

CORA RICE'S

Carolina Cook Book



A COLLECTION OF
"RECIPES OF THE WEEK"

For Gladys Harris,
With best wishes
for Happy Cooking!

Cora Rice

December, 1983

W. H. H. H.

Cora Rice's Carolina Cook Book

**A COLLECTION OF
"RECIPES OF THE WEEK"**

**EDITED AND PUBLISHED BY
CORA RICE**

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RICHARD LEE RICE

Foreword

This book has been made possible by the good cooks of North Carolina who have generously shared their favorite recipes with the readers of my *SHOPPERS' BAZAAR* advertising column, which appears each week in The News and Observer and The Raleigh Times. Over two years ago, after printing several of my friends' recipes, I decided to use "Recipe of the Week" as a regular feature of the column and invited readers to send in their favorites. The response has been truly gratifying; indeed, there have been so many requests for additional copies of certain recipes and queries as to whether there was a collection of them that it seemed appropriate to get out a book.

This is no ordinary cook book. It makes no attempt to cover the general range of cooking. We are long in some categories, especially cakes and pies, and short in others. Moreover, many of these recipes have exciting and unusual names like "Sock-It-To-Me Cake," "Poor Man's Pie," "Mildred's Magic Fruit Cake," and "Rink-Tum-Ditty." This is not meant to be a general cook book but is simply a collection of the recipes that have been submitted. Brand names are used only when necessary. Many helpful household hints are also included.

Although I have not personally tested all recipes, I have tried many and always with superb results. Apparently you readers have enjoyed watching for the "Recipe of the Week," for some have generated an undue amount of mail and phone calls. Mrs. Nipper's "Mississippi Mud Cake" caused a near sensation in its popularity, and even in the days prior to inflated sugar prices, was reputed to be selling for \$6 at certain bake sales. Mrs. Aubrey Moore's recipes for "Lemonade Pie" and "Three Thing Pie" brought dozens of requests for copies. Dr. Bradsher's "Barbecued Shrimp" was a big hit, as was Mrs. Greenway's "Banana Split Cake."

But the most interest of all was generated by the Japanese Fruit Cake. Last December I printed a request from a Raleigh reader who wanted a recipe for "Japanese Fruit Cake." By the end of the month, a total of 38 recipes for this delicious old-time favorite had poured in, and believe it or not, they were all slightly different.

Getting the book together has been a lot of fun for me, and I hope trying these unique recipes will give you much pleasure. Happy cooking!

Lara Rice

January, 1975
Raleigh, North Carolina

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WORD OF THANKS

A special word of thanks to the good cooks of North Carolina who have shared their most cherished recipes, some of which have been in their families for generations, with the other readers of my shopping column.

C.S.R.



Beverages and Hors d'Oeuvres

WILLIAMSBURG SPICED CIDER PUNCH

(Linda Weathers served this punch at her holiday open house at Roberts Florist last Christmas and had many requests for the recipe, which she says came from a Williamsburg cook book. -- Editor)

2 gallons apple cider
8 3-inch sticks cinnamon
2 teaspoons whole cloves
2 quarts pineapple juice
8 quarts orange juice
2 quarts lemon juice
2 no. 2½ cans crushed pineapple
6 quarts ginger ale

Simmer 2 cups of cider with spices in pan for about 15 minutes. Cool and remove spices. Chill all juices until cold. Combine all ingredients. Pour into punch bowl, add ice, and garnish with orange, lemon and cherry slices.

Yields 100 four-ounce servings; a good punch to use for your large open-houses and other get-togethers.

LINDA WEATHERS
Raleigh, N. C.



KOOL-AID PUNCH

- 3 packs lime Kool-Aid
- 3 quarts cold water
- 4 cups sugar
- 1 large can (qt.) unsweetened pineapple juice
- 2 qt. bottles ginger ale

Mix all together; serve cold. Makes $1\frac{1}{2}$ gallons. This is a good drink to have on hand for the children in hot weather.

If you want lime ice, freeze the first 4 ingredients until almost hard. Then mash or crush up and pour the ginger ale into this frozen mixture. Do not freeze ginger ale.

MRS. ELIZABETH M. GOODWIN
New Hill, N. C.

CHRISTMAS PUNCH

- 1 quart ginger ale
- 2 cans frozen grape juice
- 1 can orange juice

Mix all together and pour in punch bowl over ice cubes.

RUSSIAN TEA

- 1 tea bag (1 teaspoon)
- 1 stick cinnamon
- $\frac{1}{2}$ teaspoon cloves (whole)
- 1 quart water

Bring to boil and simmer 5 minutes. Strain and add 1 quart cold water, 1 cup sugar, 1 cup fresh orange juice, $\frac{1}{4}$ cup lemon juice. Let simmer. Serve hot.

MRS. SHIRLEY MOBLEY
Raleigh, N. C.



PURE FRUIT PUNCH

(Several of Mrs. Beveridge's recipes appear in the book. She is a home economics teacher at the East Carteret High School in Beaufort, and she provided recipes that her students have enjoyed. -- Editor)

- 4 cups hot water
- 2 cups sugar
- 1 large can pineapple juice (size #46 fluid oz.)
- 1 large can orange juice (size #46 fluid oz.)
- 1 can frozen lemon juice
- 1 bottle ginger ale

Mix above ingredients in order listed and pour over crushed ice in punch bowl and serve. Food coloring may be added for special occasions such as Christmas, Valentine's Day, Fourth of July.

A frozen ice ring may be floated in center of punch bowl. Recipe serves thirty 6-oz. cups. A very good punch for wedding receptions!

MRS. DAVID L. BEVERIDGE
Beaufort, N. C.

LEMON LIME PUNCH

- 1 16-oz. jar family lemon drink mix
- 2 4/5-qt. bottles Catawba grape juice (chilled)
- 1/2 cup lime juice
- 1 lemon sliced
- 1 lime sliced
- Ice cubes

In chilled large punch bowl stir in lemon drink mix and 4 quarts cold water until mix is dissolved. Stir in sparkling grape juice and lime juice. Add lemon and lime slices and ice cubes. Makes about 24 cups -- 1/2 cup per serving.

MILDRED SKEEN
Roper, N. C.



BARBECUED SHRIMP

"This is one of my favorite hors d'oeuvres. Cooking is a hobby of mine, and I think anyone who likes shrimp will love this. Many have already tried this at my Christmas parties and have asked for the recipe."

5 lbs. headed green shrimp, fresh or frozen
Palm full of salt
1 tablespoon full red pepper
1 tablespoon full celery salt
1 tablespoon full dry mustard
2 quarts apple cider vinegar

Mix everything except shrimp and bring to boil. Put in shrimp and bring to a second boil. Simmer 40 minutes, stirring occasionally. Drain and stack tips down in wooden bowl. Serve in shell. They are best after 12 to 24 hours in refrigerator and will keep one week in refrigerator. They are delicious hors d'oeuvres when entertaining year round. Guests clean their own and seem to enjoy it.

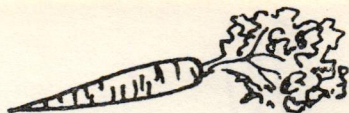
DR. ARTHUR BRADSHER
Windsor, N. C.

OLIVE CHEESE BALLS

1/4 lb. sharp cheddar cheese, grated
1/4 lb. soft butter or margarine
3/4 cup plain flour
1/8 teaspoon salt
1/2 teaspoon paprika
48 small olives or button mushrooms (drain)

Mix ingredients as listed except olives. Shape around olives or mushrooms with teaspoon full of mixture. Place on cookie sheet and bake 15 minutes at 400° F. Recipe makes 48.

MRS. DAVID L. BEVERIDGE
Beaufort, N. C.



Casseroles and Meats

PENNSYLVANIA DUTCH POTATOES AND FRANKS

- 6 medium potatoes, about 2 lbs., cooked, peeled,
and diced
- 2 green onions, chopped
- 6 frankfurters, sliced $\frac{1}{2}$ -inch thick
- 2 tablespoons bacon drippings or salad oil
- 2 tablespoons sugar
- 1 teaspoon flour
- 1 teaspoon salt
- $\frac{1}{4}$ cup vinegar
- 1 tablespoon chopped parsley (optional)

In large serving bowl combine hot potatoes and onions; cover and keep warm. Meanwhile, in large skillet over medium heat, brown frankfurters lightly in bacon drippings. With slotted spoon, remove frankfurters, reserve drippings. Add franks to potatoes and onions; keep warm. Into hot drippings stir sugar, flour, and salt until smooth and bubbly. Gradually stir in vinegar and $\frac{1}{2}$ cup water; cook, stirring constantly, until sauce thickens and boils. Pour sauce over potatoes and franks. Sprinkle with parsley.

Makes 6 servings.

MRS. JAMES HEDGEPEETH
Winston-Salem, N. C.



GOURMET CHICKEN CASSEROLE

- 1 cup cottage cheese
- 1½ cups sour cream
- 6 tablespoons grated Parmesan cheese
- 1½ teaspoons hot pepper sauce
- 1½ teaspoons salt
- ¼ cup sliced pitted ripe olives
- 3 cups noodles (use either spinach or medium-size noodles and measure after cooking)
- 1 teaspoon Worcestershire sauce
- 2 tablespoons prepared horseradish
- 2½ cups cut up, cooked chicken

In large bowl, mix cottage cheese, sour cream, 4 tablespoons of Parmesan cheese, olives, noodles, chicken, and seasonings.

Turn into a 2-quart casserole. Sprinkle with the remaining 2 tablespoons Parmesan. Cover and refrigerate for at least one hour.

Place in preheated 350° oven and bake covered for 35 minutes. Uncover and bake an additional 25 minutes. Makes 4 to 6 servings.

EDITOR

CHICKEN CASSEROLE

Line casserole dish with layers of dried beef (use 4 oz. jar). Arrange pieces of chicken on beef. Cover with slices of bacon.

Mix 1 can cream of mushroom soup and 1 cup sour cream and pour over chicken. Cover and bake 1 hr. at 325° and 15 minutes uncovered.

MRS. JACK MOORE
Raleigh, N. C.



SALLY'S LASAGNA

- 1) Saute in 2 tablespoons cooking oil:
 - 1 cup minced onions
 - 1 clove garlic, peeled and crushed (or add a dash of garlic powder to meat when browning)
- 2) Add 1 lb. ground beef and brown. Drain excess fat.
- 3) Add: 1 #303 can tomatoes, preferably Italian Plum
 - 1 8-oz. can tomato sauce
 - 1 6-oz. can tomato paste
 - $\frac{1}{2}$ cup red wine
 - 2 tablespoons Worcestershire sauce
 - 2 teaspoons salt
 - 1 teaspoon seasoned salt
 - 1 bay leaf
 - 1 teaspoon sugar
 - 1 teaspoon basil
 - 1 teaspoon oregano

Cook for at least one hour on low heat.

Prepare $\frac{1}{2}$ lb. (10 strips) lasagna noodles and let dry on paper towels.

- 12 oz. cottage cheese
- $\frac{1}{2}$ cup Parmesan cheese
- 1 lb. mozzarella, sliced thin

Spread in this order: sauce (to cover only), noodles, sauce, cheese (all the cottage and $\frac{1}{2}$ mozzarella), noodles, sauce and cheese on top, ending with Parmesan. Bake 30 minutes at 350 degrees. Let sit for 20 minutes before cutting.

NELL RUTHERFORD
Raleigh, N. C.



BRUNSWICK STEW

"My family and all who have eaten this stew think it's the best."

1 large fryer, cut up
1 package chicken legs and thighs
3 medium cans tomatoes (or 3 qts. home canned)
5 lbs. Irish potatoes (less 2 or 3)
1½ lbs. ground hamburger
1 large package frozen butter beans (or 3 cans)
2 cans cream style corn
1 large bottle ketchup
1 medium can tomato juice
2 sticks margarine
1/3 cup sugar
Salt and pepper to taste

Cook chicken until tender, slip off bones and chop fine. Cook everything else and mash up. Cook tomatoes all to pieces and mix everything in 8-quart pot and simmer one hour. Be sure to cook slowly and keep stirred to keep from sticking.

MRS. NELLIE CHAMBLEE
Wendell, N. C.

CHEESE SOUFFLE

Crumble 3 slices of bread in a casserole dish. Grate 1 cup of cheese over bread crumbs. Beat 3 eggs, add 2 cups milk, season with salt and pepper, and pour over cheese and bread crumbs. Let soak for 15 minutes, then bake 45 minutes at 350° or until set, and serve at once.

MRS. ANNE CRAWLEY
Raleigh, N. C.



FIVE CAN CASSEROLE

- 1 canned chicken, 2 lbs., remove meat from bones,
or stew your own chicken, if you prefer
- 1 can cream of celery soup
- 1 can cream of chicken soup
- 1 small can evaporated milk
- 1 small can Chinese noodles (5 oz.)

Put all together, season to taste, add a bit of minced onion, Worcestershire sauce, pimentos, and put in casserole dish. Crush corn flakes and sprinkle on top. Bake in 325° oven for one-half hour.

CHICKEN CASSEROLE

- 8 slices day old bread
- 2 cups cooked chicken meat
- $\frac{1}{2}$ cup each chopped onion, celery, green pepper
- Dash pepper
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup mayonnaise
- 2 eggs
- $1\frac{1}{2}$ cup milk
- 1 can mushroom soup
- $\frac{1}{2}$ cup sharp grated cheese

Butter two slices bread, cut in $\frac{1}{2}$ -inch cubes, set aside. Cut rest of bread in cubes and put half in bottom of casserole. Mix chicken, vegetables, and mayonnaise, salt and pepper. Spread on top of cubed bread. Put other half of bread on top of this. Beat eggs and milk. Pour over chicken mixture. Chill. Spoon soup over mixture, sprinkle buttered bread cubes over top. Bake for 50 minutes at 325°. Add cheese at last minute.

MRS. HARRY LEGRAND
Raleigh, N. C.

BEEF/MACARONI CASSEROLE

"This recipe is a good one for working girls or any cook who enjoys a quick but hearty one-dish meal."

2 tablespoons shortening
1 pound ground beef
1 onion, chopped
1 green pepper, chopped
1 can tomato puree (small)
1 large can tomato sauce
1 teaspoon salt
 $\frac{1}{2}$ teaspoon garlic
 $\frac{1}{2}$ teaspoon oregano
1 cup diced cheese
1 box macaroni noodles

In large frying pan, cook onion and green pepper in shortening until tender. Add ground beef and brown well. Stir in tomato puree and tomato sauce; add spices. Simmer for about 5 minutes.

Meanwhile cook noodles according to directions on the box. Drain noodles and pour into greased casserole dish (11" x 7"). Stir in $\frac{1}{2}$ cup cheese and the meat sauce.

Bake at 350° for 20 to 25 minutes (uncovered). During last 5 minutes of baking time, place remaining cheese on top. Serve immediately. This makes an excellent one-dish meal.

MRS. G. CARLTON PERNELL
Raleigh, N. C.

Try making a small roast beef and a small roast pork together. The meats pick up the taste from each other and the gravy is out of this world.

To keep gravy from thickening, add teaspoon baking powder before adding thickening.



SUPER SIMPLE CHICKEN CACCIATORE

- 1 2½ to 3½ lb. broiler-fryer cut into serving pieces
- ¼ cup corn oil
- 1 ¾ cups water
- 1 6-oz. can tomato paste
- 1 envelope spaghetti sauce mix
- ¼ cup dehydrated onion flakes
- 1 4-oz. can sliced mushrooms, drained

Brown chicken in hot corn oil in fry pan. Place in a casserole. Heat in saucepan water, tomato paste, spaghetti sauce mix, and onion flakes. Pour over chicken. Cover and bake in a 350° F. oven for 1 hour or until chicken is tender. Add mushrooms just before serving. Serves 4 to 6.

PEPPER STEAK

- 1½ lbs. round steak, cut into bite-size cubes
- ¼ cup (or less) cooking oil
- 1 clove garlic
- 1 to 2 tablespoons soy sauce
- 1 teaspoon salt
- 1½ cups water
- 2 green peppers, cut into pieces
- 2 medium onions
- 1 can mushrooms, drained
- 1 tablespoon cornstarch
- 2 tomatoes cut into wedges

Brown meat and garlic in oil. Add soy sauce, salt, and ¼ cup of water. Cook 45 minutes or until tender. Add vegetables (except tomatoes) and cook 15 minutes. Stir in mixture of 1 cup water and cornstarch. Add tomatoes and cook 5 minutes.

MRS. JACK MOORE
Raleigh, N. C.



CORN STUFFED PORK CHOPS

Have pockets cut in 6 double pork chops. Fill with:

2 cups dry bread cubes
1½ tablespoons chopped onion
½ teaspoon salt
1/8 teaspoon pepper
Sage to taste
3 melted tablespoons butter or margarine
½ cup whole kernel corn

Add liquid to moisten. Toss gently. Stuff chops and fasten with toothpicks. Brown in small amount of hot fat. Season. Add small amount of water and cover tightly. Cook slowly (about 350°) for 1 hr. Top with orange slices last 10 minutes of baking.

ANONYMOUS

EASY SPAGHETTI SKILLET

In large skillet cook 1 lb. ground beef until it loses its red color, breaking up with spoon as it cooks.

Add: 2 tablespoons instant minced onion
2 teaspoons salt
½ teaspoon pepper
½ teaspoon oregano
¼ teaspoon garlic powder
1 can (1 lb.) tomatoes
1 can (10½ ozs.) tomato soup

Stir in ½ lb. cooked, drained spaghetti. Sprinkle all with ½ cup grated cheese. Cover and heat 10 to 15 minutes, until bubbly throughout. Makes 4 to 6 servings.

EDITOR



Seafood Game and Poultry

(Editor's note: I am especially grateful to Mrs. Larry E. Warrington of New Bern, who provided many of these excellent recipes for game and fish. In October, 1973, Mrs. Warrington wrote me that "with the men soon going to Lake Mattamuskeet to goose hunt and with both men and women bringing in the fish and seafood, I have some recipes I would like to share." She has had a lot of experience cooking fish and game, as her late husband was for many years District Game and Fish Protector with the Conservation and Development and Wildlife Resources Department of the State of North Carolina.)

BAKED MULLET WITH CHEESE SAUCE

- 1 chopped onion
- 1 2½-pound mullet
- ½ teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1 cup milk
- 1 7-oz. pkg. spreading cheese, sliced
- 1 teaspoon dry mustard
- ½ teaspoon pepper

Place onion and half the cheese in cavity of fish. Place remaining cheese on top of fish. Add remaining ingredients to milk and pour over fish. Bake in hot oven (400° F.) for 25 to 30 minutes. Serves four.

MRS. LARRY E. WARRINGTON
New Bern, N. C.



