

LOFTHOUSE  
FAMILY  
CENTENNIAL  
COOKBOOK



November 19, 1995

“Home” - - the word floods my mind with memories. There was a big, round oak table. We four children each had a special place to sit. The simple meal was hot and nourishing. We weren’t fussy eaters. “Clean up your plates” was the motto.

Dad loved dessert. If there wasn’t a cake, cookies, or pudding then he’d fill up on bottled fruit topped off with bread and butter loaded with jam. Mother taught us to cook. Baking cookies for Dad’s lunch was a top priority. He was a good sport and ate the burnt ones, too.

Mealtimes were a time for storytelling. A favorite anecdote was about Aunt Annie. If unexpected company dropped in, she’d add a cup of water to the soup. The pie was cut for one more piece. She set a record of seventeen pieces.

Many of my favorite recipes remind me of a special person or of events in my life. I hope that this collection of our favorite recipes will not only warm your insides, but remind you of our pioneer heritage and the common bonds of family we share.

Acknowledgments : Thanks to Beanie Lofthouse. She threw herself into the project. She typed the recipes on her computer. She had the recipes copied and organized them. Thanks to Carol Van Orden. She was the first person to mention a family cookbook to me. Thanks to Sharon Lofthouse. She drew the “Lofthouse” for the cover and encouraged us to start the project. A special thanks to all the family members that shared their recipes.

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Revised Edition 2004

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Dear family,

We have made every effort to see that your recipes have been typed following your instructions. Even though I typed them into the computer, Becky, Amy and James helped proofread them with me. Hopefully there are few mistakes, I would like to think there are no mistakes, but I know how easy it is for a typing error to be missed.

We hope you will enjoy this recipe book, by putting it into 3 ring binder form, you can add to it whenever you come across another recipe that you enjoy.

The name of the cookbook was a suggestion from Sharon, she remembered that 1996 is the centennial of Utah's Statehood.

The Lofthouse name was found in Utah long before the area became a state. They are the ones to remember when you read and try these recipes that came from your Grandparents and Great Grandparents. Their lives were more difficult, they left all of us a heritage of hard work, faith in the Lord and a will to do the right thing.

Most of the quotes you find on these pages along with recipes came from Laura A. Lofthouse. She has collected sayings most of her life and has had many of them posted around her house for all of us to see and read when we visit her. Many of them you will recognize, some make you laugh and many are words of wisdom. There are also several in here from the book Kim and Travis gave to the family in 1994. Thanks to the three of you, this contributes much to make this definitely a "Lofthouse" book.

A **special** thanks to Laura, if it were not for her the family would not have been organized enough for the book to become a reality. Just like the quilt we made for Grandpa and Grandma, she is the one who makes things happen.

I echo the thanks that Laura mentioned in her 'forward', without the recipes from all of those who contributed, there would not be a book.

Enjoy, remember your heritage.

Beanie

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**Eggnog Milkshake**

Lorena Lofthouse

1 cup Vanilla Ice Cream  
 1 Egg  
 dash of Nutmeg

1 cup Milk  
 4 drops Rum Flavoring

In an electric blender, or by hand, mix all ingredients until well blended. Makes one 16 oz serving.

\*\*\*\*\*

**Paradise Root Beer**

Sharon Lofthouse

1 teaspoon Active Dry Yeast  
 1 cup lukewarm Water  
 2 Tablespoons Root Beer concentrate

2 cups Sugar  
 2 cups hot Water  
 water to make 1 gallon

Soak yeast in the 1 cup lukewarm water. In another bowl, combine sugar and root beer concentrate with the 2 cups hot water, stir until dissolved.

Let cool to lukewarm then add yeast mixture and stir well. Pour into gallon glass jug and fill to near full with lukewarm water. Put lid on loosely. Wrap jug with towel and let sit 6 hours in warm place. Tighten lid and put in refrigerator. It's best on the 3rd day.

\*\*\*\*\*

**Mabel June's Punch**

Laura Dayley

1 (6oz) can frozen Lemonade  
 1 cup Sugar (can be omitted)  
 1 (6oz) can frozen Orange Juice

1 teaspoon Vanilla  
 1 teaspoon Almond Extract  
 10 cups Water

Stir well and serve.

\*\*\*\*\*

**Thomas Ward's Punch Base**

Laura Dayley

9 packages Kool-Aid (Raspberry or Strawberry)  
 46 oz unsweetened Pineapple Juice  
 Heat to dissolve sugar.

5 pounds Sugar  
 8oz Lemon Juice  
 Mix to serve; 4 parts water to 1 part punch base.

**Instant Cocoa Mix**

Laura A. Lofthouse

4 lbs. Instant Dry Milk (or enough to make 5 gallons)	2 lbs Instant Cocoa
2 lbs Coffee Creamer, Powdered	1 lb Powdered Sugar (5 cups)

Mix well. To serve fill cup half full of mixture and add hot water. Store mixture in covered container.

\*\*\*\*\*

**Fruit Punch**

Beanie Lofthouse

4 cups Sugar	6 cups Water
1 (6oz) can frozen Lemonade	5 Bananas (mashed)
1 (6oz) can frozen Orange Juice	1 (46oz) can Pineapple Juice

Bring sugar and water to a boil to dissolve sugar, cool until lukewarm. Add remaining ingredients--FREEZE-- Early in the day you want to use it, remove from freezer, thaw until slushy enough to break apart. Put into punch bowl and add ginger ale right before serving.

\*\*\*\*\*

**Hot Chocolate Mix**

Beanie Lofthouse

10 2/3 cup Dry Milk Solids (8 qt box)	1 cup Coffeemate Creamer (dry)
1 cup sifted Powdered Sugar	1 ½ lb Nestles Quick

Mix all together, store tightly sealed. Fill cup approx. 1/3 to ½ full, add hot water and stir.

\*\*\*\*\*

**Hot Spiced Cider**

Beanie Lofthouse

6 whole Cloves	3 sticks Cinnamon
6 cups Sweet Cider	½ teaspoon grated Lemon Peel
½ teaspoon grated Orange Peel	Juice of one Orange and one Lemon

Add cloves and cinnamon to 3 cups of the cider in a saucepan, simmer over low heat for 5 minutes, remove spices. Add remaining ingredients, refrigerate overnight or all day, reheat to serve.

\*\*\*\*\*

Believe in Miracles  
but don't depend on them.

.....

Spoil your spouse, not your children.

.....

Never make fun of people who speak broken English.  
It means they know another language.

**Cheese Ball**

Beanie Lofthouse

2 (8oz) packages Cream Cheese  
 1 small jar Old English Sharp Cheese  
 1 Tablespoon minced Parsley  
 3/4 lb shredded Mild Cheddar or Colby Jack  
 1/4 cup very finely minced celery

2 Tablespoon Lemon Juice  
 3/4 teaspoon Onion Powder

chopped Pecans, optional

Blend the cream cheese and Old English Cheese with the lemon juice and onion. Stir in the parsley and shredded cheese. Spread the pecans out on a piece of wax paper, dump the mixture on top, roll it around in the pecans to coat, cover with plastic wrap and refrigerate over-night. Serve with Ritz, Wheat Thins, etc.

NOTE: If your family does not like nuts, put into a bowl and chill, serve from the container.

\*\*\*\*\*

**Cottage Cheese Dip**

Kim and Travis Lofthouse

1 pint Cottage Cheese  
 1 cup Sour Cream  
 2 cups Mayonnaise or Miracle Whip  
 1 pkg dry Ranch Style Dressing Mix

1/2 teaspoon dry Parsley  
 1/4 teaspoon Garlic Salt  
 Pepper to taste

Mix all ingredients. Chill. Serve with fresh vegetables or chips.

\*\*\*\*\*

Sow seeds of  
 Kindness  
 Reap a crop of  
 Friends

.....

Think...  
 And surprise all of us.

.....

Work  
 fascinates me.  
 I can sit and  
 watch it for Hours!

.....

When you hear a kind word spoken about a friend, tell them so.

### **Old Fashioned Tomato Soup**

Laura A. Lofthouse

Equal parts Tomato Juice and Milk, or less Tomato Juice.

Heat in separate pans. Add 1/4 teaspoon Baking Powder to Tomato Juice. Slowly stir tomato juice into milk. Add Butter and Seasonings. The milk can be thickened with cornstarch.

\*\*\*\*\*

### **Taco Soup**

Kim and Travis Lofthouse

1 lb. ground Beef	1 (8oz) can Tomato Sauce
1 medium Onion, chopped	1 (16oz) can cut Corn
1 (16oz) can Kidney Beans	1 (28oz) can Stewed Tomatoes
drained and rinsed	1 pkg. Mild Taco Seasoning Mix

Brown ground beef in heavy sauce pan. Drain. Saute chopped onion; add to ground beef. Stir in taco seasoning, corn, kidney beans, stewed tomatoes, and tomato sauce. Simmer for 20 to 30 minutes. Serve topped with tortilla chips and grated cheese. Makes 8 servings.

\*\*\*\*\*

### **Clam Chowder**

Arlene Hemsley

1/2 lb Bacon, cooked	3/4 cup Flour
1 cup Onion, finely chopped	1 quart Half and Half
1 cup Celery, finely chopped	1 1/2 teaspoons Salt
1/2 cup shredded Carrots	2 cups Potatoes, diced
2 cans (6 1/2 oz) Clams	few grains Pepper
chopped or minced,	3/4 cup Butter and the Bacon Grease
save the juice	2 Tablespoons Red Wine Vinegar

Drain juice from clams and pour over the potatoes, add water to barely cover and simmer over medium heat (covered) until barely tender. Saute onion, celery and carrots in the bacon grease until tender. Measure bacon grease and add enough butter to make the 3/4 cup. Melt the butter in a pot, blend in flour, as for white sauce, stirring constantly. Add half and half, cook and stir with wire whip until smooth and thick. Add undrained potatoes, clams, vegetables and crumbled bacon, season to taste, add vinegar, heat thoroughly. Serves 8 to 10



### **Cajun Vegetable Soup**

Sharon Lofthouse

1 can Chicken Broth  
Fresh Mushrooms, chopped  
1 Onion, diced  
1 Carrot, chopped  
3 Spinach leaves, chopped  
1 Red or Green Pepper, chopped  
1 Celery Stalk, chopped,  
including the leaves

1 Bay Leaf  
½ cup Broccoli  
1 Tablespoon Mixed Herbs  
dash Gumbo File  
dash Allspice  
few grains Cayenne and  
Black Pepper

Bring to boil, cover and simmer for 20 minutes.

\*\*\*\*\*

### **Corn Chowder**

Becky Lofthouse

1 can Cream Corn  
1 can Whole Kernel Corn  
pinch of Sage  
4 cups Milk  
1 small Onion, fried

½ teaspoon Celery Seed  
1 can Cream of Mushroom Soup  
½ teaspoon Pepper  
pinch of Thyme  
½ teaspoon Salt

Combine all ingredients and simmer about an hour.

\*\*\*\*\*

### **Cream of Mushroom Soup**

Bob Dayley

6 Tablespoons Butter  
1 med. Onion, chopped fine  
½ lb fresh Mushrooms, chopped fine  
¾ cup Light Cream or Water  
¾ cup Light Cream or  
Evaporated Milk

3 Tablespoons Flour  
3 cups Chicken Broth  
or 3 Bouillon Cubes and  
3 cups Water  
fresh Ground Pepper to taste  
a few sliced Mushrooms

Melt butter in saucepan, add onion and cook until soft. Add mushrooms, cover pan and cook several minutes. Remove from heat; blend in flour. Add stock slowly, stirring constantly. Add black pepper, bring to a boil, reduce heat and simmer 5 minutes. Stir in cream or evaporated milk. Garnish with sliced mushrooms and serve.

\*\*\*\*\*

Kindness--a language which the dumb can speak,

and the deaf can understand.

--C.N. Bovee

**Lentil Tacos**  
Lorena Lofthouse

## Filling

1 cup uncooked Lentils  
1 cup Water  
1 cup Beanie's Hot Sauce  
(or other Salsa)

## Taco Shells

## Toppings

grated Cheese  
diced Tomatoes  
shredded Lettuce  
more Hot Sauce  
chopped Green Onions  
Ripe Black Olives, sliced  
Sour Cream

In a saucepan, combine lentils, water and hot sauce. Bring to a boil. Cover and reduce heat to medium low. Simmer for one hour, or until all liquid is absorbed and lentils are tender. Warm taco shells in 350 degree oven for 5 minutes. Fill shells with lentil mix and your favorite toppings. Makes about 8 tacos.

\*\*\*\*\*

**Barbecued Beef**  
Linda Neibaur

## Marinade:

1/4 cup Lemon Juice  
1 can Beef Broth

6 oz Soy Sauce  
1 Garlic Clove, chopped

Marinate a roast in this overnight. Drain and bake at 300 degrees in oven for 3 hours for a 3 to 4 lb. roast. Use the marinade for basting. The last half hour drain off marinade and brush with 1/2 cup barbecue sauce. Turn oven up to 350 for the last half hour.

\*\*\*\*\*

**Chicken Cacciatore**  
Stacey Frankovich

4 boneless, skinless Chicken Breast halves  
1 Green Pepper, cut into strips  
1 medium Zucchini, sliced diagonally  
5 oz Mushrooms, quartered  
1 1/2 teaspoon fresh or 1/2 teaspoon dried Thyme  
1/2 teaspoon mixed Italian Seasoning

1 cup dried Bread Crumbs  
1 small Onion, sliced  
1/2 teaspoon dried Basil  
16 oz Tomato Sauce  
1 oz Mozzarella Cheese, shredded

Preheat oven to 400 degrees. Place chicken in baking pan, add the vegetables, sprinkle the herbs and bread crumbs over, pour tomato sauce over. Bake uncovered 60 minutes, transfer to platter and put cheese on to melt when served.

**Salmon Roll**

Laura Dayley

3 Tablespoons Oil  
 1/4 cup chopped Onion  
 1/4 cup chopped Green Pepper  
 3 Tablespoons Flour  
 2 cups Milk  
 1 #303 can Salmon  
 Paprika

Biscuit Dough:  
 2 cups sifted Flour  
 1 Tablespoon Baking Powder  
 2/3 cup Crisco Shortening  
 2/3 cup Milk

Put oil into a large saucepan, cook onion and green pepper about 2 minutes. Stir in flour, add milk and stir over medium heat until mixture boils and is thick. Remove from heat and set aside.

Make biscuit dough, Mix the sifted flour and baking powder together, cut in the Crisco, add the milk, stir with a fork. Roll dough into a 14 X 9 inch rectangle. Mix 3/4 cup sauce with the can of salmon. Spread evenly over the dough. Roll up from the long side as for jelly roll. Place seam down on greased cookie sheet. Bake at 400 degrees for 35 minutes. Use the rest of sauce for garnish, sprinkle with paprika.

\*\*\*\*\*

**Quick Stroganoff**

Lorena Lofthouse

1 lb Ground Meat or  
 3/4 cup prepared Lentils  
 1 can Mushrooms or 8 oz  
     fresh, sliced  
 Noodles, cooked and drained

1 Onion, chopped  
 1/4 teaspoon Basil  
 1/4 teaspoon Nutmeg  
 1 cup Sour Cream

Brown meat in frying pan. Add onions, cook. Add mushrooms and spices. Warm through. Remove from heat, stir in sour cream. If it is too thick for a sauce, add a little liquid. Serve over warm noodles.

\*\*\*\*\*

The person who thinketh by the inch

But talketh by the yard

Deserves to be kicketh by the foot.

.....

Life has its ups and downs.

**Swedish Meatballs**

Laura Dayley

2 lb. lean Hamburger  
 2 cups oven dried Bread Crumbs  
 1 large Onion, chopped  
 1 teaspoon White Pepper  
 1 (10 oz) can Cream of Chicken Soup  
 1 cup Sour Cream

2 large Eggs  
 1 1/2 cups Milk or Buttermilk  
 1 soup can Water  
 1 Tablespoon Molasses

Put bread crumbs in oven to dry. Mix milk, eggs, white pepper and molasses in a bowl: add the bread crumbs. In a large bowl mix meat, onions and the bread crumb mixture. Form balls the size of walnuts, fry in a small amount of oil in a large frying pan, they should be cooked through and not too brown. Put in oven to keep warm. Make sauce with drippings, cream of chicken soup, water and sour cream. Pour over the hot meatballs and serve. Yummy!

\*\*\*\*\*

**Sweet and Sour Pork Chops**

Troy Lofthouse

5 Pork Chops  
 1/4 cup White Distilled Vinegar  
 1 Green Pepper  
 1 clove Garlic

1/4 cup Honey  
 1 medium Onion  
 hand full of Mushrooms  
 dash of Cayenne Pepper

Brown pork chops until done, add onion, garlic, simmer. Add green peppers and mushrooms, cook until wilted. Add vinegar and honey, stir well, cover and simmer for 15 to 20 minutes. Add a fresh splash of vinegar before serving. Put a spoonful of the vegetables on top or the side, green tomato could be added if you have some.

Good Luck!

\*\*\*\*\*

God gives us all something

to do here on earth.

What a person does with

it is what counts.

.....

You can't have bread and loaf!

**Venison Stew**

James Lofthouse

1 lb dry Red Beans

2 quarts Water

Wash the beans and simmer in a pan until tender. This may take a couple of hours so start well before dinner time.

3 lb Venison, cut into 1 inch cubes

3 Tablespoons Oil

Brown the meat in a large Dutch oven then add a pint of water and simmer an hour or until the meat is tender. While all this simmering is going on, prepare the veggies.

2 large Onions, chopped

4 Garlic Cloves, diced

2 Jalapeno Peppers, diced

1 Bell Pepper, diced

4 lb Carrots, diced

3 lb Potatoes, diced

1 quart Whole Kernel Corn (use fresh, canned or frozen)

When meat and beans are tender add the veggies and beans to the Dutch Oven and add the following ingredients:

1 Tablespoon Salt

2 Tablespoons Vinegar

1 Tablespoon Molasses

1/4 cup Sugar

16 oz Tomato Sauce

1 teaspoon Basil

1 Tablespoons Summer Savory

1 quart Water

Simmer until the veggies are tender. Approximately 25 minutes.

\*\*\*\*\*

**Chili Con Carne**

Beanie Lofthouse

3 lb Lean Ground Beef

2 Whole Cloves

3 Tablespoons Olive Oil

1 Bay Leaf

1 Onion, chopped

3 quarts Tomato Juice

1 Green Pepper, chopped

16 oz Tomato Sauce

3 Tablespoons Red Chili Powder

2-4 cups cooked Pinto Beans,  
(if desired)

1 teaspoon Cumin Powder

1/2 cup Cornmeal

1 teaspoon Paprika

1/2 cup Flour

1 large Clove Garlic, pressed

Salt to taste

2 Tablespoons Kitchen Bouquet

Brown the hamburger in the olive oil with the onion, pepper and garlic, drain fat if necessary. Add everything EXCEPT the cornmeal, flour, Kitchen Bouquet and beans. Simmer 1 hour or more. Mix the flour with the cornmeal, add enough cool water to make a runny paste, stir into chili with a wire whip, Mix well. Stir often to keep from sticking while it simmers another 15 to 20 minutes. Add the Kitchen Bouquet, and the beans if you wish. Heat through. This is even better the second day.

## Roast Turkey Dad's style

James A. Lofthouse

Thaw the bird in the refrigerator. This will take three or four days depending on the size of the bird. Remove the bird from the bag, rinse and remove the giblets. Prepare a turkey roasting bag by putting one tablespoon of flour in the bag and shaking it around, then with a paring knife punch five or six holes clear through both sides of the bag. The flour helps keep the bag from sticking to the bird, and the holes prevent the bag from building up pressure and bursting, and also allows the juices to drain into the pan.

Stuff the bird if desired. Place the turkey in the bag. Mix ½ teaspoon of marjoram and ½ teaspoon thyme and sprinkle on top of the bird, then close the bag and tie. Place the bird in the roasting pan and add 1 ½ quarts of water to the pan. Place the lid on the pan. Cook at 400 degrees until the tender timer pops, or with a meat thermometer to 180 degrees. It takes about four hours to cook a twenty pound bird if it is unstuffed, and longer if it is stuffed.

Roast turkey has a reputation of being dry. It needn't be so. Three things can make turkey dry. One is cooking for a long time at low oven temperatures, another is overcooking at any temperature and the third is salting the bird before cooking.

If you do not have a roasting pan with a lid, use aluminum foil as a cover to prevent excessive browning.

Stuff it or not? I like stuffing and will usually stuff the bird if it is completely thawed. Sometimes though the bird is not thawed completely and cannot be stuffed. That is OK, you can cook a partly frozen bird just fine.

Stuffing: Use prepared stuffing bread cubes, or take a loaf of bread the night before and cut it into twinkies, then leave it out overnight to dry out. Break the bread into cubes when dry.

### Ingredients:

Bread cubes equivalent to one loaf of bread

One large onion, diced

Six celery stalks, diced

½ cup powdered milk solids

1 Tablespoon Poultry seasoning

(I use a combination of sage, marjoram, thyme, with emphasis on the sage)

½ teaspoon black pepper

2 cups water (You can use milk and leave out the milk solids)

Mix all ingredients together, then stuff the bird.

**A word of caution:** Sometimes stuffing cubes are pre-seasoned. If you happen to be using this kind do not add more seasoning or you may have a final product that is overpowering.

**Hint:** There is almost always more stuffing than can be put in the bird. It can be cooked in a glass dish with a lid. To give it a lot better flavor, wait until the turkey is done then get some of the broth from the roasting pan and pour over the stuffing before cooking it. Bake the stuffing at 350 degrees, or nuke it.

**Deer Jerky**  
James Lofthouse

Good jerky requires good cuts. If you make your Jerky with tough sinewy cuts, this is how your Jerky will turn out; tough and stringy. I use those cuts that will make good steaks. First bone out the meat and trim off as much fat as possible. The fat will turn rancid and spoil the flavor if left on.

Now cut the meat into steaks about 3/4 inch thick, being careful to cut across the grain so the jerky will be easy to bite a piece off. If you cut with the grain the jerky will be tough to bite and chew. Now cut the steaks into strips about 3/4 inch wide.

For the next step, you will need a meat tenderizer mallet, and salt and pepper shakers. Lay the strips on a board and salt and pepper them, much as you would salt and pepper a freshly cooked steak just before eating it. With the mallet, pound the seasoning into the meat. Turn the strips over and repeat this process on the other side.

Into a 2-quart saucepan put one quart water, 1/2 cup salt, and one tablespoon black pepper. Bring to a boil. Place about eight or ten strips, at a time, of the prepared meat into the boiling water and time it for two minutes. This will blanch the meat and disable the enzymes so it will keep longer. It will also destroy any parasites that may be present in the meat, such as tapeworm cysts.

This done, all you have to do is dry the strips. Use an electric dehydrator if you have one available. If not, you can hang it up on a string between supports like a clothes' line, or lay it out on a wire rack supported up off the counter so air can circulate all the way around the strips. I once used wire coat hangers hung on a rod and draped the strips over the hangers.

Drying can also be done in the oven. Place the rack near the center of the oven. Lay the strips on the rack and leave the door ajar. You may turn the oven on at the lowest setting for a few minutes to raise the temperature a little, but don't leave it on very long. You do not want to exceed 120 degrees or the flavor of the finished product will be adversely affected. It is not intended that the strips are further cooked; just dried. Unfortunately, ovens don't usually regulate at this low of a temperature. Drying can be done in open air at normal room temperatures, with no problem. A warm spot with good circulation will get the job done faster. Flies don't seem to bother the drying jerky because of the pepper.

Many jerky recipes, I have looked at, call for marinating the strips for a week or ten days in a heavy salt and nitrate solution until the meat is fully permeated with the salts. This sort of product dries red in color. Strips prepared according to this recipe will dry nearly black in color. It is, after all, the drying that preserves the product, so get it good and dry before storing. That is if you have any left by the time it is fully dry. Around my place the samplers usually get most of it before it ever reaches fully dry.

What about other seasonings? I happen to like the jerky with just salt and pepper, but if you have other tastes you may want to experiment with the herbs and flavorings of your choice. (You are on your own here! Don't blame it on me if it doesn't turn out.) One thing I have found is that the seasoning that is sprinkled on the strips before you beat them with the mallet seems to stay on the product and impart its flavor and aroma better than things added to the solution you blanch it in. ENJOY!

Jl

**Cowboy Delight**

Beanie Lofthouse

2 lb. lean Hamburger  
 1 cup Onion, chopped  
 3 quarts Tomato Juice  
 4 (8oz) cans Tomato Sauce  
 1 teaspoon Pepper

6 cups Elbow Macaroni  
 Water to cook Macaroni  
  
 1 Tablespoon Salt

Brown hamburger and onion together, drain off any fat. Add tomato juice, tomato sauce, salt and pepper. Simmer while the macaroni cooks. Drain and rinse the macaroni with hot water, add to the hamburger mixture, simmer about 20 minutes.

\*\*\*\*\*

**Pasta Carbonara**

Sharon Lofthouse

1 (16oz) box Linguine  
 6 strips Bacon  
 2 medium Onions, sliced  
 ½ pint Light Cream  
 1/8 teaspoon Pepper

4 Eggs, slightly beaten  
 ½ cup grated Parmesan Cheese  
 1/4 cup chopped Parsley

Prepare pasta. Cut bacon in pieces and cook until crisp. Drain fat except 2 Tablespoons. Remove bacon and saute onion until soft. Reduce heat, add light cream, eggs and cheese. Stir with wooden spoon 3 minutes until heated through. Drain pasta, place in bowl and toss with sauce, parsley, pepper and bacon.

