE 2:9-11

I tell you the truth, he who believes has everlasting life. I am the bread of life. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever.

JOHN 6:47-51

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

ROMANS 15:13

Scripture on Blessings...

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called sons of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

MATTHEW 5:3-10

Many are asking, “Who can show us any good?” Let the light of your face shine upon us, O Lord. You have filled my heart with greater joy than when their grain and new wine abound. I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.

PSALM 4:6-8

“Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh. Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man.” “Rejoice in the day and leap for joy, because great is your reward in heaven.”

LUKE 6:20-23

Scripture on Drink...

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, And I will dwell in the house of the Lord forever.

PSALM 23:5-6

If your brother is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy your brother for whom Christ died. Do not allow what you consider good to be spoken of as evil. For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

ROMANS 14:15-17

Jesus said to the servants, “Fill the jars with water”; so they filled them to the brim. Then he told them, “Now draw some out and take it to the master of the banquet.” They did so, and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, “Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now.”

JOHN 2:7-10

Jesus answered, “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life.”

JOHN 4:13-14

Scripture on Nourishment...

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

MATTHEW 6:25-27

“Don’t you see that nothing that enters a man from the outside can make him unclean? For it doesn’t go into his heart but into his stomach, and then out of his body.” In saying this, Jesus declared all foods clean.

MARK 7:18-19

But he said to them, “I have food to eat that you know nothing about.” Then his disciples said to each other, “Could someone have brought him food?” “My food,” said Jesus, “is to do the will of him who sent me and to finish his work. Do you not say, ‘Four months more and then the harvest’? I tell you, open your eyes and look at the fields! They are ripe for harvest.”

JOHN 4:32-35

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

1 TIMOTHY 6:6-8

Then Jesus declared, “I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.”

JOHN 6:35

“Those whom I love I rebuke and discipline. So be earnest, and repent. Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him and he with me.”

REVELATION 3:19-20

“Don’t be afraid,” David said to him, “for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table.”

2 SAMUEL 9:7

Scripture on Food...

He who works his land will have abundant food,
But he who chases fantasies lacks judgment.

PROVERBS 12:11

A generous man will himself be blessed,
For he shares his food with the poor.

PROVERBS 22:9

I give you every seed-bearing plant on the face of
the whole earth and every tree that has fruit with
seed in it. They will be yours for food. And to all the
beasts of the earth and all the birds of the air and all
the creatures that move on the ground – everything
that has the breath of life in it – I give every green plant
for food.

GENESIS 1:29-30

If your enemy is hungry, give him food to eat;
If he is thirsty, give him water to drink.

PROVERBS 25:21

Food gained by fraud tastes sweet to a man,
But he ends up with a mouth full of gravel.

PROVERBS 20:17

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An Alphabetical Index will
be created for FREE!

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Merchant Ad.

Maple Valley Farmers' Market
"It's the Saturday Morning Place to Be!"
Saturdays 9:00 a.m. - 1:00 p.m.
June - October

Conveniently located at Rock Creek Elementary School (along Maple Valley Highway/SR169), our vibrant outdoor market is a perfect Saturday destination. MVFM offers only Washington state seasonal farmers, fishers & ranchers products including freshly-picked healthy fruits & vegetables, grass-fed beef, cheese, eggs, milk, bread & baked goodies, jam, flowers & prepared foods. Cooking demonstrations, weekly live entertainment, special events, live animal exhibits, and seasonal celebrations are scheduled throughout our market season. Artisan handcrafted quality items. Free pet sitting available while you shop. Master Gardeners.

MVFM is a 501c3 non-profit organization.



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The back cover is a great place to showcase recipes, memories, or your fundraising cause!



O, give thanks to the LORD, for He is good!
For His mercy endures forever.
Psalm 107:1



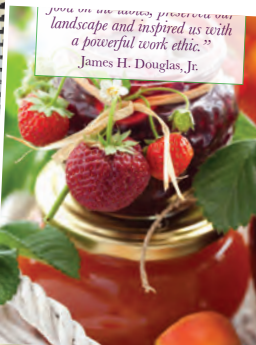
Contact Us

For more information about the Barn Quilt of Grundy County, or to obtain a map of the Barn Quilt Loop, please contact the Grundy County Development Alliance at (319) 825-2005, or Grundy County Extension at (319) 824-4979. You can also visit www.grundycountynh.com and click on the Barn Quilt logo.

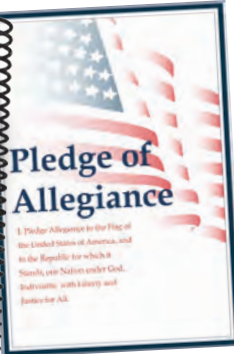


There has been an Endeavor of Love. I have revisited many memories of my mother and father, and the Great food has become the fabric of my life. I hope you enjoy using recipes as well as viewing the pictures of my family. I, in this time, would also like to thank my assistant, Sharon, for her hard work and dedication to help make this book a reality. Again, thank you for your support in using one of our cookbooks. I hope you get as much enjoyment from it, as I have in producing it.

— John R. Rosell Jr.



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Pledge of Allegiance

I Pledge Allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.