BAKED ROCK OR FLOUNDER

2 to 3 lbs. fish, dressed whole
4 or more strips of bacon
4 medium sized potatoes
2 or more onions
1 lemon cut in wedges
1 small can tomato sauce or tomato catsup
Parsley
Pepper

Put fish in greased Pyrex baking dish after salting fish inside and out and cutting slits on top side. With knife blade, press strips of bacon in slits. Bake in hot oven until fish browns slightly. Take dish out of oven and arrange over fish a ring of potatoes and onions which have been steamed until tender. Pour over this the tomato sauce and enough water to keep the fish moist, using water in which the onions and potatoes were cooked (warm water -- never add cold water to anything you cook). Place dish in oven and cook until done, perhaps 20 minutes, basting once. Before serving, place lemon wedges and parsley around the fish on the platter, or as desired.

MUSTARD SAUCE FOR FISH

$\frac{1}{4}$ cup butter
Dash pepper
2 tablespoons prepared mustard
2 tablespoons flour
2 teaspoons salt
2 egg yolks
 $1\frac{1}{2}$ cups milk
1 to 2 tablespoons lemon juice

Melt butter in double boiler. Stir in next four ingredients, then combine beaten egg yolks and milk. Cook, stirring until smooth and thickened (about 5 minutes). Remove at once. Add lemon juice just before serving. Makes $1\frac{1}{2}$ cups of sauce. Use on broiled or baked pan or oven fish.

MRS. LARRY E. WARRINGTON
New Bern, N. C.



BAKED WILD GOOSE WITH WINE SAUCE

1 wild goose
 3 dozen prunes
 Chicken stock or bouillon cubes
 1 chopped onion
 ½ stick butter or oleo
 1 cup soft bread crumbs
 ½ pound sausage
 1 egg
 Salt and pepper
 ½ teaspoon sage
 Minced parsley

Cook prunes in chicken stock. Remove seeds. Brown onions in butter. Combine all ingredients and stuff goose. Rub goose in oil and bake at 350° for 3 to 4 hours, or until tender. Baste occasionally. Wild duck may be used.

WINE SAUCE

3 cups chicken stock or bouillon
 4 tablespoons drippings from goose
 1 tablespoon each of wine, brandy, and gin
 Flour to thicken

Boil stock down to 2 cups, add remaining ingredients and simmer for 5 minutes.

MRS. LARRY E. WARRINGTON
 New Bern, N. C.

VENISON STEW

"This pleases the taste buds of the hunters I know."

Cube venison into bite-size chunks. Roll in salt, pepper, and flour. Brown in small amount of shortening. Add ¾ cup water and 1/3 cup Heinz 57. Put top on Dutch oven. Lower heat. Simmer one hour at least. Add potatoes, carrots, celery, onion. Simmer another hour at least.

MRS. WILLIAM L. PICKETTE
 Scotland Neck, N. C.



BAKED WILD DUCK

Parboil duck for 5 minutes with small piece of celery and small sliced onion. Drain. Rub inside and out with salt and pepper and a pinch of ground ginger. Place inside duck:

Half of small onion

Piece of apple studded with cloves

Small white potato

Bake 20 minutes at 450 degrees uncovered. Reduce heat to 350 degrees and bake covered for 15 to 20 minutes per pound. Baste with equal parts melted butter, hot water, and red wine or orange juice.

SAUCE FOR DUCK OR GOOSE

Juice and grated rind of 1 orange

Juice and grated rind of 2 lemons

2 tablespoons melted current jelly

1 tablespoon grated horseradish

1 cup powdered sugar

Mix rind and fruit juices, add sugar, jelly, and horseradish. Beat with egg beater. Heat thoroughly and serve.

MRS. LARRY E. WARRINGTON

New Bern, N. C.

"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you lived. This is to have succeeded." -- Source Unknown.



CRAB DELIGHT

"Being from the coast and having a variety of sea-food to choose from, I find this recipe to be one of our family's favorites."

4 slices of bread cubed
2 cups flaked crab meat (fresh or frozen)
 $\frac{1}{2}$ cup mayonnaise or salad dressing
1 medium sized onion, chopped
1 cup chopped celery
1 medium green pepper, chopped
4 slices of bread
4 eggs
3 cups milk
1 can condensed cream of mushroom soup
 $\frac{3}{4}$ cup of shredded cheddar cheese
Paprika

Arrange the cubed bread evenly in the bottom of a shallow 2-quart baking dish. Fold together crab meat, mayonnaise, onion, celery, and green pepper. Spoon over bread cubes. Trim crust from the remaining slices of bread and arrange over crab mixture (six slices may be needed or you may use bread dressing, as used for chicken or turkey. If you use this, about one cup would be sufficient).

Beat eggs and milk together and pour over bread. Cover and chill in refrigerator 8 hours or longer until ready to bake.

Heat oven to 325° F. Bake uncovered 15 minutes. Spread mushroom soup evenly over bread slices. Top with shredded cheese and a sprinkling of paprika. Place cover on and bake one hour longer. Serves 8.

MRS. CLEMENT WILLIS
Davis, N. C.



SALMON CROQUETTES

- 1 tablespoon finely chopped onion
- 4 tablespoons soft margarine
- 2 tablespoons flour
- $\frac{1}{2}$ cup skim milk
- 1 can (7 $\frac{3}{4}$ oz.) well-drained flaked salmon
- Pepper
- 4 tablespoons fine dry bread crumbs

Saute onion in 2 tablespoons margarine until tender. Stir in flour and cook one minute. Blend in milk. Cook and stir over medium heat until thick. Cool slightly. Stir in salmon and pepper. Add 2 tablespoons crumbs. Mix thoroughly. Shape into 6 patties. Roll in remaining crumbs. Saute in remaining margarine until evenly browned on all sides. Makes 3 servings.

You can also substitute tuna (7 oz. can). This is an excellent recipe for anyone on a low cholesterol diet.

MRS. B. GOLDBERG
Raleigh, N. C.

OVEN-FRIED CHICKEN

(LOW CALORIE, TOO!)

- 6 drumsticks
- 6 thighs
- $\frac{1}{2}$ cup undiluted evaporated milk
- 1 cup corn flake crumbs
- $1\frac{1}{2}$ teaspoons salt
- $\frac{3}{4}$ teaspoon pepper

Dip the legs and thighs into the evaporated milk and into the cornflake crumbs. Place on aluminum foil in a large baking pan. Bake at 325 degrees for one hour or until chicken is done. Serves 6 generously.

EDITOR



FANTASTIC CHICKEN SAUCE

- 1 8-oz. jar apricot preserves
- 1 package dry onion soup
- 1 bottle of any thick red salad dressing
- 2 broiler chickens, quartered

Mix together sauce ingredients. Spread chicken pieces in baking pan; spoon sauce over chicken. Bake at 350 degrees F. for 1½ hours. Serves 8.

SEAFOOD CASSEROLE

- 2 cans (4 oz. each) mushrooms, drained
- 2 cups finely diced celery
- 1 large onion, chopped fine
- 1 green pepper, chopped fine
- 4 tablespoons butter or margarine, divided
- 1 can or jar (7 oz.) pimentos, chopped fine
- 2 cans (10½ oz. each) condensed cream of mushroom soup, undiluted
- 3 cups shrimp, fresh (cooked), frozen, or canned
- 1 lb. fresh crabmeat or 2 cans (7½ oz. each)
- 1 cup cooked white rice
- 1 cup cooked wild rice
- ½ cup milk
- 2 cups well-seasoned medium white sauce
- 1 cup blanched whole almonds

Saute mushrooms, celery, onion, and green pepper in 2 tablespoons butter until soft but not brown. Add pimento and soup; mix well. Add shrimp, crabmeat, and cooked rice; mix well. Stir in milk. Heap in 2 qt. casserole. Bake at 325 degrees for 45 minutes. Meanwhile prepare white sauce and "toast" almonds by stirring in remaining butter until golden brown. Drain in absorbent paper. Serve the casserole with the hot white sauce. Garnish each serving with almonds. Makes 10 to 12 servings.

EDITOR



LEMON BUTTERED CHICKEN

- 2 three pound fryers
- 2 teaspoons salt
- 2 tablespoons lemon juice
- 4 tablespoons butter

Place cut up fryers in greased pan. Sprinkle with salt. Add lemon juice and dot on butter. Bake in 375 degree oven one hour, basting frequently. If pan becomes too dry add water. This recipe is wonderful for parties because oven can be turned low and overcooking doesn't seem to affect it. Serve garnished with slices of lemon. Serves 8.

MRS. JAMES L. SPRUNT, JR.

Wilmington, N.C.

(From RECIPES OF THE LOWER CAPE FEAR)

CHICKEN CASSEROLE

- $\frac{1}{2}$ cup shortening
- 3 chicken breasts, split to make 6 pieces
- 1 can mushroom soup
- $\frac{1}{2}$ cup milk

Brown chicken breasts in the hot shortening. Put into a 2-quart casserole with the can of mushroom soup mixed with $\frac{1}{2}$ cup milk. Bake at 325 degrees for one hour. Serves 6.

EDITOR

Bread crumbs are easily prepared by whirring dry bread crusts in a blender. Running dry bread through a food mill or simply crushing slices with a rolling pin also do a good job. For soft bread crumbs, use your least fresh--but not dry--bread. Trim away crusts, then either cut the bread in half-inch cubes or tear it apart with a fork held with tines down.



Salads and Vegetables

HOT CHICKEN SALAD

- 4 cups cold chicken chunks (cooked and cut up)
- 2 tablespoons lemon juice
- 2/3 cup chopped toasted almonds
- 3/4 cup mayonnaise
- 1 teaspoon salt
- 1 cup cheese, grated
- 2 cups chopped celery
- 2 hard boiled eggs, sliced
- 1 cup cream chicken soup
- 1 teaspoon minced onion
- 1½ cups crushed potato chips
- 2 pimentos, cut fine
- 1 medium size can mushrooms (optional)

Combine all except cheese, potato chips, and almonds. Place in a large rectangular dish, top with cheese, potato chips, and almonds. Leave in refrigerator overnight. Bake 20 to 25 minutes at 400 degrees. Serves 8 to 10.

Preparing this a day ahead allows it to season through well.

MRS. HERMAN L. JONES
Samaria Extension Homemakers Club
Raleigh, N. C.



HOT CHICKEN SALAD

"This recipe came from a friend in Alabama and is easily one of the best I have ever tried. In fact, I had a luncheon and this was the main dish. One of the guests was on a very strict diet, and observing the recipe's mayonnaise, refused to eat it. I substituted fresh fruits for her, but she listened to the comments and reached over and took a teaspoon. Then she asked for a helping, which ended up in another helping, and finally a request for the recipe."

- 2 cups celery
- 2 cups chicken (I used 2 or 3 breasts)
- 1 cup mayonnaise (scant)
- $\frac{1}{2}$ cup cashew nuts
- 1 tablespoon minced onion
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon lemon juice

Mix and put in baking dish. Sprinkle 1 cup cheddar cheese over top with one cup crushed potato chips. Bake 20 minutes in a 350 degree oven.

MRS. WILLIAM FITZPATRICK
Raleigh, N. C.

CONGEALED CARROT SALAD

- 1 package lemon Jello
- 1 small can crushed pineapple, drained
- Grated carrots (as much as you have pineapple)
- $\frac{1}{2}$ cup grated cheese

Mix Jello by directions on package. Add other ingredients and mix. Refrigerate to congeal.

MRS. W. CLYDE STEGALL
Marshville, N. C.



HAWAIIAN CHICKEN SALAD

- 2 cups cooked chicken diced
- 1½ cups chopped celery
- 1½ cups chopped pineapple
- 1½ cups white seedless grapes
- ½ cup chopped almonds or pecans

Mix all together with dressing and chill 30 minutes.
Serves 6.

DRESSING

Mix together:

- ½ cup mayonnaise
- ¼ cup sour cream
- 1 teaspoon curry powder
- 1 teaspoon lemon juice
- 1 teaspoon salt

MRS. JOHN LUMSDEN
Raleigh, N. C.

HAWAIIAN TUNA SALAD

- 1 8½-oz. can of pineapple tid bits
- 1 cup thinly sliced celery
- 1 7-oz. can tuna (chunk) drained and flaked
- 2 tablespoons lemon juice
- 3 tablespoons mayonnaise
- Lettuce
- 8 thin green pepper rings

Drain pineapple, mix pineapple, celery, tuna, and lemon juice. Chill in refrigerator one hour. Just before serving fold in mayonnaise. Serve on lettuce garnished with green pepper rings or tomato wedges. Serves 4.

MRS. HALLIE L. WOODALL
Smithfield, N. C.



MOLDED TUNA SALAD

- 1 envelope unflavored gelatin
- $\frac{1}{2}$ cup cold water
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons lemon juice
- 2 stalks celery, diced
- $\frac{1}{2}$ green pepper, diced
- 2 pimentos
- $\frac{3}{4}$ cup mayonnaise
- 1 ($6\frac{1}{2}$ to 7 oz.) can tuna

Sprinkle gelatin over water in one quart saucepan to soften. Place over low heat, stirring until gelatin is dissolved, 2 to 3 minutes. Remove from heat; stir in salt and lemon juice. Cool to room temperature. Meanwhile dice vegetables. Blend mayonnaise into cooled gelatin mixture. Drain tuna and flake. Stir it with vegetables into mayonnaise mixture. Turn into 3-cup fish-shaped mold. Chill until firm. Unmold by dipping in warm water after loosening edge with tip of paring knife. Place serving dish on top of mold and turn upside down. Shake, holding serving dish tightly to mold. Garnish with greens. Cherry tomatoes look nice too. Makes 6 servings.

MARIE'S TOMATO ASPIC

- Boil 1 cup tomato juice
- Add 1 package lemon flavored gelatin. When dissolved
- add $\frac{3}{4}$ cup cold tomato juice
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon vinegar
- 3 tablespoons sweet pickle juice
- Refrigerate until almost jelled. Then add:
- $\frac{1}{2}$ cup diced celery
- 2 tablespoons finely chopped onion

Mix and put in wet molds. Refrigerate. May be served with French dressing and/or cottage cheese.

MRS. SIDNEY BUSH
Raleigh, N. C.



LIME-PINEAPPLE SALAD

- 1 package cream cheese
- $\frac{1}{2}$ cup pecans, chopped
- 1 cup diced celery
- Pinch of salt
- 1 small can crushed pineapple
- 1 package lime gelatin
- 1 $\frac{3}{4}$ cups water, hot

Mash cream cheese and blend in pineapple. Add nuts and celery. Dissolve gelatin in water. When cool mix with cream cheese. Pour in Pyrex pan or into individual salad molds and place in refrigerator until congealed. Serve on lettuce leaf. This is a delightful salad to serve at club or luncheon meetings.

EDITOR

BEAN SALAD

- 1 can green beans
- 1 can wax beans (Del Monte)
- 1 can kidney beans
- 1 small diced onion
- 1 small diced green pepper
- $\frac{1}{2}$ cup cider vinegar
- $\frac{1}{2}$ cup salad oil
- $\frac{3}{4}$ cup sugar
- $1\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

Drain and rinse beans. Then rinse again. Combine all ingredients. Mix well and let stand overnight. Keeps well 4 days. Good with cottage cheese and crackers.

MRS. W. CLYDE STEGALL
Marshville, N. C.



BLUEBERRY SALAD

"This recipe is good anytime. . . but especially in warm weather. What a refreshing salad it makes served on lettuce at a summer luncheon. We also enjoy using it as a dessert."

- 2 3-oz. packages grape Jello
- 1 can (20 oz.) crushed pineapple
- 1 can blueberry pie filling
- 2 cups boiling water

Dissolve Jello in water. Add pineapple and pie filling. Mix well and congeal.

TOPPING

- $\frac{1}{2}$ cup sour cream
- 1 8-oz. package soft cream cheese
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup chopped pecans

Cream sour cream, cream cheese, sugar, and vanilla. Spread on top of salad. Sprinkle top with nuts.

MRS. EUGENE MULL
Cary, N. C.

FAY'S DELICIOUS SALAD

- 1 $\frac{3}{4}$ cups creamed cottage cheese
- 1 pkg. orange Jello
- 1 15-oz. can pineapple chunks, drained
- 1 15-oz. can Mandarin oranges, drained
- 1 cup Cool Whip

Mix dry Jello into cottage cheese. Fold in drained fruits. Then fold in Cool Whip and work rapidly, as this gets stiff quickly. Pour into oblong Pyrex pan and put in refrigerator until sets up.

MRS. SHIRLEY MOBLEY
Raleigh, N. C.



TOMATO ZUCCHINI CASSEROLE

3 zucchini, sliced into rings on the diagonal
1 large onion, sliced
3 large tomatoes, sliced
1 teaspoon salt
2 teaspoons basil
3/4 cup grated Parmesan cheese
Butter or margarine

Rub a shallow oblong casserole with butter or margarine. Line dish with layer of zucchini, then onions and tomatoes. Top with $\frac{1}{2}$ teaspoon salt, 1 teaspoon basil, 2 tablespoons cheese. Dot with butter and repeat layering once more. Bake at 375° for 45 minutes. Makes 6 to 8 servings.

SWEET POTATO SOUFFLE

3 cups mashed sweet potatoes
1 cup white sugar
 $\frac{1}{2}$ teaspoon salt
2 eggs
1/3 stick oleo (melted)
 $\frac{1}{2}$ cup sweet milk
1 teaspoon vanilla

Mix all together and put into greased baking dish.

TOPPING

1 cup light brown sugar
1/3 cup flour
1 cup chopped nuts
1/3 stick oleo (melted)
1 cup coconut

Put in deep narrow bowl and chop fine. Sprinkle over souffle. Bake for 25 minutes at 350° .

MRS. NELLIE HOWARD
Kenly, N. C.



TWICE BAKED POTATOES, COTTAGE STYLE

(Representative James of Elizabeth City serves his district well in the North Carolina General Assembly. He is one of the State's largest potato growers, is active on the National Potato Board, and can always suggest unique new ways to cook potatoes. -- Editor)

4 medium potatoes
1 cup low-fat cottage cheese
 $\frac{1}{2}$ cup skim milk or buttermilk
1 tablespoon minced onion
 $\frac{1}{2}$ teaspoon salt
Dash pepper
Paprika
Dried parsley flakes

Gently scrub potatoes under cold water with vegetable brush to clean. Pierce each potato in several places with tines of fork. Bake at 400 degrees for 45 minutes or until tender.

Cut hot potatoes in half lengthwise. Scoop out potato, leaving skins intact for re-stuffing. With wire whisk, beat potato with remaining ingredients except paprika and parsley flakes until fluffy.

Pile mixture back into skins. Sprinkle with paprika and parsley flakes. Bake 10 minutes more or until just golden. Makes 8 servings, about 75 calories each.

VERNON JAMES
Elizabeth City, N. C.

Oven-cooked meals that can be prepared ahead of time and frozen in glass-ceramic cookware that doubles as serving dishes demand little attention and give today's homemaker many more leisure hours. Busy homemakers can often plan entire meals that can be cooked together in the same oven.



Breads

CORN BREAD

"This bread is light and moist. It goes well with any kind of seafood and wild goose or duck."

- 8 oz. carton sour cream
- 2 eggs
- 1 cup corn meal
- 1/3 cup Wesson oil
- 1 small can cream style corn

Blend above ingredients in a bowl well. Pour into baking dish which has been greased well and bake at 375° for 30 to 45 minutes.