\*\*\*\*\*

**Baked Beans**

Laura A. Lofthouse

2 cans Pork and Beans (large)  
 12 oz Pineapple chunks  
 3/4 cup Green Pepper, chopped  
 2 teaspoons Worcestershire Sauce

1 cup chopped Onion  
 1 lb Bacon  
 3/4 cup Brown Sugar

Cut bacon in pieces; brown with pepper and onion. Drain off grease. Mix in baking pan with other ingredients. Bake 3 to 4 hours at 350 degrees. For less sugar, use 1 Tablespoon molasses in place of brown sugar.

\*\*\*\*\*

You who think you know  
 it all, are very annoying  
 to those of us who do.



**Live Longer Casserole**

Sharon Lofthouse

3 small Zucchini	8 oz Pasta, cooked, drained
1 cup sliced Mushrooms	
2 Tablespoons Butter	6 oz Swiss or other White Cheese
1 Onion, chopped	6 oz Cheddar Cheese
1 clove Garlic, chopped (optional)	Pepper
3 large Tomatoes, chopped*	Seasoned Salt
3 cups torn Spinach Leaves	Italian Seasonings

Saute zucchini, mushrooms and onion until softened. Add garlic, tomatoes\* (canned may be used-drained), spinach and seasonings. Simmer 10 minutes. Mix in with the cooked pasta. Place in 9 X 13 inch casserole and arrange cheese, sliced or shredded, on top. Heat under broiler until bubbly, about 5 minutes or bake at 350 degrees for 25 minutes.

\*\*\*\*\*

**Omelette**

Laura A. Lofthouse

3/4 cup Milk	1/4 teaspoon Salt
2 Eggs	1/4 cup Flour
1 Tablespoon Sugar	

Beat well with wire whisk. Melt 1 teaspoon butter in heavy 8 inch fry pan. Pour in egg mixture. Cover and cook on medium or low heat until browned and set. Double omelet over. Serve with jam. Do NOT put pepper on it!!!

\*\*\*\*\*

**Italian Baked Chicken**

Andrea Frankovich

1 Chicken, cut up	Cracker Crumbs
1 Onion, sliced	Basil
Pepper	Garlic Salt
Salt	Paprika
Flour	2 or 3 Eggs, beaten
Butter	

Rinse chicken and pat dry. Line bottom of baking pan with aluminum foil, spray or lightly oil. Dip chicken in beaten eggs, roll in cracker crumbs mixed with flour. Place in pan. Sprinkle with seasonings. Put dabs of butter on each piece. Place onion slices on top of chicken. Bake uncovered at 350 degrees until done, about 55 minutes, turn once.

### **Grandma Frankovich's Pork Chops**

Andrea Frankovich

Pork Chops

2 Tablespoons Kitchen Bouquet

Brown the chops on fairly high heat. Grease a baking pan and place chops in it. Mix Kitchen Bouquet in 1 to 2 cups hot water. Pour over the chops. Cover and bake slowly for 2 hours, 325 degree oven.

If short of time, add liquid to chops in fry pan, cover and simmer 30 minutes. Make gravy with drippings.

\*\*\*\*\*

### **Sloppy Joes**

Stacey Frankovich

2 lbs. Ground Beef

1 cup chopped Onion

1 can Tomato Paste

½ cup Catsup

1 1/4 cup chopped Celery

2 Tablespoons Brown Sugar

½ cup Water

1 teaspoon Dry Mustard

½ teaspoon Salt

Crumble and brown meat in frying pan. Add onion, drain off grease. Add other ingredients, adding celery last. Heat thoroughly. Serve on hot buns.

\*\*\*\*\*

### **LeAnn Puzey's Clam Chowder**

Beanie Lofthouse

1 cup Onion, chopped

2 cups diced Potatoes

¾ cup Butter or Margarine

1 quart Milk

2 Tablespoons Red Wine Vinegar

(more or less)

1 cup Celery, diced

2 cans (6 ½ oz) \*Clams or Shrimp

¾ cup Flour

1 ½ teaspoons Salt

Pepper

Pour clam juice over veggies, add enough water to cover, put on lid, simmer until tender.

Make the white sauce by melting the butter, stir in the flour until slightly golden, add milk, salt and pepper, stir constantly until cooked and thick. Add the white sauce to the Un-drained veggies, mix together add the red wine vinegar. Serves about 8. \*We like this better with small broken shrimp instead.

\*\*\*\*\*

Drive no faster than your  
Guardian angel can fly.

**Mexican Meat Mix (Master Mixes)**

Beanie Lofthouse

5 lb Beef Roast or combination	1/4 teaspoon Garlic Powder
Beef and Pork	4 Tablespoons Flour
3 Tablespoons Oil	4 teaspoons Salt
3 large Onions, chopped	1 teaspoon Cumin
1 (4 oz) can chopped Green Chilies	
2 (7 oz) cans Green Chili Salsa	
juices from the roasts	

Place roasts in large roasting pan or Dutch Oven, with a tight lid, do NOT add water or salt. Roast at 200 degrees about 12 hours or until well done. I usually put it on for all night. Drain meat, reserve juices, if you put the juices in the frig you can remove the fat. Cool meat, pull apart into shreds, remove any fat and bones, set aside. Put oil into a container large enough to hold all the ingredients, add onions and green chilies, undrained. Saute 1 minute, add green chili salsa, garlic powder, flour, salt and cumin. Cook 1 minute over med-low heat, stir in reserved meat juices and shredded meat, cook 5 minutes until thick. Cool.

Makes about 9 cups of mix, freeze about 3 cups mix together to serve 3 to 4 people, leave 1 ½ inch head space. Seal and label, use within 6 months.

Use as you would any other Mexican meat for burritos or tacos.

\*\*\*\*\*

**Raised Meat Balls**

Laura A. Lofthouse

4 slices White Bread	1 lb Hamburger
2 Eggs	4 teaspoons Baking Powder
½ cup Milk	1/4 teaspoon Pepper
1 can Cream of Mushroom Soup	
1 can Cream of Chicken Soup	

Break bread and pour beaten eggs and milk over--soak 5 to 10 minutes. Mix in remaining ingredients, roll into walnut sized balls, brown in fry pan. Place in casserole dish, mix the canned soups together and pour over the meat. Bake 1 hour at 325 degrees.

\*\*\*\*\*

Some people lie so much,  
they don't know they are  
doing it and think  
everyone else is too stupid to know.

**Bacon and Liver Bake**

Beanie Lofthouse

6 slices Bacon, chopped  
 1 cup Onion, chopped  
 1/4 cup Flour  
 1 pound Liver, Beef or Pork, cut  
 into about 1 inch cubes

1 1/2 cups Milk  
 1/4 cup Bread Crumbs  
 1 Tablespoon Margarine

Combine bacon pieces and onion in skillet, cook until bacon is crisp and onion done, remove with a slotted spoon to a casserole dish. Reserve 2 Tablespoons bacon grease. Combine flour, salt and pepper, coat liver with this, brown in the bacon drippings. Add browned liver to the bacon in the dish. Drain skillet, add the 2 Tablespoons reserved bacon grease, stir in 2 Tablespoons flour, add milk, cook, stirring constantly until thick. Pour over liver and mix gently. Combine bread crumbs and margarine, sprinkle over top. Bake uncovered at 350 degrees about 25 minutes or bubbly. About 4 servings.

\*\*\*\*\*

**Dinner in a Pumpkin**

Beanie Lofthouse

1 small to medium Pumpkin\*  
 1 Onion, chopped  
 1 1/2 to 2 lb Ground Beef  
 1 can Cream of Chicken Soup  
 1 (8oz) can sliced Water Chestnuts  
 2 Tablespoons Oil

2 Tablespoons Brown Sugar  
 4 oz sliced Mushrooms, drained  
 2 Tablespoons Soy Sauce  
 1 1/2 to 2 cups cooked Rice

\*Make sure the pumpkin will fit inside your oven and make sure to cook it on the container you will serve it in. Cut off top of pumpkin, clean out seeds and strings, preheat oven to 350 degrees. Bake pumpkin (including lid) for 1 hour before filling with other ingredients.

Saute onion until tender in the oil, brown meat and drain. Add soy sauce, sugar, mushrooms and soup, simmer 10 minutes. Add cooked rice and chestnuts. Spoon into pumpkin, replace top, bake 1 hour or until pumpkin is fork tender, test above the ingredients that are inside so it won't leak out. When it is served, scoop out some of the pumpkin along with the meat mixture.

If the pumpkin is a thin fleshed one, precooking time will be less. 6 to 8 servings.

**Roast the pumpkin seeds:**

Rinse seeds until clean. Boil 10 minutes in salt water, (water to cover seeds and 1 Tablespoon salt), drain and dry on paper towels. Mix 1 teaspoon Worcestershire Sauce, 3 Tablespoons margarine (melted), and 1 teaspoon salt. Stir the seeds in this mixture, spread on baking sheet, bake 1 to 2 hours at 225 degrees or light brown.

### **Ruth Danielson's Mexican Casserole**

Beanie Lofthouse

1 large Onion, chopped	½ cup chopped Jalapeno Pepper
2 Tablespoons Oil	3 cups cooked Turkey Breast
1 pint Sour Cream or IMO	cubed to ½ or 1 inch
1 cup grated Cheddar Cheese*	1 can Mushroom Ends and Pieces
1 cup grated Colby Jack*	1 cup Milk
1 can Cream of Mushroom Soup	1 can Cream of Chicken Soup
1 can sliced Olives	1 cup Salsa
1 package Corn Tortillas	

Saute the onions and jalapeno together in the oil until onion is transparent. Add everything except the tortillas and simmer for 15 minutes. Heat the tortillas in hot oil, not until crisp. Spoon some of the meat mixture into a casserole, to cover bottom, add tortillas, layer with more meat sauce and tortillas, end with sauce. Sprinkle with cheese, bake at 350 degrees until bubbly and cheese is browning.

\* You can substitute a can of Nacho Cheese Soup for the Colby Jack and a can of Cheddar Cheese Soup for the Cheddar Cheese, it is really easier to work with than the cheese.

\*\*\*\*\*

### **Beef and Biscuit Casserole**

Beanie Lofthouse

3 ½ to 4 lb ground Beef	1 ½ teaspoon Garlic Salt
1 ½ cup chopped Onion	4 ½ cups Cheddar Cheese
¾ cup Green Pepper or Celery	shredded
chopped	1 ½ cups Sour Cream
3 (8oz) cans Tomato Sauce	3 Eggs, slightly beaten
2 Tablespoons Chili Powder	2 cans Refrigerated Biscuits*

Brown beef, onions and peppers or celery, drain. Mix together in a separate container the eggs, sour cream, 2 cups of the cheese, tomato sauce, chili powder and garlic salt. After draining the meat mixture, add the other mixture, simmer while preparing the canned biscuits. In an ungreased large casserole, or two smaller ones, put the biscuits that have been separated in halves in a layer on the bottom and pinch together to cover. Spoon the cooked mixture onto the biscuits, cover with the remaining biscuit halves. You want these to be thin or the crust will be too much. If the filling seems a little dry, add more sour cream or ½ to 1 cup milk before putting in the pan. Bake at 375 degrees for 20 minutes, sprinkle the remaining cheese over top and finish baking for another 10 to 20 minutes or until golden brown.

\* Your own recipe may be used but be sure to roll them THIN, like 1/4 inch. If you don't want that much biscuit, eliminate the bottom layer and only use a thin layer on the top.

**Meat Loaf**  
Beanie Lofthouse

4 Eggs  
1 cup Quick Oats  
2 teaspoons Salt  
1/4 teaspoon Marjoram

2 (8oz) cans Tomato Sauce  
1/2 cup chopped Onion  
1/4 teaspoon Thyme  
4 lbs Ground Meat\*

Mix all the ingredients together except the meat, blend well. Add the ground meat, mix well, shape into two loaves. Bake on a rack so the fat will drain, bake at 350 degrees an hour or until done.

\* You may use all ground beef or up to 1 pound ground pork (the unseasoned kind).

\*\*\*\*\*

**Cheesy Chicken Croissant**  
Nicole Lofthouse

Sauce: mix together

1 can Cream Soup, 1 cup Milk, 1/2 cup grated Cheese

1 tube Croissants or Biscuits

Chicken, cubed or shredded

Cheese, grated

Separate the rolls, flatten or stretch, spray dish with Pam, spread about half the sauce on the bottom of dish. Put a spoon full of chicken and cheese in the middle of each biscuit, roll up, lay on top of sauce in dish. When all are rolled, pour remainder of sauce over all. Bake at 350 degrees 35 to 40 minutes.

\*\*\*\*\*

**Ruth Danielson's One Pan Turkey 'N Stuffing**  
Beanie Lofthouse

1 cup Bisquick  
1 1/4 cups Milk  
3 Eggs  
1 teaspoon Parsley Flakes  
1 teaspoon dried Sage  
1/2 teaspoon Poultry Seasoning

1 cup Celery, chopped  
1/2 cup Onion, chopped  
2 cups cooked Turkey, cubed  
3/4 teaspoon dried Thyme  
1/2 teaspoon Salt  
1/8 teaspoon Pepper

Heat oven to 400 degrees, grease a 10 X 6 inch casserole dish.

Mix Bisquick, milk, eggs and seasonings until mix is uniform in color but lumpy. Stir in remaining ingredients. Spread in the dish. Bake until golden and knife comes out clean, 35 to 40 minutes. Makes 4 to 6 servings.

**Sukiyaki**  
Sharon Lofthouse

Brown:

3/4 lb Round Steak, cut in thin diagonal slices  
2 Tablespoons Oil

Combine and add to browned meat:

1/4 cup Water or Juice off the Mushrooms  
1 Tablespoon Soy Sauce  
3 Tablespoons Sugar  
1 Chicken Bullion Cube

Add:

1 cup Celery, sliced diagonally  
1 Green Pepper, sliced in thin strips  
1 Onion, sliced thin and broken into rings

Cook for 10 minutes, covered. To thicken, stir 4 teaspoons Cornstarch into 8 Tablespoons Water, stir into the simmered mixture, bring back to boiling.

Add:

1 cup Bamboo Shoots, drained and rinsed  
1 bunch Green Onions including tops, chopped  
1 can sliced Mushrooms, drained  
3 cups fresh Spinach (optional)  
Cook 3 minutes and serve over cooked rice.

\*\*\*\*\*

**Sour Cream Potato Casserole**

Beanie Lofthouse

Cook 9 to 10 medium potatoes with skins on until barely fork tender:  
Cool Potatoes until you can handle them to peel.

1/3 cup Onion, minced (dried OK)	2 cups grated Cheddar
1/4 lb Margarine, melted	2 cans Cream of Chicken Soup
1 pint Sour Cream, or more for creamier potatoes	

Mix together everything but the potatoes. Grate the peeled potatoes, stir the creamed mixture in gently. Lightly oil a 9 X 12 inch pan, add topping if desired.

Topping: optional

Crush 1 cup Corn Flakes, drizzle a little melted Butter over and mix, sprinkle over the top of casserole.

Bake at 350 degrees for at least 45 minutes. You could use Chinese Noodles instead of above.

**Green Bean Casserole**

Beanie Lofthouse

2 quarts Green Beans, bring to a boil, drain and save liquid

1/4 to 1/2 pound Bacon, cut into chunks

1 large Onion, chopped

2 cans Cream of Chicken or Mushroom soup

1/4 lb Cheddar Cheese, grated

Fry bacon, remove from pan, saute onion, drain fat. Add the cream soup, heat until bubbly. Mix in the drained green beans, in case the mixture is not creamy enough add some of the drained liquid. Pour into a lightly greased casserole, sprinkle grated cheese over top, bake at 350 degrees until bubbly and cheese is melted.

\*\*\*\*\*

God grant me the Serenity

to accept

the things I cannot change;

The courage

to change the things I can;

And the Wisdom

to know the difference.

.....

A wise old owl

lived in an oak,

The more he saw

the less he spoke,

The less he spoke,

the more he heard.

Why can't we all

be like that wise old bird?



**Lasagne Italiano**

Laura Dayley

1 lb Ground Beef  
 1 lb Ricotta or Cottage Cheese  
 12 oz Mozzarella Cheese, grated  
 3/4 teaspoon Oregano Leaves  
 1/2 cup grated Parmesan Cheese

1 Garlic Clove, minced  
 6 oz Tomato Paste  
 1 1/2 cups Water  
 1/2 cup chopped Onion  
 8 oz Lasagna Noodles  
 cooked and drained

Brown meat; drain, add onion, cook until tender. Stir in tomato paste, water and seasonings. Cover and simmer 30 minutes. In a 12 X 7 inch baking pan, layer half of cooked noodles, then meat sauce, ricotta cheese and Mozzarella cheese; repeat layers. Sprinkle with Parmesan cheese. Bake at 375 degrees for 30 minutes. Let stand for 10 minutes before serving. Makes 6 to 8 servings.

Freezes well, make two pans and freeze one.

\*\*\*\*\*

**Beef and Dumpling Bake**

Laura Dayley

2 lb Round Steak, cubed  
 2 med Onions, sliced  
 1 can Cream of Chicken Soup  
 4 oz sliced Mushrooms, drained  
 1 Tablespoon Worcestershire Sauce

1 Bay Leaf  
 1/3 cup Flour  
 1 can Onion Soup  
 10 oz frozen Peas  
 4 Green Pepper rings

Place steak in 3 qt casserole, cover with onion slices, add bay leaf. Combine soups, mushrooms, Worcestershire sauce and flour. Pour over meat and onions. Bake at 350 degrees for 2 hours or until meat is tender. Remove casserole from oven, turn heat up to 400 degrees. Remove bay leaf, place peas on top of casserole, place pepper rings in the center. Drop dumplings by rounded teaspoons around pepper rings, cover and bake 20 to 25 minutes.

Parsley Dumplings:

1 Egg  
 2 Tablespoons minced Parsley  
 1 1/2 teaspoon Baking Powder  
 1/2 teaspoon Salt, optional

1/3 cup Milk  
 2 Tablespoons Oil  
 1 cup Flour  
 1/4 teaspoon Sage

Combine the egg, milk, oil, parsley and sage in small mixing bowl. Add flour, baking powder and salt. Stir only until dry particles are moistened.

\*\*\*\*\*

NATURE gives everybody FIVE senses.  
 The other two--horse and common--you must acquire!!!

**American Chop Suey**

Laura Dayley

1 cup Elbow Macaroni, uncooked  
 1 med Onion, chopped  
 1 can Tomato Soup  
 1 soup can hot Water  
 2 cups Chinese Veggies, drained  
 Buttered Bread Crumbs

1 lb Hamburger  
 1 cup Celery, diced  
 2 Tablespoons Soy Sauce  
 ½ cup American Cheese, grated

Brown meat, add onions and celery, cook until tender. Combine all remaining ingredients except cheese and bread crumbs. Put into a buttered casserole, cover and cook at 350 degrees for 1 hour. Remove cover, stir in cheese, top with crumbs, continue baking for 15 minutes or browned.

\*\*\*\*\*

**Shirley Bird's Rattatoui**

Laura Dayley

1 Red Pepper, cubed  
 5 small Zucchini, sliced  
 Mushrooms  
 Carrots

1 Egg Plant, cubed  
 Tomatoes, chopped  
 French Sliced Green Beans

Mushrooms, carrots and green beans are optional.

Fry everything except the tomatoes in a small amount of oil. Add tomatoes last, put lid on when almost done. Serve on rice. Freezes well.

Shirley sent this recipe to me when she was living in France. I love to cut it up when my garden is full of fresh veggies.

\*\*\*\*\*

**Chicken Cordon Bleu from the Lion House**

Carol Van Orden

8 halves boneless Chicken Breasts  
 8 thin slices cooked Ham  
 4 slices Swiss Cheese (1 1/2 X ½ inch fingers)  
 Salt, Pepper, Thyme or Rosemary

1/4 cup melted Butter  
 ½ cup Cornflake Crumbs

Place each half chicken breast between plastic wrap and pound to 1/8 inch thickness. On each ham slice place a finger of cheese. Season, Roll ham and cheese jelly roll style, then roll each chicken breast with ham and cheese inside. Tie rolls or fasten with toothpicks. Dip in butter, roll in cornflake crumbs. Place rolls in 9 X 13 inch baking pan. Bake uncovered at 400 degrees about 40 minutes. Serves 6 to 8

Cordon Bleu Sauce: Blend in saucepan, 1 can Cream of Chicken Soup, 1 cup Sour Cream and 1/3 cup Lemon Juice, heat. Serve over the cooked Chicken rolls. Makes 2 cups.

**Mexicali Meat Pie**

Laura Dayley

1 lb Ground Beef  
 1 cup Whole Kernel Corn, drained  
 1/4 cup chopped Green Bell Pepper  
 1/2 teaspoon Chili Powder  
 16 oz Tomato Sauce  
 4 oz sliced Black Olives

1/4 cup Cornmeal  
 1/4 cup chopped Onion  
 1/2 teaspoon Oregano  
 1/4 teaspoon Cumin  
 12 Corn Tortillas

**Topping:**

1 Egg, beaten  
 1/2 teaspoon Dry mustard  
 1/2 teaspoon Worcestershire Sauce

1/4 cup Milk  
 1 1/2 cup shredded Cheese

Brown ground beef, onions and peppers. Stir in corn, corn meal, spices, tomato sauce and olives. Mix together. Layer meat mixture and tortillas. Bake at 425 degrees for 25 minutes. Combine topping ingredients, spread on casserole. Bake 5 minutes or until cheese melts.

\*\*\*\*\*

**Dutch Meat Loaf**

Laura Dayley

1 1/2 lbs Lean Ground Beef  
 1 cup fresh Bread Crumbs  
 1 med Onion, chopped  
 2 Tablespoons Prepared Mustard  
 1 Tablespoon Vinegar

8 oz Tomato Sauce  
 1 Egg  
 2 Tablespoons Brown Sugar  
 or Molasses

In bowl, lightly mix beef, bread crumbs, onion, egg and half the tomato sauce. Shape into a loaf pan or a 10 X 10 inch pan. Combine remaining tomato sauce, molasses or brown sugar, mustard and vinegar, pour over loaf. Bake at 350 degrees 1 1/4 hours. Makes 5 to 6 servings.

\*\*\*\*\*

**Cabbage and Raman Noodles**

Laura Dayley

1 head Cabbage, chopped  
 2 cups cooked Chicken Breast  
 1 pkg Raman Noodles, don't cook  
 1/2 cup Sunflower Seeds

2 or 3 Green Onions, chopped  
 3 Tablespoons Sesame Seeds  
 1 cup sliced Almonds

**Dressing:**

1/2 cup Oil  
 2 Tablespoons Sugar

3 Tablespoons Vinegar  
 Seasoning from Raman Noodles

Toast the sunflower seeds and almonds until light brown. Mix the dressing, crumble the noodles, pour dressing over all the ingredients, marinate over night before serving. May use turkey breast.

## **Longevity Stew**

Terry Joseph Lofthouse

Who says that a vegan or vegetarian lifestyle is bland or boring? This stew is scientifically formulated to provide gobs of essential nutrients, and it tastes great!!

Even if you are not a vegetarian, eat the longevity stew several times a week, even daily. You might have to prepare some of the ingredients yourself, but that's great 'cause you know what went into it, and you know it's not filled with preservatives. If you grow your own ingredients, you can even be insured it is free of nerve agents (pesticides).

### **Longevity Stew**

2 cups tomato juice	1 Tbs. dried bell pepper pieces
1 Tbs. brewers yeast	3 Tbs. dehydrated collard greens (crushed)
2 Tbs. dried yam powder	2 Tbs. instant Lentils (directions follow)
1 tsp. oregano flakes	1 tsp. garlic powder or flakes

Bring tomato juice to a boil in a cast iron pan. Add other ingredients, stir and remove promptly from heat. Let sit for 15 minutes before serving.

### **Substitutions**

Because different foods have different nutritional compositions, we recommend that this stew be prepared with a variety of substitute ingredients. Dehydrated kale, Swiss chard, spinach, or broccoli leaves may be substituted for collards. Carrot or sweet potato powder may replace the powdered yams. Onion flakes may be used in place of garlic. Italian seasoning or other spices may replace or be added in addition to the oregano. Paprika or cayenne may be used in place of part or all of the dried bell peppers.

### **Uses**

The Longevity Stew can be used anywhere that one would use tomato sauces or catsup. It's a great topping for spaghetti, or pizza. It goes very nicely with fried potatoes. Here at Peace Monastery, we are very fond of eating it straight out of the pan.

### **While Traveling**

To make this stew convenient for travelling, pre-measure the dry ingredients into a plastic bag. Include in the bag a piece of tomato leather (see below). When you are ready for a meal, add two cups of boiling water to the dry ingredients instead of tomato juice.

### **Tomato Leather**

Pour 2 cups of tomato juice onto a dehydrator tray. When dry, fold, and store in a plastic bag or other air-tight container.

### **Dehydrated Collards (or other greens)**

Harvest and wash collards. Remove stem and mid-rib. Cut into strips about 1" wide, and place in dehydrator. When dry, crumble into small pieces.

### **Dried Yam Powder**

Peel yams. Boil until softened. Drain and mash. Spread on dehydrator trays, (about 3/8 inch thick). When dry, powder in blender or mortar and pestle. Sweet potato and carrot powder may be prepared in the same way.

### **Instant Lentils**

Bring one cup of lentils and two cups of water to a boil in a cast iron pot. Lower the heat and simmer gently, stirring occasionally, until the Lentils are soft and have absorbed the water. (About 1 hour.) Spread on dehydrator trays.