MRS. LARRY E. WARRINGTON
New Bern, N. C.

NUT BREAD

- 1 cup sugar
- 1 egg
- 1 cup milk
- 2 teaspoons salt
- 2 teaspoons baking powder
- 3 or 4 cups flour
- 1 cup nuts
- 1 cup seedless raisins

Mix ingredients together and put in loaf pan. Put in cold oven with heat just as low as can be for 1 hour. When it rises to top of pan, turn heat on at 350 degrees for 15 minutes and let brown. Then turn off heat and let pan sit in oven for ½ hour with door open.

CLYDE AND FRANCES MASSEY
Raleigh, N. C.



BANANA NUT BREAD

(Mrs. Pryor won second place with this recipe at the 1974 N. C. State Fair. -- Editor)

- 3/4 cup butter
- 1½ cups sugar
- 2 egg yolks
- 1 cup crushed bananas
- 2 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 4 tablespoons sour milk
- 1 teaspoon soda
- 1 tablespoon vanilla
- 2 egg whites, beaten stiff
- ½ cup nuts

Grease and flour two one-quart loaf pans. Cream butter and sugar, add egg yolks and bananas. Beat well. Add flour, salt, and baking powder. Then add sour milk, soda, and vanilla. Beat well. Fold in egg whites and nuts.

Bake for one hour at 325 degrees.

MRS. LEON D. PRYOR
Raleigh, N. C.

Dating your spices when you buy them will help you keep track of their freshness. Whole spices keep much better than ground ones. In fact, ground spices do not retain their full flavor for more than six months. Make sure you keep them in tightly sealed containers, and remember to close them firmly after you use them.

To make sweet milk sour add 1 tablespoon of vinegar or lemon juice to each cup and let stand for a few minutes.



LEMON BREAD

"This delicious recipe was given to me by a friend, Mrs. Thomas L. Read of Oxford."

3/4 cup margarine
1½ cups sugar
3 eggs
2¼ cups sifted flour
¼ teaspoon salt
¼ teaspoon soda
3/4 cup buttermilk
Grated rind of one lemon
3/4 cup chopped nuts

Preheat oven to 325 degrees F. Grease and flour a loaf dish or pan (9 x 5 x 3-inch, 2-quart size). Cream margarine and sugar, beat in eggs. Sift dry ingredients together and add to batter, alternating with milk. Mix well. Stir in grated lemon rind and nuts. Pour into prepared loaf dish and bake in preheated oven about one hour and 20 minutes, or until cake tester inserted into center comes out clean. Cool 15 minutes in dish. Remove from dish and cool completely on wire rack.

GLAZE

Juice of 2 lemons
3/4 cup sugar

While loaf is baking, prepare glaze by combining lemon juice and sugar. Let stand to allow sugar to dissolve. After removing loaf from dish, pierce top with cake tester in a number of places and spoon with glaze. Allow to cool to room temperature before slicing thin. Serve.

KATHARINE CROWDER
Raleigh, N. C.



SHAKER CORN STICKS

(These corn sticks were served at the Renwick Gallery in Washington, D. C., for the opening of the Shaker Exhibition on November 1, 1973. They were delicious! The recipe came from the Shaker cook book, We Make You Kindly Welcome by Elizabeth C. Kremer. -- Editor)

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon soda
3 teaspoons sugar
 $\frac{1}{2}$ teaspoon baking powder
2 tablespoons oil
1 egg
 $\frac{1}{2}$ cup flour
1 cup buttermilk
1 cup plus 2 tablespoons corn meal

Beat all ingredients together, beating well. Heat greased irons until hot enough to sizzle. Fill irons to half full. Bake at 450° about 10 minutes or until brown.

The secret of good corn bread is beating well and using hot irons.

Biscuits should be light, flaky and slightly moist inside. The biscuit should double in size during baking. A light and gentle touch both in mixing and handling the dough is the secret of good biscuits.

If your family spurns the heels of bread, save them in a pie pan in the oven until you have a good supply. Then crumb them in the mixer or roll them with a rolling pin. Toss these in melted fat or butter and save in a plastic bag in your freezer for casserole topping. You can add a few spoons of grated cheese.



Pickles and Jellies

CUCUMBER PICKLES

Slice (thin as desired) 6 pounds cucumbers; soak overnight in tube of Lily Lime to 1 gal. of water.

Remove and drain; put cucumbers in 1 gal. water to which 1 cup of salt has been added, and let stand 2 hours.

Take out of salt water and let stand 4 hours in clear water.

Put 2 ozs. powdered alum to 1 gal. water and let come to a boil. Put pickles in and wash good. Take out and put in:

- 2 quarts vinegar
- 7½ pounds sugar
- ½ box pickling spices
- Green cake coloring (optional)

Bring to boil and put cucumbers in and let simmer for 15 to 20 minutes. Put in jars and seal while still hot.

Yield -- approximately 11 pints pickles.

JOYCE McCULLOUGH
Atlanta, Georgia



CHOW-CHOW

1 gallon chopped cabbage
12 onions
12 green peppers
12 red peppers
2 quarts chopped green tomatoes
5 cups sugar
1 gallon vinegar
Mixed pickling spice to taste
 $\frac{1}{2}$ cup salt

Chop onions and peppers. Mix all vegetables with $\frac{1}{2}$ cup salt. Let stand overnight. Drain. Tie mixed spice in cheese cloth, or something thin, and put into pot of sugar and vinegar and simmer for 20 minutes. Add all other ingredients and cook until tender and well-seasoned. Remove spice bag, pack into hot jars while chow-chow is still hot and seal at once.

MRS. ROSS WALL
Wendell, N. C.

SHIRLEY'S PICKLE SLAW

1 cabbage, shredded
1 cup vinegar
 $\frac{3}{4}$ cup salad oil
 $\frac{3}{4}$ cup sugar
1 tablespoon salt
Celery seed
1 tablespoon mustard
1 onion, chopped fine

Boil vinegar, salad oil, sugar, and salt. Pour over other ingredients. Put in jars and keep in refrigerator. This will keep well for 3 months if put in jars and refrigerated. It's delicious!

MRS. SHIRLEY MOBLEY
Raleigh, N. C.



HOT PEPPER JELLY

"This recipe came from my sister-in-law, Mrs. Clifton Cash of Monroe, N. C. It is a beautiful green jelly and delicious when served with ham or baked poultry. It is also very tasty with creamed cheese on Triscuit as an appetizer."

- $\frac{1}{4}$ cup chopped hot green peppers
- $1\frac{1}{2}$ cups chopped green bell peppers
- $6\frac{1}{2}$ cups sugar
- $1\frac{1}{2}$ cups white vinegar
- 1 bottle liquid pectin (Certo)

Mix pepper, sugar, and vinegar. Boil 10 minutes. Add green or red coloring. Add pectin and boil 5 minutes. Strain. Pour in hot jars and seal. Yield -- 6 jars.

MRS. A. B. STARNES
Raleigh, N. C.

GINGERED PEARS

"This is an old recipe of my mother's, which our family has always enjoyed."

- 7 lbs. pears, peeled and quartered
- 4 lbs. sugar
- 1 level tablespoon ground ginger
- 2 lemons -- juice and grated yellow part of rind

Grind pears through meat chopper. Place all ingredients in enameled pan or kettle. Cook until amber-colored and of the consistency of jam -- not too thick. Pack and seal in sterilized jars while boiling hot. Makes about 6 pints.

ALBERTA MONROE
West End, N. C.



Protect portable cooking appliances from drafts that can reduce their efficiency and slow down cooking.

The temperature inside a covered pan can be as much as 20 degrees above that of an open pan.

It takes 3 times as much energy to toast bread in an oven as in pop-up toaster.

An electric mixer not only will help you make your cakes, but also will speed up your upholstery cleaning. Use the mixer to beat up the foam of your upholstery shampoo in a jiffy.

For a wonderful aroma plus an effective moth repellent, place a jar (with a perforated metal lid) of dried lemon or orange peels and a dozen whole cloves in each closet.

A small lump of butter or a drop of olive oil added to water will keep it from boiling over. This is particularly applicable when cooking rice or spaghetti.

To retain crispness and flavor, store peanuts in tightly closed containers in the refrigerator or freezer. Peanuts absorb moisture readily. If they are to be added to salads or sauces, mix them in just before serving.

Open canned asparagus from the bottom so the tips won't break as you ease them out.

Use dry baking soda on a damp sponge to scour cooked-on food on your kitchen range.

Salad dressing may be used on sandwiches when preparing them ahead of time for the freezer. Also butter or oleo. But frozen mayonnaise has a tendency to separate.

A hardened box of sugar can be softened by placing it in a warm oven for 10 or 15 minutes.



Cakes

YUMMY CHOCOLATE CAKE

- 1 stick margarine
- 1 cup sugar
- 4 eggs
- 1 cup plain flour
- 1 tablespoon baking powder
- 1 large can Hershey's chocolate syrup

Bake at 350° for 30 minutes. Frost with canned chocolate frosting. Cover and store in refrigerator. Keeps well for days. This cake is much like brownies. Use 13 x 9 x 3-inch pan. Easy and delicious!

MRS. W. P. MATTHEWS
Wilmington, N. C.

1-2-3 MOLASSES CAKE

- 1 stick margarine
- 2 eggs
- 2 cups molasses
- 2 cups self-rising flour

Mix melted (or softened) margarine, eggs, and molasses until creamy. Add flour and mix to a smooth batter. Pour into an 8 x 10-inch or two 4 x 9-inch loaf pans. Bake at 325 degrees F. for 30 minutes or until done. Do not over-bake.

MRS. KYLE HARRINGTON
Broadway, N. C.



CHOCOLATE MARSHMALLOW CAKE

- 1½ sticks margarine
- 3 tablespoons cocoa
- 1½ cups sugar
- 3 eggs
- 1½ cups self-rising flour
- 1½ cups chopped nuts
- 1 tablespoon vanilla
- 1 pkg. (6 oz.) miniature marshmallows

Cream margarine, cocoa, and sugar. Add eggs (one at a time), beat well. Add flour, nuts, vanilla, and mix by hand. Pour into 9 x 13 x 2-inch greased and floured pan. Bake at 325 degrees for 35 to 40 minutes. As soon as cake comes out of oven, cover with marshmallows and let melt (about 5 minutes). Spread icing on cake.

ICING

- 1 box confectioners' sugar
- 4 tablespoons cocoa
- 4 tablespoons margarine
- 1 teaspoon vanilla
- Milk (enough to make spreadable, 3 to 4 tablespoons)

Spread on cake and cut it into squares 2" x 2" or as you like.

MRS. GRAHAM JOHNSON
Benson, N. C.

Use leftover chicken or turkey to enrich a hearty rice soup for an indoor picnic supper around the fireplace. Empty can of condensed chicken noodle soup into saucepan. Fill soup can ½ full with pack-aged enriched pre-cooked rice, right from the box. Add water to fill can; then add mixture to soup. Stir in 1 cup cut-up chicken or turkey. Bring to boil; simmer, covered, for about 5 minutes.



BANANA CRUNCH CAKE

"Not every cook can win \$25,000 for a recipe. But Mrs. Ronald L. Brooks of Salisbury, Maryland, won that amount in the annual Pillsbury Bake-Off with this recipe. I have made it several times and every time I get a lot of oohs and aahs! Plus requests for the recipe. It's easy to make and stays moist."

- 5 tablespoons butter or margarine
- 1 (7½-ounce) pkg. coconut pecan frosting mix or
- 1 (8¼-ounce) pkg. coconut almond frosting mix
- 1 cup regular rolled oats
- 1 cup commercial sour cream
- 4 eggs
- 2 large bananas, mashed
- 1 (17-ounce) pkg. yellow cake mix

Preheat oven to 350°. Grease and flour a 10-inch tube pan. Melt butter in saucepan; stir in frosting mix and oats until crumbly; set aside. Blend sour cream, eggs, and bananas in a large bowl until smooth. Blend in cake mix; beat 2 minutes at medium speed on regular electric mixer (high speed with portable mixer).

Pour one-third of batter (2 cups) into prepared pan. Sprinkle with one-third of crumb mixture (1 cup). Repeat twice with batter and crumbs, ending with crumb mixture. Bake at 350° for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan for 15 minutes. Turn pan upside down on cake rack; then turn cake so crumb mixture is on top. Yield: one 10-inch cake.

MRS. ELMO T. WILLIAMS
Raleigh, N. C.



MISSISSIPPI MUD CAKE

(This cake is very rich, but super delicious! This recipe probably caused more comments and brought forth more phone calls and requests for copies than any recipe I ever printed. It was reported to be a sensation at bake sales and bazaars. -- Editor)

2 cups sugar
1/3 cup cocoa
3 sticks oleo
4 eggs
1 teaspoon vanilla
1½ cups flour
1 1/3 cups coconut (1 can)
1½ cups pecans (chopped)
1 jar marshmallow creme (7 oz. size)

Cream sugar, cocoa, and oleo. Add eggs and vanilla. Mix well. Add flour, coconut, and pecans. Bake in 9 x 15 or 9 x 13-inch pan for 40 minutes at 350 degrees. When done, spread jar of marshmallow creme on hot cake. Cool and then frost.

FROSTING

(uncooked)

1 box powdered sugar	1 stick soft oleo
1 teaspoon vanilla	½ cup canned milk
1/3 cup cocoa	

MRS. ERNEST NIPPER
Raleigh, N. C.

Did you know that milk and dairy foods are good sources of high-quality protein? Two and one-half cups of milk contain as much protein as a three-ounce serving of beef pot roast. So do three-fourths of a cup of cottage cheese and three ounces of cheddar cheese.



CHOCOLATE LOAF CAKE

- 2 sticks margarine or butter
- 1 cup water
- 4 heaping tablespoons cocoa

Bring all the above to boil.

Mix these dry ingredients:

- 2 cups plain flour
- 2 cups sugar
- 1 teaspoon soda (baking)

- Add: $\frac{1}{2}$ cup sour milk (buttermilk or sweet milk with
1 teaspoon vinegar)
- 2 eggs
 - 1 teaspoon vanilla

After this is mixed, pour in boiled chocolate mixture and blend well. Bake in greased loaf pan $9\frac{1}{2} \times 13\frac{1}{2}$ inches at 350° for approximately 30 to 35 minutes.

ICING

- 1 stick margarine or butter
- 6 tablespoons milk
- 4 tablespoons cocoa
- 1 box powdered sugar

MRS. JOSEPH E. COLEY
Fuquay-Varina, N. C.

Wooden salad bowls, candy dishes or trays should be conditioned before using. Pour a small amount of vegetable or cooking oil on the inside. Then with a clean dry cloth, rub the oil into the wood until it is absorbed. Shine the outside with the oily cloth. Then rinse with soap or detergent suds and dry thoroughly. After each use, rinse the same way. Periodically, recondition the wood with an oil treatment to help retain the luster and beauty of the grain.



BLUEBERRY CAKE

$\frac{1}{2}$ cup butter
 $1\frac{1}{4}$ cups sugar
3 eggs
 $\frac{1}{2}$ cup milk
2 cups flour
2 rounded teaspoons baking powder
2 cups blueberries

Cream together the butter and sugar. Add eggs, milk, sifted flour, and baking powder. Mix well. Then add the berries. Put in greased pan (and later cut in squares) or in muffin tins. Bake in a 350 degree oven.

Serve with a sauce made of:

1 cup blueberry juice	1 lump butter
1 cup sugar	2 tablespoons flour

Boil about 2 cups berries, covered with water, and then strain to make 1 cup juice. Mix flour and sugar, add to the juice. Add lump of butter and let boil in double boiler until thick. Serve warm over cake.

MRS. PETER BROWNE RUFFIN
Wilmington, N. C.

After you've finished preparing your favorite pie, bake any leftover pastry as a quick treat -- long loved by children and grown-ups. Roll out the pastry trimmings yourself and cut out figures or shapes with cookie or canape cutter. Or, if you don't mind a mess, let your small cooks do it themselves. Brown the "cookies" while the pie bakes. To serve, spread with jam or peanut butter. Or fold in a spoonful of jam, jelly or grated cheese, and seal the edges. Or simply sprinkle with cinnamon and sugar.



ORANGE SLICES CAKE

3½ cups sifted all-purpose flour
 ½ teaspoon salt
 1 lb. orange slices candy (cut up)
 1 pkg. (8 oz.) pitted dates (chopped)
 2 cups chopped walnuts
 1 can (3¼ oz.) flaked coconut
 1 cup margarine or butter
 2 cups sugar
 4 eggs
 1 teaspoon baking soda
 ½ cup buttermilk
 1 cup orange juice
 2 cups XXXX sugar

Preheat oven to 300°. Sift flour and salt together. Combine next 4 ingredients. Mix well. Add ½ cup of the flour mixture. Toss to coat evenly. Set aside.

Cream butter or margarine. Add sugar gradually, beating until light. Add eggs, one at a time, beating well after each addition. Combine soda and buttermilk. Mix well. Add alternately with remaining flour to egg mixture. Add floured candy mixture. Mix well.

Spoon into greased 10-inch tube pan. Bake for one hour and 45 minutes or until done. Remove from oven.

Combine orange juice and XXXX sugar. Mix until blended. Pour over hot cake. Cool. Let stand in refrigerator overnight before removing from pan.

OPAL ELMORE
 Raleigh, N. C.

Do not wash berries until you are ready to use them. Pick over the berries, discarding any unripened or soft ones. Spread remainder in a shallow baking or storage dish and refrigerate, uncovered.



MELT-IN-THE-MOUTH BLUEBERRY CAKE

2 eggs separated
1 cup sugar
 $\frac{1}{2}$ cup shortening (one stick)
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla
 $\frac{1}{3}$ cup milk
 $1\frac{1}{2}$ cups all-purpose flour
1 teaspoon baking powder
 $1\frac{1}{2}$ cups blueberries

Beat egg whites until stiff, add about $\frac{1}{4}$ cup of the sugar to these. Set aside. Cream shortening, add salt and vanilla to this. Add remainder of sugar, then egg yolks, beat until light and creamy. Sift flour and baking powder together. Add alternately to creamed mixture with the $\frac{1}{3}$ cup of milk. Fold in egg whites, then blueberries that have been dusted with flour. Turn batter into a greased oblong pan. Sprinkle top of batter with a little sugar and and cinnamon. Bake at 350° for 50 minutes.

This is good served cold or warm. Freezes well also. Cut from pan to serve. If you want to freeze, remove cake from pan and wrap in aluminum foil.

MRS. HARRY BISSETTE
Zebulon, N. C.

Keep potato chips fresh and crispy by storing them in an air tight metal can. Freshen stale potato chips by putting them on a cookie sheet in a pre-heated 300 degree oven until they begin to feel fresh again. If you'd like to add flavor sprinkle with garlic or onion powder before baking.

Soft pies will cut more easily with a knife coated with butter.