### **Why is it called "Longevity Stew"?**

We wanted to design a simple, easy to prepare food, that could be easily carried from place to place and that had in it an abundance of those nutrients that the scientific literature have found to be highly beneficial in enriching health and prolonging life.

We started by seeking out the finest longevity ingredients; vegetables high in fiber and in antioxidant vitamins A and C, we added some ingredients that are highly regarded as longevity aides; garlic for example. We avoided ingredients which are widely acknowledged as life shortening, such as meats and fats. We then asked ourselves what we could make out of these ingredients. A stew was the natural answer. We calculated the nutritional balances on paper, and adjusted ingredients accordingly, pouring over nutritional charts and the longevity literature. We ran the calculations on many different combinations filling holes in the balance of nutrients, until it met our satisfaction. Then we made and tasted it. Oh what a culinary delight!!

In designing the Longevity Stew, ease of transportation, storage, and preparation was a primary consideration, leading to the decision to dehydrate the ingredients. Dehydration concentrates nutrients and preserves them better than canning.

The instructions for preparing the stew make several nutritional compromises. For example; the stew would be more nutritious if it were not boiled and the ingredients were not cooked, but we recommend boiling anyway for a number of reasons: 1) to re-hydrate the ingredients quicker. 2) to kill any bacteria that might be in the cooking utensils, water, or other ingredients. 3) most people prefer cooked foods.

We recommend the use of cast iron cookware as a means of increasing the amount of iron in a vegan diet.

Brewers yeast, a rich source of B vitamins, is added specifically to help meet the nutritional needs of vegetarians, but anyone can benefit from its abundance of nutrients.

### **Nutritional Analysis**

Estimates based on USDA recommended daily intakes.

<b>Nutrient % RDA</b>					
Calories	18 %	Protein	40 %	Calcium	35 %
Iron	50 %	Zinc	16 %	A	220 %
Thiamin	130 %	Riboflavin	50 %	Niacin	50 %
Folacin	130 %				
C	440 %				

Fat is less than 1% of the maximum recommend daily amount.

### **The Magic of Lentils**

Do you dislike cooking with beans because they take so long to cook up? Then you will love lentils, the bean that is ready to eat an hour after you drop it in the water.

### **To Prepare Lentils**

Bring one quart of lentils and two quarts of water to a boil in a cast iron pot. Lower the heat and simmer gently, stirring occasionally, until the lentils are soft and have absorbed the water. (About 1 hour). A variation on this recipe is to replace some or all of the water with tomato juice. Yum!

### **How to use Lentils**

#### **Lentil Tacos**

Here at Peace Monastery, our favorite use for lentils is to cook them using a mild hot sauce instead of water. We then use them on tacos in place of meat or refried beans. Scrumptious!!!

The hot sauce is our own special recipe, prepared with select ingredients from the monastery gardens: onions, fresh peppers, vine ripened tomatoes, and zesty spices. Indeed a bit of heaven on earth. Come on over some time, and we'll share with you.

### **Beans**

Substitute lentils into any recipe that calls for beans. Cooking times will be less, but other than that, things should work about the same. (Lentils don't typically exhibit the intestinal side effects that beans are so famous for.)

### **Stews**

Ever wonder what the secret ingredient is in restaurant stews that make them seem so full and hearty? It just might be lentils. When used in a stew, either in place of meat, or in addition to it, lentils add a richness and heartiness that is hard to produce in any other way.

### **Ground Meat**

Use cooked lentils in any recipe that calls for ground meat, for a healthy, guilt free, low fat taste bud extravaganza!

### **Rice, Noodles, and Pasta**

Prepare your favorite side dishes, but substitute fully-cooked lentils for the grain product. How about lentil hush puppies?

#### **Sprouts**

Sprout lentils and use them as you would alfalfa or mung bean sprouts.

\*\*\*\*\*

“Anyone who imagines that bliss is normal is going to waste a lot of time running around shouting that he’s been robbed.

The fact is that most putts don’t drop, most beef is tough, most children grow up to be just people, most successful marriages require a high degree of mutual toleration, most jobs are more often dull than otherwise.

Life is like an old time rail journey...Delays, sidetracks, smoke, dust, cinders, and jolts, interspersed only by beautiful vistas, and thrilling bursts of speed.

The trick is to thank the Lord for letting you have the ride.

The trick, my brethren and sisters, is to enjoy the journey.”

– President Gordon B. Hinckley

**Zucchini Bread**

Kim and Travis Lofthouse

3 Eggs	3 cups Flour	
1 cup Oil		1 teaspoon Baking Soda
2 cups Sugar		1 teaspoon Salt
2 cups Zucchini, grated		3 teaspoons Cinnamon
2 teaspoons Vanilla		1/4 teaspoon Baking Powder
1/2 cup Nuts		

Peel, seed and grate zucchini. Beat eggs until light and fluffy. Add grated zucchini, oil, sugar and vanilla. Combine all dry ingredients, add to egg mixture, blend well. Add nuts. Put into 2 greased loaf pans. Bake at 325 degrees for 1 hour or until done. Remove from pans at once.

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**Cornbread**

Beanie Lofthouse

1 cup Flour, White or part Whole Wheat	2 Eggs
1 cup Yellow Cornmeal	1 cup Milk
4 teaspoons Baking Powder	1/4 cup Oil
3/4 teaspoon Salt	
1/4 cup Sugar	

Mix dry ingredients together. In separate bowl beat eggs, mix with the milk and oil. Add the wet ingredients to the dry ingredients, mix until moistened. Pour into a 9 X 9 inch greased pan. Bake at 425 degrees 10 to 15 minutes or until it tests done with a toothpick.

\*\*\*\*\*

**Best Baking Powder Biscuits**

Lorena Lofthouse

2 Cups Flour	1/3 cup Crisco or Butter
2 1/2 teaspoons Baking Powder	3/4 cup Buttermilk, or
1/2 teaspoon Salt	Sour Milk or Yogurt

Preheat oven to 475 degrees.

Mix dry ingredients. Cut in shortening. Add milk and mix until dough forms a ball and pulls away from sides of the bowl. Knead 30 seconds. Roll out on a floured surface. Fold into thirds and roll again. Fold into thirds again, and roll out. DON'T OVER-WORK DOUGH or it will get tough. Roll to 1/2 or 3/4 inch thick, cut. Place biscuits in greased pan and bake for 12 to 15 minutes. Makes one dozen.

**Orange Biscuits**

Laura Dayley

1 can Biscuits or 1 batch Biscuits or Rolls  
 ½ cube Butter  
 ½ cup Sugar  
 1 Orange (juice and orange peel, not the white part)

Grate 2 Tablespoons of peel off the orange, juice orange. Put juice, orange peel, butter and sugar in a small sauce pan; heat until the butter melts and sugar dissolves. Dip biscuits in orange sauce and place in a greased pan. Pour remaining sauce over biscuits. Follow directions on biscuit can or recipe to bake.

\*\*\*\*\*

**Cloud Biscuits**

Beanie Lofthouse

1 1/2 cups White Flour	3/4 cup Crisco Shortening
1 1/2 cup Whole Wheat Flour	1 extra large Egg
1 1/2 teaspoon Sugar	3/4 cup Milk
2 Tablespoons Baking Powder	
3/4 teaspoon Salt	

Mix dry ingredients together, cut in the Crisco until about the size of peas. Lightly beat the egg and add to the milk, pour into the dry ingredients, mix with a fork until the dough holds together. Put onto a floured cloth, knead 4 or 5 times. Roll out to ½ inch thickness, cut. Put onto an Ungreased cookie sheet and make sure the sides of each biscuit touch each other. (they rise higher). Bake in a preheated 425 degree oven 10 to 12 minutes or until golden brown.

\*\*\*\*\*

**Flour Tortillas**

Beanie Lofthouse

4 cups Flour	1 3/4 teaspoons Salt
4 teaspoons Baking Powder	3/4 cup Crisco Shortening
1 1/4 to 1 1/2 cups HOT Water	

Mix the dry ingredients in large bowl, mix in the Crisco, cut in with knives or work with hands until completely mixed. Add 1 1/4 cup hot water all at once, mix quickly, it should not be sticky or crumbly, if necessary add a little more of the water. Divide into 24 balls, about the size of an egg. Roll out on lightly floured board, pick up and stretch to make round, cook on a hot griddle without oil, turning once. Keep hot by putting between folds of a kitchen towel.



**Oatmeal Muffins**

Beanie Lofthouse

1 cup Oatmeal

1 cup Milk

1 Egg

1/4 cup Oil

1 cup Flour

1/3 cup Sugar

1 Tablespoon Baking Powder

1/4 teaspoon Salt

Put the oatmeal and milk into a large mixing bowl, stir and set aside while you measure the remaining ingredients. Stir flour, sugar, baking powder and salt together in separate bowl. Put the egg and oil in with the oatmeal mixture, mix well. Add the dry ingredients all at once, mix well but gently. Divide between 12 greased muffin tins. Bake at 425 degrees 8 to 12 minutes or when top springs back when touched. Let pans cool for 2 to 3 minutes on a wire rack then turn over and they should drop out of the pans.

\*\*\*\*\*

**Gov's Waffles**

Laura Dayley

1 1/2 cups Flour

2 teaspoons Baking Powder

1 1/2 cup Milk

2 Eggs

1 Tablespoon Oil

Blend eggs, oil and milk. Add dry ingredients and mix only until flour is moistened. Cook as your waffle iron suggests.

Cheese Waffles: 1/2 cup Cheese, grated or chopped fine, add to the wet ingredients.

Pecan Waffles: Add 1/2 cup chopped Pecans.

\*\*\*\*\*

**'Oh Boy' Waffles**

Beanie Lofthouse

Stir together:

2 1/4 cups Flour

4 teaspoons Baking Powder

3/4 teaspoon Salt

1 1/2 Tablespoons Sugar

Beat together:

2 Eggs

2 1/4 cups Milk

1/2 cup Oil

Add wet ingredients to dry ingredients, beat only until moistened. Bake in preheated, lightly oiled waffle iron.

**Waffles (Extremely Light)**

Carol Van Orden

1 cup sifted Whole Wheat Flour  
 1 Tablespoon Baking Powder  
 2 teaspoons Brown Sugar

2 Eggs, separated  
 1 1/4 cup Milk  
 1/4 cup Oil

Sift dry ingredients 3 times, gradually add egg yolks and milk, beating with mixer on low. Add oil. Batter will be thin. Beat 2 minutes. Beat egg whites, fold into other mixture. Bake in preheated waffle iron.

Substitutions: Use Buttermilk instead of Milk and add 1/2 teaspoon Baking Soda along with the Baking Powder.

Laura's Note: I always double the batch; use Buttermilk and 1 Tablespoon Baking Powder and 1 1/2 teaspoons Baking Soda for the leavening.

\*\*\*\*\*

## Moon Shots

It seems fairly certain that the moon is uninhabited.  
 When that satellite of ours landed and  
 began digging with a little power shovel,  
 Nobody showed up to watch..  
 --Ollie James

.....

Surveyor has sent back an analysis of the lunar soil.  
 It shows you can't grow corn on the moon,  
 But it's great for raising taxes.  
 --Jack Wilson

.....

Taxes could be much worse--  
 Suppose we had to pay on what we think we're worth.

.....

What this country needs is:  
 Family trees that will produce  
 more lumber and fewer nuts.

**Betty's Brown Bread**

Laura Dayley

2 cups Dates or Raisins or  
     1 cup of each  
 2 teaspoons Baking Soda  
 2 cups boiling Water  
  
 7 #2 cans or  
 4 #3 cans

2 cups Sugar  
 3 Tablespoons Crisco Shortening  
 2 Eggs  
 4 cups Flour  
 1 teaspoon Vanilla  
 1 teaspoon Salt  
 ½ cup Nuts, chopped

Put the dates or raisins in a bowl, sprinkle the baking soda over the fruit, pour the 2 cups boiling water over the baking soda, set aside to cool.

Mix the remaining ingredients together well, add the date mixture. Grease and flour the cans, fill each ½ full. Bake 1 hour at 350 degrees.

WARNING: Do not fill cans more than ½ full.

\*\*\*\*\*

**Whole Wheat and Honey Banana Bread**

Laura Dayley

1 1/3 cup ripe Bananas (about 4)  
 ½ cup Sour Cream or Yogurt  
 2 Eggs  
 ½ cup Butter  
 ½ cup Honey

3 cups Whole Wheat Flour\*  
 1 teaspoon Baking Powder  
 1 teaspoon Baking Soda  
 ½ teaspoon Salt (optional)  
 2 cups Walnuts, chopped

Mash bananas and whisk in sour cream and eggs. Cream butter with honey and add to banana mixture. Mix flour, baking powder, baking soda, and salt together and stir into banana mixture. Then stir in the nuts. Pour into 3 small, greased loaf pans. Bake at 350 degrees for 45 minutes to 1 hour.

Variation: Add 1/3 cup Carob Powder or Cocoa to dry ingredients.

\* I add enough flour to mixture that a wooden spoon will stand in the stiff batter.

\*\*\*\*\*

Heaven will be no heaven to me if I do not meet my wife there.

--Andrew Jackson

.....

Keep your eyes wide open before marriage, half shut afterward.

--Benjamin Franklin

**Bran Muffins**

Laura Dayley

2 cups Grapenuts or All Bran  
2 cups boiling Water

2 cups Sugar  
1 heaping cup Shortening  
4 Eggs  
1 quart Buttermilk

4 cups Bran Buds  
5 cups Flour  
1 Tablespoon Salt  
4 teaspoons Baking Soda

Pour the boiling water over the Grapenuts cereal and let stand.

Cream well together the shortening, sugar and eggs, blend in the buttermilk. Add the Bran Buds, then the Grapenuts that have been soaked in the water.

Sift together the flour, baking soda and salt, add to the other ingredients.

Bake at 400 degrees for 15 to 20 minutes. Makes 6 dozen muffins.

Makes 1 gallon of batter, it may be kept covered in the refrigerator for a week.

\*\*\*\*\*

**Cowboy Bread**

Laura Dayley

2 ½ cups Flour  
½ teaspoon Salt  
1 teaspoon Baking Powder  
½ teaspoon Cinnamon  
1 cup Buttermilk

1 ¾ cup Brown Sugar  
½ cup Margarine  
½ teaspoon Baking Soda  
½ teaspoon Nutmeg  
3 Eggs

Combine the flour, sugar and salt, cut in the butter to make a fine crumb mixture. Save 1 cup for topping. Add remaining ingredients to the first and mix well. Place in a greased 9 X 13 inch pan. Cover with topping and bake 20 to 25 minutes in a 350 degree oven.

\*\*\*\*\*

A good traffic rule on the road of life:  
When you meet temptation, keep to the right.

.....  
If you don't stand for something;  
You are likely to fall for anything.

.....  
'Apology'  
Come in  
Sit down, relax, converse  
our house  
Doesn't always look like this  
Sometimes  
It's even worse.

### Oatmeal Griddle Cakes

Laura Dayley

1 cup Whole Wheat Flour	2 large Eggs
1 cup rolled Oats	2 1/4 cup Buttermilk
1/2 cup Multi-Blend Flour	1/4 cup Honey
1/2 cup Corn Meal	1/4 cup Oil
2 teaspoons Baking Powder	
1 teaspoon Baking Soda	

Combine dry ingredients in a large bowl. In a separate bowl, blend liquids. Make a well in the dry ingredients and add liquids all at once, blend together. Let set 10 minutes, if too runny add a little more flour. Cook on a hot griddle, turn when top is bubbly.

\*Substitute--1/2 cup whole wheat flour for the multi-blend flour, 1/4 cup sugar for the honey.

\*\*\*\*\*

### Jim's Whole Wheat Pancakes

James Lofthouse

4 cups fresh ground whole wheat flour	2 eggs
5 teaspoons baking powder	1/4 cup vegetable oil
1 teaspoon salt	3 - 3 1/2 cups water
1/2 cup powdered milk (just the powder)	
2 Tablespoons sugar	

Mix the dry ingredients in a bowl. Add the eggs, oil and 3 cups of the water. Mix until the dry ingredients are mostly wet. Check the consistency for spooning onto the griddle. Add more water until the consistency is right. The batter should be just thin enough that it is necessary to spread it around a bit on the griddle to get a puddle about 1/4 inch thick. Avoid too thin a batter. Avoid stirring the batter too much. A little dry can still be present. Too much stirring will make the cakes tough.

Spoon the batter onto a hot griddle. When the bubbles coming to the surface begin to stay open and do not fill in again when they pop it is time to turn the cake. Turn and continue to cook until done. Please resist the urge to smash the cake, and turn only once. Let them rise up light and fluffy.

This recipe makes approximately 15 5" light and delicious cakes 1/2 inch thick. Serve hot off the griddle with your favorite toppings.

Variation:

For a protein boost, add a handful of soybeans to the wheat as you grind it.

You can use a cup of milk in place of one cup water and leave out the dry milk solids.

### **Ruth Melling's Dinner Rolls**

Laura Dayley

1 pkg. Quick-Rise Yeast	4 ½ cups Flour
1 cup warm Water	½ cup Sugar
1 cube Margarine	½ teaspoon Salt
3 Eggs, well beaten	

Soften the yeast in the warm water, stir in all the remaining ingredients. Grease a large bowl or pan, dump the dough into it, lightly grease the top of the dough. Dough is very sticky. Cover container. You can let it raise overnight, two to four hours, whatever you have time for.

Divide into two balls, roll out and butter dough. Cut into strips 4 to 5 inches wide. Cut these strips into six pieces, cut each of the six pieces into 12 wedge shapes. Roll from the wide part of the wedge as for crescent rolls, let raise. Bake at 350 degrees 10 to 15 minutes or until light brown. Very light, fluffy rolls. Serve hot. About 4 dozen.

\*\*\*\*\*

### **Jim's Bread Recipe**

James Lofthouse

1 Tablespoon Dry Yeast\*  
1/4 teaspoon Sugar  
½ cup warm Water

Mix the yeast with the 1/4 teaspoon sugar and the ½ cup warm water, set aside.

1 Tablespoon Sugar	1 teaspoon Salt
2 ½ cups boiling Water	3 cups or more White Flour
3 Tablespoons Oil	4 cups Whole Wheat Flour

Mix the 2 ½ cups boiling water with oil, salt and the 1 Tablespoon sugar until sugar dissolves. Add the whole wheat flour, mix well, 2 to 3 minutes. Add the yeast mixture, mix again. Add enough white flour for a medium soft dough. Turn out onto a floured board or cloth, knead 10 minutes. Put into lightly oiled bowl, cover. Let rise until double, punch down. Let rise another 30 minutes before making into loaves. Make into 3 loaves 8 ½ X 4 ½ X 2 ½ inches, cover and let rise until light. To test for light enough, press your finger 1/4 inch into the dough near a corner. If the dent stays in it is ready. If the dent springs back out let it rise more. Bake in a preheated 400 degree oven until golden brown and hollow sounding when tapped (30 minutes). Turn out onto a wire rack to cool, for a soft crust, rub with margarine.

\* for pizza crust, use 2 Tablespoons Yeast and do not let it rise until double, 15 minutes is usually enough time. Pat onto a pan greased with Crisco Shortening. This is enough to make 3 jelly roll pans of pizza.

\*\*\*\*\*

### **Pizza Dough from Betty Crocker**

1 Package active dry yeast	1 cup warm water (105 to 115 degrees)
2 ½ cups flour	2 Tablespoons oil
1 teaspoon sugar	1 teaspoon salt

Dissolve yeast in warm water in 2 ½ quart bowl. Stir in remaining ingredients; beat vigorously 20 strokes. Let rest 5 minutes. Enough for one jelly roll size pan, spread on pan that has been greased with solid shortening.

### **No Knead Light Rolls**

Beanie Lofthouse

2 Tablespoon Yeast\*  
1/8 teaspoon Sugar  
1/2 cup lukewarm Water  
4 Eggs, slightly beaten  
1 cup Crisco Shortening  
2 cups boiling Water

3 cups Whole Wheat Flour  
4 1/2 cups White Flour  
3/4 cup Sugar  
1 1/2 teaspoon Salt

Put the Crisco into a large bowl, add the 3/4 cup sugar and salt, pour the boiling water over, stir until the Crisco is melted and sugar dissolves, set aside to cool until lukewarm. While this cools mix the yeast, 1/8 teaspoon sugar and the 1/2 cup lukewarm water. You will have time to measure all the other ingredients while the first mixture is cooling. When the first mixture is cool enough add the eggs and mix well. Add the 3 cups whole wheat flour, mix very well, a couple minutes. Add the yeast mixture, beat again. Gradually add the 4 1/2 cups white flour, stir hard DO NOT ADD MORE FLOUR! Place into a lightly oiled bowl, cover until double, stir down. Divide and into whatever shape you wish, let rise until double, bake in preheated 375 degree oven for 15 to 20 minutes or golden brown. 2 to 3 dozen rolls. This makes nice cinnamon rolls as well.

\* At a lower altitude you may need only 1 Tablespoons Yeast

\*\*\*\*\*

### **Camp Fry Bread**

Sharon Lofthouse

1 1/2 cup very warm Water  
1 package Yeast  
4 1/2 Tablespoons Shortening

1/2 cup Sugar  
6-8 cups Flour  
2 Eggs

Mix all ingredients together, knead well and rise until double. Punch down. Fry in patties until golden brown. May be topped with chili and shredded cheese, or served with butter and jam.

\*\*\*\*\*

The whole secret of the study of nature lies in learning how to use one's eyes.

--George Sand

.....

It is not what you eat that benefits you, but what you digest. What you hear today is of no use to you unless you put it into practice. Somebody has said, and I have often repeated it: 'Knowledge without practice is like a glass eye - all for show and nothing for use.'

**Mom's Ice Cream**

Laura A. Lofthouse

1 quart Milk  
2 cups Sugar  
1 teaspoon Vanilla

1 cup Cream  
4 Eggs  
Cornstarch to thicken

Heat milk in a double-boiler, add sugar, add beaten eggs. Thicken with cornstarch, cool. Add cream and vanilla, stir and freeze.

\*\*\*\*\*

**Dub's Quick Cobbler**

Laura Dayley

Batter:  
1 cup Sugar  
2 teaspoons Baking Powder  
3/4 cup Milk  
1 cup Flour

1 can Pie Filling  
1/8 lb. Butter

In a casserole or deep baking dish, melt butter. Sift dry ingredients together. Mix with the milk until smooth. Pour over the melted butter in casserole. DO NOT STIR Pour fruit over batter. DO NOT STIR Bake at 350 degrees for 35 minutes or until crust is golden brown.

\*\*\*\*\*

**Fruit Cocktail Dessert**

Laura Dayley

1 #303 can Fruit Cocktail  
1 cup Sugar  
1 cup Flour  
1 teaspoon Baking Soda  
1 Egg

Topping:  
1/2 cup Brown Sugar  
1/2 cup Nuts, chopped or slivered

Mix the cocktail, sugar, flour, soda and egg. Put in a greased and floured 9 X 9 inch pan. Sprinkle the topping ingredients on the top. Bake at 350 degrees for 1 hour. Serve with whipped cream when slightly warm. Serve at once.

This recipe came from Betty Thompson who was cooking for the Nauvoo Restoration, when Laura and Eldon were there as guides for the summer.



**Rae's Fruit Cobbler**

Laura Dayley

1/4 cup soft butter

1/2 cup sugar

1/2 cup milk

1 quart fruit (drain and save juice)

1 cup flour

1/4 teaspoon salt

2 teaspoons baking powder

1/4 to 1/2 cup sugar

Cream butter, 1/2 cup sugar, flour, salt, baking powder and milk. Place in casserole dish. Arrange drained fruit on top, sprinkle the 1/4 to 1/2 cup sugar on top of the fruit, Pour 1 cup of the reserved juice over all. Bake 45 to 50 minutes at 375 degrees. Crust comes to the top when done. Serve with whipped cream.

\*\*\*\*\*

**Banana Split Cake**

Laura Dayley

2 sticks margarine (room temp)

2 cups graham cracker crumbs

2 cups powdered sugar

1 #2 can crushed pineapple, drained

1/2 cup cherries, chopped or halved

2 eggs

5 bananas, sliced

1/2 cup pecans, chopped

9oz Cool Whip

coconut if desired

Mix together 1 stick of the margarine and the graham cracker crumbs, pat into a 9 X 13 inch pan. Beat together the other stick of margarine, eggs and powdered sugar, spread this mixture over the graham cracker crumbs. Cover this with sliced bananas. Spread the drained pineapple over bananas, cover with Cool Whip. Sprinkle with cherries, pecans and coconut. Refrigerate overnight.

\*\*\*\*\*

**Dessert Burgers**

Kim and Travis Lofthouse

Sift: 2 cups flour, 1/2 cup cocoa, 1 1/2 teaspoon baking soda and 1/4 teaspoon salt.

Cream: 1/2 cup butter, 1 cup sugar, 1 egg and 1/2 teaspoon vanilla.

Mix flour mixture and 1 cup milk alternately with creamed mixture.

Drop onto ungreased cookie sheet. Bake at 425 degrees for 7 minutes. Cool, frost and put two together. Makes 12.

\*\*\*\*\*

Plenty of people miss their share of happiness,  
not because they never found it,  
But because they didn't stop to enjoy it.