PUMPKIN CAKE

- ½ cup shortening
- 1 cup sugar
- 1 cup brown sugar, packed
- 2 eggs, beaten
- 1 cup cooked mashed pumpkin
- 3 cups self-rising flour
- ½ cup milk
- 1 cup nuts
- 1 teaspoon maple flavoring

Cream shortening, slowly add sugar, eggs, and pumpkin. Sift flour and add alternately with milk to mixture. Fold in nuts and flavoring. Pour into 3 greased 8-inch layer cake pans. Bake at 350° for 30 minutes. Cool and frost with Harvest Moon Frosting.

HARVEST MOON FROSTING

- 3 egg whites
- 1½ cup brown sugar, packed
- Dash of salt
- 6 tablespoons water
- 1 teaspoon vanilla

Combine in double boiler: eggs, sugar, salt, and water. Beat well; place over boiling water. Cook 7 minutes, beating constantly or until frosting will stand in peaks. Remove from heat, add vanilla. Beat until thick enough to spread.

MRS. JACOB B. LEWIS
Raleigh, N. C.

Give an open-face pie a quick freezing before wrapping for longer storage in the freezer. It's easy to handle this way.



PUMPKIN CAKE

"This is a delicious and very seasonal dessert. I have made it for Thanksgiving for several years and always get numerous compliments."

1 pkg. yellow cake mix	1 cup canned pumpkin
4 beaten eggs	$\frac{1}{4}$ cup water
$\frac{3}{4}$ cups sugar	1 teaspoon cinnamon
$\frac{1}{2}$ cup Wesson oil	Dash of nutmeg

Mix together all the above and beat well. Bake in tube pan at 350 degrees for one hour.

ICING

1 stick margarine melted
1 package of cream cheese
1 box confectioners' sugar
Dash of vanilla

Beat until thick and creamy. If you desire, you may add chopped nuts or coconut. Leave cake in refrigerator overnight.

MRS. JAMES H. MARTIN
Lumberton, N. C.

Give your favorite cream pie new flair with a different pie shell. Bread crumbs, Graham crackers, ginger snaps and vanilla and chocolate cookie wafers all make delicious crumb crusts. One 9-inch pie shell requires $1\frac{1}{3}$ cups crumbs and $\frac{1}{3}$ cup melted butter. To put spark into a bread crumb crust, add 1 teaspoon cinnamon and $\frac{1}{4}$ cup each of finely chopped nuts and firmly packed light brown sugar to the crumbs.

Add vanilla to a custard only when cool, or much of the flavoring will vanish in steam.



YELLOW CAKE LAYERS

- 2½ cups sifted self-rising flour (sift 3 times)
- 1½ cups granulated sugar
- 3 eggs separated
- ½ cup Crisco
- 1 teaspoon vanilla flavoring
- 1 cup sweet milk

Cream sugar and shortening. Add egg yolks and vanilla. Add milk and flour gradually, ending with flour. Add egg whites last. Don't beat them before you add them. Bake in three 9-inch layer cake pans 30 minutes at 325°. This is a very good cake for chocolate frosting, coconut and pineapple filling.

MRS. ROY CRUMPLER
Selma, N. C.

WINE CAKE

"This cake is so easy to make that I have stirred up many for friends, for parties, for faculty meetings, and for small 'thank-you' gifts. I made each member of my doctoral committee a wine cake after I finished my Ph. D. this past May at UNC-Chapel Hill."

- 1 box yellow cake mix (I prefer Duncan Hines)
- 1 pkg. vanilla instant pudding
- 4 eggs
- ¾ cup Mazola oil
- ¾ cup wine (I usually use very dry sherry)
- 1 teaspoon nutmeg

Combine all ingredients. Beat at least 10 minutes. Bake in greased and floured Bundt or tube pan for about one hour at 350 degrees. I use the toothpick test for doneness.

MRS. JAMES M. McCLOUD, JR.
Raleigh, N. C.



WACKY CAKE

"This is the poor man's cake. The taste is excellent, and it's so easy to fix that children can make it."

1½ cups plain flour	1/3 cup cooking oil
1 cup sugar	1 teaspoon vinegar
3 tablespoons cocoa	1 teaspoon vanilla
1 teaspoon soda	1 cup cold water
½ teaspoon salt	

Sift dry ingredients together in an 8-inch square ungreased cake pan. Make 3 holes in sifted portion. Pour oil, vinegar, and vanilla in separated holes. Pour water over all and mix with a fork until all ingredients are wet. Bake at 350 degrees for 30 minutes.

FROSTING

1 stick oleo	1 box confectioners' sugar
3 tablespoons cocoa	1 teaspoon vanilla
6 tablespoons milk	

Mix oleo, cocoa, and milk in saucepan. Heat over low flame. Do not boil. Remove from heat. Add sugar and vanilla; mix well. Frost cake as soon as removed from oven.

MRS. J. L. SMITH
Roseboro, N. C.

An empty tuna fish can from which the top and bottom have been removed carefully makes a wonderful gadget for poaching eggs. Place can ring in skillet with water and drop egg in center.

A colander can be inverted over a skillet when frying anything where grease is popping -- bacon, chicken, etc. Heat escapes but spatters are caught on the colander. Saves cleaning the stove.



BANANA SPLIT CAKE

(NO COOKING)

- 2 cups crushed graham crackers
- 1 stick of margarine

Combine and form crust in square dish or pan.

- Mix:
- 3 cups confectioners' sugar
 - 1 8-oz. softened cream cheese
 - 1 whole egg

Spread this mixture over Graham cracker crust.

Add the following in layers:

- 5 or 6 bananas sliced lengthwise
- 1 can crushed pineapple (drained)
- 1 large size Cool Whip
- $\frac{1}{2}$ cup crushed pecans sprinkled over Cool Whip

Dot with maraschino cherries. Serve in squares. You may sprinkle lemon juice over bananas to keep them from turning dark, if you like.

MRS. AGATHA GREENWAY
Henderson, N. C.

STRAWBERRY SHEET CAKE

- 1 box white cake mix (any kind)
- $\frac{1}{2}$ cup sweet milk
- 1 cup crushed strawberries (fresh)
- 1 cup chopped pecans
- 1 cup cooking oil
- 4 eggs
- 1 3-oz. box strawberry Jello

Mix all together, beat well. Pour into a sheet cake pan which has greased and floured wax paper. Cook at 350° for about 25 minutes or longer. Serve with whipped cream on top.

MRS. ELIZABETH M. GOODWIN
New Hill, N. C.



APPLE NUT CAKE

- 1 $\frac{1}{4}$ cups cooking oil
- 2 cups sugar
- 3 eggs
- 2 teaspoons vanilla
- $\frac{1}{2}$ teaspoon cinnamon
- 3 cups plain flour
- 1 teaspoon soda
- 1 teaspoon salt
- 3 cups chopped tart apples (or 1 large can apple sauce)
- 1 cup chopped pecans

Mix oil, sugar, and eggs. Add other ingredients and pour into an oblong pan and bake at 325 degrees for 1 hour.

ICING

- 1 stick margarine
- 1 cup brown sugar
- $\frac{1}{4}$ cup sweet milk
- $\frac{1}{2}$ cup chopped nuts

Combine and cook 2 $\frac{1}{2}$ minutes after coming to a boil. Pour on cake while warm. When cool cut into squares and serve.

MRS. ROY CRUMPLER

Selma, N. C.

MRS. CRUMPLER'S POUND CAKE

- 2 cups sugar
- 2 cups plain flour, sifted 5 times
- 1 cup Crisco
- 5 eggs
- 5 teaspoons lemon juice
- 5 teaspoons orange juice
- 2 teaspoons vanilla
- Pinch of salt

Line tube pan on bottom with wax paper and bake at 325° for 1 hour and 10 minutes. (Note: This recipe uses no baking powder and do not beat too long after you get the flour in.)

MRS. JOHN H. CRUMPLER

Scotland Neck, N. C.



MRS. LINCOLN'S POUND CAKE

(Guests at the White House during the administration of Abraham Lincoln were said to have been delighted with Mary Todd Lincoln's pound cake. -- Editor)

- 1 pound butter
- 3½ cups sugar
- 10 eggs
- 4 cups sifted all-purpose flour
- 1 teaspoon nutmeg
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract

Cream butter and sugar thoroughly; add eggs, one at a time, beating well after each addition. Add flour gradually to creamed mixture, mixing well; add seasonings. Pour into a 10-inch tube pan. Bake at 250 degrees for two hours.

WONDRA CAKE FLOUR POUND CAKE

"This is one of my favorite pound cake recipes. I use it often. It is so tasty and has a very fine texture when baked properly."

- 3 cups granulated sugar
- 3 cups Wondra Cake Flour (by Gold Medal)
- 5 eggs
- 1 teaspoon vanilla flavoring
- 1 teaspoon lemon or butter flavoring
- 1 stick margarine
- ½ cup Crisco
- 1 cup sweet milk

Cream shortenings and sugar til light and fluffy, about 10 minutes. Add sweet milk. Add eggs one at a time. Mix real good. Add flavorings and flour last. Bake at 325 degrees for one hour and 20 minutes. You bake this in a greased and floured tube pan.

MRS. ROY CRUMPLER
Selma, N. C.



DATE CUP CAKES

(MAKES 32-36)

Cream together: $\frac{1}{2}$ cup Crisco
1 cup sugar
2 eggs
Sift together: 2 cups flour
1 teaspoon soda
 $\frac{1}{4}$ teaspoon salt
Mix together: $\frac{3}{4}$ cup buttermilk
1 teaspoon vanilla

Add dry ingredients to creamed ingredients, alternated with the milk and vanilla mixture. Fold in:
1 pkg. dates, chopped and floured

Bake in 350° oven (in paper cups) for 25 minutes. Pour over cupcakes while they are still hot the juice and rind of 1 lemon, 2 oranges, and 1 cup of sugar.

MRS. JACK MOORE
Raleigh, N. C.

PECAN CAKE

"This recipe was given to me by Mrs. Sam Womble, Jr. many years ago. It is excellent and not expensive to make. Will freeze; may be soaked with wine."

$\frac{1}{2}$ lb. butter	$1\frac{1}{2}$ pkg. white raisins
2 cups sugar	$\frac{1}{2}$ lb. candied cherries
6 eggs	$\frac{1}{2}$ lb. candied pineapple
4 cups flour	1 qt. pecan meats
2 teaspoons baking powder	1 teaspoon vanilla
1 tablespoon nutmeg	1 teaspoon lemon extract
$\frac{1}{4}$ cup wine (in batter)	$\frac{1}{4}$ cup milk

Mix all ingredients and bake at 275 degrees in lined greased tube pan for three hours.

MRS. BETTIE BISHOP
Sanford, N. C.



DATE NUT CAKE

1½ lbs. chopped dates
1½ lbs. shelled nuts
1 cup plain flour
2 teaspoons baking powder
4 eggs divided
1 cup sugar
1 teaspoon vanilla
½ teaspoon salt

Mix dates and nuts together. Sift flour, baking powder, and salt. Then sift over dates and nuts, stirring to coat good. Beat egg yolks, sugar, and vanilla together until fluffy. Pour over date and nut mixture. Stir and mix thoroughly. Last, beat egg whites until stiff but not dry. Pour over all and mix well. Pour in a tube pan and bake for 1½ hours at 250 degrees.

MRS. ALLEN CAWTHORNE
Zebulon, N. C.

PLUM CAKE

2 cups self-rising flour
2 cups sugar
1 cup Wesson oil
1 teaspoon cinnamon
1 teaspoon cloves
4 eggs
2 small jars Gerber's strained plums
1 cup chopped nuts

Mix oil and sugar, then add eggs one at a time, sifted dry ingredients, plums, and nuts. Bake in greased and floured tube pan at 325° for 55 minutes.

Glaze with mixture of 1 cup powdered sugar and 2 to 4 teaspoons dry sherry. Put on cake while warm.

MRS. MACON S. SMITH
Raleigh, N. C.



APPLE SAUCE CAKE

2 cups sugar
1 cup butter
3 eggs
2 cups flour
2 cups dried apples
3 teaspoons baking soda in apples
2 cups raisins (one box)

Cook apples until soft. When cool and ready to use in cake batter, put 3 teaspoons of soda in apples and beat just before putting in cake batter. Put raisins in sifter and part of flour into sifter and sift through raisins before putting them into batter. Bake in layers until firm. Ovens vary.

FILLING

$\frac{1}{2}$ lb. coconut
1 lb. powdered sugar
Butter to mix

If dried apples are used that are white instead of brown, you may add a little cocoa to batter for color.

MRS. ROSS WALL
Wendell, N. C.

MILDRED'S MAGIC FRUITCAKE

1 $\frac{1}{3}$ cups sweetened condensed milk (use no other)
1 cup chopped nuts
 $\frac{1}{2}$ lb. or 3 cups flaked coconut
1 lb. pitted dates, chopped

Blend thoroughly sweetened condensed milk, nuts, coconut, and dates. Pack in buttered loaf pan and bake at 375 degrees for 25 minutes or until brown. Remove from pan and cool thoroughly. Cut into thin slices. Yields 2 pounds.

MRS. MILDRED SKEEN
Roper, N. C.



HARVEY WALLBANGER CAKE

"This recipe came from New Orleans. It is moist and very delicious."

- 1 pkg. orange cake mix
- 1 pkg. Jello vanilla pie filling (5 oz.)
- 3 tablespoons sugar
- 2 oz. vodka
- $\frac{1}{2}$ cup oil
- 4 eggs
- 2 oz. Galliano liqueur
- 8 oz. orange juice

Mix first three ingredients in large mixing bowl with a spoon until well blended. Add other ingredients and beat 8 minutes. Pour into well greased tube pan. Place in center of oven, second rack from bottom. Bake 45 to 50 minutes at 350°. Cool.

FROSTING

- 1 cup confectioners' sugar
- 1 tablespoon orange juice
- $1\frac{1}{2}$ tablespoons vodka
- 2 tablespoons Galliano

Mix together. Let stand 5 minutes. Pour over top and sides of cooled cake. Note: cake will keep for 2 or 3 days in cool place without refrigerating.

NANCY RAWLS

Raleigh, N. C.

Contrary to what some people may believe, a bed-time snack can actually aid sound, restful sleep. The snack should consist of simple foods and not be too large. Warm milk or cocoa may be especially soothing at bedtime.



BANANA-NUT CAKE

(This is my sister-in-law's recipe, and it is one of the best cakes I ever ate. -- Editor)

1½ cups sugar
½ cup shortening
2 eggs
2 cups sifted flour
2 teaspoons baking powder
1 teaspoon baking soda
¼ teaspoon salt
½ cup buttermilk
1 teaspoon vanilla
1 cup mashed bananas
¾ cup chopped pecans (optional)

Cream sugar and shortening. Add eggs, one at a time, and beat well. Sift together dry ingredients; add to mixture. Add remaining ingredients; mix well. Pour into two 9-inch pans which have been greased and floured. Bake at 300 degrees for 25 minutes.

Frost with butter-cream icing:

1 stick butter or margarine
1 box powdered sugar
1 teaspoon vanilla
Chopped pecans
Enough cream to make spreading consistency

MRS. BILL STEGALL
Marshville, N. C.

All but the most fragile cookies can be mailed successfully. The trick is to pack them in a sturdy, undentable container and leave no rattling space between the cookies. Small pieces of waxed paper, crumpled tissue, or paper towels can be stuffed between them or use popcorn as an edible stuffer.



MAYONNAISE CAKE

"My mother, Katherine Cratt of Robersonville, has baked this cake for years, using her favorite white icing."

- 1 cup raisins
- 1 teaspoon soda
- 1 cup boiling water
- 2 egg yolks
- $\frac{3}{4}$ cup mayonnaise
- 1 cup sugar
- $2\frac{1}{2}$ cups self-rising flour
- 1 cup chopped nuts

Sprinkle soda over raisins, add water. Let stand until lukewarm. Add eggs and mayonnaise; sugar and flour. Add nuts. Do not over-mix cake. Bake at 350 degrees for 25 to 30 minutes. Layers will be a golden brown. Yield: two 9-inch layers.

ICING

- 1 cup evaporated milk
- 1 cup sugar
- 1 stick butter or margarine
- 1 cup coconut
- 1 cup pecans

Boil all ingredients except pecans about 10 minutes or until thick enough to spread. Add pecans.

JEANETTE GRAY
Raleigh, N. C.

A little salt sprinkled in the frying pan will keep fat or lard from spattering. This also makes cleaning the range easier.

Add one grated raw potato with each pound of ground meat for luscious, juicy hamburgers.



BURNT CARAMEL (SUGAR) CAKE

"All the burnt sugar recipes I have ever seen are just burnt sugar poured over the cake. I am 70 years old, and this was our family recipe when I was a girl."

Take any layer cake recipe and cook 3 layers. Cool.

FILLING

Put $2\frac{1}{2}$ cups granulated sugar in sauce pan, cook until a little beat in saucer will be almost hard.

When this is done, put $\frac{1}{2}$ cup granulated sugar in dry iron frying pan; do not get too hot. Keep shaking about until sugar melts and turns dark coffee color. Then vigorously beat burnt sugar into filling. Set aside to cool a little. Then add 2 tablespoons butter and 1 teaspoon vanilla. Beat until of spreading consistency and spread on cake.

MRS. NELLIE CHAMBLEE
Wendell, N. C.

POPPY SEED SUPREME

"This delicious recipe was given to me by the wife of Congressman Roy A. Taylor."

1 box yellow cake mix
1 box instant vanilla pudding mix
4 eggs
 $\frac{1}{2}$ cup butter flavored oil
1 cup sour cream
 $\frac{1}{2}$ cup cream sherry
 $\frac{1}{3}$ cup of poppy seed

Place all ingredients at once into a bowl and mix for 5 minutes. Bake in a Bundt pan for one hour at 350 degrees.

MRS. JAMES A. GRAHAM
Raleigh, N. C.



CHRISTMAS APPLESAUCE CAKE

- 1 cup oleo (or shortening)
- 2 cups sugar
- 2 eggs (large)
- 1 quart applesauce
- 4 cups plain flour
- 2 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon cloves
- $\frac{1}{2}$ teaspoon allspice
- $1\frac{1}{2}$ teaspoons salt
- 5 teaspoons soda
- $1\frac{1}{2}$ cup nuts (chopped)
- 1 cup raisins (seedless)
- 1 cup dates (chopped)
- 1 pound (pint) candied mixed fruit
- $\frac{1}{4}$ pound candied cherries

Cream oleo and sugar together. Add beaten eggs. Dissolve soda in applesauce and let stand at least 10 minutes. Sift dry ingredients and add alternately with applesauce to creamed mixture. Add nuts, raisins, dates, and mixed fruit. Bake in large tube pan, or in loaf pans if desired, lined with wax paper, for $1\frac{1}{2}$ hours (or til done) in slow oven 225 to 250 degrees. Decorate with candied cherries.

This cake can be wrapped and stored in refrigerator, and it also freezes well.

MRS. W. S. DAVENPORT
Roanoke Rapids, N. C.

Milk scorches easily when heated, so stir over low heat or heat over hot water.

To give piquancy to omelets, add grated cheddar, Swiss or Parmesan cheese. Use at least 1 tablespoon of the cheese for each egg used in the omelet.



SOCK-IT-TO-ME CAKE

(Throughout the book you will find many recipes by Mrs. Winnie Stegall. She is my mother and is one of the very best cooks I know. We have been exchanging recipes for many years. -- Editor)

1 pkg. Duncan Hines yellow butter cake mix
1 cup sour cream
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup oil

Blend above ingredients; add 4 eggs, one at a time.

Mix: 3 tablespoons brown sugar
1 teaspoon cinnamon
 $\frac{1}{2}$ cup nuts

Oil and flour cake pan. Pour $\frac{1}{2}$ batter in pan, then add sugar mix, then pour rest of batter. Bake at 320 degrees for 55 minutes. Cook in either a Bundt or pound cake pan.

GLAZE

Mix together:

1 cup powdered sugar
1 teaspoon vanilla
3 teaspoons milk

Pour on hot cake.

MRS. WINNIE E. STEGALL
Marshville, N. C.

For an unusual cake decoration, push short pieces of macaroni into the frosting to hold small flowers.

To remove excessive taste of salt from food: while cooking add 1 teaspoon each of vinegar and sugar, or in soup, add a few slices of raw potato.



OUT-OF-THIS WORLD CAKE

- 2 sticks margarine ✓
- 4 eggs
- 2 cups sugar
- 1 cup sweet milk
- 1 tablespoon baking powder
- 1 lb. Graham cracker crumbs
- 1 cup coconut
- 1 cup chopped nuts

Cream margarine and sugar. Add eggs, beat, add cracker crumbs, nuts, and coconut. Add baking powder and milk. Bake in three 9-inch cake pans at 350° for 40 minutes.

ICING

- 1 stick margarine
- 1 box confectioners' sugar
- 1 large package cream cheese
- 1 tablespoon pineapple juice
- 1 can crushed pineapple, drained

Cream margarine and cream cheese until smooth. Add sugar and pineapple juice. Beat until creamy. Top each layer with frosting and pineapple.

ANONYMOUS

Ingredients for fruit cakes tend to be expensive but the once-a-year serving of these delicacies make the splurge worthwhile. To achieve perfect flavor select only the best and freshest nuts and candied fruits. Too many raisins or currants substituted for candied fruits or nuts may give a cake a bitter or burnt taste. Some cooks recommend buying whole candied fruit for home slicing into thin 1/16-inch strips. You may prefer these tiny strips, since they make for easier thin-slicing of the finished cake.



SOUR CREAM COFFEE CAKE

"This recipe was given to me by a friend, and it is truly a delicious coffee cake."

2 cups cake flour
1 teaspoon soda
1 teaspoon baking powder
 $\frac{1}{2}$ cup butter (1 stick)
1 cup sugar
2 eggs
1 cup sour cream
1 teaspoon vanilla

FILLING

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup chopped pecans
1 tablespoon flour
1 teaspoon cinnamon

(Mix together.)

Grease tube pan. Cream butter and sugar. Add eggs one at a time. Beat until light and fluffy. Sift together flour, baking powder, and soda. Add to creamed mixture alternately with sour cream, starting and ending with flour. Add vanilla. Sprinkle filling alternately with batter, first putting layer of filling on bottom. Bake at 350° for 50 minutes. Cool about 20 minutes before turning out of pan.

MRS. ALBERT L. HASKINS, JR.
Raleigh, N. C.

When cutting marshmallows or chopping dates, if you dip your scissors into water and cut them wet, the goodies won't stick.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

Ingredients for baking cakes, cookies, and bread should be at room temperature for best results. Remove butter and eggs from the refrigerator first when getting ingredients ready for preparation.

Cut-up dates may be substituted for raisins in many recipes.



MORAVIAN SUGAR CAKE

"This is a never-fail recipe which I have used dozens of times. It's the best sugar cake I ever tasted. I clipped it from the Winston-Salem Journal several years ago from the following article."

Some unfortunate people -- and they aren't all Yankees -- have never tasted Moravian sugar cake. Some other unfortunate people -- even some Moravians -- believe that you eat sugar cake only on Easter morning. As a matter of fact, you can hit a man in the pit of the stomach with Moravian sugar cake any day of the year and he won't holler too much. Unless it's for more.

Marie Antoinette had the right attitude -- why should anybody eat bread when there's Moravian sugar cake. So here's the authentic recipe, the way the old Moravian cooks make it:

Allow 1 cake of yeast or 1 package dry granular yeast to soak a few minutes in one-half cup lukewarm water.

To 1 cup hot mashed potatoes, add 1 cup granulated sugar, 4 tablespoons soft butter, $\frac{1}{2}$ cup shortening, and 1 teaspoon salt. Add yeast mixture.

Set aside and allow to rise in warm place until spongy. Add 2 beaten eggs. Add sufficient flour (about 4 to 5 cups) to make soft dough. Allow to rise overnight or at least 5 hours. Punch down on lightly floured board.

Spread out evenly in greased flat pans. When light, make holes for pieces of butter and brown sugar. Dust with cinnamon. Bake in moderate oven, 375° , for 20 minutes or until golden brown. This recipe will make four 8-inch rounds. Now, let 'em eat cake.

MRS. HILDA PATTERSON
Raleigh, N. C.



MORAVIAN SUGAR CAKE

1 cup hot mashed potatoes
1 cup hot potato water
3/4 cup butter and shortening mixed
1 scant cup granulated sugar
2 slightly beaten eggs
2 envelopes dry yeast dissolved in
1/2 cup lukewarm water
2 teaspoons salt
4 to 5 cups plain flour
Butter, light brown sugar, cinnamon

Cook peeled potatoes in unsalted water. Drain; reserve 1 cup cooking water. Mash potatoes adding nothing. Mix well 1 cup potatoes, reserved water, butter, sugar, and salt; cool to lukewarm. Add eggs and dissolved yeast. Stir in flour until dough resembles heavy muffin batter. Cover; let rise in warm place until doubled. Punch down; spread in five 9-inch greased layer cake pans (or ungreased foil pans). Cover; let rise to top of pans. When risen, punch surface with holes; fill holes with bits of butter. Cover tops with light brown sugar and dust lightly with cinnamon. Bake at 375° for 20 minutes or until brown.

Sugar cakes freeze very well. To serve, thaw and warm gently.

MRS. ROGER WALL
Raleigh, N. C.

Fruit cakes should be baked 3 or 4 weeks in advance of serving so the cake can "ripen" to its best flavor and texture. To store fruit cake, wrap cake snugly in aluminum foil or plastic wrap. Some cooks like to wrap cakes in cheesecloth and then sprinkle with sherry or brandy before packaging them for storage. Store the wrapped cake in a cool, but not freezing, place. Two or three days before serving, move them to the refrigerator.



CRANBERRY SWIRL COFFEE CAKE

"This is my recipe of the year! Everyone that has ever tried a piece of this coffee cake raves about it and asks for the recipe. I brought this delicious recipe down south with me from Massachusetts. We always made two coffee cakes every week-end at home and they were gone by Monday. It is especially good during the Christmas holidays. Whenever we have a 'bring something' party, I'm always expected to bring my coffee cake."

- $\frac{1}{4}$ lb. margarine
- 1 cup sugar
- 2 eggs
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ pint of sour cream
- 1 teaspoon almond flavoring
- 1 7-oz. can whole cranberry sauce
- $\frac{1}{2}$ cup crushed nuts

Cream margarine and sugar gradually. Add unbeaten eggs one at a time. Use mixer at medium speed. Reduce mixer speed and add dry ingredients which have been sifted together. Alternate with sour cream, ending with dry ingredients. Add flavoring.

Grease 8" tube pan. Put a layer of batter in bottom of pan, then swirl around some of the cranberry sauce. Add another layer of batter and more cranberry sauce. Sprinkle with crushed nuts. Bake in 350° oven for 55 minutes. Remove from pan after 5 minutes of cooling and top with glaze.

GLAZE

- $\frac{3}{4}$ cup confectioners' sugar
- $\frac{1}{2}$ teaspoon almond flavoring
- 1 tablespoon warm water

Mix together and spread over top of coffee cake after it is taken out of pan. Let topping run over sides of cake.

MRS. DONNA TOONE
Raleigh, N. C.



JIM'S CHRISTMAS CAKE (MYSTERY CAKE OR SUNSHINE CAKE)

(Dr. Barbara McCloud, who is Associate Professor in the Department of Education at N. C. Central University in Durham, is bound to be a terrific cook. She also sent in the Wine Cake recipe, which generated many requests for copies. -- Editor)

"This is the cake I bake every Christmas in lieu of the traditional fruit cake which my husband does not like. Therefore, I have named it 'Jim's Christmas Cake,' although it is sometimes called 'Sunshine Cake' or 'Mystery Cake.'"

2 sticks margarine
2 cups sugar
2 teaspoons baking powder
5 eggs
1 small can flake coconut
1 cup pecans, chopped
1 pkg. (13 3/4 oz.) Graham cracker crumbs
2 teaspoons vanilla

Cream sugar and margarine. Add eggs, one at a time, beating thoroughly after each. Combine crumbs and baking powder and add to first mixture. When mixed well, add remaining ingredients. Bake in two 9-inch pans (well greased and lined with waxed paper). Bake at 350 degrees for 25 minutes.

ICING

1 stick margarine
1 box confectioners' sugar
1 small (flat) can crushed pineapple

Cream sugar and margarine. Add pineapple and mix well. Frost cake when completely cool.

MRS. JAMES M. MCCLLOUD
Historic Oakwood
Raleigh, N. C.



VIENNESE FRESH PEACH CAKE

$\frac{1}{2}$ cup butter or oleo
 $\frac{1}{2}$ cup sugar
Grated rind of $\frac{1}{2}$ lemon
2 eggs
1 cup sifted cake flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
4 peaches, peeled, halved, and pitted

TOPPING

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ teaspoon almond extract

Cream butter, blend in sugar, add grated lemon rind. Beat in eggs thoroughly, one at a time. Add sifted dry ingredients, beat until smooth. Pour batter into a greased pan, 8 x 8 x 2 inches, and press fruit (skin side down) into batter.

Sprinkle top with sugar and flavoring mixed together. Bake at 350 degrees for about 50 minutes. Serves 8. May be frozen (heat in top of double boiler to serve).

MRS. WILLIAM E. MARTER
Morehead City, N. C.

In making lemon pie, cook ingredients until thicker than needed. Then add lemon juice to thin it.

All baked or unbaked pies except those of cream or custard can be frozen in the home freezer. Shift a chiffon pie from the freezer to the refrigerator to thaw about 2 hours before you want to serve it. A frozen unbaked fruit pie can go right from the freezer to a preheated 425 degree oven for 40 to 60 minutes, depending on type and size of pie. Slit tops of double crust pies before baking -- never before freezing. Prebaked frozen pies need about 30 minutes in a 375 degree oven, or until hot.



MRS. KIRK'S JAPANESE FRUIT CAKE

(Helen Graham, wife of N. C. Commissioner of Agriculture James A. Graham, says this was one of the favorite holiday recipes of her mother, the late Mrs. Jacob L. Kirk, who for 27 years was a teacher in the Salisbury Schools. -- Editor)

WHITE LAYERS

1 cup sugar	Whites of 3 eggs
1 cup butter	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ cup sour milk (buttermilk)	1 $\frac{3}{4}$ cups flour

Cream butter and sugar together. Sift flour and baking powder together. Add flour and baking powder alternately with milk, and fold in stiffly beaten egg whites.

DARK LAYERS

1 cup sugar	Yolks of 3 eggs
1 cup butter	2 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sour milk (buttermilk)	$\frac{1}{2}$ teaspoon soda

1 box seedless raisins, dark (15 to 16 ozs.)
 $\frac{1}{2}$ lb. candied citron (cut in small pieces)
1 or 2 tablespoons of molasses
1 or 2 tablespoons ground cloves
1 or 2 tablespoons allspice

Cream butter and sugar together. Add egg yolks one at a time and beat well after each addition. Sift flour, soda, and spices together and add to creamed mixture alternately with milk and molasses.

Bake 2 white layers and 3 dark layers at 350° for 20 to 30 minutes or until done.

FILLING

Combine 2 cups sugar and $\frac{1}{3}$ cup water. Cook until it spins a thread. Add marshmallows (a small box) and let them melt. Then beat well. Spread between layers, alternating dark, white, dark, etc., and on top and sides.

MRS. JAMES A. GRAHAM
Raleigh, N. C.



MRS. DAVIS'S JAPANESE FRUIT CAKE

"I use this recipe every Christmas. It was handed down from my mother, Mrs. Bert Wall, who still uses it, and her mother used it before her. It is my husband's favorite cake and can be made ahead of time and frozen."

Cut up and mix together:

- 1 cup black walnuts
- 1 cup pecans or mixed nuts
- 2 cups raisins (rinse in warm water & let drain)
- $\frac{1}{2}$ lb. red candied cherries
- $\frac{1}{2}$ lb. green candied cherries
- $\frac{1}{2}$ lb. candied pineapple
- Small piece of citron

Sprinkle enough flour over this to separate fruit and nuts.

Cream $\frac{1}{2}$ lb. butter or margarine, and add:

- | | |
|--------------|----------------------------|
| 2 cups sugar | 3 cups flour (self-rising) |
| 6 eggs | 1 teaspoon mace |
| 1 cup milk | 1 teaspoon vanilla |

Beat well and pour over fruit and nuts and mix. Grease and flour pans and cook in thin layers at about 350 degrees.

FILLING FOR LAYERS

- 2 large coconuts (grated)
- 1 cup coconut juice
- 3 cups sugar
- Juice of 2 lemons
- 2 tablespoons corn starch (or flour)

Mix sugar and coconut juice and let boil on medium about 8 minutes. Add coconut, lemon juice, and corn starch, and let boil while stirring to keep from sticking (about 3 or 4 minutes. Spread on layers.

MRS. J. G. DAVIS
Raleigh, N. C.



(In early December, 1973, I received a letter from a Raleigh reader who wanted a recipe for "Japanese Fruit Cake" so that she could bake one for Christmas. I printed her request in the column, and before the month was out, a total of 38 recipes for this delicious old-time favorite had been mailed in. Although they were basically similar, using spices, fruits, and rich fillings between layers and on top, no two were exactly alike. Some are printed here.--Editor)

MRS. WILKINSON'S JAPANESE FRUIT CAKE

- | | |
|---------------------|------------------------|
| 1 cup shortening | 1 cup buttermilk |
| 2 cups sugar | 1 teaspoon vanilla |
| 4 eggs | 3/4 teaspoon cinnamon |
| 3 cups sifted flour | 3/4 teaspoon allspice |
| 1 teaspoon salt | 2/3 cup chopped pecans |
| 1 teaspoon soda | |

Cream shortening and sugar; add eggs, one at a time, beating thoroughly after each addition. Sift flour, salt, and soda together and add alternately with buttermilk. Add vanilla. Put 1/3 of batter in a greased and floured 9-inch round layer pan. To remaining batter add cinnamon, allspice, and pecans. Put this batter in two 9-inch greased and floured pans. Bake at 350° for 35 minutes.

FILLING

- 1 No.2 can crushed pineapple
- 2/3 cup sugar
- 1/4 tablespoon plus 1/2 teaspoon cornstarch
- 2 tablespoons lemon juice
- 1/4 cup orange juice
- 1 tablespoon butter
- 1 small package coconut
- 1/2 cup chopped pecans

Drain pineapple; add pineapple juice to sugar and cornstarch. Cook over low heat until mixture boils. Boil 1 minute. Add orange juice, lemon juice, and butter. Remove from heat and let cool. Add coconut, pineapple, and pecans. Fill and frost.

MRS. ALEX WILKINSON
Burlington, N. C.



MRS. CRUTCHFIELD'S JAPANESE FRUIT CAKE

- 1 cup butter (2 sticks)
- 2 cups sugar
- 3¼ cups flour (plain)
- 1 scant cup milk
- 4 eggs
- 2 teaspoons baking powder
- 1 teaspoon vanilla

Make as any cake. Divide batter into two parts.

Into one part put 1 teaspoon each of cinnamon and allspice, ½ teaspoon cloves, ¼ pound of raisins (chopped fine).

Bake white part in two layers and spice part in one. Bake at 375 degrees for 20 minutes.

FILLING

- Juice of 2 lemons (grated rind of one)
- 1 good size coconut
- 2 cups sugar
- 1 cup boiling water
- 2 tablespoons cornstarch

Put all together into a sauce pan except cornstarch. When mixture begins to boil, add the cornstarch dissolved in half cup of cold water. Continue to cook, stirring constantly until the mixture drops in a lump. Cool and spread between the layers. Cover top with white seven-minute icing.

ELIZABETH CRUTCHFIELD
Whiteville, N. C.

"Talk health. The dreary, never-ending tale of mortal maladies is worn and stale; you cannot charm or interest or please by harping on that minor chord, disease. Say that you are well, or all is well with you. And God shall hear your words and make them true." -- Ella Wheeler Wilcox



MRS. YOUNG'S JAPANESE FRUIT CAKE

"I have used this recipe over 20 years, and it is a good one."

3½ teaspoons baking powder
3½ cups plain flour
2½ cups sugar
5 eggs
½ pound butter or margarine
½ pound black walnuts or English walnuts
½ pound pecans
1 box raisins
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon allspice
1 cup milk
Pinch of Salt

Mix all ingredients together. Put in 3 greased and floured cake pans. Bake at 325° until done.

FILLING

(Just thick enough to stay on cake and soak in.)

1 cup sweet milk
1½ cups sugar

Mix together and boil until thickens some. Let cool slightly. Add: Juice of 3 oranges
1 8-oz. package coconut
1 tablespoon butter or margarine

Stir all together. Spread between layers and on top and run down the sides.

MRS. DAREL YOUNG
Sanford, N. C.



MRS. MURPHREY'S JAPANESE FRUIT CAKE

Batter:

3 eggs	$\frac{1}{2}$ lb. raisins
$1\frac{1}{4}$ cups flour	4 oz. candied pineapple
1 cup sugar	4 oz. candied cherries
$\frac{1}{2}$ pt. milk	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ stick butter	$\frac{1}{2}$ package mixed fruit
$\frac{1}{2}$ cup black walnuts	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ cup pecans	$\frac{1}{2}$ jar (small) pineapple
$\frac{1}{4}$ lb. coconut (flake)	preserves

For even slices cook in three 9-inch oblong cake pans at 375 degrees about 25 minutes.

Filling:

3 cups sugar
 $3\frac{1}{2}$ tablespoons flour
 $\frac{1}{2}$ cup hot water
 $\frac{1}{2}$ cup orange juice (diluted frozen)
 $\frac{1}{4}$ cup lemon juice (and grated rind)
1 coconut, grated

Cook above, except coconut, until thickened, add coconut, and cook few minutes, cook and put on layers. Let cake stand overnight and then freeze before slicing.

MRS. D. B. MURPHREY
Farmville, N. C.

Even if you're partial to pumpkin pie cooked the old-fashioned way, you'll be impressed with the special touch a bit of coconut adds. Sprinkle on just before the pie is done; it toasts to a crunchy golden brown, adding eye as well as taste appeal.