**Pumpkin Dessert**

Laura Dayley

1 cup flour	16 oz can pumpkin
½ cup rolled oats	13 oz can evaporated milk
½ cup brown sugar	2 eggs
½ cup butter	½ teaspoon ginger
1 teaspoon cinnamon	¼ teaspoon cloves
¾ cup sugar	½ teaspoon salt

Mix the flour, rolled oats, brown sugar and butter. Press into a 9 X 13 inch pan. Bake 15 minutes at 350 degrees. Blend pumpkin, milk, eggs, spices, sugar and salt, pour over crust, bake another 20 minutes.

Topping:

½ cup brown sugar	2 Tablespoons melted butter
½ cup chopped walnuts	

Mix topping and sprinkle over the pumpkin mixture, bake another 15 to 20 minutes or until done.

\*\*\*\*\*

**Sensational Double Layer Pumpkin Pie**

Kim and Travis Lofthouse

1 (3 oz) pkg. cream cheese, softened	1 --16 oz can pumpkin
2 pkgs vanilla instant pudding (3 oz)	1 teaspoon cinnamon
1 cup plus 1 Tablespoon cold milk	½ teaspoon ginger
1 Tablespoon sugar	¼ teaspoon cloves
1 1/2 cups Cool Whip, thawed	
1 graham cracker pie crust	

Mix cream cheese, 1 Tablespoon milk and sugar with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust. Pour 1 cup milk into mixing bowl, add pudding mixes, beat with wire whisk until well blended, 1 to 2 minutes. Let stand 3 minutes. Stir in pumpkin and spices: mix well. Spread over cream cheese layer, refrigerate at least 2 hours. Garnish with additional whipped topping and nuts as desired.

\*\*\*\*\*

**Peanut Butter Squares**

Kim and Travis Lofthouse

2 ½ cups graham cracker crumbs (coarse) (12 crackers)	
1 cup butter or margarine	2 cups peanut butter
4 cups powdered sugar	2 cups chocolate chips

Mix together all but chips, press into a 9 X 16 inch pan. Melt the chips, spread onto other mixture, cool. Cut into squares.

**Lemon Lush**

Kim and Travis Lofthouse

1st layer:

 $\frac{1}{2}$  cup margarine

1 cup flour

Cut together, smooth mixture in bottom of 9 X 13 pan. Bake at 350 for 12-15 minutes or until golden corn color. Cool.

2nd layer:

1 cup powdered sugar

8 oz cream cheese, softened

1 cup whipped topping (thawed)

Mix together and spread over cooled crust.

3rd layer:

3 cups milk

6 oz pkg instant Jello lemon pudding\*

Beat with beater, spread over second layer.

4th layer:

Spread the rest of the whipped topping over 3rd layer. Sprinkle with nuts if desired, cover and refrigerate for a couple hours before serving. Keep refrigerated.

\* Other flavors of pudding may be used.

\* Jello brand sets up better and tastes better.

\*\*\*\*\*

**Apple or Fruit Crisp**

Laura Dayley

2 cups flour (or 1 cup flour and 1 cup oatmeal)

 $\frac{1}{2}$  teaspoon salt $\frac{1}{2}$  cup butter1  $\frac{1}{4}$  cup sugar

pie filling or 1 qt fruit thickened

Mix everything except fruit. Put the pie filling or thickened fruit into a baking dish, cover with the crumb mixture. Bake at 350 degrees until brown.

\*\*\*\*\*

**Baked Carrot Pudding**

Minnie Van Orden (Maurice's mother)

2 cups grated carrots

 $\frac{1}{3}$  cup melted butter $\frac{3}{4}$  cup sugar

1 cup raisins

 $\frac{1}{2}$  cup nuts, chopped

1 teaspoon vanilla

1 cup flour

1 teaspoon cinnamon

 $\frac{1}{2}$  teaspoon nutmeg $\frac{1}{4}$  teaspoon cloves $\frac{1}{2}$  teaspoon salt $\frac{1}{2}$  teaspoon baking soda

Sift dry ingredients, add to carrots and butter. Add remaining ingredients. Bake 1 hour at 300 degrees in a greased, covered casserole.

.

**Pumpkin Surprise**

Laura Dayley

1 large can pumpkin	1 spice cake mix
1 cup sugar	1 cup nuts, chopped
3 eggs, beaten	1 cup canned milk
1 1/2 cubes margarine or butter	

Beat pumpkin, milk, sugar and eggs together, spread evenly in a greased 9 X 13 inch pan. Sprinkle the dry cake mix over the pumpkin mixture. Melt the margarine and drizzle over the dry cake mix, sprinkle on the chopped nuts. Bake at 325 degrees for 45 minutes or until a knife inserted into the center comes out clean. Serve warm or cold with Cool Whip or ice cream.

\*\*\*\*\*

**Emma Lofthouse's Rolly Poly Pudding**

Laura A. Lofthouse

2 cups flour	1/2 teaspoon baking soda
1 cup suet or shortening	2 teaspoons baking powder
1 teaspoon salt	wild plum jam; this was
water as needed	made with Pottawatomie Plums

Mix as if making a biscuit dough. Add enough water to make the consistency of a pie crust. Roll out to 1/2 inch thick. Spread on the plum jam, roll up like a jelly roll, roll up in a clean cloth, tie the ends and pin the middle. Put rack in bottom of baking dish and arrange the roll to keep out of water. Steam until done. Cook for 1 to 2 hours. This was Richard's favorite recipe.

\*\*\*\*\*

**The Moncur's Oatmeal Pie**

Laura Dayley

3 eggs, well beaten	2/3 cup white sugar
1 cup brown sugar	2/3 cup quick oats
2 Tablespoons butter	2/3 cup coconut
1 teaspoon vanilla	

Blend all ingredients together, pour into an un-baked pie shell. Bake at 350 degrees for 30 to 35 minutes

\*\*\*\*\*

Unless it leads to wisdom, knowledge can be dangerous.

**Dutch Oven Cobbler**

James Lofthouse

3 cans fruit pie filling	3 eggs
1 cube margarine	1 1/2 cup water (divided)
1 cake mix (golden vanilla or yellow)	

Pour fruit filling into a 12 Dutch oven, mix in 1/2 cup water, warm over coals.

Mix the cake mix, 1 cup water, softened margarine and eggs. Spoon over warmed fruit. Cover, place six coals on lid, cook until cake is done, approximately 45 minutes, test the cake with a knife.

\*\*\*\*\*

**Oatmeal Pie**

Beanie Lofthouse

6 eggs	2 cups quick or reg oats
3 cups sugar	1 1/2 cups flaked coconut
2 cups dark corn syrup (small bottle)	1 1/2 teaspoon vanilla
1 1/2 cubes margarine, (3/4 Cup) softened	1/4 teaspoon salt
1 1/2 cup milk	2 (9 or 10 inch) pie shells

Combine ingredients, divide between the two un-baked pie shells, bake at 350 degrees until tops are dark golden brown, 45 to 50 minutes. When cool, refrigerate.

\*\*\*\*\*

**Glorified Rice**

Laura A. Lofthouse

2 cups crushed pineapple, drain, save juice	
1 cup drained juice	2 cups cold cooked rice
1 (3oz) pkg. lemon Jello	1 cup whipped cream
1 cup boiling water	1/2 cup sugar
1/2 cup pecans	

Drain pineapple, measure juice. Dissolve Jello in hot water, add the juice and allow to thicken. When set, whip. Add pineapple to the rice and fold into whipped Jello.

Add sugar to whipped cream, add nuts and fold into Jello mixture. Refrigerate. Serve plain or with whipped cream and cherries.

\*\*\*\*\*

Anyone who stops learning is old;  
whether this happens at 8 or 80.

**Baked Rice Pudding**

Laura A. Lofthouse

2 quarts milk  
 2/3 to 1 cup sugar  
 Cinnamon  
 Nutmeg

2/3 cup rice (raw)  
 butter

Put milk, rice and sugar in a casserole dish. Stir to dissolve sugar. Dot with butter, sprinkle with nutmeg and cinnamon. Bake at 350 degrees until rice is tender, about an hour. If it browns too much, stir a couple of times.

\*\*\*\*\*

**Never-Fail Pie Crust**

Laura A. Lofthouse

2 cups flour  
 1 cup shortening  
 1/2 teaspoon salt

1 Tablespoon vinegar  
 1/2 cup cold milk

Mix flour, salt and shortening with a pastry cutter or two knives until it resembles small peas. Stir vinegar into milk, add to the flour mixture. Roll out very thin on a floured canvas. Place in two pie pans, prick well and bake 10 to 12 minutes at 425 degrees for baked shells. Or will make one large double pie crust.

\*\*\*\*\*

**Rhubarb Cream Pie**

Joe Campbell

4 cups rhubarb  
 1 cup sugar  
 1/4 teaspoon salt  
 1 teaspoon grated orange peel (optional)  
 Pie crust

3/4 cup cream or canned milk  
 5 Tablespoons flour

Trim and wash rhubarb, cut into one inch pieces. Stir ingredients together and pour into un-baked pie shell. Add top crust or lattice top. Bake at 425 degrees for 10 minutes then at 325 degrees for 30 to 35 minutes. Serve with Cool Whip or ice cream.

\*\*\*\*\*

A house is not a home unless it provides food and warmth for the soul as well as for the body.

.....

Home is where the heart is.

**Goetz Sour Cream Apple Pie**

Sharon Lofthouse

5 large tart apples	1/4 teaspoon nutmeg
1 Tablespoon lemon juice	2/3 cup sugar
1/3 cup flour	2 Tablespoons butter
1 teaspoon cinnamon	1/4 teaspoon salt
1/2 cup sour cream	un-baked pie shell

Peel and slice apples, arrange in pie pan. Sprinkle with lemon juice. Mix sugar, flour, salt, cinnamon and nutmeg, cut in butter until crumbly, spoon over apples. Spread sour cream over the top. Bake at 400 degrees for 25 minutes then at 350 degrees for 20 to 25 minutes.

\*\*\*\*\*

**Strawberry Yogurt Pie**

Sharon Lofthouse

2 (8oz) strawberry yogurt	8 or 9 oz Cool Whip, thawed
1/2 cup crushed strawberries (optional)	
Graham cracker crust	

Combine crushed fruit and yogurt in a bowl. Fold in Cool Whip and blend, spoon into crust. Freeze for 4 hours, place in refrigerator 30 minutes before serving.  
Other fruits may be used, match with the yogurt flavors.

\*\*\*\*\*

**Dayley's Strawberry Pie**

Laura Dayley

3 Tablespoons cornstarch	1/4 cup sugar
2 Tablespoons white corn syrup	1 cup water
3 drops red food color	3 cups fresh strawberries, sliced
3 Tablespoons Strawberry Jello granules	Cool Whip

Combine cornstarch, sugar and water, cook, stirring constantly until thickened and clear. Remove from heat and add corn syrup, jello and food coloring. Let cool. Fold strawberries into mixture, spoon into a 9 inch baked pie shell or graham cracker crust. Top with Cool Whip.

(This is Rhoda's recipe, Bob's mother.)

\*\*\*\*\*

A little explained, a little endured,  
a little forgiven, the quarrel is cured  
Mary H. Waldrip

**Sandra Sorensen's Cobbler**

Beanie Lofthouse

1 quart peaches, drain, save juice	3/4 cup sugar
3 Tablespoons margarine, softened	1 teaspoon baking powder
1/4 teaspoon salt	1/2 cup milk
1 cup flour	1 teaspoon vanilla
1 cup sugar	
1 Tablespoon cornstarch	2/3 cup reserved juice

Lightly oil a 9 X 13 inch pan, spread the drained fruit over the bottom. Mix 3/4 cup sugar with the 3 Tablespoons margarine, cream well, add baking powder, salt, milk, flour and vanilla, mix well. Spread over the fruit.

Mix the 1 cup sugar and cornstarch together, sprinkle over top of creamed mixture. Heat the juice to boiling and pour gently over entire surface, do not mix. Bake at 375 degrees for 45 minutes.

\*\*\*\*\*8

**Apple Kuchen**

Beanie Lofthouse

1/2 cup margarine, softened	1 package yellow cake mix
1/2 cup flaked coconut	
2 1/2 cups sliced apples* or	1/2 cup sugar
1 (20 oz) can slices, drained	1 teaspoon cinnamon
1 cup sour cream	2 egg yolks or 1 egg

Heat oven to 350 degrees. Cut the margarine into the DRY cake mix until crumbly, mix in the coconut. Pat the mixture into a 9 X 13 inch pan, making a slight edge. Bake 10 minutes.

Arrange the apples onto the warm crust, sprinkle with the sugar and cinnamon.

Mix sour cream and egg, drizzle over apples, it will not completely cover. Bake 25 minutes or until edges are light brown, DO NOT OVER BAKE. Serve warm

\* Peaches are excellent too.

\*\*\*\*\*

**Graham Cracker Crust**

Beanie Lofthouse

1 1/4 cup fine graham cracker crumbs	1/4 cup sugar
6 Tablespoons margarine	9 inch pie plate

Combine the cracker crumbs with sugar, melt the margarine, mix with crumbs. Press firmly into the pie plate. Bake 6 to 9 minutes at 375 degrees, or until edges are browned, cool. For an un-baked shell, chill at least 45 minutes before filling.



**Pumpkin Pie Dessert**

Beanie Lofthouse

**Crust:**

- 1 yellow cake mix (save 1 cup of this for topping)
- ½ cup margarine, melted
- 1 egg, beaten

Mix and press into a 9 X 13 inch pan

**Filling:**

- |                            |                     |
|----------------------------|---------------------|
| 1 large can pumpkin        | 1 cup sugar         |
| 2 eggs                     | ½ teaspoon salt     |
| 1 small can milk (2/3 cup) | ½ teaspoon ginger   |
| ½ teaspoon vanilla         | ½ teaspoon nutmeg   |
| ½ teaspoon cinnamon        | 1/4 teaspoon cloves |

Mix well and pour over the crust

**Topping:**

- |                              |                   |
|------------------------------|-------------------|
| The reserved cup of cake mix | 1/4 cup sugar     |
| 1 teaspoon cinnamon          | ½ stick margarine |

Mix together the dry ingredients, melt the margarine and use only as much as it takes to make the mixture crumbly. Sprinkle over filling. Bake approximately 50 to 60 minutes at 350 degrees, or until a knife inserted near center comes out clean.

\*\*\*\*\*

**Diane Thompson's Impossible Pie**

Beanie Lofthouse

- |                             |                     |
|-----------------------------|---------------------|
| 2 eggs                      | 3/4 cup sugar       |
| 1 large can evaporated milk | ½ teaspoon ginger   |
| 1 1/2 cups pumpkin          | 1/4 teaspoon cloves |
| 1 teaspoon cinnamon         | 1/4 teaspoon nutmeg |
| ½ teaspoon salt             | ½ cup Bisquick      |

Butter a 9 inch pie pan. Use a blender and blend all ingredients together: pour into pan, bake at 350 degrees for 45 to 50 minutes, makes its own crust as it bakes.

\*\*\*\*\*

**Sharon Reay's Pie Crust**

Beanie Lofthouse

- |                          |                              |
|--------------------------|------------------------------|
| 3 cups flour             | 1 1/2 cups Crisco Shortening |
| 1 1/2 teaspoon salt      | 1 Tablespoon vinegar         |
| 5 Tablespoons cold water | 1 egg, beaten                |

Cut flour, Crisco and salt with pastry blender or knives until the size of oatmeal. Mix vinegar, egg and water, cut in with knives until it can be handled. Roll out. 2 double crusts.

**Pie Crust**

Beanie Lofthouse

2 1/4 cup flour

3/4 cup Crisco Shortening

1 teaspoon salt

6 Tablespoons ice water\*

Stir flour and salt together, blend in Crisco with knives until about the size of peas, sprinkle the ice water over and mix gently with a fork, do not use all the water at once, use only enough to make it the right consistency to stick together without being wet. Will make two 9 inch crusts, or one double. For baked shell, prick well with fork and bake at 400 degrees until light brown, prick any bubbles. \*More or less ice water.

\*\*\*\*\*

**Mom Rice's Butterscotch Pie**

Beanie Lofthouse

1 1/2 cup brown sugar

3 egg yolks, or whole eggs, beaten

1 1/2 Tablespoons margarine

pinch salt

3 Tablespoons flour

3 cups milk

1/4 teaspoon vanilla

Mix flour and sugar well in a pan. Add enough of the milk to beat well, add the egg yolks, beat, add salt and the rest of the milk. Cook, stirring constantly until thick, add margarine and vanilla, stir until the margarine melts. Pour into a BAKED 8 inch pie shell. Refrigerate, covered, when cold, serve with Cool Whip.

You can make meringue with the egg whites instead of using Cool Whip. Beat the egg whites with 1/2 teaspoon cream of tarter, when frothy add gradually 1/4 cup sugar. Beat until stiff peaks form, spread completely over hot pie filling, bake at 400 degrees for just a few minutes, until a light brown.

\*\*\*\*\*

**Apple Crumb Pie**

Beanie Lofthouse

Filling:

5 cups tart apples

3/4 teaspoon cinnamon

1/2 Cup sugar

Topping:

3/4 Cup flour

1/2 teaspoon cinnamon

1/3 cup sugar

6 Tablespoons margarine

Prepare a single 9 inch pie crust, arrange the apple mixture in the crust. Mix the flour, cinnamon and sugar together, work in the margarine. Sprinkle over the apples. Bake at 375 degrees for 15 minutes, reduce to 350 and bake until apples are tender.

**Cherry Cheese Pie**

Beanie Lofthouse

1 (9 inch) graham cracker crust, baked and cooled

1 (8oz) pkg cream cheese, softened

1 (14oz) can Eagle Brand Sweetened Condensed Milk, the new half fat one is excellent, the fat free makes it too runny.

1/3 cup Real Lemon Juice

1 teaspoon vanilla

1 can Cherry Pie Filling (or favorite flavor)

1 3oz pkg vanilla pudding mix (dry)

In large mixing bowl, beat the cheese until fluffy, gradually beat in milk until smooth. Stir in the lemon and pudding mix and vanilla. Spoon into the cool crust, chill 3 hours or more, covered. When ready to serve top with pie filling.

\*\*\*\*\*

**Pumpkin Pie**

Beanie Lofthouse

1 large can pumpkin

3 1/2 cups milk

1 1/2 cups sugar

1 teaspoon salt

1/2 teaspoon vanilla

1/2 teaspoon ginger

1/2 teaspoon nutmeg

1/2 teaspoon cinnamon

1/4 teaspoon cloves

6 eggs, beaten

Mix all ingredients with a wire whisk. Divide between two 10 inch pie shells, bake at 400 degrees for 15 minutes, reduce heat to 350 and bake until a knife inserted near center comes out clean, about another 40 minutes.

\*\*\*\*\*

**Cream Cheese Pie**

Kim and Travis Lofthouse

8 oz cream cheese

3 oz instant vanilla pudding

1 can sweetened condensed milk

9 inch deep dish graham cracker crust, baked

3/4 cup cold water

1/2 pint whipping cream

pie filling, your choice

Beat cheese until fluffy, add sweetened condensed milk, mix on low speed, add water and pudding, mixing until smooth. Fold in the cream (do NOT whip). Spread 1/2 into baked crust, put 1/2 of pie filling over, add remaining cheese mixture, cover with remaining pie filling. Chill at least 2 hours.

### **Frozen Lemon Crunch**

Carol Van Orden

2 cups crushed graham crackers  
1/3 cup lemon juice  
1/2 cup sugar  
1 Tablespoon grated lemon rind

1 cup canned milk  
2 eggs  
1/2 teaspoon salt

Pour canned milk into shallow pan and freeze until soft ice crystals form, whip until stiff, about 1 minute. Add lemon juice, whip until very stiff, about 2 minutes. In separate bowl, beat eggs, 1/2 cup sugar and salt until thick and creamy, about 5 minutes. Fold in whipped canned milk and rind. Line pan with 1/2 of the crumbs. Spoon lemon mixture over crumbs. Sprinkle top with remaining crumbs. Freeze until firm, about 2 hours. Cut and serve cold. 6 to 8 servings.

\*\*\*\*\*

### **Gone With the Wind Pudding**

Carol Van Orden

1 cup sugar  
2 eggs, separated  
1 1/2 cups whipping cream  
1 envelope gelatin, softened  
in 1/4 cup water

1/2 cup milk  
1 teaspoon vanilla  
20 graham crackers

Roll crackers into crumbs. Put half into the bottom of an 8 inch square cake pan which is 2 inches deep.

Heat milk in double boiler. Beat egg yolks, add 1/2 cup of the sugar and beat. Pour hot milk over eggs and sugar and stir until well mixed. Return to double boiler and cook until thickened. Add softened gelatin and stir until it dissolves. Cook slightly.

Whip egg whites until stiff, add the other 1/2 cup sugar, beat until sugar is dissolved.

Whip the cream until stiff. Put whipped egg whites, whipped cream and vanilla into a 3 quart bowl. Add cooked part to this and combine by whipping it gently with egg beater until thoroughly mixed. Pour mixture over the crumbs in the pan. Spread the rest of cracker crumbs on top. Chill, cut into squares and serve. Serves 10.

This dessert is very good and less expensive when made with evaporated milk. Instead of 1/2 cup milk, use 1/4 cup evaporated milk and 1/4 cup water. In place of whipping cream use 1 1/2 cups evaporated milk chilled icy cold. It will whip easily if very cold.

### **French Vanilla Ice Cream**

Carol Van Orden

Stir together:

3 cups sugar

2 Tablespoons cornstarch

½ cup flour

½ teaspoon salt

Slowly add 8 cups milk to the above, cook over medium heat, stir constantly until hot and starting to thicken.

Beat 6 eggs well: while stirring eggs, pour in about a cup of the hot mixture in a thin stream, return all to the mixture in the pan and cook another couple of minutes stirring constantly. Cool slightly and add 1 Tablespoon vanilla and 1 teaspoon lemon juice. Cool completely.

Put the cold mixture in a 5 quart freezer container, add 8 cups half and half, cover and follow freezer directions for freezing.

\*\*\*\*\*

Every strong and beautiful flower must have a strong root in the ground. It must send a root down so that it may be rooted and grounded so that at the same time it can send a shoot up to be the flower that shall gladden the world. Both growths are necessary. Without a strong root, it would soon wither. The higher the growth upward, the deeper must be the rooting. My life cannot flower into success and helpfulness unless it is rooted in a strong faith, or unless it feels deeply secure in the goodness and purpose of the universe.

.....

All of the water in the world can not sink a ship  
unless it gets on the inside.

.....

The trouble with the family of today is  
that everybody in it wears the pants.

.....

### **Indian Prayer**

Great Spirit

Grant that I

May not criticize my

Neighbor until I have

Walked a mile in his

Moccasins

**Jean Gibson's Buttermilk Brownies**

Exalena Dayley

2 cups sugar	2 cups flour
1/4 cup cocoa	1 cup cold water
1/2 cup margarine	1/2 cup oil
1/2 cup buttermilk	2 eggs
1 teaspoon baking soda	

Sift sugar, flour, baking soda and cocoa together. In small saucepan bring water, margarine, and salad oil to a boil. Pour over the dry ingredients, beat until creamy. Add buttermilk, soda and eggs, mix well. Pour onto a jelly roll pan (12 X 18 inch) that has been lightly oiled or sprayed with Pam. Bake 20 minutes at 400 degrees. Allow to cool slightly before frosting.

## Frosting:

1/2 cup butter	1/4 cup cocoa
1/3 cup buttermilk	1 lb powdered sugar
1/2 teaspoon vanilla	chopped nuts

Bring butter, cocoa and buttermilk to a boil. Add powdered sugar and vanilla, beat well. Spread on brownies and sprinkle with chopped nuts.

This is Exelena's grandmother's recipe.

\*\*\*\*\*

**Picnic Brownies**

Beanie Lofthouse

1 1/3 cup flour	2 cups sugar
1/4 cup plus 2 Tablespoons cocoa	3 eggs
1/2 teaspoon salt	1 teaspoon vanilla
1/2 cup oil	3/4 cup milk
1/2 cup nuts	

Mix all ingredients together, pour into a lightly oiled 9 X 13 inch pan. Bake at 350 degrees 20 to 30 minutes or until toothpick comes out ALMOST clean, do NOT over-bake.

## Frosting:

1/4 cup margarine	3 Tablespoon water
1/2 lb powdered sugar	1/2 teaspoon vanilla
2 Tablespoons cocoa	

Combine margarine, water and cocoa into sauce pan. Bring to a boil, remove from heat, add vanilla and powdered sugar. Mix hard until well blended, pour over almost cooled brownies. Cool before cutting.

**Goetz Oatmeal Cake**

Sharon Lofthouse

1 cup oatmeal	½ cup butter
1 1/4 cup boiling water	1 cup white sugar
1 cup brown sugar	2 eggs
1 1/3 cup flour	1 teaspoon baking soda
½ teaspoon cinnamon	1/4 teaspoon salt
1 teaspoon vanilla	

Pour boiling water over oatmeal and let stand.

Cream sugars and butter, add eggs, mix well. Add vanilla, cinnamon and salt. Add flour and baking soda, beat until blended. Pour into an 8 X 8 inch pan, bake at 350 degrees for 45 to 50 minutes.