For a hearty breakfast serve English muffins, split, toasted and buttered, topped with pan-broiled Canadian bacon, pineapple slices and sliced Swiss cheese. Broil til cheese melts. Great with hot chocolate!



ANN MODLIN'S JAPANESE FRUIT CAKE

"This recipe is very old and makes a delicious cake."

- 1 cup butter or margarine
- 2 cups sugar
- 3 cups flour
- 1 cup pecans chopped
- 1 cup sweet milk or wine
- 6 eggs
- 1 box seedless raisins
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon spices (all)
- 1 cup coconut

Cream butter, sugar, and egg yolks together, sift all dry ingredients and add with milk. Add coconut, raisins, and pecans after they have been rolled in flour. Add beaten egg whites and bake in layers for 30 minutes at 325 degrees or until done.

FILLING

- | | |
|-----------------------|------------------|
| 2 cups sugar | 2 oranges peeled |
| 4 tablespoons flour | 2 lemons peeled |
| 1½ cups boiling water | 1 cup coconut |

Cut oranges and lemons in bits and boil all ingredients (except coconut) together until thick like honey. Add coconut and cook 3 minutes. When cold put between layers.

ANN MODLIN
Everetts, N. C.

When rolling cookie dough, use powdered sugar instead of flour on your board. This will make your cookies a wee bit sweeter, but they will not get tough as they sometimes do when they are rolled out on a floured board.



MRS. RAWLS' JAPANESE FRUIT CAKE

2 cups sugar	1 box coconut
1 cup butter	1 cup pecans
3 cups flour	4 teaspoons baking powder
1 cup sweet milk	2 teaspoons cinnamon
6 eggs	1 teaspoon cloves
1 box seeded raisins	1 teaspoon nutmeat

Cream butter, add sugar and mix thoroughly. Beat eggs separately, add yolks, sift dry ingredients together and add them alternately with milk. Add coconut, pecans and raisins which have been rolled in flour. Add egg whites. Bake in four layers at 350°. A large, fresh grated coconut may be used in this recipe. If so, use half of it in the batter and the other half in the filling.

FILLING

2 cups sugar	Juice of one lemon
1½ cups boiling water	2 oranges
1 box coconut	4 tablespoons flour

Mix flour and sugar. Cut lemon and oranges into small bits, but do not use their rinds. Cook all together until thick like honey, then add coconut and cook two minutes. When cool, put between layers and on top and sides. The flavor of this cake improves with age.

MRS. AUDREY R. RAWLS
Aulander, N. C.

A simple filling meal is a steamed baked potato filled with creamed chipped beef.

For garden-fresh flavor, grow parsley in your kitchen. Just dampen a large sponge and sprinkle with a teaspoon of parsley seed -- then watch it grow! Keep damp at all times. When bare spots show, add more seeds. Cut parsley as needed.



MRS. ALFORD'S JAPANESE FRUIT CAKE

"I first tried this recipe in 1968, and it has been a family favorite ever since."

- 1 cup margarine or butter
- 2 cups sugar (granulated)
- 6 eggs
- 1 cup sweet milk
- 1 teaspoon vanilla
- 3 cups flour (self-rising)
- Pinch of salt
- 1 lb. English walnuts
- 1 lb. pecans
- 1 lb. Brazil nuts
- 1 box white raisins (about a pound)

Mix sugar, margarine or butter together. Add eggs and beat well. Add milk and vanilla. Then add flour one cup at a time. Beat until smooth. Chop nuts and raisins. Add to batter. Bake at 350 degrees until the layers spring back when touched lightly. This makes four layers.

FILLING

- 2 cups sugar
- 2½ cups of sweet milk
- 1 teaspoon vanilla
- 2 cups fresh coconut, grated or frozen

Bring milk, sugar, and vanilla to boiling point. Add coconut and boil 5 minutes on medium heat.

MRS. RUDINE K. ALFORD
Zebulon, N. C.

Dry chlorine bleach will clean a badly stained sink better than liquid bleach because it will not run off. Dampen sink, sprinkle on bleach, spread it around with a paper towel, let stand for 2 minutes, then rinse well and dry. Repeat, if necessary.



Pies

DATE AND NUT PIE

- 3 eggs, well beaten
- 1 cup sugar
- 1 tablespoon flour
- 1 tablespoon melted butter
- $\frac{1}{2}$ teaspoon vanilla
- 1 cup chopped pecans
- 1 cup chopped dates

Mix well, pour into unbaked pie shell. Bake until done, or about one hour. Cool and then top with whipped cream.

MRS. WALTER LEE
Marshville, N. C.

BLUEBERRY BANANA PIE

- 1 8-oz. package cream cheese
- 1 cup sugar
- 1 package Dream Whip
- 4 bananas
- 1 can blueberry pie filling
- 2 baked pie shells cooled

Soften cheese, cream with sugar. Prepare Dream Whip according to package and add Whip to cheese. Slice bananas and place in pie shell. Then put cheese over bananas. Top with blueberry pie filling. Yields two pies.

MRS. CARROLL WILLIS
Beaufort, N. C.



GOLD BRICK PIE

- 1½ sticks butter
- 1 cup sugar
- 3 squares unsweetened chocolate
- 1 teaspoon vanilla
- 4 eggs
- ½ to 1 cup chopped pecans
- 1 baked pie shell (cool completely)

Soften butter to room temperature. Cream butter and sugar. Melt chocolate and cool; stir into cream mixture. Then stir in vanilla. Add eggs one at a time. Beat 5 minutes after each egg is added. Add pecans. Pour into pie shell and refrigerate. Optional -- top with whipped cream. Remember -- this pie is not to be baked.

MRS. JEAN MOONEYHAM
Garner, N. C.

HAWAIIAN PIE

- 2 large bananas
- 1 can crushed pineapple (No. 2)
- 4 tablespoons flour
- 1 cup sugar
- 1 cup coconut, grated or flaked
- ½ cup finely chopped nuts
- 1 baked pie shell

Mix sugar and flour together well. Add pineapple with juice. Put over low or medium heat and cook until thick, stirring while cooking.

Put one-half of cooked mixture in pie shell and cool. Put layer of bananas, layer of coconut and nuts. Then put rest of the cooked mixture on top and chill. Before serving spread top with whipped cream or Cool Whip.

MRS. MORRIS H. THORNTON
Faison, N. C.



BANANA CREAM PIE

- 1 pastry pie crust shell
- 2 egg yolks, slightly beaten
- 1 $\frac{3}{4}$ cups milk
- 1 regular size package vanilla pudding and pie filling mix
- 3 bananas
- 2 egg whites
- $\frac{1}{4}$ teaspoon cream of tartar
- $\frac{1}{4}$ cup sugar

Have baked piecrust shell ready. Mix egg yolks, milk, and pudding and pie filling mix in a 2-quart saucepan. Cook and stir over medium heat until mixture bubbles all over the top and is thick, about 5 minutes. Cool to room temperature. Slice bananas into shell. Spread filling over bananas. Turn on oven and set at 350° . Put egg whites and cream of tartar into $\frac{1}{2}$ -quart bowl of electric mixer. Beat at high speed until foamy. Beat in sugar gradually until stiff and glossy. Spread meringue over filling. Seal to edges carefully. Bake 12 to 15 minutes, or until golden brown. Cool.

WINNIE E. STEGALL
Marshville, N. C.

FUDGE PIE

- 1 stick margarine (melted)
- $\frac{1}{4}$ cup cocoa
- $\frac{1}{4}$ cup flour
- 1 cup sugar
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 eggs
- Pecans (if desired)

Mix above and pour into unbaked pie shell. Cook 25 minutes at 350° . Serve warm with whip topping.

MRS. JOHNNY M. MOONEYHAM
Garner, N. C.



BLUEBERRY CREAM PIE

Make a smooth paste of the following:

- $\frac{1}{4}$ cup cold water
- 5 tablespoons all-purpose flour
- Pinch of salt

Bring to boil the following:

- 1 cup blueberries
- 1 cup sugar
- $\frac{1}{2}$ cup water

When boiling add the flour paste and stir until it thickens. Remove from heat and cool. When cool, add 3 cups blueberries and put into baked pie shell. Refrigerate. Garnish with sweetened whipped cream or ice cream.

MRS. FRANCIS L. BARWICK
Ft. Barnwell, N. C.

PARADISE PIE

- 1 large carton frozen whipped topping
- 1 can condensed milk
- 1 No. 202 can crushed pineapple, drained
- 1 cup chopped toasted nuts
- $\frac{1}{2}$ cup coconut
- 2 Graham cracker crusts

In large bowl, blend together condensed milk, pineapple, and nuts. Fold in whipped topping. Pour into two Graham cracker crusts and sprinkle with coconut.

Chill at least 6 hours before serving. Pies may also be stored in freezer. Food coloring may be used to tint mixture pink or green, if desired.

MRS. KENNETH BARNES
Goldsboro, N. C.



FRUIT PIE

- 1 cup sugar
- 1 cup flour
- 1 cup milk
- 1 stick butter
- 3 teaspoons baking powder
- 1 quart fruit sweetened to taste (use extra sugar)

Melt the butter in a deep baking pan. Pour on top of it a batter made of the sugar, flour, milk and baking powder. (No eggs or salt are used.)

Have ready the fruit heated with the extra sugar. Pour the hot fruit on top of the batter. Bake in oven at 350° for 25 minutes.

This recipe may be made with cherries, raspberries, peaches, apples, or blackberries.

MRS. JOHN H. CRUMPLER
Scotland Neck, N. C.

JAPANESE FRUIT PIE

- 1 stick butter (melted)
- $\frac{1}{2}$ cup coconut
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup chopped pecans
- 2 eggs
- 1 cup sugar
- 1 tablespoon vinegar
- 1 teaspoon vanilla flavoring
- 1 unbaked pie crust (8 inches)

Beat eggs slightly, add sugar, vinegar, and vanilla. Add coconut, raisins, nuts, and butter. Pour in unbaked pie crust. Bake at 325° for 45 minutes.

MRS. J. B. BLIZZARD
Deep Run, N. C.



THREE THING PIE

- 1 frozen Graham cracker crust
- 1 large size Cool Whip
- 1 extra large size Hershey candy bar with almonds

Dissolve Hershey bar in double boiler. Fold in Cool Whip. Put in pie shell and chill for one hour or longer.

MRS. AUBREY MOORE

Raleigh, N. C.

HANNAH NIXON'S CHERRY PIE

(A friend, reading a biography of former President Nixon, ran across his mother's recipe for Cherry Pie. According to the book, Hannah Nixon's pies were famous, and her cherry pie was a best-seller in the family grocery store. -- Editor)

- Crust: 1½ cups flour
½ cup shortening
½ teaspoon salt
3 or 4 tablespoons ice water

Cut shortening into salted flour and lightly mix in ice water.

- Filling: 1 No. 2 can sour pitted cherries
1 cup sugar
2 tablespoons cornstarch mixed into thin paste with water

Bring cherries and sugar to a boil. Stir in thickening, let cool. Put in unbaked pie shell, dot with butter. Thoroughly moisten edge with water before firmly pressing down top crust. After crimping edge circle the pie 8 times with wet fingers. Slightly moisten top crust with pastry brush dipped in milk. Bake in moderate oven 35 minutes or until done.



IMPOSSIBLE PIE

- 4 eggs beaten
- 2 cups sugar
- 2 cups milk
- $\frac{1}{2}$ cup plain flour, sifted
- $3\frac{1}{2}$ cups coconut
- $\frac{1}{2}$ stick margarine
- Pinch of salt
- $\frac{1}{2}$ spoon baking powder
- $\frac{1}{2}$ spoon vanilla flavoring

Mix all ingredients together at one time. Bake in Pyrex pie pan which has been buttered so it will not stick for about 30 minutes at 350°. Serve either warm or cold. This recipe is enough for 2 pies. Note that this pie does not have a crust!

MRS. WINNIE E. STEGALL
Marshville, N. C.

COCONUT PIE

(Makes 2 pies and its own crust)

- 4 eggs beaten
- 1 $\frac{3}{4}$ cups sugar
- $\frac{1}{2}$ cup self-rising flour
- 2 cups sweet milk
- 2 teaspoons vanilla
- 10 to 14 ozs. coconut
- $\frac{1}{2}$ stick margarine (melted)

Mix above and pour into 2 pie plates. Bake 350 to 375° for about 40 minutes or until solid in the center. And remember, this makes its own crust!

MRS. JOHNNY M. MOONEYHAM
Garner, N. C.



FRESH STRAWBERRY PIE

Wash and dry well one and one-half pints fresh strawberries. Place in 8 or 9-inch baked and cooled pie shell. Pour glaze over berries and top with whipped cream or favorite topping. Chill at least 2 hours before serving.

GLAZE

Mix one cup sugar and 2 tablespoons cornstarch. Stir in one cup boiling water and cook until thickened. Remove from heat and add 2 tablespoons strawberry flavored gelatin. Cool slightly before pouring over berries.

MRS. EARL MOSS
Creedmoor, N. C.

FRESH STRAWBERRY PIE

- 1 cup sugar
- 4 tablespoons corn starch
- 3 tablespoons strawberry jello
- 1 cup warm water
- 1 teaspoon red food coloring
- 1 quart strawberries

Mix sugar, corn starch, jello, water, food coloring all together. Cook on low heat until mixture gets real thick; set aside to cool. Then add the strawberries to the mixture. Mix well so all the berries will be well-coated with the mixture. Pour into a baked pie shell. This makes a large pie. Top the pie with Dream Whip. Chill well before serving.

MRS. ELIZABETH M. GOODWIN
New Hill, N. C.



SOUTHERN PECAN PIE

(Makes 3 Pies)

- 3/4 cup sugar
- 1 tablespoon shortening
- 4 eggs
- 1 cup flour
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 2 teaspoons almond extract
- 2 cups Karo waffle or pancake syrup (1 pint bottle)
- 2 cups chopped pecans
- 3 unbaked pie shells

Cream sugar and shortening. Add beaten eggs, flour, salt, extract, and syrup. Stir well and add nuts. Pour into unbaked pie shells and bake at 350° for about 45 minutes or until filling is firm.

MRS. WILLIE C. WEST
Kinston, N. C.

PECAN PIE

"This is somewhat different from other pecan pie recipes, as it has vinegar in it. It's my favorite."

- 1 stick melted margarine
- 1 cup brown sugar (dark)
- 1/2 cup white sugar
- Pinch of salt
- 3 eggs
- 1 tablespoon vinegar
- 2 tablespoons plain flour
- 1 teaspoon vanilla
- 1 cup chopped pecans

Mix all together, pour into an unbaked pie crust (9-inch), bake at 300° for 30 to 40 minutes, or until done.

ELIZABETH M. GOODWIN
New Hill, N. C.



PECAN PIE

- 3 eggs, beaten
- 1 cup white sugar
- 1 cup dark Karo syrup
- 1 teaspoon vanilla
- Pinch salt
- $\frac{1}{4}$ stick butter, melted
- 1 teaspoon corn meal
- 1 cup chopped pecans

Mix dry ingredients. Add eggs and other ingredients. Add pecans last. Pour into unbaked pie shell. Pre-heat oven to 300°. Bake at 300° for 45 to 50 minutes. This makes two pies.

PEGGY SAUNDERS
Sanford, N. C.

PECAN PIE

- 3 eggs
- 1 cup sugar
- $\frac{1}{2}$ cup corn syrup
- $\frac{1}{4}$ cup melted butter or margarine
- 1 cup broken pecans
- 1 prepared pastry piecrust shell

Turn on oven and set at 375° (high moderate). Beat eggs slightly in a 2-quart bowl. Stir in sugar, corn syrup, and melted butter or margarine. Stir in pecans. Pour into unbaked shell. Bake near center of oven 35 to 40 minutes, or until filling is slightly firm. Center of pie may look soft when pie is gently shaken but will become firm when cool.

EDITOR

Pour melted cheese over the crust of any fruit pie for a gourmet taste.

Before cutting a pie, dip the knife in a glass of water to prevent sticking.



ORANGE PIE

1 cup sugar
1/3 cup flour
1 cup orange juice
Dash of salt
2 eggs, separated
1 tablespoon butter
3 tablespoons lemon juice
2 tablespoons grated orange peel
1 baked pie shell

Mix sugar and flour well. Add to orange juice. Cook in double boiler, stirring constantly until thick. Cover and steam for 15 minutes. Add salt, beaten egg yolks, and butter; cook 2 to 3 minutes. Remove from heat, add lemon juice and orange rind. Cool and pour into baked pie shell. Add meringue if desired. Yields 6 to 8 servings.

MRS. MILDRED SKEEN
Roper, N. C.

COCONUT PIE

2 cups sugar
3 eggs
2 cups milk
1/2 teaspoon baking powder
2 cups coconut
Pinch of salt
2 tablespoons flour
1 teaspoon vanilla
1 stick butter or margarine, melted
2 unbaked pie crusts

Beat eggs, add other ingredients, and pour into unbaked pie crusts. Bake at 350° until golden brown, about 30 minutes. Makes 2 pies.

MRS. MOSES L. BRITT
Four Oaks, N. C.



LEMONADE PIE

- 1 frozen Graham cracker crust (regular size)
- 1 small can frozen lemonade
- 1 large size Cool Whip
- 1 can Eagle Brand condensed milk
- 2 drops of green cake coloring
- Juice of one lemon (optional)

Fold all ingredients together and put in Graham cracker crust. Chill in refrigerator for one hour or until ready to serve.

MRS. AUBREY MOORE

Raleigh, N. C.

NON-COOK PINEAPPLE PIE

- 1 20-oz. can crushed, pineapple, drained
- 1 9-oz. carton of Cool Whip
- 1 14-oz. can Eagle Brand milk
- $\frac{1}{4}$ cup lemon juice (less if you wish)
- 1 cup of crushed pecans
- 2 9-inch Graham cracker crusts

Mix all together and pour into crust. Let stand in refrigerator overnight or longer until it sets so you can cut it.

MRS. M. D. ADAMS

Wilson, N. C.

PINEAPPLE ICE BOX PIE

- 1 can Eagle Brand condensed milk
- 1 bowl (large) Cool Whip
- 1 lemon (squeeze juice)
- 1 large can crushed pineapple (drained)
- 1 can chopped pecans
- 2 Graham cracker crusts

Mix all together and pour into crusts. Chill in refrigerator until ready to serve.

VIOLA H. CLIFTON



SHIRLEY'S STRAWBERRY PIE

- 2 cups sugar
- 2 cups water
- 6 tablespoons flour

Boil together until thick. Add one package strawberry Jello. Let cool. Pour over raw strawberries in baked pie shell. Top with whipped cream when cool.

MRS. SHIRLEY MOBLEY
Raleigh, N. C.

STRAWBERRY PIE

- 1 9-inch baked pie shell
- 2 cups fresh or frozen strawberries
- 1 cup sugar
- 2 tablespoons corn starch
- 2 egg whites

Place berries and sugar in a pan over low heat. Bring to boil, add corn starch smoothed in a little water. Stir til thick. Remove from heat, let cool, then pour into pie shell. Spread meringue from egg whites over pie and brown.