\*\*\*\*\*

**Oatmeal Cake**

Beanie Lofthouse

1 1/2 cups oatmeal	
2 cups boiling water	
1 1/2 sticks margarine	1 1/4 cups white sugar
3 eggs	1 1/4 cups brown sugar
2 1/4 cups flour	3/4 teaspoon salt
1 1/2 teaspoons baking soda	1 1/2 teaspoons cinnamon
Nuts optional	

Mix boiling water and oats in large mixing bowl, let stand 20 minutes. Add remaining ingredients, mix well. Bake in a 9 X 12 inch lightly greased pan at 350 degrees 40 to 50 minutes or done

\*\*\*\*\*

**Mom Rice's Cottage Pudding Cake**

Beanie Lofthouse

½ cup Crisco Shortening	1 1/2 cup milk
1 cup sugar	1 teaspoon vanilla
2 eggs	1/4 teaspoon almond extract
2 cups flour	1/4 teaspoon salt
2 teaspoons baking powder	

Cream Crisco with sugar, add eggs, beat 2 minutes. Mix the dry ingredients together, add about half to the creamed mixture, mix well. Add all the milk, mix well then add remaining flour, beat 2 minutes, add vanilla and almond extract.

Bake at 350 degrees in a 10 inch round greased and floured pan, for 30 minutes or done. Serve with fresh or frozen fruit or pudding (or both).

**Paradise Banana Cake**

Sharon Lofthouse

1 cup sugar	2 eggs
½ cup sour milk*	1 teaspoon baking soda
½ teaspoon salt	1 cup mashed bananas
2 cups flour	½ teaspoon nutmeg
½ cup oil	1 teaspoon vanilla
½ cup nuts	

Add soda to the flour and mix with other ingredients. You can substitute ½ cup whole wheat flour or minute oats for part of the flour. Bake in greased and floured cake pan, 350 degrees for 35 minutes.

\* To sour milk: add 1 Tablespoon vinegar or lemon juice to milk

\*\*\*\*\*

**Vera's Shortcake**

Stacey Frankovich

2 cups flour	½ cup shortening
1 Tablespoon baking powder	½ teaspoon salt
1 cup less 2 Tablespoons milk	1 Tablespoon sugar
2 to 3 Tablespoons butter, melted	

Grease a 9 inch cake pan. Heat oven to 400 degrees. Sift flour, baking powder and salt. Cut in shortening with pastry blender. Add milk all at once and mix lightly and quickly with a fork. Turn into pan and with floured hand, pat to uniform thickness. Brush with butter and sprinkle with sugar. Bake 18 to 20 minutes.

\*\*\*\*\*

**Arlene Ball's Boiled Applesauce Raisin Cake**

Beanie Lofthouse

2 cups applesauce	1 lb raisins
2 cups sugar	2 teaspoons cinnamon
1 cup cold water	1 teaspoon nutmeg
1 cup shortening	1 teaspoon cloves

Combine above ingredients in saucepan and boil 10 minutes.

Add:

4 cups flour	1 teaspoon salt
2 heaping teaspoons baking soda	1 cup nuts, chopped

Mix well, bake in a loaf pan 350 degrees for 1 hour.

\*\*\*\*\*

If you live close to God in his infinite grace,  
you don't have to tell it; it shows in your face.



**Jello Dessert**  
Beanie Lofthouse

2 - large packages sugar free (or regular) Jello, lemon or lime  
15 oz can crushed pineapple, drain, save juice  
2 cups cottage cheese  
large pkg Cool Whip, thawed  
2 (8oz) pkg lower fat cream cheese  
chopped nuts if desired

Make Jello, use 4 cups boiling water, dissolve completely. Measure juice, add water to measure 4 cups, add to Jello, cool until slightly thickened. Whip cream cheese until soft, add some of the Jello to whip easier, whisk in the remainder of the Jello, add the cottage cheese, pineapple and cool whip, use a whisk. Pour into a pan sprayed with Pam, sprinkle with nuts if desired, refrigerate several hours.

\*\*\*\*\*

**Carol White's Pumpkin Cake**  
Laura Dayley

2/3 cup shortening	2 2/3 cup sugar
4 eggs	2 cups pumpkin
2/3 cup water	3 1/3 cups flour
1 1/2 teaspoon salt	1/2 teaspoon baking powder
1 teaspoon cinnamon	1/2 teaspoon allspice
1 teaspoon cloves	2 teaspoons baking soda
1 cup walnuts, chopped	

Cream shortening and sugar together, adding sugar slowly. Beat in eggs, pumpkin and water. Set aside. Sift the dry ingredients together, add to pumpkin mixture. Stir well, add nuts and stir in.

Pour batter into greased pan (I spray with Pam).

Bake at 325 degrees about 45 minutes.

If you wish to bake ahead, this will freeze very well. To serve, thaw at room temperature, if desired it may be warmed in oven. Serve with whipped cream or ice cream.

\*\*\*\*\*

Oft men, in vaunted wisdom,  
As lighting bugs we find,  
To grope through life's dark Chasm,  
With their headlights on behind.

O. F. Ursenbach

**Fresh Apple Cake**

Arlene Hemsley

4 cups raw apple, diced	2 teaspoons vanilla
2 cups sugar	2 cups flour, sifted
½ cup oil	2 teaspoons baking soda
2 eggs, well beaten	2 teaspoons cinnamon
1 teaspoon salt	1 cup nuts, chopped

Combine apples and sugar, mix well, add oil, nuts, eggs, vanilla, blend well. Sift dry ingredients together, add to apple mixture and blend well. Pour into a greased and floured baking dish and bake for 1 hour in a 350 degree oven, 325 degrees for Pyrex. Good frosted, plain or with cool whip.

\*\*\*\*\*

**Dump Cake**

Laura Dayley

1 #303 can pineapple	1 yellow cake mix
1 can pie filling (any flavor)	1 cup nuts, chopped
1 1/2 cubes margarine	

Put pineapple and pie filling in 9 X 13 pan. Dump yellow cake mix over fruit. Sprinkle nuts over top. Slice margarine and put slices on top of cake mix. DO NOT STIR. Bake at 375 degrees for 1 hour.

\*\*\*\*\*

**Fresh Apple Cake**

Beanie Lofthouse

2 cups sugar	3 cups flour
1 1/2 cup oil	1 teaspoon nutmeg
2 eggs	1 teaspoon cinnamon
1 teaspoon vanilla	1 teaspoon salt
1 1/2 teaspoon baking soda	
3 cups freshly grated apples	2 cups pecans or walnuts, chopped

Beat together the sugar, oil, eggs and vanilla.

Mix the spices with flour and soda, add to the sugar mixture, mix well. Add apples and nuts, stir until well blended. Spread in a greased and floured 9 X 13 inch pan. Bake in preheated 325 degree oven about an hour, or until toothpick comes out clean. No need to frost.

\*\*\*\*\*

No one is truly literate who cannot read his own heart.

-Eric Hoffer

### **Nauvoo Apple Sauce Cake**

Laura Dayley

1 cup white sugar	2 cups flour
½ cup butter	1 teaspoon baking soda
1 egg	1 teaspoon cinnamon
1 1/2 cups apple sauce	½ teaspoon cloves
1 teaspoon vanilla	½ cup nuts, chopped
½ cup raisins	

Preheat oven to 350 degrees. Cream sugar and butter together; add egg then apple sauce and vanilla. Combine sifted dry ingredients, add to creamed mixture, blend well, add raisins and nuts. Bake 25 minutes in a greased 8 or 9 inch pan, double recipe for 9 X 13 pan.

\*\*\*\*\*

### **Buttermilk Carrot Cake**

Beanie Lofthouse

2 cups flour	8 ½ oz crushed pineapple, drained
1 1/2 cup sugar	2 cups carrots, shredded
1 teaspoon baking soda	1 cup pecans, chopped
2 teaspoon cinnamon	1 cup flaked coconut
½ teaspoon salt	2/3 cup sugar
3 eggs	1/4 teaspoon baking soda
½ cup oil	1/3 cup buttermilk
3/4 cup buttermilk	2 teaspoons light corn syrup
2 teaspoons vanilla	1/3 cup margarine
	½ teaspoon vanilla

Mix flour, 1 1/2 cup sugar, 1 teaspoon baking soda, cinnamon and salt together in a large bowl. In a separate bowl mix eggs, oil the 3/4 cup buttermilk and vanilla, add to the dry mixture, mix well. Add drained pineapple, carrots, nuts and coconut, blending well. Pour into a 9 X 13 inch greased and floured pan. Bake at 350 degrees for 45 minutes or until done. Remove from oven and prick all over with a fork. You DO NOT remove from the pan.

Make a glaze by boiling together the 2/3 cup sugar, 1/4 teaspoon baking soda, 1/3 cup buttermilk, corn syrup and margarine, boil for 5 minutes, stir constantly. Remove from heat, stir in vanilla, pour over the warm cake. Best made a day ahead.

\*\*\*\*\*

### **No Bake Fruit Cake**

Kim and Travis Lofthouse

1 lb marshmallows	1 lb graham crackers
½ cup butter or margarine	1 cup chopped nuts
1 cup raisins	

Melt marshmallows and butter together. Pour over other ingredients. Put in pan and shape.

**Fruit Cake**

Geraldine Lofthouse

1 cup shortening	2 teaspoons allspice
2 cups sugar	3 cups apple sauce
4 eggs, beaten	2 teaspoons baking soda
1/4 cup hot water	2 teaspoons baking powder
5 cups flour	1 cup raisins
1/2 teaspoon salt	1 cup nuts
1 teaspoon cloves	1 pkg fruit mix
2 teaspoons cinnamon	

Cream shortening and sugar, add beaten eggs. Stir in applesauce and hot water. Add raisins, nuts and fruit, blend. Add flour, spices, baking soda and baking powder, Stir well.  
Bake 1 hour at 325 degrees. Makes 3 to 4 loaves.

\*\*\*\*\*

**Elva Lofthouse's Fruit Cake**

Maurine Jessop

Boil 1 lb raisins in 3 cups water and 2 cups sugar, let cool.

Add:

1/2 cup shortening  
3 eggs, beaten

Mix together and add to above, mix well:

4 cups flour	2 teaspoons baking soda
1 teaspoon allspice	2 teaspoons cinnamon
1 teaspoon nutmeg	1/4 teaspoon cloves

Stir in:

1 pkg fruit mix	1 pkg cherries
1 pkg dates	2 cups nuts
1 pkg gumdrops	

Bake about an hour at 325 degrees, 3 to 4 loaves.

\*\*\*\*\*

Happiness is a butterfly which, when pursued, is just beyond your grasp. But if you will sit down quietly, it may alight upon you.

--Nathaniel Hawthorne

.....

Happiness is a grateful heart.

**Jennie Danielson's Fruit Cake**

Beanie Lofthouse

Heat together:

- 1 pint unsweetened applesauce
- 1 cup white sugar
- 1 cup brown sugar
- 1 cup margarine or butter

Cool and add:

- 2 cups fruit marmalade

Stir in:

- 1 lb raisins (rinsed and drained), coat with part of the flour mixture
- 1 lb currants (or more raisins)
- 1 lb candied fruit mix
- 1 lb pitted chopped dates

Stir together in separate bowl (or sift):

- |                           |                      |
|---------------------------|----------------------|
| 5 cups sifted flour       | 1 teaspoon salt      |
| 2 teaspoons baking powder | 2 teaspoons cinnamon |
| 1 teaspoons baking soda   | 1 teaspoon allspice  |
| 1 teaspoon cloves         |                      |

Mix together in separate bowl:

- |                           |                            |
|---------------------------|----------------------------|
| 6 large eggs, well beaten | 1 teaspoon lemon flavoring |
| 1 teaspoon brandy flavor  | 1 teaspoon vanilla         |
| 1 teaspoon rum flavor     |                            |

Add dry ingredients alternately with egg mixture into the fruit mixture, blending well. Add 2 cups coarsely chopped nuts.

Spray pans with Pam, fill to 3/4 inch from top. decorate with fruit and nuts, bake individual cakes for 1 hour at 300 degrees, loaf size 1 1/2 hours. Remove from pans to cool, wrap cool cakes in plastic wrap and then aluminum foil. These freeze very well. ... Jennie Danielson

\*\*\*\*\*

**Hour Chocolate Pudding Cake**

Kim and Travis Lofthouse

- |                             |                       |
|-----------------------------|-----------------------|
| 1 cup sifted flour          | 1/2 cup milk          |
| 1 teaspoon baking powder    | 1/3 cup nuts, chopped |
| 2 teaspoons (heaping) cocoa | 1 teaspoon vanilla    |
| 2 teaspoons melted butter   | 1/2 teaspoon salt     |
| 2/3 cup sugar               |                       |

Sift flour, baking powder and cocoa. Mix with remaining ingredients, blend well. Pour into greased 9 X 9 inch pan. Top with the following:

- |                     |                    |
|---------------------|--------------------|
| 1/4 cup sugar       | 5 teaspoons cocoa  |
| 1/2 cup brown sugar | 1 teaspoon vanilla |
| 1/4 teaspoon salt   |                    |

Sprinkle over cake and pour 1 1/4 cup boiling water over all. Do NOT stir. Bake at 350 degrees for 50 to 60 minutes.

### **Maggie's Feather Sponge Cake**

Laura A. Lofthouse

6 egg yolks	1 1/2 cups cake flour
1/2 cup cold water	1/4 teaspoon salt
1 1/2 cup sugar	1/2 teaspoon vanilla
3/4 teaspoon cream of tarter	1/2 teaspoon orange or
6 egg whites	lemon extract

Beat egg yolks until thick and lemon colored. Add water and continue beating until very thick. Gradually beat in sugar, then add extracts.

Sift flour with salt and fold in the egg mixture a little at a time. Beat egg whites (separately) until foamy, add cream of tarter and beat until glossy peaks form, fold into the other mixture.

Bake in a 10 inch ungreased angel food cake pan at 325 degrees for 1 hour. Invert pan over a bottle to cool before trying to remove from pan.

\*\*\*\*\*

### **Twinkies**

Kim and Travis Lofthouse

Mix a lemon and a pineapple cake mix together, using the amounts of oil, eggs and water as each mix suggests. Use cupcake papers, makes about 60. Be sure not to overfill the cups, bake as directed on packages. When cold, fill with French Vanilla Filling using a cake decorating bag and a star tip. Insert tip into the middle of the top of each cupcake and squeeze the bag while lifting the tip out. There will be a 'star' on the top of the cupcake. (It looks funny, but it's sooo good.)

French Vanilla Filling:

Mix together in a saucepan:

5 Tablespoons flour, 5 Tablespoons sugar and 1 cup milk, cook over medium heat, stirring constantly until thick as wallpaper paste: Cool completely.

In mixing bowl put the cold cooked mix, 1/2 cup margarine, 1/2 cup shortening, 3/4 cup sugar and 1 teaspoon vanilla. Beat no less than 5 minutes on high speed. Fill decorating tube and fill the cupcakes. Needs to be refrigerated after filling.

\*\*\*\*\*

A pessimist is a person who feels bad when he feels good  
for fear he will feel worse when he feels better.

.....

God never performed a miracle for any man who was capable  
of accomplishing the task before him by natural means.

### **Chocolate Zucchini Cake**

Beanie Lofthouse

Combine and set aside:

2 ½ cups flour	½ cup cocoa
2 ½ teaspoons baking powder	1 teaspoon salt
1 1/2 teaspoons baking soda	1 teaspoon cinnamon

Mix well in a large bowl:

¾ cup margarine, softened	2 cups sugar
3 eggs	2 teaspoons vanilla
2 teaspoons grated orange peel	

Grate 2 cups peeled zucchini

½ cup milk

1 cup pecans, chopped

To the well beaten margarine mixture add about half of the flour mixture, mix on low, add the ½ cup milk, beat slowly again. Add remaining flour mixture, blend well.

Using a spoon stir in the zucchini and add the pecans, turn into a bundt pan or 9 X 13 inch pan that has been greased and floured. Bake at 350 degrees for about an hour, test for doneness. Cool in pan 5 or 10 minutes and remove to cool on a rack.

Best made the day ahead, freezes well. (Wrap in plastic and foil)

\*\*\*\*\*

### **Pineapple Coconut Cake**

Carol Van Orden

1 stick margarine	2 1/4 cups sifted flour
1 teaspoon baking soda	1 teaspoon cinnamon
1 1/3 cups brown sugar	½ cup milk
2 eggs	20 oz crushed pineapple, drained
1 1/2 cup coconut	
1 cup creamed cottage cheese	

Mix together margarine, baking soda and sugar, add eggs one at a time. Mix the flour and cinnamon, add alternately with the milk to the creamed mixture. Add drained pineapple and coconut, mix well. Fold in the creamed cottage cheese, pour into greased and floured cake pan. Bake at 350 degrees for 40 minutes or done.

\*\*\*\*\*

It is a great thing to do little things well.

.....

It takes a special person to take delight in the good fortune of another person.

### **Rhoda's Chocolate Cake**

Laura Dayley

1 cup butter or margarine  
1 1/2 cups sugar  
2 eggs  
1 1/2 cups cocoa  
1/2 cup buttermilk

2 cups flour  
1 teaspoon baking soda  
1 teaspoon vanilla  
1 cup boiling water

Beat butter and sugar, add eggs, beat well.

Mix flour, cocoa and baking soda together, mix alternately with the buttermilk into the creamed mixture. Add the boiling water and vanilla, mix well, this will be a thin batter. Pour into a greased and floured 9 X 13 inch pan. Bake at 350 degrees until tests done with a toothpick, (there were no instructions here, so test probably after 25 minutes).

Frosting:

Put 1/2 cup butter and 3 Tablespoons cocoa into saucepan, warm until butter melts, do not boil. Remove from heat, add 1 lb powdered sugar, 6 Tablespoons milk and 1 teaspoon vanilla, beat well. Frost cake while warm.

\*\*\*\*\*

### **Italian Creme Cake**

Laura Dayley

1 cube butter  
1/2 cup Crisco Shortening  
2 cups sugar  
5 eggs separated  
1 teaspoon vanilla  
2 cups angel flake coconut

1 cup buttermilk  
2 cups flour, not cake flour  
1/2 teaspoon salt  
1 teaspoon baking soda  
1 cup walnuts

Dump everything except the coconut and walnuts into a large mixing bowl, beat for 5 minutes, add coconut and walnuts.

Beat the egg whites until stiff, fold into batter.

Grease and flour 3 (9) inch round cake pans, bake at 350 degrees for 30 minutes.

Frosting:

8 oz cream cheese  
1 lb powdered sugar  
1 cup chopped nuts

1 cube butter, soft  
1 teaspoon vanilla

Beat the cream cheese and butter together, add vanilla and powdered sugar, mixing well, add the chopped nuts. (Half this amount of frosting for a 9 X 13 cake pan.)



**Cornmeal Cookies**

Joe Campbell

3/4 cup butter  
 3/4 cup sugar  
 1 egg  
 1 1/2 cup flour  
 1/2 cup cornmeal

1 teaspoon baking powder  
 1/4 teaspoon salt  
 1 teaspoon vanilla  
 1/2 cup nuts, chopped

Mix butter and sugar. Add egg and mix well. Sift dry ingredients together and add to creamed mixture, add vanilla and nuts.

Roll into balls, mash with fork on the baking sheet.

Bake at 350 degrees for 15 minutes, makes 2 dozen.

\*\*\*\*\*

**Energy Cookies**

Sharon Lofthouse

1 cup raisins, chopped  
 1 cup dried apricots, chopped  
 1/2 cup dry milk  
 1/4 teaspoon salt  
 1/4 teaspoon baking powder  
 1/4 teaspoon baking soda  
 3/4 cup whole wheat flour  
 1 cup quick oats

1/3 cup wheat germ  
 1/2 cup margarine  
 1/2 cup peanut butter  
 1 cup brown sugar  
 1 teaspoon vanilla  
 1 egg  
 1/3 cup sunflower seeds  
 3 Tablespoons milk

Combine dry milk, baking powder, salt and baking soda. Stir in whole wheat flour and wheat germ.

Cream margarine, peanut butter and brown sugar. Add egg and vanilla, mix well.

Add flour alternately with liquid milk into the creamed mixture. Mix well, stir in seeds and oats. Work in fruits until evenly distributed. Place heaping Tablespoons of dough on greased cookie sheets and spread to 3 inch circle. Bake at 375 degrees for 12 minutes. Makes 40 cookies.

\*\*\*\*\*

**Cake Mix Cookies**

Kim and Travis Lofthouse

1 cake mix, any flavor  
 3/4 cup shortening  
 2 eggs

Mix together. Roll into balls, bake at 350 degrees for 5 minutes.

**Cowboy Cookies**

Laura Dayley

1 cup margarine  
 1 cup granulated sugar  
 1 cup brown sugar  
 ½ teaspoon baking powder

2 cups whole wheat flour  
 1 teaspoon baking soda  
 2 eggs  
 ½ teaspoon salt

Cream margarine, sugars and eggs. Sift dry ingredients together, add to the creamed mixture, mix well, add the following:

1 teaspoon vanilla  
 2 cups uncooked oats  
 1 teaspoon orange peel

6 oz chocolate chips  
 1 cup coconut

Blend well, drop by teaspoons onto well greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes or until a light brown. Makes 5 dozen cookies.

\*\*\*\*\*

**Austrian Butter Nut Cookies**

Beanie Lofthouse

2 cups ground almonds  
 1 1/2 cups margarine, softened

1 cup sugar  
 3 cups flour

Grind the almonds in the blender, do about ½ cup full of nuts at a time until you get the 2 cups. Blend the margarine and sugar until smooth. Add the almonds blending well. Add the flour half at a time and blend well, may not need the entire amount, just so they hold together without being crumbly. Shape with hands, bake at 350 degrees on an ungreased cookie sheet until firm but not brown, cool on the cookie sheet until set. Frost with decorator frosting that has rum flavor instead of vanilla.

\*\*\*\*\*

**Ginger Cookies, (Ada Nuhn's)**

Laura Dayley

2 eggs  
 1 cup lard  
 1 cup sour cream  
 1 teaspoon ginger  
 4 cups flour

1 cup sugar  
 1 cup honey  
 2 teaspoons baking soda  
 1 teaspoon cinnamon

Mix, chill, shape into balls. Bake on ungreased cookie sheets in moderately hot oven.

**Gingersnaps**

Laura Dayley

3/4 cup shortening  
 1 cup brown sugar  
 1 egg  
 1/4 cup molasses  
 1 teaspoon cloves

2 cups flour  
 2 teaspoons baking soda  
 1 teaspoon ginger  
 1 teaspoon cinnamon

Cream shortening and brown sugar. Add egg and molasses, beat well.

Sift dry ingredients together, stir into creamed mixture, mixing well. Chill dough.

Shape into 1 inch balls and roll in granulated sugar. Place 2 inches apart on greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes. Makes about 4 dozen.

\*\*\*\*\*

**Sugar Cookies**

Beanie Lofthouse

1 cup margarine  
 2 eggs  
 1 teaspoon vanilla or almond extract

2 cups sugar  
 4 teaspoons cream or milk

Cream margarine and sugar, add eggs and extract, mix well.

Stir together: 4 cups flour and 1 teaspoon baking soda.

Add half to the creamed mixture. Add milk, mix well again. Add remaining flour, using a spoon instead of the mixer, if not stiff enough add up to 1/2 cup more flour. Refrigerate 2 hours or overnight, well covered.

Remove 1/2 from the refrigerator, roll out on a floured canvas, cut, bake on ungreased cookie sheets at 350 degrees. Bake until set but not brown except the edges, cool on sheets a minute, remove to wire rack to cool. Frost when cold.

\*\*\*\*\*

In the breast of a bulb is the promise of spring,

In the little blue egg there's a bird that will sing.

In the soul of the seed is the hope of the sod,

In the heart of a child is the kingdom of God.

**Aunt June's Sugar Cookies**

Laura Dayley

1 cup sugar	3 ½ cups flour, about
1 cup shortening	1 teaspoon baking soda, scant
2 eggs, well beaten	
3 Tablespoons milk	½ teaspoon salt
1 teaspoon vanilla	1 teaspoon lemon extract

Mix milk and baking soda together in a small bowl.

Cream sugar and shortening, add eggs and milk, mix well. Add vanilla and lemon extract. Add flour, enough to make a stiff dough.

Roll out; cut out. Bake at 350 degrees for 8 to 10 minutes.

This is Eldon's Uncle Willard's wife's recipe.

\*\*\*\*\*

**Snickers doodles**

Beanie Lofthouse

1 cup margarine, softened	5 ½ cups flour
1 cup Crisco	4 teaspoons cream of tarter
3 cups sugar	2 teaspoons baking soda
4 eggs	½ teaspoon salt
4 Tablespoons sugar	
4 teaspoons cinnamon	

Mix margarine, shortening and sugar well, add eggs, beat well. Stir the flour, cream of tarter, baking soda and salt together. Add about half the flour mixture to the creamed mixture still using the mixer, mix the rest in with a spoon, you may need to add a little more flour so the dough does not stick to your hands when you make the balls. Only add a little at a time and mix in well, you don't want it to fall apart either. Roll into 1 inch balls. Mix the 4 Tablespoons sugar and 4 teaspoons cinnamon together and roll each ball in this mixture before putting on and ungreased cookie sheet. Bake at 375 degrees until the balls have flattened out and are set, not brown.

\*\*\*\*\*

Friends are hard to come by,  
 Friends are hard to choose.  
 A real good friendship never dies--  
 Good friends, you never lose.  
 Friends are not like Autumn leaves  
 That you find everywhere.  
 But friends are like diamonds,  
 Very precious, and very rare.  
 --Jana Lee

### **Spudnuts**

Beanie Lofthouse

1/4 cup yeast  
1 Tablespoon sugar  
1/2 cup warm water

1 cup butter  
3 cups boiling water  
3 1/2 cup milk  
4 eggs  
2 2/3 cups potato flakes

1 cup sugar  
1 1/2 teaspoons salt  
1/2 teaspoon mace  
4 cups whole wheat flour  
6 cups white flour

Mix the yeast, 1 Tablespoon sugar and 1/2 cup warm water together and set aside.

Mix butter and boiling water, stir to melt better, add milk, eggs, potato flakes, sugar, salt and mace, beat well. Add the yeast mixture, mixing well again. Add the whole wheat flour, mix vigorously. Add the white flour, blend well, the dough will be soft. Cover and let raise double, stir down, let double again. Roll out to 1/2 inch thickness, cut, let raise 1/2 hour. Fry in 350 degree oil when first side is brown, turn and brown second side. Drain on paper towels and paper bags. Glaze while hot.

Glaze:

Put 1 envelope unflavored gelatin in 1/4 cup cold water to soften, add 1 cup hot water when soft, stir to dissolve. Add 1/4 teaspoon salt, 1 teaspoon vanilla and 2 lb powdered sugar, mix well. Use while warm. This freezes well if you wish to freeze some of the glazed donuts for later use.

\*\*\*\*\*g

### **Filled Raisin Cookies**

Laura Dayley

1 cup sugar  
1/2 cup sweet milk  
1 teaspoon baking soda  
2 teaspoons baking powder

3 to 4 cups flour  
1/2 cup butter  
1 egg  
1 teaspoon vanilla

Filling:

1 cup chopped raisins  
1/2 cup water

1/2 cup sugar  
flour or cornstarch

Stir the baking soda into the milk. Cream the butter, sugar and egg together, add vanilla.

Mix the flour and baking powder together, add alternately to the creamed mixture with the milk, ending with flour, mix well.

Cook the chopped raisins, sugar and water together for the filling, cook 5 minutes, thicken with the flour or cornstarch.

Roll the cookie dough, cut into circles, put a small amount of filling on cookie, cover with a second cookie, press together around the sides. Bake at 400 degrees about 10 minutes.

### **Rhoda's Walnut Cookies**

Laura Dayley

2 cups brown sugar	3 ½ cups flour
1 cup melted shortening	1 teaspoon baking soda
2 eggs	1 teaspoon baking powder
2 teaspoons vanilla	1 cup walnuts, chopped
1 teaspoon salt	

Mix all together. Must be very stiff. Pack into a loaf pan and set in refrigerator overnight. Remove from pan and slice 1/4 inch thick. Bake at 350 degrees 12 to 15 minutes. Makes about 50 cookies, watch carefully; they burn easily.

Rhoda makes these at Christmas. They store well in tin cans.

\*\*\*\*\*

### **Jello Cookies**

Beanie Lofthouse

These need to be made with a cookie press.

1 1/2 cups margarine	4 cups flour
1 cup sugar	1 teaspoon baking powder
3 oz pkg Jello, any flavor	½ teaspoon salt
strawberry, lime, lemon and	1 teaspoon vanilla <b>or</b> the
orange are excellent	same flavor extract as Jello
2 eggs	

Cream margarine with the sugar and Jello, add eggs and the flavorings, mix 5 minutes. Stir together the flour, baking powder and salt, gradually add this to the creamed mixture, I usually add the last little bit with a spoon instead of the mixer, mix well. It needs to be stiff enough not to stick to the cookie press but not so stiff that it crumbles. Cover with plastic wrap directly on the dough and refrigerate 1 hour. Put through the press, bake on ungreased pans in 375 degrees oven for 5 to 7 minutes, just until set and very pale brown on the edges.

Makes 12 to 13 dozen small cookies. We usually make these at Christmas because they are colorful and tasty, they make a nice gift.

\*\*\*\*\*

If I had a single flower for every time I think about you,

I could walk forever in my garden.

--Claudia Grandi

**Monster Cookies**

Lorena Lofthouse

**Basic Dough:**

2 1/4 cup flour  
 1 teaspoons baking soda  
 1 teaspoon salt (omit if  
   using margarine)  
 1 cup shortening or margarine  
 3/4 cup white sugar  
 3/4 cup brown sugar  
 2 eggs  
 1 teaspoon vanilla

**Add-ins, any combination**

2 cups chocolate chips  
 1 cup nuts, chopped  
 2 cups oats  
 1 cup peanut butter  
 1/4 cup cocoa powder  
 2 cups granola

Cream together butter, sugars, vanilla and eggs. In separate bowl combine flour, soda and salt. Mix the flour into the creamed mixture, beating well. Mix in the 'add-in' ingredients. Drop by rounded teaspoonfuls onto an ungreased baking sheet.

Bake at 375 degrees for 8 to 10 minutes. Makes about 4 dozen cookies, more or less, depending on add-ins.

\*\*\*\*\*

**Thumb Print Cookies**

Beanie Lofthouse

1/2 cup Crisco Shortening  
 1 stick margarine  
 1/2 cup sugar

2 cups flour  
 1/2 teaspoon salt  
 1 teaspoon almond extract

Blend Crisco and margarine, add sugar and extract, blend well. Mix the flour with salt, add gradually to the creamed mixture. If it gets too crumbly do not use all the flour. Roll into balls about walnut size, press thumbprint in the top. Bake on a foil lined cookie sheet at 325 degrees for about 15 minutes, until set but not very brown.

\*\*\*\*\*

**No Bake Cookies**

Beanie Lofthouse

Line cookie sheets with wax paper. Measure all ingredients before beginning the mixing.

Boil together in a large sauce pan, stir constantly:

4 cups sugar  
 1 cup milk

1 cup margarine  
 6 Tablespoons cocoa

When mixture comes to a boil, cook a full 4 minutes, remove from heat.

Add:

1 cup peanut butter, smooth or crunchy  
 6 cups oats

2 cups coconut

Stir in quickly and drop by spoonfuls onto the wax paper, cool.

**Oatmeal Cookies**

Arlene Hemsley

1 cup water	2 cups flour
1 cup raisins	1 teaspoon baking powder
	1 teaspoon baking soda
1 cup shortening	1 teaspoon cinnamon
½ cup brown sugar	1 teaspoon nutmeg
½ cup white sugar	1 teaspoon salt
	½ teaspoon cloves
3 eggs, beaten	2 cups oatmeal

Simmer raisins in water for 10 minutes, set aside, do NOT drain.

Cream shortening and sugars, add eggs, beat well. Sift the dry ingredients together and add to the creamed mixture. Add raisins and liquid, stir well, add oatmeal, blend well.

Drop by spoonfuls on cookie sheet. Bake at 400 degrees for 12 to 15 minutes.

\*\*\*\*\*

**Quick Energy Hiker's Bar**

Beanie Lofthouse

In a large saucepan stir together:

¾ cup brown sugar and ½ cup honey, bring to a boil, stir constantly, remove from heat, stir in 1 ½ cups peanut butter. Add 5 cups whole grain cereal flakes. Remove 1/3 cup of fruit from a 6 oz pkg mixed dried fruit bits, set aside. Stir remaining fruit into the above mix, stir to coat well. Spread into a greased 12 X 7 inch pan, press the reserved fruit bits into top. Cool. Cut into bars and wrap each in plastic wrap. 24 bars.

\*\*\*\*\*

**Soft Zucchini Cookies**

Kim and Travis Lofthouse

½ cup shortening	3 ½ cup flour
½ cup white sugar	1 teaspoon baking powder
1 cup brown sugar	½ teaspoon baking soda
2 eggs	1 teaspoon cinnamon
1 teaspoon vanilla	½ teaspoon salt
3 cups coarsely grated raw zucchini	1 cup nuts, chopped
	1 cup dates, chopped, optional

To measure flour, stir, then spoon into cup and level. If zucchini seems especially moist, add another ½ cup flour.

Cream together shortening and sugars, beat in eggs and vanilla until fluffy. Stir in zucchini, dry ingredients and finally nuts and dates. Drop by teaspoonfuls onto greased cookie sheets and bake at 375 degrees for 12 to 15 minutes. Makes 6 dozen.

\*Note: Two cups of rolled oats may be used in place of 1 cup flour. Also, raisins, currants or chocolate chips may be used in place of dates.



### **Roll-out Oatmeal Cookies**

Paula Luff

3 large eggs	4 cups flour
1 1/2 cups brown sugar	1/2 teaspoon cloves
1 1/2 cup Crisco Shortening	1/2 teaspoon nutmeg
4 cups rolled oats	1 teaspoon cinnamon
1 teaspoon vanilla	1 teaspoon baking soda
	1 teaspoon salt

Cream Crisco and sugar, add eggs, beat well. Mix the flour, spices, baking soda and salt together, gradually add to the creamed mixture. Add oatmeal until of proper consistency for rolling out, may not need all the oats. Roll on floured cloth, cut into desired shapes, bake on ungreased cookie sheets at 375 degrees for 6 to 7 minutes or light brown around edges. Cool on pans for a minute then transfer to racks to cool. Frost with cake decorating frosting that has rum flavor instead of vanilla in it. Makes about 5 dozen cookies.

Paula, Elaine and Frank's grandfather, William Carl Kronsted, used to make these every Christmas. It was the only time he spent in the kitchen.

\*\*\*\*\*

### **Oatmeal Crispies**

Laura Dayley

1 cup shortening	1 1/2 cups sifted flour
1 cup white granulated sugar	3 cups quick-cooking oats
1 cup brown sugar	1/2 cup walnuts, chopped
2 eggs, well beaten	1 teaspoon baking soda
1 teaspoon vanilla	1 teaspoon salt

Thoroughly cream shortening and sugars, add eggs and vanilla, beat well. Sift dry ingredients, add to creamed mixture. Add oats and nuts, mixing well. Shape in rolls. Wrap with wax paper, chill thoroughly. Slice 1/4 inch thick, bake on ungreased cookie sheets in 350 degree oven for 10 minutes. Makes 5 dozen.

\*\*\*\*\*

It is a great moment in life when a father sees his son grow taller than he, or reach farther.

It is a blessed thing for fathers to see their sons succeed.

God bless fathers--and bless the sons and daughters,  
who give their fathers their greatest gift in the love they bear them,  
and in the virtuous, honorable, useful living of life.

--Richard L. Evans

### **Best Ever Oatmeal Cookies**

Beanie Lofthouse

3/4 cup brown sugar	2 cups flour
3/4 cup white sugar	1 teaspoon baking soda
1 cup butter-flavor Crisco Shortening	1 teaspoon salt
2 eggs	2 cups oatmeal
1 teaspoon water	12 oz chocolate chips
1 teaspoon powdered vanilla or	
2 teaspoons liquid vanilla	

Cream shortening with sugars, add eggs water and vanilla. Beat about 5 minutes. Combine the dry ingredients (including oats), add ½ to the creamed mixture, beat well. Add remaining dry ingredients with a spoon instead of the mixer. Add chips.

Bake on ungreased cookie sheets about 8 minutes at 350 degrees. Do NOT over bake. Makes about 5 dozen.

\*\*\*\*\*

### **Jumbo Oat Cookies**

Sharon Lofthouse

3/4 cup sugar	2 1/4 cup oats
1/3 cup margarine, soften	1 cup flour
1/3 cup light corn syrup	½ teaspoon baking soda
2 egg whites, beaten	1/4 teaspoon salt
1 teaspoon almond extract	3 Tablespoons sliced almonds

Heat oven to 350 degrees. Beat sugar, margarine and corn syrup until fluffy. Add egg whites and extract; mix well. Gradually add combined remaining ingredients, mixing well.

Drop by 1/4 cup measure about 2 inches apart onto cookie sheet. Press into 3 inch circles, bake 14 to 16 minutes or light golden brown. Cool 1 minute, remove to rack to cool.

\*\*\*\*\*

A good angle from which to approach any problem is the TRY-angle.

.....

Never put your wishbone where your backbone ought to be.

.....

In order to make your dreams come true you must be wide awake.

.....

Choice, not chance, determines destiny.

**Chocolate Chip Cookies**

Beanie Lofthouse

1 pound margarine	5 cups flour, may
2 cups brown sugar	need more flour
1 cup white sugar	1 teaspoon salt
1 teaspoon water	2 teaspoons baking soda
2 teaspoons vanilla	24 oz chocolate chips
4 eggs	

Cream margarine, sugars, vanilla and water until fluffy. Add eggs, mix until creamy. Stir together the dry ingredients, add half to the creamed mixture, blend well. Add remaining dry ingredients with a spoon, blending well, add more flour if necessary. Stir in chips, drop onto lightly greased cookie sheets, bake at 350 degrees for 7 to 10 minutes. I cook one sheet and if they are too flat I add a little more flour. About 8 to 9 dozen.

\*\*\*\*\*

**Ginger Creams (Mom Rice's)**

Beanie Lofthouse

1/4 cup shortening	1 teaspoon ginger
1/2 cup sugar	1/2 teaspoon nutmeg
1 egg	1/2 teaspoon cloves
1/2 cup molasses	1/2 teaspoon cinnamon
2 cups flour	1/2 cup hot water
1/2 teaspoon salt	1 teaspoon baking soda

Cream the shortening, sugar and egg, add the molasses, blend well.  
Sift the flour, salt and spices together.  
Dissolve the baking soda in the hot water.  
Stir the flour mixture and the water mixture alternately into the creamed mixture, ending with the flour mixture. Mix well. Chill overnight or several hours.  
Drop by teaspoonfuls about 2 inches apart on a lightly greased cookie sheet. Bake about 8 minutes in a 400 degree oven, until light brown, don't over cook, cool on sheet for a minute before moving to wire rack.

Icing: 1/2 cup sifted powdered sugar, few drops vanilla, 2 to 3 Tablespoons canned milk.

\*\*\*\*\*

If you find a path with no obstacles,  
  
it probably doesn't lead anywhere.

### **Reese's Cookies**

Beanie Lofthouse

This is a triple batch, about 15 dozen cookies.

2 1/4 cup margarine	6 cups flour
3 cups sugar	1 Tablespoon baking soda
1 1/2 cups brown sugar	3 cups Reeses Peanut Butter Chips
1 Tablespoon vanilla	3 cups chocolate chips
6 eggs, beaten	

Cream the margarine, sugars and vanilla, add eggs, beat well.

Stir the flour and baking soda together, mix in half with the mixer and stir in the rest with a spoon, blend well.

Drop by teaspoonfuls onto an ungreased cookie sheet, bake at 350 degrees for 10 to 12 minutes, do not over bake. Cool on the pan for a minute before removing to a wire rack to cool.

\*\*\*\*\*

### **Merri Mallow Fudgies**

Beanie Lofthouse

Cut 15 large marshmallows in quarters; freeze while preparing dough.

Sift together: 3 cups flour, 2/3 cup cocoa, 1 teaspoon baking soda and 1 teaspoon salt, set aside.

Cream 1 cup shortening, 1 cup sugar and 1/2 cup brown sugar, add 2 eggs and 1 teaspoon vanilla, beat well. Stir in the dry ingredients, mix thoroughly.

Shape a rounded teaspoon of dough around each marshmallow quarter, sealing well. Roll in sugar. Place on greased cookie sheets. Bake at 400 degrees for 5 to 7 minutes, or just until cookies crack. Cool 2 minutes before removing from cookie sheets. Makes about 5 dozen.

\*\*\*\*\*

A SMILE costs nothing, but gives much. It enriches those who give it. It takes but a moment, but the memory of it sometimes lasts forever.

None is so rich or mighty that he can get along without it, and none is so poor but that he cannot be made richer by it.

A SMILE creates happiness in the home, promotes good will in business and is the cornerstone of friendship.

It can perk up the weary, bring cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away.

When people are too tired to give you a SMILE, give them one of yours. No one needs a SMILE so much as he who has none to give.

### **Peanut Butter Kisses**

Laura Dayley

1 cup Crisco Shortening	3 ½ cups flour
1 cup peanut butter	2 teaspoons baking soda
1 cup brown sugar	1 teaspoon salt
1 cup white sugar	11 oz Milk Chocolate Kisses
1/4 cup milk	2 teaspoons vanilla
2 eggs	

Combine Crisco, peanut butter and sugar, mix well. Stir in milk, vanilla and eggs, beat well. Sift together the flour, baking soda and salt, work into creamed mixture with your hands if necessary to make a stiff dough. Shape into 1 inch balls; roll each in granulated sugar. Place on ungreased cookie sheet, bake at 375 degrees about 8 minutes. Remove from oven and press a chocolate kiss (unwrap first) in the center of each cookie; bake again for another 3 minutes.

Note: If you wish you can substitute chocolate chips or peanut butter chips for the kisses, mixing them in with the dough and bake as for regular cookies.

\*\*\*\*\*

### **Cookies, (Mrs. Fields)**

James Lofthouse

1 lb real butter	4 1/4 to 4 ½ cups flour
2 cups brown sugar	5 cups oatmeal (blend into coarse flour)
2 cups granulated sugar	2 Tablespoons baking soda
4 eggs	2 teaspoons baking powder
2 teaspoons vanilla	3 packages chocolate chips
	½ bag coconut

Beat butter and sugars together, add eggs and vanilla.

Mix the flour, baking soda, and baking powder together. Put oats into blender, a cup at a time until it becomes powdered, mix in with the flour. Gradually mix into the creamed mixture.

Add the chocolate chips, raisins or peanut butter chips, stir in the nuts. This dough will seem a little dry but it works well because you roll the dough into balls to bake.

Roll dough into 2 inch golf ball size cookies, use ungreased cookie sheets, press down once with a fork

**\*\*Put oven rack close to top of oven, bake at 400 degrees for 6 minutes, LEAVE them on the cookie sheet until cooled, they will finish cooking there. Makes 4 to 5 dozen cookies.**

It would help to hurry things along if you have 3 to 5 cookie sheets.

NOTE: Jim got this recipe from the Utah Bulletin Board from a man that had asked for the recipe from a Mrs. Fields Cookie place. They told him it would be 250, so he said to put it on his credit card. When he got the bill it was \$250 not the \$2.50 he thought it would be. He called them and they assured him that was the correct price. It made him so angry that he felt that since he owned the recipe he would share it with anyone who wanted it.

**\*\*We changed the amounts of chocolate chips and the coconut to our taste.**

**Chocolate Revel Bars**

Beanie Lofthouse

1 cup butter or margarine  
 2 cups brown sugar  
 2 eggs  
 1 teaspoon vanilla

2 ½ cup flour  
 1 teaspoon baking soda  
 1 teaspoon salt  
 3 cups Old Fashioned or Minute  
 Oats

14 ounce can sweetened condensed milk  
 12 oz semi-sweet or milk chocolate chips  
 ½ teaspoon salt  
 2 Tablespoons butter or margarine  
 1 teaspoon vanilla

Cream the 1 cup butter and brown sugar, beat in eggs and 1 teaspoon vanilla. Stir the flour, soda, salt and oats together, stir into the creamed mixture. Set aside

Heat the sweetened condensed milk, chocolate chips, ½ teaspoon salt and 2 Tablespoons butter and 1 teaspoon vanilla, until butter melts.

Press half the dough mixture onto an ungreased 15 X 10 inch jelly roll pan. Spread the chocolate mixture over, top with remaining dough (drop in small amounts).

Bake 25 - 30 minutes at 350 degrees

\*\*\*\*\*

**Oreo Cookies**

1 package Devils Food Cake Mix  
 2 eggs  
 2 Tablespoons oil  
 ½ cup cocoa

Blend until it forms a ball. Roll into balls, try to get them the same size. Place on a greased cookie sheet, flatten with the bottom of a glass. Bake at 375 degrees for 8 minutes, flatten again when you take the pan from the oven. Remove from cookie sheet and cool on a rack.

Filling: Dissolve an envelope of unflavored gelatin in 1/4 cup warm water, add 1 cup shortening, 2 cups powdered sugar and 1 teaspoon vanilla. Beat for 5 minutes. Spread filling on half the cooled cookies and cover with the other half.

\*\*\*\*\*

**Yule Logs**

Becky Lofthouse

¾ cup White Karo  
 ¾ cup creamy Peanut Butter  
 ¾ cup sugar

4 ½ cups Rice Crispies Cereal  
 1 cup semi sweet chocolate chips  
 1 cup milk chocolate chips

Put corn syrup and sugar into a large sauce pan, cook over medium heat, stirring constantly until sugar is dissolved and bubbly. Remove from heat, add peanut butter, mix well. Stir in the cereal until well coated, press warm mixture onto a buttered jelly roll pan. Spread melted chocolate over top. Cut in half crosswise, starting with the cut edge, roll towards end of pan. Wrap the logs in wax paper and refrigerate until firm. Remove from the refrigerator 15 minutes before cutting.

**Frosting for Sponge Cake**

Sharon Lofthouse

1/2 cup water	1/4 teaspoon cream of tarter
1 Tablespoon light Karo Syrup	1 egg white
	1 teaspoon flavoring
1 cup sugar	drop of food coloring

Mix water, Karo and sugar in pan, bring to a boil, boil for 1 minute.

Beat the egg white and the cream of tarter in a large bowl. Add the boiled mixture in a small stream while beating, beat until fluffy with the mixer. Add the flavoring and food coloring.

\*\*\*\*\*

**Louise's Icing**

Laura Dayley

1 cube butter  
1 lb powdered sugar  
8 oz cream cheese

Cream together. Add flavoring. Good on carrot cake or applesauce cake.

\*\*\*\*\*

**Broiled Honey Frosting**

Laura Dayley

Mix together: 2 Tablespoons butter, 3 Tablespoons honey and 1 Tablespoon cream, add 1/2 cup nuts or coconut. Spread on cake and broil until brown.

\*\*\*\*\*

**Decorating Icing**

Carol Van Orden

1 lb sifted powdered sugar	2 Tablespoons cake flour
1/3 cup Crisco Shortening	4 Tablespoons water
1/2 teaspoon lemon extract*	1 teaspoon vanilla

\* Do not use lemon extract if making lavender or violet color frosting.

Beat all ingredients until fluffy and well blended, color as needed, preferably with paste colors.

### **Decorator's Frosting**

Beanie Lofthouse

2 lb bag powdered sugar, sifted  
 3/4 cup Crisco Shortening  
 1 teaspoon clear vanilla OR 1/2 teaspoon powdered vanilla  
 1 teaspoon butter flavoring  
 1/3 to 1/2 cup cold water, or whatever it takes to make to correct consistency

Sift the sugar into large mixing bowl, add Crisco, vanilla and butter flavoring, add 1/3 cup water, mix well, if it's too stiff, add more cold water a little at a time. Mix for about 5 minutes. It spreads easier if softer, but if need be you can add more sifted powdered sugar to make it right for decorating.

To color, best to use the paste colors as little at a time, they don't change the consistency. This is what I use for decorating the wedding cakes as well as other cakes.

\*\*\*\*\*

### **Cream Cheese Filling**

Beanie Lofthouse

Cream together:

2 (8oz) pkgs cream cheese, room temperature  
 1/2 cup margarine, room temperature

Add:

2 cups powdered sugar  
 1 teaspoon vanilla

\*\*\*\*\*

### **The Story of our Friendship**

The reason why we're such  
 Good friends is very plain to see.  
 I understand the things you do.  
 You have respect for me.  
 No complicated folks are we.  
 No striving to be clever.  
 Yes, friends may come and  
 friends may go  
 But we'll be friends forever.

.....

Christ is the head of this house;  
 the unseen Guest at every meal;  
 the silent listener to  
 Every Conversation.



### **Basic Hard Candy (for molds)**

Beanie Lofthouse

In saucepan mix very well together:

2 cups sugar

2/3 cup light corn syrup

3/4 cup water

Cook over high heat, do not stir after it comes to a boil, cook until temperature comes to 290 degrees. Remove pan from heat, allow the bubbles to simmer down. Add oil flavoring and powdered coloring as desired. Work quickly, have your molds and cookie sheets prepared by spraying with Pam and sucker sticks in place before the candy has finished cooking. Let the candy cool on the cookie sheets, when cold they must be wrapped securely in plastic or they will become tacky and sticky.

The kids love to help with these, but be careful, the mixture will burn if gotten on the hands.

\*\*\*\*\*

### **Mounds**

Becky Lofthouse

12 large marshmallows

1 3/4 cups coconut, packed

1/4 cup Karo white syrup

Melt marshmallows and Karo together. Stir in coconut. Refrigerate for at least one hour. Form into balls and set onto waxed paper. Dip into melted chocolate chips and put onto waxed paper to set up. If you want Almond Joy, put an almond on top before dipping.

\*\*\*\*\*

It's too late to  
ruin the past...  
So work on the  
Future..

.....  
Don't worry about tomorrow,  
It's a whole night's sleep away.

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

.....  
The problem with getting to work on time  
is that it makes the day so long.

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

.....  
I love a finished speaker,  
I really, truly do.  
I don't mean one who's polished,  
I just mean one who's through.

--Richard Armour

--Heber J. Grant

**Microwave Peanut Brittle**

Joe Campbell

1 cup sugar

 $\frac{1}{2}$  cup corn syrup

2 cups unsalted peanuts

1 Tablespoon butter

1 teaspoon vanilla

1 teaspoon baking soda

Mix syrup and sugar in a 2 quart glass bowl. Cook in microwave 4 minutes. Take out of oven and mix in the peanuts with a wooden spoon, cook another 4 minutes.

Add butter and vanilla. Put back and cook for 2 minutes (more if a low wattage microwave), until color is light brown.

Remove from oven, add baking soda and stir. Spread quickly on a cookie sheet lined with foil. Cool and break.

\*\*\*\*\*

**Microwave Peanut Brittle**

Beanie Lofthouse

1 cup raw, unsalted peanuts

1 cup sugar

 $\frac{1}{2}$  cup white corn syrup $\frac{1}{8}$  teaspoon salt

1 Tablespoons margarine

1 teaspoon baking soda

1 teaspoon vanilla

Have all ingredients room temperature. Butter a marble slab or jelly-roll pan.