MRS. VIOLA LEE
Four Oaks, N. C.

COCONUT PINEAPPLE PIE

- 4 eggs
- 2 cups sugar
- 1 stick margarine
- 1 cup coconut
- 1 cup crushed pineapple
- Vanilla to taste

Mix ingredients and pour in unbaked shell. Bake at 375 to 400 degrees until firm in center.

MRS. SHIRLEY MOBLEY
Raleigh, N. C.



POOR MAN'S PIE

"This recipe is so simple you will laugh. . . and it's so old I can't remember never having eaten it."

- 1 baked pie crust
- 1 pint applesauce
- $\frac{1}{4}$ teaspoon cinnamon (optional)
- 1 cup sugar

Spread the sweetened applesauce on the baked crust and enjoy yourself. For a confection fit for a king, put one scoop of vanilla ice cream on top. Happy eating!

MRS. RUTH K. GAY
Zebulon, N. C.

WHIPPED CREAM PIE

"This recipe was given to me by a friend, Mrs. Peggy O'Neal of Raleigh, and it is very delicious."

- 1 can Eagle Brand condensed milk
- 1 cup chopped nuts
- 1 large can crushed pineapple (drained)
- 1 large size Cool Whip
- 2 prepared Graham cracker crusts

Mix ingredients together thoroughly and pour into Graham cracker crusts. Let refrigerate for at least 30 minutes before serving. Makes 2 pies.

MRS. NETTIE RAINES
Raleigh, N. C.

Honey broiled peaches will add a festive note to any dress-up breakfast or brunch, particularly if bacon, ham or sausages are on the menu. Brush well-drained canned cling peach halves with honey and broil until lightly tinged with brown and heated through.



Other Desserts

HEAVENLY HASH

- 1 pkg. (6 cups) miniature marshmallows
- 1 large can crushed pineapple (juice and all)
- 1 cup coconut
- Pecans and a few marachino cherries
- 1 small carton of sour cream

Mix, put in serving dish, cover and leave in refrigerator at least 12 hours before serving.

MRS. WINNIE E. STEGALL
Marshville, N. C.

EASY FRUIT COBBLER

- 1 stick butter or margarine melted in baking dish
- 1 cup sugar mixed with
- 1 cup self-rising flour
- 1 whole egg added to sugar and flour mixture and mix the 3 ingredients in a bowl
- 1 large can (#2½) of any type fruit (apples, peaches, fruit cocktail) with juice poured in the baking pan and mixed with melted butter

Spread the flour mixture evenly over the fruit in baking pan and bake at 275 to 300° F. until brown as desired. Serve hot. Ice cream or whipped cream topping may be served on top. Keeps well in refrigerator and good served cold.

MRS. DAVID L. BEVERIDGE
Beaufort, N. C.



BUTTERSCOTCH SUPREME

- 1 cup flour
- 1 stick oleo
- 1 cup chopped nuts (reserve few to sprinkle on top)
- 8 oz. cream cheese
- 1 large Cool Whip
- 2 pkg. butterscotch instant pudding mix
- 1 cup XXXX sugar
- 3 cups sweet milk

Step 1: Mix flour, melted oleo, and chopped nuts. Spread in 9 x 13" pan. Bake 15 minutes at 300°. Cool.

Step 2: Mix cream cheese, softened, with powdered sugar; blend and fold in 1 cup Cool Whip. Spread on crust.

Step 3: Mix butterscotch instant pudding mix with milk. Spread on top of Step 2.

Step 4: Take rest of Cool Whip and spread on top; sprinkle with nuts, chill and serve.

ELEANOR AKER
Raleigh, N. C.

Planning a children's party? For a gay, colorful dessert serve scoops of ice cream in paper cups topped with well-drained canned fruit cocktail. It's popular with the kids and easy for mom to fix. Serve crisp oatmeal cookies with the sundaes. And for nutritious beverage, serve cups of fruit juice.

The first record of "ice cream" was in 62 A. D., in Rome, during the reign of Nero. Special runners whisked snow from the nearby mountains and raced it to Nero's cooks before it melted, to be flavored with honey, juices, and fruit pulp.



FLOATING ISLAND CUSTARD

"This custard recipe has been in my family for about 75 years. I have been cooking for 50 years, and this dessert is served every Christmas in our home. If you like egg nog, you will like this equally well. It's great served with fruit cake or pound cake."

½ gallon milk
1½ cups sugar
6 eggs (separated)
1 teaspoon vanilla
½ teaspoon nutmeg

Heat milk and sugar in double boiler to boiling point. Slowly stir in egg yolks that have been well beaten. Again bring mixture to boiling point. Fold stiffly beaten egg whites into hot mixture. Cool. Add vanilla and nutmeg. Chill 12 hours. Serves 8.

MRS. RUTH GAY
Zebulon, N. C.

EGG CUSTARD

2 tablespoons butter
3 eggs
1 cup sugar
1 tablespoon vanilla
2 tablespoons flour
¼ cup milk

Mix above and pour into unbaked pie shell. Bake at 350° for 25 to 30 minutes or until solid in center. (I prefer to mix this in blender and usually bake several at a time.)

MRS. JOHNNY M. MOONEYHAM
Garner, N. C.



OLD FASHION PERSIMMON PUDDING

Mix: 2 cups sugar
2 cups persimmon pulp
2 eggs, beaten
Grate 1 cup sweet potatoes in 2 cups milk
Sift: 2 cups flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
Add: dry ingredients and milk and potatoes alternately to egg mixture
Blend: $\frac{1}{3}$ cup butter, melted
Pour into two 9-inch pans. Bake at 350° for 30 to 40 minutes.

MRS. JOHN S. PATTERSON
Raleigh, N. C.

VANILLA ICE CREAM

4 eggs, separated
1 large can evaporated milk
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ gallon homogenized milk
 $3\frac{1}{2}$ cups sugar
2 teaspoons pure vanilla extract

Beat egg whites until stiff, adding part of sugar. Continue beating and drop one yolk at a time into whites, until all yolks are beaten well into whites. Add salt and set aside.

In a larger bowl, mix canned milk with remainder of sugar, vanilla, and homogenized milk. Stir well to melt sugar, then add egg mixture. Stir well again, pour into one gallon ice-cream freezer.

You may use fruit or chocolate in this, if you like.

MRS. V. EDSSEL LANGDON
Raleigh, N. C.



POTPOURRI

"This is an original recipe. It is especially useful for company in that it is attractive and eliminates last-minute serving duties of the hostess as it may be taken from the refrigerator to the table."

1 family size pkg. vanilla pudding and pie filling
1 small can crushed pineapple, drained
1 small can Mandarin oranges, drained
3/4 cup chopped toasted nuts
1 cup coconut
1 tablespoon margarine
1 tablespoon sherry (optional)
Maraschino cherries for garnishing

Prepare pudding as directed. Add margarine and sherry. Stir in pineapple, nuts, Mandarin oranges (reserve several for garnishing), and 2/3 cup coconut. Pour mixture into individual dessert dishes, sprinkle remaining 1/3 cup coconut on top. Garnish each serving with a Mandarin orange slice and a maraschino cherry. Chill 3 hours before serving.

MRS. KENNETH BARNES
Goldsboro, N. C.

Soak nuts in salt water overnight before cracking, and the meats will come out whole. The salt also helps to preserve the flavor of the nuts.

To steady a bowl when whipping ingredients, place it on a damp cloth.

When making doughnuts, it's most important to use a deep-fat frying thermometer or a fryer with a thermostatic control, since the temperature influences the absorption of fat. To make crisp doughnuts that have no greasy coating, be sure the temperature of the fat is 370 degrees F.



FLAMING BANANAS

- 4 bananas (not too ripe)
- 2 tablespoons lemon juice
- 3 tablespoons butter
- 4 tablespoons brown sugar
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ cup heated light rum

Peel bananas, slice in half crosswise, then lengthwise. Sprinkle with lemon juice. Melt butter, stir in brown sugar. Saute bananas 3 minutes on each side. Sprinkle with spices. Pour in heated rum, roll around pan and ignite. Spoon sauce over bananas until flame dies and serve in rum sauce, or over vanilla ice cream. Serves 4.

MRS. JOHN S. WILLARDSON
Raleigh, N. C.

APPLE COBBLER

- 1 stick margarine
- 1 tablespoon lemon juice
- 4 cups apples
- 2 cups sugar
- 1 cup plain flour
- 3 teaspoons baking powder
- Pinch salt
- $\frac{1}{2}$ cup milk

Melt margarine in a 7 x 11-inch pan. Mix lemon juice with apples. Add 1 cup sugar and mix well. Add apple-sugar mixture to margarine in pan.

Mix flour, 1 cup sugar, baking powder, salt and milk. Pour mixture over the apples and bake at 375 degrees until brown, about 45 minutes.

EDITOR



Cookies and Candy

BROWNIES

Cream: 2 sticks butter
2 cups white sugar
Add: 4 whole large eggs or 5 small or medium
Add: 1½ cups plain flour sifted with
6 tablespoons cocoa
2 teaspoons vanilla extract
2 teaspoons water
1 cup chopped nuts (pecans)

Bake at 350° in greased and floured shallow pan (10" x 15") for approximately 30 minutes. Let brownies remain in pan until iced.

ICING

1 cup white sugar
4 tablespoons cocoa
1 stick melted butter
½ cup canned milk

Stir together in saucepan and cook on medium heat. Bring to full boil and allow 3 minutes from boil. Remove and let cool. With electric beater add powdered sugar until proper consistency (about ½ to ¾ box).

MRS. BLANCHE OWENS
Washington, N. C.



BROWNIES

- 1 stick oleomargarine, melted
- 1 cup sugar
- 4 tablespoons cocoa
- 2 eggs
- 2/3 cup flour, plain
- 1 teaspoon vanilla
- 1 cup pecans, ground

Mix ingredients in order given. Pour this mixture into a slightly greased baking pan ($5\frac{1}{2} \times 10\frac{1}{2}$ inches). Bake at 350 degrees for 20 minutes.

ICING

- 2 cups XXXX sugar, sifted
- 4 tablespoons cocoa sifted
- 2 tablespoons cream or top milk
- 1 teaspoon vanilla

While brownies are baking, mix icing ingredients together in a saucepan, and slowly heat until completely melted and blended. Pour on brownies as soon as they are removed from the oven. Sprinkle with ground nuts. Cool and cut into squares.

MRS. W. B. WILKINSON
Smithfield, N. C.

SEVEN LAYER COOKIES

- $\frac{1}{2}$ stick butter
- 1 cup Graham cracker crumbs (scant)
- 1 can flaked coconut
- 1 (6 oz.) pkg. chocolate chips
- 1 (6 oz.) pkg. butterscotch chips
- 1 can sweetened condensed milk
- $\frac{1}{2}$ cup chopped pecans

Melt butter in a 9 x 12-inch baking dish. Add ingredients in layers in the order listed. Do not stir. Bake at 325 degrees for 30 minutes. Let cool and cut in squares.

MRS. GRAYDEN STEWART
Benson, N. C.



FRUIT PUNCH BARS

- 2 eggs
- 1½ cups sugar
- 1 (1 lb. 1 oz.) can fruit cocktail, drained
- 2¼ cups sifted flour
- 1½ teaspoons soda
- ½ teaspoon salt
- 1 teaspoon vanilla
- ½ cup chopped walnuts
- 1 1/3 cups flaked coconut

Beat eggs and sugar at high speed with electric mixer until light and fluffy. Add fruit cocktail and the dry ingredients which have been sifted together. Add vanilla and beat at medium speed until well blended. Spread in greased and floured jelly roll pan (15 x 10 x 1-inch size). Sprinkle with coconut and walnuts. Bake 20 to 25 minutes in a 350 degree oven. While hot drizzle with glaze.

GLAZE

- ¾ cup sugar
- ½ cup margarine
- ¼ cup evaporated milk
- ½ teaspoon vanilla
- ½ cup chopped walnuts

Combine sugar, margarine, and milk and bring to boil. Boil two minutes, stirring constantly. Remove from heat, add walnuts and vanilla and cool slightly before drizzling over the cake. Cut into bars.

Note: This recipe makes a large amount. The fruit cocktail is chopped up completely with the vigorous beating, and that's what gives the bars that different flavor and texture. Great to take on picnics!

MRS. LEON D. PRYOR
Raleigh, N. C.



TATER COOKIES

- 1 stick oleo or butter
- 1 cup sugar

Cream well, and then add:

- 1 egg
- 1 teaspoon of any flavoring
- 1 package biscuit mix
- 1 package instant potato mix

Roll in balls, flatten slightly with fork. Bake at 325 or 350 degrees until brown (about 15 minutes). A suggestion: I use 1 package White Lily Biscuit Mix (5.5 ozs.) and two 2-oz. packages of Borden's Instant Potato Flakes. These are crunchy and delicious! Pecans or peanuts may be added to batter if desired.

MRS. VIVIAN MORRIS
Sanford, N. C.

ORANGE-COCONUT BALLS

- 1 6-oz. can frozen orange juice (thaw)
- 1 large box vanilla wafers, crushed (blender is wonderful for this)
- 1 stick melted margarine
- $\frac{1}{2}$ to $\frac{3}{4}$ cups chopped nuts
- 1 box powdered sugar
- Coconut

Mix all ingredients except coconut. Form in balls and roll in coconut. Keep in covered container in a cool place. They are better after a day or so. Recipe makes about 75, depending on size of ball. These are excellent to serve at teas, parties, and anytime you have a large gathering. Great for Christmas festivities.

MRS. JOHNNY M. MOONEYHAM.
Garner, N. C.



MORAVIAN COOKIES

Combine: $\frac{1}{4}$ cup butter, melted
 $\frac{1}{2}$ cup molasses, heated

Add: $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ heaping teaspoon ginger
 $\frac{1}{4}$ heaping teaspoon clove
 $\frac{1}{4}$ heaping teaspoon cinnamon
 $\frac{1}{4}$ heaping teaspoon soda
 $\frac{1}{8}$ teaspoon nutmeg
 $\frac{1}{8}$ teaspoon allspice
 $\frac{1}{8}$ teaspoon salt
 $1 \frac{7}{8}$ cups sifted flour

Mix up dough and let stand in refrigerator several days. Roll paper thin, keeping dough very cold while cutting. Bake at 375 degrees for 6 minutes.

MRS. ROGER WALL
Raleigh, N. C.

OLD FASHIONED MOLASSES COOKIES

1 cup sugar
1 cup shortening
1 cup molasses
2 eggs, beaten
 $\frac{1}{2}$ cup hot water or coffee
2 teaspoons soda
 $\frac{1}{4}$ teaspoon salt
1 teaspoon ginger
9 cups flour

Cream shortening and sugar. Add all other ingredients and work to soft dough. Roll to about $\frac{1}{8}$ -inch thickness, or as desired, and bake in moderate oven until done.

MRS. ROSS WALL
Wendell, N. C.



MORAVIAN CHRISTMAS COOKIES

3/4 lb. lard
1 lb. light brown sugar
1 quart (4 cups) molasses
2 tablespoons baking soda
2 tablespoons ground cinnamon
2 tablespoons ground ginger
2 tablespoons ground cloves
3 lbs. plain flour

Heat and stir together everything except the flour until warm. Mash out any lumps. While still warm stir in flour. Cover and refrigerate overnight. Next day take out what you need and roll. Unused dough may be stored in the refrigerator as long as a month. Roll dough very thin and cut in shapes.

Roll on lightly floured bake cloth, using as little flour as possible. Use knit cover or "sock" on rolling pin; rub flour into pin cover. Bake on lightly greased cookie sheets at 300 degrees. Watch closely. After removing cookies from oven, with a clean soft cloth, lightly brush off any excess flour. Carefully press out any bubbles. Let cool on sheet and remove when you can handle them comfortably. Store in tightly covered tins.

MRS. ROGER WALL

Raleigh, N. C.

Rusty knives can be cleaned by sticking the blade into an onion and leaving it there half an hour. Then wash and polish -- the rust comes off easily.

If you insist on drying dishes (far more efficient to let nature take its course), do it with a dish towel that's been starched. It will be far more absorbent and lint-free.

To restore crispness to Dacron curtains, use one cup Epsom salt water in final rinse.



MOLASSES PUFFS

"This recipe came from Mrs. Effie Miller, who ran a tea room in Raleigh in the early 1900's."

1 cup molasses
2 cups flour
4 tablespoons shortening
1 egg
1 teaspoon soda
 $\frac{1}{2}$ cup clabber milk or buttermilk
Cinnamon or spices for seasoning

Mix all ingredients together and bake in cupcake pan with paper liners at 350 degrees.

MR. AND MRS. CLYDE A. MASSEY, JR.
Raleigh, N. C.

PEANUT BUTTER CREAMS

Mix together well:

$\frac{1}{2}$ cup peanut butter
1 stick butter (not margarine)

Add gradually:

1 box powdered sugar (may not take quite all of it)

Mix together thoroughly, then shape into small patties (or desired shape). Melt together 2 squares baking chocolate and about 2" paraffin. Dip patties in chocolate and place on waxed paper to cool and harden.

MRS. C. S. PRITCHARD
Raleigh, N. C.



OLD FASHION TEACAKES

3 cups sugar
1½ cups shortening
2 eggs
1 cup buttermilk
2 teaspoons soda
2 teaspoons vanilla
Flour (just enough to knead until dough will not stick to hands)

Mix ingredients together and roll very thin. Cut in desired shapes and bake in 300 degree oven. A raisin or nut on each makes them very pretty and adds flavor.

MRS. ROSS WALL
Wendell, N. C.

SANTA BARBARA FUDGE

1 lb. bitter chocolate
½ lb. butter

Melt this in a double boiler. Break 2 eggs into a bowl and beat with wooden spoon. Add:

2 lbs. confectioners' sugar
1/3 cup heavy cream
¼ teaspoon salt
½ cup strong black coffee (3 times usual strength)

Beat well until smooth and thickened. Put in refrigerator to harden a bit. Roll into balls and dust with cocoa or roll in powdered nuts, coconut, chocolate shot, colored sugar, etc.

CAROL MULHOLLAND
Raleigh, N. C.



Diabetic Recipes

(Editor's note: I am grateful to Mrs. Elly Hathcock of Raleigh for providing all these superb diabetic recipes. They are delicious, whether you're on a diet or not. Mrs. Hathcock is active in the Triangle Diabetes Association and has done research in diabetes mellitus in the Department of Medicine at Duke University.)

CHICKEN BREASTS WITH ORANGE SAUCE

- 1½ pounds chicken breasts, deboned and skinned
- 1 teaspoon salt
- ½ teaspoon paprika
- 4 teaspoons unsaturated margarine
- 1 tablespoon orange rind, grated
- 1 cup orange juice
- 1 teaspoon tarragon
- 1 orange, sliced

Sprinkle chicken breasts with salt and paprika; brown lightly in margarine. Add orange juice, rind, and tarragon. Cook, covered, in 325-degree oven for 30 minutes. When done, remove chicken and cook sauce over high heat to reduce volume. Serve sauce over chicken and/or steamed rice. Garnish with orange slices.