In a 2 quart glass microwave dish, mix peanuts, sugar, syrup and salt. Cook on high 4 minutes, stir with a wooden spoon, cook another 4 minutes. Add margarine, stir well, microwave another 2 to 3 minutes or until peanuts start to brown--watch closely as it burns quickly. Stir in baking soda and vanilla, mix well but quickly, pour onto prepared surface, spread apart with two forks. cool, break apart.

\*\*\*\*\*

**Lola's No Fail Fudge**

Sharon Lofthouse

Place in sauce pan:

2 cups white sugar

10 large marshmallows, cut in half

5 oz canned milk

Bring to a boil, boil exactly 6 minutes. Pour over  $\frac{1}{2}$  cup margarine, one package peanut or chocolate chips and 1 cup chopped nuts. Stir and pour into a 6 X 10 inch buttered glass dish. Let firm up before cutting.

**Caramel Nut Crunch**

Laura Dayley

½ cup brown sugar  
 ½ cup dark corn syrup  
 ¼ cup margarine or butter  
 ½ teaspoon salt

6 cups Cheerios cereal  
 1 cup walnut halves or  
 peanuts or pecans  
 ½ cup slivered almonds

Heat oven to 325 degrees. Butter a 15 ½ X 10 ½ X 1 inch pan. Melt brown sugar, corn syrup, margarine and salt in a 3 quart sauce pan, over medium heat, stir constantly until sugar is dissolved--about 5 minutes. Remove from heat, stir in Cheerios and nuts until well coated. Spread in pan.

Bake 15 minutes, cool until slightly firm, 5 to 7 minutes, loosen with spatula. Let stand until firm, about 1 hour.

Store in covered container. Makes about 8 cups snack.

NOTE: 20 oz pkg Cheerios made a triple batch.

\*\*\*\*\*

**Fantasy Fudge**

Beanie Lofthouse

3 cups sugar  
 ¾ cup margarine  
 ½ cup plus 3 Tablespoons  
 evaporated milk  
 12 oz chocolate chips

7 oz jar marshmallow cream  
 1 cup nuts, chopped (optional)  
 1 teaspoon vanilla

Combine sugar, margarine and milk in a 3 quart heavy saucepan, bring to a boil. Boil 5 to 9 minutes or 234 degrees.

Remove from heat, stir in chocolate until melted, add marshmallow cream, nuts and vanilla. Beat until well blended, pour into a 9 13 inch, well buttered pan.

Cool to room temperature, cut into 1 inch squares, about 3 lbs.

\*\*\*\*\*

**Cereal Mix (Bonnie Woolf's)**

Beanie Lofthouse

Mix together in very large bowl:

12 oz box Corn Chex  
 1 cup slivered almonds

12 oz Golden Grahams  
 1 to 2 cups wide coconut

Stir together in sauce pan:

1 cup sugar  
 ¾ cup butter or margarine

1 cup light Karo syrup

Bring to a full boil, count 2 minutes, pour over cereal mixture, stir until all is coated. Spread out onto wax paper, let dry over night or all day before putting in baggies..

Better make two batches, it's grrreat!

**Pam's Penuche**

Sharon Lofthouse

1 1/2 cup sugar  
 1 cup brown sugar  
 1/3 cup light cream  
 1/3 cup milk

2 Tablespoons butter  
 1 teaspoon vanilla  
 1/2 cup nuts, chopped

Butter sides of heavy 2 quart sauce pan. Combine sugars, cream, milk and butter. Cook over medium heat until dissolved and boiling. Cook to soft ball (238 degrees), stirring only if necessary. Remove from heat, cool to lukewarm. Don't stir while cooling. Add vanilla and beat until it loses it's gloss. Stir in nuts, spread in buttered shallow pan. Cut while still warm.

\*\*\*\*\*

**Pam's Clusters**

Sharon Lofthouse

1 1/2 lb almond bark  
 2 cups Peanut Capt. Crunch  
 2 cups Rice Crispies

2 cups pretzel sticks, broken  
 2 cups peanuts or walnuts

Melt white or chocolate almond bark in double boiler (over water). Place other ingredients in a large bowl. Pour coating on and mix. Drop in clusters on cookie sheet covered with waxed paper. Cool.

You may substitute other nuts, Cheerios, rice squares, small marshmallows, oriental noodles or Kix.

\*\*\*\*\*

**Boston Creams**

Laura A. Lofthouse

2 cups sugar  
 2 Tablespoons butter

1/2 cup canned milk or cream  
 Nuts

Caramelize 1/2 cup sugar in heavy pan. Add 1/2 cup hot water and cook until sugar dissolves. Add the rest of the ingredients listed, above except the nuts.

Cook until soft ball stage. Cool and beat. Add nuts and pour into buttered pan.

\*\*\*\*\*

Use your head...

It's the little

Things that count.

**Marshmallows**

Carol Van Orden

Bring to a boil:  
 1 1/2 cup sugar  
 1/2 cup water

2 envelopes gelatin, softened in  
 6 Tablespoons water

Combine softened gelatin with sugar and water in mixing bowl. Add 1/2 teaspoon salt and 1 teaspoon vanilla. Beat at high speed for 15 minutes.

Pour into oblong pan. Put in refrigerator to chill, about 1/2 hour or set. Cut with pancake turner dipped in cold water, remove with wet fingers. Dip in sugar, powdered sugar, coconut or nuts, etc.

\*\*\*\*\*

**Licorice Caramels**

Laura Dayley

1 can Borden's milk  
 1 cup butter  
 1/2 teaspoon salt

2 cups sugar  
 1 1/2 cups white Karo

Cook and stir to 234 degrees, add 1 teaspoon anise oil and 3/4 teaspoon black food color, (paste or powdered).

Pour into a buttered 8 inch square pan. Cut into squares, wrap individually in plastic wrap.

You might want to increase the anise oil to 2 to 3 teaspoons.

\*\*\*\*\*

Are you working on the solution  
 or are you part of the problem?

.....

We judge others by their actions.  
 Yet we would like to be judged by our intentions.

.....

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

.....

We judge others by their actions,  
 Yet we would like to be judged by our intentions.

**Popcorn Balls**  
Beanie Lofthouse

Butter a very large stainless steel bowl, fill to within 2 to 3 inches to the top with popped corn or Rice Crispies.

Put 1 cup margarine or butter into a heavy 1 to 2 quart sauce pan, when bubbly add a 16 oz bag of marshmallows, stir until completely melted, cook 1 more minute, add food coloring if desired. Pour over corn or cereal, stir until covered. With buttered hands make ball or press into buttered pan and cut.

\*\*\*\*\*

**Jello Popcorn Balls**  
Laura A. Lofthouse

1 small pkg Jello

1 cup white corn syrup

1 cup sugar

6 quarts popped corn

Mix the Jello, sugar and corn syrup together, bring to a boil slowly. Cook until sugars are dissolved.

Pour over the 6 quarts of popped corn, stir until well coated. Cool slightly. Butter hands and shape into balls. Cover with plastic wrap.

\*\*\*\*\*

**Caramel Corn**  
from the Paradise Pleasers Cook Book  
Gayle Pulsipher

Prepare 6 quarts of popped corn and put into a large metal bowl

Make the caramel:

2 cups brown sugar

1 cup butter or margarine

½ cup White Karo

Mix together and bring to a boil. Boil 5 minutes, remove from heat.

Add:

1/4 teaspoon Cream of Tartar

½ teaspoon baking soda

sprinkle of salt

Pour over the popped corn, mix well. Divide into two buttered 9 X 13 pans, place in a 200 degree oven for an hour, stir occasionally. Cool and put into bags, it's sticky, gooey and yummy!

**Granola**

Lorena Lofthouse

10 cups assorted rolled grains  
 2 cups wheat bran  
 1 cup dry milk solids  
 3/4 cup raw sunflower seeds  
 1 1/2 teaspoons salt  
 2 teaspoons cinnamon

2 cups coconut  
 2 cups nuts, chopped  
 1 Tablespoon vanilla  
 2 cups honey  
 1/2 cup oil

Mix all ingredients together in a very large bowl. Spread mixture thinly onto ungreased cookie sheet.

Bake at 300 degrees for 10 minutes, stir. Bake again for another 10 minutes. Remove from oven. Cool 5 minutes. Stir to loosen from pan. Cool completely. Store in an air-tight container.

\*\*\*\*\*

**Granola**

Laura Dayley

6 cups rolled oats or rolled wheat  
 1 1/2 cups coconut  
 1 cup wheat germ  
 1 cup sunflower seeds

3/4 cup honey  
 3/4 cup oil  
 1 cup almonds

Mix honey and oil. In separate bowl mix all dry ingredients. Pour honey mixture over dry ingredients. Mix until well covered. Put in large pan. Roast until golden brown at 350 degrees oven for 30 to 45 minutes. Stir frequently. Cool and store in covered containers.

\*\*\*\*\*

Grumblers never work; workers never grumble.

.....

The man who watches the clock usually remains one of the hands.

.....

People forget how fast you did a job  
 but they remember how well you did it!

.....

Duty makes us do things well,  
 but love makes us do them beautifully.

**Garden Spaghetti Salad**

Lorena Lofthouse

1 lb cooked spaghetti	1 clove garlic, chopped
8 oz fresh mushrooms, sliced	dash of pepper
1 cup chopped green onions	salt to taste
2 cups fresh tomatoes, diced	½ cup shredded carrots
1 Tablespoon Italian seasonings	½ cup diced celery
or fresh spices	½ cup diced cucumber
½ cup sliced ripe olives	12 oz grated Mozzarella cheese
1 zucchini, diced	

Combine spaghetti, mushrooms, onions, spices, olives, garlic, salt and pepper. Chill for 4 hours or over night.

Stir in the remaining vegetables, mixing well. Stir in cheese and serve.

\*\*\*\*\*

**Grandma Steelmon's Taco Salad**

Laura Dayley

1 lb hamburger	1 can kidney beans, drained
Lettuce	Grated cheese
Radishes	Corn chips
Green Onions	Picante sauce
Tomatoes	

Brown hamburger, drain and cool. Add lettuce, radishes, green onions, tomatoes, kidney beans and cheese. Add corn chips just before serving. Picante sauce makes a great dressing.

\*\*\*\*\*

**Shrimp Salad or Imitation Crab Salad**

Laura Dayley

1 cup uncooked brown rice	Dressing:
chopped onion	Salad dressing
chopped olives	Sour cream
chopped cauliflower	1 Tablespoon lemon juice
chopped pepper	
chopped celery	
1 can shrimp, drained or 1 lb imitation crab	

Rinse rice. Put in a pan with 2 cups cold water. Sprinkle with salt. Bring to a boil. Turn heat down to simmer. Cover with a tight lid and cook 40 minutes. Remove from heat and cool. Then add chopped vegetables and shrimp or imitation crab.

Dressing: Mix equal parts salad dressing and sour cream. Add lemon juice. Stir everything together.



**Gov's Hot Bacon Dressing with Spinach**

Sharon Lofthouse

1 lb fresh spinach, washed  
dried and chilled  
4 slices bacon, diced  
1/4 cup sliced green onions

2 Tablespoons Vinegar  
1/8 teaspoon dry mustard  
dash of paprika  
2 teaspoons brown sugar

Cut spinach coarsely with scissors into a salad bowl. Cook bacon in skillet over low heat until crisp. Add brown sugar, green onions, vinegar, mustard and paprika. Cook just to boiling point and remove from heat. Pour hot dressing over spinach just before serving. Toss lightly until leaves are coated. Serves 4.

\*\*\*\*\*

**Pea Salad**

Laura Dayley

3 Tablespoons salad dressing  
3 Tablespoons plain yogurt or sour cream  
1 small onion, chopped

1 (10 oz) pkg frozen peas  
1 cup cheddar cheese, shredded  
2 cups lettuce, shredded

Combine all ingredients except lettuce in bowl. Cover and refrigerate 24 hours. Before serving add lettuce and mix well. Serves 6.

\*\*\*\*\*

**Bindy's Tomato-Mac Salad**

Lorena Lofthouse

One box macaroni and cheese dinner, prepare as directions indicate, refrigerate.

6 eggs, boiled and chopped  
1/4 cup mayonnaise  
1/4 cup frozen peas, thawed

1/2 cup fresh diced tomatoes  
1/4 cup diced celery

Mix the above ingredients together, fold into the cooled macaroni dinner and chill completely before serving.

\*\*\*\*\*

Opportunity is always dressed in 'work clothes'.

.....

It doesn't matter if you win or lose, until you lose.

**Cauliflower Salad**

Laura Dayley

2 small or 1 medium head cauliflower	
1 small red onion, chopped	1 lb bacon, cooked crisp
pepper	1 cup mayonnaise
3 cups shredded lettuce	3 Tablespoons lemon juice
½ Tablespoon dried basil	½ Tablespoon dry mustard
1/8 teaspoon nutmeg	

Wash and cut cauliflower into small florets.

Cook bacon and drain, crumble.

Mix mayonnaise, lemon juice, basil, nutmeg, pepper and dry mustard together. Toss all ingredients together right before serving.

\*\*\*\*\*

**Lucy's Salad**

Laura Dayley

cabbage, shredded	Apple, cubed
cucumber, cubed	pineapple chunks
onions, chopped	tomato, cubed
radishes, sliced	raisins
carrots, shredded or sliced	
Salad dressing	

Mix the vegetables and fruit together, thin the salad dressing with milk, mix into the above mixture.

\*\*\*\*\*

**Frozen Cabbage Salad**

Laura Dayley

2 heads cabbage, some red cabbage adds color	
3 carrots, shredded	
3 green peppers, diced	
1 cup vinegar	2 cups sugar
1 Tablespoon celery seed	1 Tablespoon mustard seed

Sprinkle cabbage, carrots and peppers with 1 Tablespoon salt. Let it sit 1 hour. Drain off any liquid. In a pan bring vinegar, sugar, celery seed and mustard seed to a boil. Cool to lukewarm. Pour over vegetables and marinate over night. Put salad in containers and freeze. Thaw before serving.

\*\*\*\*\*

Social Tact is making your guests feel at home,  
Even though you wish they were.

**Four Bean Salad**

Laura A. Lofthouse

1 can red kidney beans	3/4 cup sugar
1 can yellow wax beans	1 teaspoon salt
1 can cut green beans	1/2 teaspoon pepper
1 can garbanzo beans	1/3 cup oil
1 bell pepper, sliced	2/3 cup garlic flavored red wine vinegar
1 red onion, sliced	

Rinse and drain all the beans, add the sliced onion and bell pepper.

Mix the sugar, salt and pepper with the vinegar until the sugar dissolves, add the oil, mix. Pour over the vegetables, marinate over night or all day.

This is another Nauvoo recipe that Laura brought back and Grandma has been making it ever since. We all request it when we are having a family party.

\*\*\*\*\*

**Seven-Up Salad**

Sharon Lofthouse

6 oz pkg lemon Jello	1 #2 can crushed pineapple
2 cups boiling water	well drained
8 oz cream cheese	1/2 cup pecans or coconut
2 Tablespoons sugar	2 cups very cold 7-Up
1 teaspoon vanilla	(any lemon-lime drink)

Dissolve Jello in hot water, stir in sugar, vanilla and cream cheese. Add soft drink, pineapple and pecans or coconut. Stir once or twice before Jello sets.

8 to 10 servings. You can use cold water instead of the soft drink.

\*\*\*\*\*

**Party Salad**

Sharon Lofthouse

3 oz pkg lime Jello	1 cup chopped celery
1/2 cup hot water	1 cup grated carrots
3 oz pkg cream cheese	1 cup chopped walnuts
1 cup crushed pineapple, drained	1 cup Cool Whip

Dissolve Jello in hot water, add cream cheese, mixing well. Let cool. Add remaining ingredients and chill to set. Double for a large crowd.

**Champagne Salad**

Sharon Lofthouse

8 oz cream cheese	10 oz frozen strawberries
3/4 cup sugar or	thawed and drained
4 pkgs Sweet 'n Low	2 sliced bananas
large can crushed pineapple, drained	9 oz Cool Whip, thawed

Mix cream cheese, sugar and pineapple, add other ingredients. Freeze. Remove from freezer 15 minutes before serving.

\*\*\*\*\*

**Emerald Salad**

Laura A. Lofthouse

3 oz pkg lime Jello	1 cup cottage cheese
3 oz pkg lemon Jello	2 Tablespoons mayonnaise
1 cup crushed pineapple,	1/2 cup chopped nuts
save and measure juice,	
add water to make 4 cups	

Heat 2 cups of the juice and water mix, dissolve the boxes of Jello, add the other 2 cups liquid and allow to set. When set, whip with beaters, fold in the remaining ingredients. Set.

\*\*\*\*\*

**Arlene Ball's Creamy Lime Salad**

Beanie Lofthouse

6 oz pkg lime Jello	1 cup celery, finely cut
1 1/2 cups boiling water	1 cup mayonnaise or salad dressing
13 oz can regular condensed milk	
8 oz can crushed pineapple, with juice	
2 Tablespoons lemon juice	
1 cup grated Colby or cheddar cheese	
1 cup chopped nuts, if desired	

Dissolve Jello in the boiling water, add the can of milk, mix in the remainder of ingredients. Chill until set.

\*\*\*\*\*

**Ambrosia**

Laura Dayley

2 oranges	pineapple chunks, drained
mandarin orange sections, drained	1 Tablespoon shredded coconut
powdered sugar, optional	

Peel oranges, dice. Add drained pineapple and mandarin orange sections. Mix fruit with coconut, sprinkle with powdered sugar.

**Beth Rawlin's Orange Supreme Salad**

Beanie Lofthouse

2 (6oz) pkgs of Orange Jello	1 quart orange sherbet
4 cups boiling water	16 oz Cool Whip, thawed
4 cups mandarin oranges	

Dissolve the Jello in the boiling water, allow to cool 5 minutes. Add by spoonfuls, the orange sherbet and whisk until it is fairly smooth. Refrigerate until it begins to gel, add the whipped topping, whisk again gently. Add the mandarin oranges, chill until set. Serves 25. From Beth Rawlins

\*\*\*\*\*

**Blueberry Salad**

Laura Dayley

6 oz pkg raspberry Jello	2 cups miniature marshmallows
1 can blueberries, drained	1 pint whipping cream or Cool Whip
2 cans crushed pineapple	
½ cup finely crushed walnuts	2 cups boiling water

Dissolve Jello in the boiling water, add marshmallows, stir until dissolved.

Drain juice off the pineapple and measure, add enough water to make 2 cups. Add to the Jello mixture and chill until very thick. Whip Jello until light and fluffy. Add the whipped cream or thawed Cool Whip, fold in.

Fold in pineapple and blueberries. Spread in a 9 X 13 inch pan, sprinkle nuts on top, chill until set.

\*\*\*\*\*

**Fruit Salad from Paula Gregerson**

Beanie Lofthouse

Sauce:

¾ cup prepared orange juice	¼ cup lemon juice
½ cup sugar	¼ teaspoon cinnamon

Heat in sauce pan on medium, and stir until the sugar is dissolved, set aside while you prepare fruit.

Fruit:

2 large oranges, peeled, separated and cut into ½ inch pieces	1 large apple
1 – 15 oz can pineapple tidbits (drain and save juice)	1 cup blueberries
1 cup seedless grapes (half green and red)	1 cup fresh strawberries

Cut the grapes and strawberries about the size of the tidbits, measure after cutting. You may use frozen blueberries, but thaw them first. Peel the apple, slice small and drop into the saved pineapple juice to keep from darkening, drain before adding to the bowl. Layer the fruit in a bowl, pour the sauce over all, cover and refrigerate at least 3 hours. Gently stir before serving.

\*\*\*\*\*

He has achieved success who has lived well, laughed often, and loved much;  
 who has gained the respect of intelligent men and the love of little children;  
 who has filled his niche and accomplished his task,  
 who has left the world better than he found it,  
 whether by an improved poppy, a perfect poem, or a rescued soul;  
 who has never lacked appreciation of earth's beauties nor failed to express it;  
 who has always looked for the best in others and given the best he has;  
 whose life is an inspiration, whose memory is a benediction.

--Robert Louis Stevenson

**Frog-eye Salad**  
Beanie Lofthouse

1 pkg Acini DePepe Macaroni  
3 quarts water  
1 Tablespoon oil

2 - large cans crushed pineapple  
1 can mandarin orange slices  
1 can pineapple Tidbits  
½ pkg small marshmallows

1 cup sugar  
½ teaspoon salt  
1 Tablespoon lemon juice  
6 to 7 Tablespoons flour  
3 eggs, beaten  
  
16 oz Cool Whip, thawed

Drain all the pineapple over a large bowl to collect the juice.  
You should have about 3 cups pineapple juice.

Bring water to boil, add oil and Acini DePepe, cook until tender, at least 8 minutes. Drain in a fine strainer, rinse with cold water and drain.

Measure the sugar, flour and salt into a heavy saucepan, stir in the pineapple juice, mix well before starting to cook. Bring to a boil over high heat, stirring constantly until bubbly and starting to thicken. Remove from heat.

Beat eggs with a whisk, pour about a cup of the hot mixture over the eggs, in a thin stream, as you continue to stir with the whisk. Pour the egg mixture back into the pot, continuing to whisk, turn the heat back on, cook another 2 minutes while stirring constantly. Remove from heat. Add lemon juice, stir well. Cool mixture for 15 to 20 minutes. Mix the drained Acini DePepe with the cooled mixture, cover and refrigerate over night or all day.

Drain the mandarin oranges, I usually pour them over the drained pineapple, leave them over a bowl and refrigerate as long as the Acini DePepe and custard mixture.

About 1 hour before serving, mix the drained fruit, marshmallows and Cool Whip together with the Acini DePepe mixture, refrigerate until time to serve. Serves 25.

\*\*\*\*\*

Getting along with others  
depends about 98% on your own behavior.

.....

He who finds no fault in himself needs a second opinion.

.....

To ease another's heartache is to forget one's own.

.....

There is no right way to do the wrong thing.

**Low Fat "Cream Soup Mix"**

Beanie Lofthouse

2 cups powdered nonfat milk	1 teaspoon basil leaves
1/4 cup instant chicken bouillon	1 teaspoon thyme leaves
3/4 cup cornstarch	1/2 teaspoon pepper
2 Tablespoons dried onion flakes	

Combine all ingredients, mixing well. Store in an airtight container.

To substitute for one can of condensed soup; combine 1/3 cup of the dry mix with 1 1/4 cup cold water in a saucepan. Cook and stir until thickened, add to your casserole or whatever as you would the can of commercial product. Makes the equivalent of 9 cans of cream soup.

\*\*\*\*\*

**Granola**

Beanie Lofthouse

1/3 cup oil	1 cup rolled oats
1/2 cup honey	1/4 cup raw sunflower seeds, shelled
1/4 cup water	
1/2 cup dry powdered milk	1/4 cup chopped walnuts
1 teaspoon vanilla	1 cup raisins or other
2 cups ready-to-eat cereal	dried fruit
Wheaties, Bran Flakes, etc	4 1/2 cups rolled wheat

Preheat oven to 350 degrees. In a saucepan, heat oil, honey, water and vanilla until blended. In a very large bowl, combine cereals, nuts and powdered milk. Pour liquid ingredients over the dry, mixing well. Spread on two jelly-roll pans, bake for 10 minutes, stirring occasionally. Remove from oven, add raisins or other fruit. Let cool until crisp before storing in airtight container. About 10 cups.

\*\*\*\*\*

**Homemade Egg Substitute**

Beanie Lofthouse

6 egg whites	1 Tablespoon oil
1/4 cup powdered nonfat milk	

Combine all ingredients in a mixing bowl, blend until smooth. Store in a jar in the refrigerator up to 1 week. Also freezes well.

To prepare as scrambled egg: fry slowly over low heat in a non-stick fry pan.

1/4 cup = 1 whole egg

Mix makes 1 cup.

**Baked Corn Chips**

Beanie Lofthouse

20 corn tortillas, use the THIN variety  
margarine, not more than 2 teaspoons

Scrape each tortilla with a small amount of soft margarine. Cut tortillas, several at a time into 8 pie shaped wedges using a sharp knife.

Arrange in a single layer on cookie sheet. Bake at 350 degrees until crisp and slightly browned, about 10 minute

\*\*\*\*\*

**Mock Sour Cream**

Beanie Lofthouse

May be used for sour cream in any recipe that DOES NOT require heating.

1 cup low-fat cottage cheese  
2 Tablespoons buttermilk  
½ to 1 teaspoon lemon juice

Blend cottage cheese, buttermilk and lemon juice in blender or mix with mixer until smooth. Makes 1 cup.

\*\*\*\*\*

**Egg Nog**

Beanie Lofthouse

½ cup egg substitute	2 to 4 Tablespoons sugar
1 can evaporated skim milk	¾ cup skim milk
1 teaspoon vanilla	1 teaspoon rum flavoring
nutmeg	

Whip egg substitute and sugar together and combine with the two kinds of milk, vanilla and rum flavoring. Mix well.

Chilling overnight will enhance the flavor. Serve with a sprinkle of nutmeg over top. Makes 3 cups

\*\*\*\*\*8

**Raspberry Sauce**

Beanie Lofthouse

1 quart raspberries  
1/3 cup or less of sugar  
Juice of 1 lemon

Stem, wash and drain berries, put in blender and puree until smooth. Add sugar, and lemon juice, mix together. Makes 4 cups.