Divide sauce equally among four servings. One-fourth of the entire amount contains 12 grams of carbohydrate, no protein, and 5 grams of fat. Each ounce of chicken contains 7 grams of protein and 3 grams of fat. A 3-ounce serving of chicken and one-fourth of the total amount of sauce equal one fruit exchange and three meat exchanges.



MARINATED GREEN BEAN SALAD

- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{2}$ cup of red wine vinegar
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{2}$ teaspoon sweet basil
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- Sugar substitute equal to 1 teaspoon sugar
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 2 cups young, green string beans, cooked
- $\frac{1}{2}$ cup finely chopped onion

Mix dry mustard with 1 tablespoon of vinegar until completely dissolved. Add all other ingredients except beans and onion and mix well. Pour over cooked drained green string beans and marinate for at least 2 hours before serving.

Serve cold with finely chopped onion sprinkled over top. Makes 4 servings. Each serving contains: $\frac{1}{2}$ cup free food, calories negligible.

Variations: This is a good marinade for many other cold cooked vegetables. Try it for Brussels sprouts, asparagus, and zucchini, all excellent served with cold meat.

MRS. ELLY HATHCOCK
Raleigh, N. C.

Fruit pies: When baking fruit pies that are inclined to be juicy, bake the shell for about 5 minutes prior to putting in the fruit. Prevents soggy lower crust.

When wrapping a gift for a child, stick shiny pennies, a lollipop, etc., on the outside; it doubles the recipient's pleasure.



GRAPEFRUIT CHIFFON

- 1 medium grapefruit
- 1 package strawberry D-Zerta
- 1½ cups grapefruit juice
- 3 eggs, separated
- ¼ cup powdered skim milk
- ¼ teaspoon grated lemon peel
- ¼ cup lemon juice
- ¼ teaspoon cream of tartar

Remove grapefruit sections and place in colander to drain. Heat one cup of grapefruit juice to boiling and use to dissolve gelatin. Beat egg yolks and combine in pan with remaining one-half cup grapefruit juice, lemon juice, lemon peel; cook over low heat, stirring constantly. When the mixture lightly covers spoon, remove from heat and stir into gelatin mixture. Be sure gelatin is completely dissolved. Chill until mixture will mound on a spoon, but is not yet solid.

Beat egg whites with cream of tartar until frothy; add ¼ cup powdered skim milk and gradually continue beating until stiff peaks form. Beat gelatin mixture until light and frothy. Fold in grapefruit sections, then egg white mixture. Put in serving dishes and chill until firm. This will take several hours. Makes 6 two-third cup servings.

One serving contains 12 grams of carbohydrate, 6 grams of protein, 3 grams of fat, and 100 calories. This may be substituted for one fruit and one meat exchange.

MRS. ELLY HATHCOCK
Raleigh, N. C.

Here's a good sandwich idea: mash 3 or 4 slices of liver sausage and spread on a piece of rye bread. Spread with mustard and sprinkle with shredded Swiss cheese. Pop under the broiler for about 3 minutes or until cheese melts.



COQ AU VIN (CHICKEN IN BURGUNDY)

- 3 whole boned chicken breasts
- $\frac{1}{2}$ cup flour in a paper bag with salt and freshly ground pepper
- 1 tablespoon butter
- 1 cup beef stock
- $\frac{1}{2}$ cup Burgundy
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 2 tablespoons chopped parsley
- 12 small white boiling onions, peeled
- 4 celery stalks, whole

Cut chicken breasts in half, put in the bag of flour and shake until well coated. Brown chicken breasts in butter. Heat beef stock and add to the pan. Add wine, thyme, marjoram, parsley, and onions. Cover with celery stalks. Cook slowly for 1 hour over low heat. Discard celery stalks and remove chicken and onions to a serving dish. Simmer gravy until reduced slightly. Spoon the sauce over chicken and onions.

Makes 6 servings. Each serving contains: 2 meat exchanges, $\frac{1}{2}$ group B vegetable exchange, $\frac{1}{2}$ fat exchange, 187 calories.

MRS. ELLY HATHCOCK
Raleigh, N. C.

Poultry is an excellent source of high quality protein with the amino acids essential to growth and health. Poultry contains fewer calories than an average serving of meat. Poultry provides many other essential nutrients including iron, thiamin, riboflavin, and niacin.



Miscellaneous

TEEN-BEAN FRANKWICHES

- 6 frankfurters, slashed
- 1 cup thinly sliced onion
- 2 tablespoons butter or margarine
- 1 can (11½ oz.) condensed bean with bacon soup
- ½ cup water
- ¼ cup chili sauce
- 1 tablespoon prepared horseradish
- 6 frankfurter rolls, split and toasted
- Sliced ripe olives

In skillet, brown frankfurters and cook onion in butter until tender. Add soup, water, chili sauce, and horseradish. Heat; stir now and then. Serve on rolls and garnish with olives. Makes 6 sandwiches.

"CRUNCHY GRANOLA" CEREAL

- 4 cups old-fashioned oats
- ½ cup shredded coconut
- ½ cup chopped nuts
- ¼ cup sesame seed
- ½ cup packed light brown sugar
- ½ cup corn oil
- ½ cup raisins

Mix oats, coconut, nuts, sesame seed. Add brown sugar, then corn oil until well mixed. Spread on cookie sheet. Bake at 300° for 20 minutes, stirring occasionally until lightly browned. Remove from oven. Mix in raisins. Serve as cereal with milk. Keep in tightly covered container in refrigerator.

MRS. JOHN S. WILLARDSON
Raleigh, N. C.



RINK-TUM-DITTY

- 1 lb. sharp cheddar cheese, grated
- 1 can tomato soup
- 2 eggs
- 1 tablespoon Worcestershire sauce

Combine cheese and tomato soup in top of double boiler, stirring constantly until cheese melts. Then beat eggs and combine with Worcestershire sauce, and add to cheese mixture. Keep stirring until thickens. Serve on top of toast or crackers.

A good quick one-dish meal, nourishing, appetizing, and inexpensive.

MRS. GERTRUDE R. FONDA
Brandon, Florida

PERCOLATOR PUNCH

Percolator punch hits the spot when you're entertaining. Here's how: Place 3 cups pineapple juice and 3 cups of water in the bottom part of your electric 8-cup percolator. In the basket, place 1 tablespoon whole cloves, $\frac{1}{2}$ tablespoon of whole allspice, three 2" sticks of cinnamon, broken, 1 teaspoon salt, $\frac{1}{2}$ cup lightly packed light-brown sugar. Perk for 10 minutes, serve hot in mugs or punch cups. Serves 8.

OVEN COOKED CHUCK ROAST WITH VEGETABLES

Choose 3 or 4 pound chuck roast to fit covered oven pan. Add $1\frac{1}{2}$ cups water and salt and pepper to taste. Cover tightly and cook in 350° oven until meat is tender, about $1\frac{1}{2}$ to 2 hours. Remove meat. Add 6 carrots to broth and water if needed. Cook 20 minutes. Add 6 potatoes, 6 small onions, small cabbage quartered and celery if desired. Cook until vegetables are tender. Remove from oven. Thicken gravy slightly if desired. Place meat back in pan. Keep warm until served. Serves 4 to 6.



BIRD CAKE

Here's a recipe that's for the birds -- literally!

1 cup corn meal
1 cup uncooked oatmeal
1 cup flour
3 tablespoons dry milk
 $\frac{1}{2}$ cup fat (suet)
 $\frac{1}{2}$ teaspoon soda
 $\frac{1}{2}$ cup dry bread crumbs or cereal
Water or skim milk

Combine the dry ingredients with enough water or skim milk to make a thick batter. Put in pan and bake one hour at 350 degrees. Allow to cool before removing from pan. Put in a mesh bag and hang from a tree branch or porch roof.

RED FRUIT SOUP

1 cup red raspberries
1 cup cherries
3 cups water
Cornstarch
Sugar

Combine fruit and water. Cover. Simmer until fruits are soft. Rub through sieve. Sweeten puree to taste. Add $\frac{1}{2}$ tablespoon cornstarch to each cup of puree. Mix until smooth. Cook over hot water, stirring constantly, until well flavored. Chill. If desired, a few drops of lemon juice may be added to develop the flavor of the fruit. Makes 6 servings.

This is from an old cook book, *The Household Search Recipe Book*, (1938).

MRS. FRED R. TARVER, JR.
Raleigh, N. C.



Helpful Hints

If leftover cooked rice is often on hand, fold it into creamy puddings or pancake batter for interesting texture. Especially good in meat loaf or meat balls, too.

To enhance flavor of egg-salad sandwich filling, try adding these variations: prepared mustard, curry powder, chopped green pepper, imitation bacon bits, pickle relish, chopped olives, fresh water cress, parsley, or dill.

Juice drained from canned fruit can be used for part of the liquid in making up packaged fruit-flavored gelatin desserts.

Leftovers remain fresh and moist when wrapped in aluminum foil. Also meringues will not stick or break when baked on a foil-lined cookie sheet.

Electric slicing knives require no more care than any good blade. Simply wash blades carefully in warm sudsy water and rinse and dry thoroughly. Wipe motor handle with damp cloth and dry.

An earthenware casserole fondue pot with handle is traditional for cheese and chocolate fondues. But earthenware should not be used for a hot oil-based fondue -- high heat may make it crack.

For the people who boil eggs in an aluminum pan and don't like the pan to turn dark, just add a dash of vinegar to the water.

Cranberry juice frozen in refrigerator trays makes sparkling ruby red cubes to serve in your favorite fruit or ginger ale drinks.



Leaky vases can be repaired by pouring paraffin into the vase and letting it harden over the spot where the leak occurred.

When hanging a picture place a piece of adhesive or masking tape where the hole is to be made. This will prevent the plaster from cracking.

Clean piano keys with a cloth dampened with rubbing alcohol.

Newspapers are wonderful for polishing windows. Wash first with a solution of vinegar and water, then dry with newspaper. There will be no trace of lint.

Vinegar and salt will clean copper and brass very effectively. Use 2 tablespoons of salt to a cup of vinegar.

To clean burnt or greasy pan, put one inch of water in the pan, and add one teaspoon or more soda. Then heat the water to the boiling point.

Turn an old paint roller into a new lint remover. First clean it carefully. Then wrap the roller with wide adhesive-backed tape turned inside out. Change tape when necessary.

Improper rinsing is the main cause of gray and yellow clothes. When clothes have soap remaining in them, they cannot possibly get white. This soap builds up and eventually causes soap film.

Cleaning dirt from the crevices of a rubber tub mat is easy when you use your grime-dissolving cleaner and scrub it with a small brush. (An old nail brush works fine.) Rinse thoroughly with clear water.

Cranberry stains? Rub with glycerine before pouring water on them. Or soak stains in cold water, then rub with cut lemon before washing.

Dust will slide off more easily if you wax your dust pan!



Lemon juice is so versatile! Use it as a mouthwash; a cuticle remover; to remove fruit stains from fingers; for shining shoes; for gnat bites to lessen the itching; to remove rust; to clean marble (combined with borax); to clean copper (combined with salt); to absorb odors in refrigerator; to clean chopping boards; to soften white frosting that has become too hard. Add a piece of lemon to cauliflower to keep it white.

To prevent rust on garden tools, keep a thick rag soaked in kerosene handy for wiping off the tools when you come from the garden.

To remove paint stains, first scrape off existing paint with a dull knife. Sponge with turpentine or paint thinner before laundering as usual.

You can remove rust from utensils and tools by rubbing them with a cork dipped in olive oil. Or you can rub off rust spots with a typewriter eraser. Also, lemon juice and salt are a good combination for removing rust stains.

Cut soap scouring pads in half before using; one's pads go further without rusting.

When dusting a floor, spray a household air freshener on the dust mop. It will aid in picking up the dust and will leave the room pleasantly scented.

Brass will need less polishing and will look brighter if rubbed with olive oil after each polishing.

To tell whether furniture hardware is brass or brass-plated, use a magnet, which will cling to the steel.

To remove mildew stains from white fabrics, moisten with a mixture of lemon juice and salt, then spread in sun to bleach.

If you spread the meringue on the pie so it touches the crust on each side and bake in a moderate oven at 350 degrees, it should not shrink.



When cooking rice, put a lump of butter in and the rice won't boil over or stick nearly so badly.

If you put a "squirt of lemon" or a teaspoon of vinegar in the water in which you boil cauliflower, you will find no discoloration.

Vegetables will cook faster and be much more nutritious if you steam them instead of boiling them. Use very little water, and make sure the water has boiled before you add the vegetables; then reduce the heat.

Add a little lemon or orange juice to sauteed sliced or slivered almonds while the butter or margarine is bubbling; pour over green beans, Brussels sprouts or cauliflower.

When boiling potatoes, put a little bacon grease or cooking oil in the water to eliminate the sticky ring at the top of the pan. It will not affect the taste of the potatoes.

A teaspoon of sugar to each three cups of water used in cooking peas, carrots, cabbage, turnips or onions will improve the flavor.

To cut hard-boiled eggs into smooth slices, dip the knife in hot water.

Do not wash eggs before storing. Water destroys the protective film that keeps out air and odors.

Your muffin tins are excellent for baking apples, stuffed peppers, etc.

Does your family complain that the eggs you serve are tough? You can prevent this by cooking eggs at low to moderate temperatures. High temperatures and overcooking toughen eggs.

Chocolate milk is an ideal snack for the underweight child. It not only supplies calcium, riboflavin and protein, but added sugar and cocoa increase calories.



To take the bitter taste out of coffee that has cooked too long, add a pinch of salt.

Put gripper snaps on corners of bath towels. Snap shut around the towel rack. This gives each child his own roller towel, and it keeps them from strewing towels on the bathroom floor.

For kiddies' popsicles take one package of instant chocolate pudding and mix according to directions on the box; pour into popsicle molds and freeze. This makes a very delicious and creamy popsicle.

Add a teaspoon of vinegar to the water in which eggs are poached so they will hold together and the whites won't spread in the pan.

For a different accent, saute bologna slices in butter until they "cup." Saute drained pineapple slices at the same time. Serve scrambled eggs and chives in the bologna cups and the pineapple on the side.

Run cold water over bacon before frying. It will remain in flat strips while cooking.

A small amount of ammonia in boiling water will dispel cooking odors.

To keep shelled pecans, place in canning jars, seal. Put in 300 degree oven for 5 minutes.

White glass rings can be removed from furniture by rubbing the spot with cigarette ashes or pecan nutmeat.

To remove mildew spots, launder with soap or detergent and chlorine bleach if color and fabric permit. If stains remain, sponge with hydrogen peroxide, rinse well and launder.

Tear the edges of wallpaper used in patching, and when pasted down, they can hardly be seen.

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- Coq Au Vin, 112
- Grapefruit Chiffon, 111
- Marinated Green Bean Salad, 110

GAME

- Baked Wild Duck, 20
- Baked Wild Goose with Wine Sauce, 19
- Sauce for Duck or Goose, 20
- Venison Stew, 19

HELPFUL HINTS, 40, 116-120 and throughout book

HORS D'OEUVRES

- Barbecued Shrimp, 8
- Hot Pepper Jelly, 39
- Olive Cheese Balls, 8

JELLY

- Hot Pepper Jelly, 39
- Gingered Pears, 39

MEATS

- Beef/Macaroni Casserole, 14
- Brunswick Stew, 12
- Corn Stuffed Pork Chops, 16
- Easy Spaghetti Skillet, 16
- Oven Cooked Chuck Roast with Vegetables, 114
- Pennsylvania Dutch Potatoes and Franks, 9
- Pepper Steak, 15
- Sally's Lasagna, 11
- Teen-Bean Frankwiches, 113

MISCELLANEOUS

- Bird Cake, 115
- Crunchy Granola Cereal, 113
- Oven Cooked Chuck Roast with Vegetables, 114
- Percolator Punch, 114
- Red Fruit Soup, 115
- Rink-Tum-Ditty, 114
- Teen-Bean Frankwiches, 113

PICKLES AND RELISHES

- Chow-Chow, 38
- Cucumber Pickles, 37
- Shirley's Pickle Slaw, 38

PIES

- Banana Cream Pie, 83
- Blueberry Banana Pie, 81
- Blueberry Cream Pie, 84
- Coconut Pie, 87, 91
- Coconut Pineapple Pie, 93
- Date and Nut Pie, 81
- Fresh Strawberry Pie, 88
- Fruit Pie, 85
- Fudge Pie, 83
- Gold Brick Pie, 82
- Hannah Nixon's Cherry Pie, 86
- Hawaiian Pie, 82
- Impossible Pie, 87
- Japanese Fruit Pie, 85
- Lemonade Pie, 92
- Non-Cook Pineapple Pie, 92
- Orange Pie, 91
- Paradise Pie, 84
- Pecan Pie, 89, 90
- Pineapple Ice Box Pie, 92
- Poor Man's Pie, 94
- Shirley's Strawberry Pie, 93
- Strawberry Pie, 93
- Three-Thing Pie, 86
- Whipped Cream Pie, 94

POULTRY

- Chicken Breasts with Orange Sauce, 109
- Chicken Casserole, 10, 13, 24
- Coq Au Vin, 112
- Fantastic Chicken Sauce, 23
- Five-Can Casserole, 13
- Gourmet Chicken Casserole, 10
- Hawaiian Chicken Salad, 27
- Hot Chicken Salad, 25, 26
- Lemon Buttered Chicken, 24
- Oven-Fried Chicken, 22
- Super Chicken Cacciatore, 15

SALADS

- Bean Salad, 29
- Blueberry Salad, 30
- Congeaed Carrot Salad, 26
- Fay's Delicious Salad, 30
- Hawaiian Chicken Salad, 27
- Hawaiian Tuna Salad, 27
- Hot Chicken Salad, 25, 26
- Lime-Pineapple Salad, 29
- Marie's Tomato Aspic, 28
- Marinated Green Bean Salad, 110
- Molded Tuna Salad, 28

SEAFOOD

- Baked Mullet with Cheese Sauce, 17
- Baked Rock or Flounder, 18
- Barbecued Shrimp, 8
- Crab Delight, 21
- Hawaiian Tuna Salad, 27
- Molded Tuna Salad, 28
- Mustard Sauce for Fish, 18
- Salmon Croquettes, 22
- Seafood Casserole, 23

VEGETABLES

- Sweet Potato Souffle, 31
- Tomato Zucchini Casserole, 31
- Twice Baked Potatoes, Cottage Style, 32

stand, **Notes**
 Worming Mixer 10 Cup glass mixing Bowl
 Portable Stand mixer
 Easily converts to a powerful Hand mixer
 10 Cup glass mixing Bowl, Easily
 to clean large chromed Beaters
 Free spinning/tearable for bowl
 rotation!! Push button Beater for
 easy of Beaters

Portable Stand mixer Easily -
 10 Cup glass mixing Bowl
 I Push Button Ejector for
 easy removal of Beaters!

(1) Push Button Beater Ejector
 for easy removal of Beaters
 easy for easy removal of
 Beaters.
 10 Cup Glass mixing bowl

2 make ice cream
 37 Food dehydrator (universal) Food slicer stand mixer