### **Baking Mix**

Beanie Lofthouse

4 cups whole wheat flour	1/4 cup baking powder
4 cups white flour	2 ½ teaspoons salt
1 cup powdered nonfat milk	3/4 cup Crisco Shortening
2 teaspoons cream of tartar	

Measure all dry ingredients into a large bowl. Sift together 3 times. Cut in shortening with pastry blender or knives until size of small peas. Makes 11 cups. Store in covered container in a cool area, not refrigerator.

Pancakes:

2 cups baking mix  
2 egg whites, slightly beaten  
1 1/2 cup water

Mix gently until moistened. Cook on hot griddle, turning once.

Biscuits:

2 cups baking mix  
2/3 cup water

Preheat oven to 425 degrees. Stir the water into the baking mix to blend. Turn onto floured board; knead a few times. Roll to 3/4 inch thick, cut into circles or squares. Place on ungreased baking sheet, bake 12 to 15 minutes. Makes 12- 2 inch biscuits.

\*\*\*\*\*

### **Wheat Berries**

Beanie Lofthouse

1 Cup whole wheat, rinse. Put into a wide mouth thermos bottle, cover with boiling water, put lid on tight, do not open for 10 - 12 hours. Open and drain water off, rinse gently with cool water, drain. Store in a covered container in refrigerator. Sprinkle on salads, eat as cereal, use instead of rice. 1/4 cup equals 9 carbs.

\*\*\*\*\*

To get out of a difficulty,  
one usually must go through it.  
--Samuel Easton

.....

Pray for a good harvest, but keep on hoeing.

.....

A birth certificate proves you were alive -  
A personal history tells how you lived.

.....

The miracle is this - the more we share - the more we have.

.....

The pure and simple truth is rarely pure and never simple.

### **Zucchini Casserole**

Laura A. Lofthouse

6 cups sliced zucchini	½ cup chopped onion
1 can cream of chicken soup	1 cup sour cream
1 pkg (8oz) herb seasoned stuffing mix	
1 cup shredded carrots	½ cup melted butter

Parboil zucchini and onion in salted water for 5 minutes, drain.

Combine soup, sour cream and carrots, fold into the zucchini and onions. Combine butter with the stuffing mix. Cover bottom of 12 X 7 X 2 inch baking dish with ½ of the stuffing. Add zucchini mixture, top with remaining stuffing. Bake at 350 degrees for 30 minutes.

\*\*\*\*\*

### **Zucchini Pancakes**

Laura A. Lofthouse

1/3 cup buttermilk pancake mix (Krusteaz Whole Wheat and Honey)\*  
 1/4 cup Parmesan cheese  
 2 cups shredded zucchini  
 2 eggs, beaten

Combine ingredients. Shape into patties with a spoon. Fry on a hot griddle. They are done when they are brown. Serve with sour cream.

\* Substitute any other pancake mix or use:

1/3 cup whole wheat flour, ½ teaspoon baking powder and 1 Tablespoon oil for the mix.

\*\*\*\*\*

### **Golden Coins-Marinated Carrots**

Laura Dayley

2 lb sliced carrots	1 onion, chopped
1 green pepper, chopped	¾ cup vinegar
1 can tomato soup	½ cup salad oil
1 teaspoon Worcestershire Sauce	½ teaspoon salt
1 cup sugar	

Boil carrots for a few minutes, drain and cool in ice water, drain. Add onion and green pepper.

Heat tomato soup; add sugar, oil, vinegar, salt and Worcester- shire Sauce. Mix all together and marinate 6 hours or over night.

\*\*\*\*\*

A smile increases your face value

### **Potato Casserole**

Laura Dayley

6 large potatoes, cooked, peeled and grated

Mix:

2 cups sour cream  
1 can cream chicken soup  
1/3 cup diced onion  
1/2 cup shredded cheese

Pour over potatoes, mix gently.

Topping: 3 cups corn flakes mixed with 1/4 cup melted margarine.  
Bake at 350 degrees for 45 minutes.

\*\*\*\*\*

### **Sweet 'N Sour Cabbage**

Beanie Lofthouse

4 cups shredded RED cabbage	3 Tablespoons flour
4 slices bacon, chopped	1/2 cup water
1 small onion, diced	3/4 cup vinegar
3 Tablespoons brown sugar	dash cloves
salt and pepper to taste	

Cook cabbage and onion in boiling water 7 minutes, drain.

Fry bacon, remove from grease, add flour and sugar to bacon drippings. Stir to blend, add water, vinegar and seasonings, cook until thick and done, stirring constantly. Add bacon and cabbage, heat through.

This recipe is similar to one we had tried at a restaurant in Solvang, California.

\*\*\*\*\*

A good exercise for the heart is to bend down  
and help another up.

.....

Forgiveness is the fragrance that the violet  
sheds on the heel that has crushed it.

.....

When you see a good man, think of emulating him;  
When you see a bad man, examine your own heart.  
--Confucius

### **Stuffed Green Peppers**

Sharon Lofthouse

1 cup rice  
 ½ lb ground beef  
 1 onion, chopped  
 1 beef bouillon cube  
 buttered bread crumbs  
 ½ cup water

1 can tomato soup  
 ½ can water  
 1 egg  
 salt and pepper

Cook rice in 2 cups water with 1 Tablespoon margarine and 1/4 teaspoon salt.  
 Cut top and seeds out of peppers. Steam them in a pan with rack and lid until dull green.  
 Brown hamburger and onion, drain grease. Mix the cooked rice, beef mixture, egg, salt and pepper.  
 Dissolve bouillon in ½ cup water, add to above.  
 Place peppers in bread pan and stuff. Top with buttered bread crumbs. Mix the soup with ½ can of water, pour soup mixture around the peppers. Bake at 375 degrees for 35 minutes.

\*\*\*\*\*

### **The Best Memory System**

Forget each kindness that you do as soon as you have done it;  
 Forget the praise that falls to you the moment you have won it;  
 Forget the slander that you hear before you can repeat it.  
 Forget each slight, each spite, each sneer, wherever you may meet it.

Remember every kindness done to you what'er its measure;  
 Remember praise by others won and pass it on with pleasure;  
 Remember every promise made and keep it to the letter;  
 Remember those who lend you aid and be a grateful debtor.

Remember all the happiness that comes your way in living;  
 Forget each worry and distress, be hopeful and forgiving;  
 Remember good, remember truth, remember heaven's above you,  
 And you will find through age and youth that many hearts will love you.

.....

Two things should stand like stone.  
 Kindness in another's troubles  
 Courage in your own.

**Utah Sourdough Starter**

Sharon Lofthouse

1 cup flour  
3/4 cup water

Mix until smooth. Cover loosely and leave at room temperature 24 hours. Each day for 3 to 4 days, add 1/2 cup flour and 1/4 cup water. Keep covered at room temperature. Place one cup in refrigerator to save for next start.

\*\*\*\*\*

**Sourdough Gingerbread**

Sharon Lofthouse

1/2 cup water	1 1/2 cups flour
1/2 cup molasses	1 teaspoon ginger
1/2 teaspoon salt	1 teaspoon cinnamon
1/2 cup brown sugar	1/2 cup shortening
1 egg	1 cup sourdough starter
	1 teaspoon baking soda

Mix, adding starter and baking soda last. Bake at 375 degrees for 30 minutes or more in a greased cake pan.

\*\*\*\*\*

**Sourdough Biscuits**

Sharon Lofthouse

1 1/2 cup sifted flour	2 Tablespoons sugar
1 Tablespoon baking powder	1/2 teaspoon salt
1/4 cup shortening, melted	1 1/2 teaspoons baking soda
1 1/2 cups sourdough starter	

Place flour in bowl, making a well in the center, add starter in the well, then add melted shortening and the other dry ingredients.

Turn out onto a floured board and knead to a satiny finish. Pat or roll out to 1/2 inch thickness. Cut and put on a greased pan. Let rise 1/2 hour. Bake at 400 degrees for 15 to 20 minutes.

\*\*\*\*\*

The most beautiful gift  
We can give each other  
Is the truth

### Sourdough Chocolate Cake

Laura Dayley

2/3 cup shortening	1 3/4 cup flour
1 1/2 cups sugar	2/3 cup cocoa or carob powder
3 eggs, beaten	1 teaspoon salt
1 cup sourdough starter	3/4 cup warm water
1/2 teaspoon baking powder	1 teaspoon vanilla
1 1/2 teaspoons baking soda	

Cream shortening and sugar, add eggs and sourdough starter.

Sift dry ingredients together, stir into the creamed mixture, blend well.

Bake at 350 degrees for 35 minutes.

Toppings:

1. Sprinkle powdered sugar over a paper doily for a design on the cake.

2. Sprinkle on cake before baking:

1/2 cup graham cracker crumbs

1/3 cup melted margarine

1/2 cup chopped walnuts

1/2 cup coconut

2/3 cup chocolate chips

3. Coconut-Pecan frosting:

Combine 1 cup evaporated milk, 1 cup sugar, 3 egg yolks, 1/4 lb margarine, and 1 teaspoon vanilla. Cook and stir over medium heat until thickened, about 12 minutes. Add 1 1/3 cups angel flake coconut and 1 cup chopped pecans. Beat until thick enough to spread.

We like this cake without frosting. It's moist.

\*\*\*\*\*

Five homes can be built from the wood of a single 300-foot-tall West Coast redwood tree. Unfortunately, one redwood tree cannot be built from the wood of five homes.

.....

Kind words make kind echoes.

--Walton, Ky., Advertiser

.....

Happiness doesn't come from doing what we like to do  
but from liking what we have to do.

**Rhoda Dayley's Chili Sauce**

Laura Dayley

Tomatoes, chopped and peeled, enough to fill a large green Tupperware bowl.

3 cups vinegar

4 cups sugar

2 ½ quarts onions, chopped fine

4 green peppers, chopped

2 red peppers, chopped

4 Tablespoons salt

2 Tablespoons cinnamon

2 Tablespoons allspice

2 Tablespoons cloves

In a large stainless steel container mix the ingredients. Bring to a boil on top of stove; then cook in 300 degree oven for 5 to 6 hours. Cool, pack in containers and freeze.  
10 pints or more.

\*\*\*\*\*

**Dill Relish**

Beanie Lofthouse

12 cups ground, un-peeled cucumbers

3 cups ground bell pepper

8 cups ground onion

As you are grinding the above, put into a large colander so it can start to drain, these all need to be WELL DRAINED before adding the rest of ingredients.

5 cups vinegar

2 cups sugar

½ cup salt

1 Tablespoon mustard seed

1 Tablespoon celery seed

2 teaspoon turmeric

1 Tablespoon dill seed

When ground vegetables have drained, add remaining ingredients in a large open kettle, stainless steel if possible.

Simmer about 1 hour or desired consistency. Ladle into pint jars, cook in boiling water bath 25 minutes after water returns to a boil.

About 8 pints. This is an approved recipe by the Utah State University Extension Department.

\*\*\*\*\*

The fields would be very silent if no birds sang there  
except those who sang best.

**Anne's Rhubarb Jam**

Joe Campbell

5 cups rhubarb, chopped  
6 oz pkg strawberry Jello

5 cups sugar

The evening before, wash and chop up rhubarb. Place in a glass bowl and pour the sugar over it. Let it set out on the counter over night.

The next day, boil rhubarb for 10 minutes, stir in the Jello until dissolved. Pour into sterilized jars.\*\*

\*\* The Extension Service now recommends processing jams and jellies in the boiling water bath for 10 minutes after water returns to a boil.

\*\*\*\*\*

**Mexican Picante Sauce**

Beanie Lofthouse

6 cups chopped onions  
6 cups chopped bell pepper  
9 quarts tomatoes, peel and chop  
2 (12oz) bottles Nacho sliced  
Jalapeno peppers, with liquid  
or 2 cups fresh, chopped, with seeds  
wear rubber gloves

4 ½ cups cider vinegar  
1/4 cup sugar  
½ cup pickling salt  
4 teaspoons cumin powder  
4 teaspoons oregano, crushed  
1 teaspoon dried red pepper, crushed

Peel and chop tomatoes, put into a stainless steel pot if available, you can start these to simmer as soon as you put them into the pot, it helps speed up the process.

Chop the onions, jalapeno, and bell peppers, add to the tomatoes. Add the vinegar, sugar and salt at this time. Allow to cook until some of the liquid evaporates, or as long as you wish to get the consistency you like. Add the herbs, no longer than 30 minutes before you bottle this.

Pour into pint jars, process in boiling water bath 25 minutes after water comes back to a boil.

\* You need to stir this frequently while cooking to keep from sticking and scorching. We simmer half a batch for one and one half hours, longer for a full batch.

.....

Listen to others as you would have others listen to you.

Taking time to listen is taking time to care.



### **Applesauce**

Beanie Lofthouse

16 quarts of washed and cut up apples  
more than one variety makes it nice

4 quarts water, more if apples are not ripe  
no more than 5 quarts to keep  
acidity

Simmer until apples are very soft, stir often so they will not stick and scorch. Run through a Victorio strainer. We don't add sugar, so as soon as the sauce is ready you can pack into jars, leave ½ inch head space. If there are bubbles, be sure to use the bubble freer to release them. Wipe jar top, adjust lids and rings, put into boiling water bath. When water returns to a rolling boil, start timing. If sauce is extra thick, add another 5 minutes to the time. Should make over 20 pints. Be sure to bring the remaining sauce back to almost a boil before putting into the jars.

For Paradise, the extension office recommends half pints and pints 20 minutes, quarts, 30 minutes. We figure we are 5,000 feet here.

\*\*\*\*\*

### **Apple Slices**

Beanie Lofthouse

For 7 quarts, prepare an extra light syrup, 10 ½ cups water and 1 ¼ cup sugar, it needs to be hot so the sugar will dissolve. No need to let it simmer while peeling, coring and slicing apples. Slice apples ¼ to ½ inch pieces, drop into a solution of 2 quarts water with 2 Tablespoons lemon juice in it, to keep slices from darkening.

When all apples are sliced, bring the syrup to a boil, drain the apple slices, drop all into the pot with the syrup, when back to simmer, cook for 5 minutes. Pack hot apples into jars, leave ½ inch head space, fill with hot syrup to ½ inch, remove bubbles, wipe tops of jars, adjust lids and rings. Put into boiling water bath, when water returns to a boil, time 30 minutes for all half pint, pint and quart jars.

\*\*\*\*\*

### **Plum Syrup**

Cache County Extension Office

To make juice, wash and cut the plums into halves, put into a large pot, just barely cover with water, simmer until fruit is very soft. Pour through a strainer, for clear juice, pour through cheesecloth.

To make the syrup, add 1 cup sugar to every cup of juice, simmer until a good consistency. If too thin, mix in one box of pectin, if too thick, add more juice.

Ladle into jars, leave ¼ inch head space, wipe jars, adjust lids and rings. Process in boiling water bath for 15 minutes after water returns to a roiling boil, both pints and quarts.

### **Stanley Plums**

Ball Book

Wash and remove pits from enough plums to fill a batch of pint jars.

Make a very light syrup, 10 cups water to 1 cup sugar.

Fill the jars leaving ½ inch head space, pour boiling syrup over to ½ inch head space, wipe jars, adjust lids and rings. Put into boiling water bath, when water has returned to a rolling boil, process pints and half pints for 30 minutes.

\*\*\*\*\*

### **Pickled Beets**

Ball Book (18 pints)

Cook the washed beets (leave 1 inch tops and the root on) until you can prick with a fork. Remove the skins by running cold water over them in the sink.

Brine, bring to a boil, stir well to dissolve sugar, simmer, covered, 15 minutes

6 cups sugar

6 sticks cinnamon

3 Tablespoons whole allspice (tie in a bag)

4 ½ teaspoon salt

2 ½ quarts apple cider vinegar (5% acidity)

4 ½ cups water

Slice or quarter smaller beets and fill jars to 1/4 inch head space.

Remove cinnamon and allspice from the brine, pour hot brine over beets, leave 1/4 inch head space, remove the bubbles, wipe jars, adjust lids. Put in boiling water bath, when water returns to a rolling boil, cook 40 minutes.

This is an easy recipe to cut in half if you want to do fewer jars.

\*\*\*\*\*

### **Apricot Nectar**

Beanie Lofthouse

In very large container put 21 quarts of washed, quartered apricots (about 29 pounds)

Add 5 quarts and 1 cup boiling water.

Simmer on low heat, stirring often, until fruit is very soft. Run through a Victorio Strainer.

In each pint jar, put 1 ½ teaspoons lemon juice, fill jars with hot nectar to 1/4 inch head space.

Put in boiling water bath, when water returns to a boil, time 20 minutes.

**Currant Jelly**

Extension Office

To make juice, wash, remove stems from about 4 ½ quarts currants, crush one layer at a time in your pot. Add 1 ½ cups water, simmer 10 minutes, covered, stir occasionally, strain through cheese cloth or jelly bag.

6 ½ cups prepared juice  
7 cups sugar  
1 box regular pectin, not low sugar

Measure sugar into a bowl and set aside

Measure juice into a 6 to 8 quart pot, add box of pectin, stir to dissolve. Bring to a full boil, stir constantly, add the sugar, return to a full boil, time 1 minute, stirring constantly. Add 1/4 teaspoon butter, margarine or oil right before the minute is up. (Keeps the foam down a bit). Remove from heat, ladle into jars, leave 1/4 inch head space. Process in boiling water bath, when water returns to a roiling boil, time 15 minutes. Approximately 4 pints of jelly. Not a good idea to double the batch, sometimes it won't set up.

\*\*\*\*\*

**Elderberry Jelly**

Extension Office

To make juice, remove stems and crush 3 pounds berries, simmer 10 minutes, covered, stir occasionally, strain through cheese cloth or jelly bag.

3 cups juice  
1/4 cup lemon juice  
4 ½ cups sugar  
1 box regular pectin

Measure sugar and set aside. Measure juice and lemon juice into pot, stir in pectin, heat to a full boil, stir constantly. Add sugar, heat to a full rolling boil, stir constantly, time 2 minutes, add 1/4 teaspoon butter, margarine or oil at the last. Remove from heat, skim, ladle into jars, wipe jars, leave 1/4 inch head space, wipe jars, adjust lids and rings, process in boiling water bath, time 15 minutes when water has returned to a rolling boil.

\*\*\*\*\*

**Chokecherry Jelly**

Extension Office

To make juice, rinse about 4 ½ pounds of fruit, crush in the pot, add enough water to barely cover, simmer 10, 15 minutes. Strain juice through cheese cloth or jelly bag.

4 ½ cups juice  
1 box regular pectin  
½ cup lemon juice  
7 cups sugar

Measure sugar and set aside. Combine juice, lemon juice and pectin in pot, bring to a boil, stirring constantly. Add the sugar, bring back to a rolling boil, stir constantly, time 1 minute, add 1/4 teaspoon butter, margarine or oil at the last. Skim, pour into pint or half pint jars, leave 1/4 inch head space, wipe jars, adjust lids and rings, put into boiling water bath, when water returns to a boil, process for 15 minutes.

**Kosher Dills**  
Jim and Beanie Lofthouse

Note: It takes about 1 pound of cukes for each quart of pickles

Brine: mix and simmer for 20 minutes while you prepare cucumbers, enough for 7 quarts. After 20 minutes remove the spice bag.

2 quarts natural apple cider vinegar (must be a 5% acidity)  
2 quarts water  
1 cup pickling salt  
3/4 cup sugar  
3 Tablespoons pickling spices tied in a bag

Into each quart jar put

\*1/2 teaspoon dill weed  
\*1/2 teaspoon dill seed  
1 garlic clove  
1 medium bay leaf or half a large one  
1/2 teaspoon mustard seed  
1/2 inch piece of dried red pepper

\* Instead of the weed and seed, put in one fresh head of dill or pieces of dill stem

Slice or quarter the cucumbers, leave 1/2 inch head space, ladle the boiling brine in to 1/2 inch head space. Remove bubbles, wipe jars, adjust lids and rings. Have boiling water bath to a full boil, put the jars in and start to time immediately 25 minutes.

**NOTE:** Canning times of the recipes that say Lofthouse and Extension Office are for canning at 5,000 feet since Logan and Paradise are in that altitude range.

### **Sweet Gherkins 6 to 7 pints**

Extension Office

5 quarts (about 7 pounds) of smaller cucumbers, may cut those larger than 3 inches long into pieces (measure after cutting)

#### **Day 1, AM**

Scrub and cut cucumbers into chunks if necessary, place in large food safe plastic bucket, cover with boiling water, place a glass plate over the top of the cukes and put a closed pint jar of water on the plate to keep them under the water.

#### **Day 1 PM (after 6 to 8 hours)**

Drain, cover with fresh boiling water and weigh down again

#### **Day 2 AM**

Drain, cover with fresh boiling water, weigh down again.

#### **Day 2 PM**

Drain, add ½ cup canning salt and cover with fresh boiling water, weigh down again.

#### **Day 3 AM**

Drain.

Make a syrup with the following, in a pan put

3 cups sugar

3 cups natural cider vinegar (must be 5% acidity)

¾ teaspoon Turmeric

2 teaspoons celery seed

2 teaspoons whole pickling spice

8 – 1 inch pieces cinnamon stick

Heat to boiling, stir to dissolve sugar, pour over drained cucumbers, this WILL NOT cover them, place the plate back over and weigh it down.

#### **Day 3 PM**

Drain syrup into a pan and add

2 cups sugar

2 cups vinegar

Heat to boiling, stir to dissolve sugar, pour over drained cucumbers, weigh down plate again.

#### **Day 4 AM**

Drain syrup into pan and add

2 cups sugar

1 cup vinegar

Heat to boiling, stir to dissolve sugar, pour over drained cucumbers, weigh down

#### **Day 4 PM**

Drain syrup into pan add

1 cup sugar

2 teaspoons vanilla

Heat syrup to boiling, stir well. Pack cucumbers into pint jars, 1/4 inch head space, pour hot brine over to 1/4 inch head space, remove bubbles, wipe jars, adjust lids and rings. Process in boiling water bath 10 minutes after water returns to a rolling boil.

**Jim's Special Dressing**

James Lofthouse

1 cup oil	
1/4 cup vinegar	1 teaspoon sugar
2 large eggs or 1 extra large	1/4 teaspoon pepper
1/4 teaspoon basil	1/4 teaspoon paprika
2 Tablespoons chives, fresh or dried	1/2 teaspoon salt

Put ingredients into blender container or pint jar, in order given, blend on liquify for 20 to 30 seconds. Refrigerate to let flavors blend.

\*\*\*\*\*

**Cooked Dressing**

Beanie Lofthouse

1 egg, beaten	1/4 cup sugar
1 rounded Tablespoon flour	1/2 cup vinegar
1/2 cup water	1/4 teaspoon dry mustard
pinch salt	

With whisk, mix ingredients, cook in double boiler until thick. Use as a salad dressing or for potato salad.

This was a recipe from my Grandmother, Anna Isabell Unger.

\*\*\*\*\*

**Favorite Barbecue Sauce**

Beanie Lofthouse

1 quart catsup	1 cup sugar, brown or white
1/2 cup vinegar	2 Tablespoons liquid smoke

Heat all together to dissolve sugar. Can be used right away or cool and store in refrigerator until needed.

\*\*\*\*\*

**Sweet and Sour Sauce**

Beanie Lofthouse

1/2 cup vinegar	1/4 cup white sugar
1/2 cup water	1/4 cup cornstarch
1/4 cup brown sugar	1/2 cup pineapple juice

Bring vinegar, water and sugars to a boil, mix the cornstarch with the pineapple juice, add to the hot mixture, cook until thick, add red food color as desired.

**Spaghetti Sauce**

Beanie Lofthouse

1/4 cup Olive Oil	2 quarts tomato juice
2 pounds lean hamburger	5 cans tomato sauce (8oz size)
1 large onion, chopped	1 teaspoon oregano, crushed
2 garlic cloves, pressed or chopped	1/2 teaspoon basil, crushed

2 - 3 pounds spaghetti, cooked, drained, rinsed with hot water.

Brown the hamburger, onion and garlic until burger is browned and onions transparent. Add the tomato juice, sauce and herbs, simmer as long as you wish. Serves 8 to 10

\*\*\*\*\*

**White Sauce**

Beanie Lofthouse

For 2 cups:

1/4 cup margarine or butter	1/4 cup flour
1/2 teaspoon salt	1/4 teaspoon pepper
2 cups milk (may use evaporated or regular)	

Melt margarine or butter in saucepan over low heat , stir in flour, salt and pepper, cook over low heat stirring constantly until smooth and bubble, remove from heat, stir in milk, return to the heat, bring to a boil, cook a minute or two, stirring constantly, if you want it thinner, add more milk and cook a little longer.

This is a basis for gravy, cheese sauce, etc.

\*\*\*\*\*

There's a time to get, and a time to give  
And a time to throw away.

There's a time to do a kindly deed  
And that time is today.

There's a time to sing and a time to mourn  
A time for joy and sorrow.

There's a time to love; but the time to hate  
Might better be tomorrow.

There's a time to sleep and a time to wake  
A time to work and play.

But the time to speak an evil thought  
Passed by us yesterday.

**Batter for Fish**

Joe Campbell

1 cup milk	½ teaspoon salt
1 to 2 eggs	½ teaspoon baking powder
¾ cup flour	¼ teaspoon baking soda
¼ cup corn starch	

Mix, dip fish and deep fry.

May also be used for onion rings, zucchini or fresh mushrooms.

\*\*\*\*\*

**Norene Lee's Fruit Syrup**

Beanie Lofthouse

2 cups sugar	4 cups apple juice
4 Tablespoons cornstarch	2 Tablespoons lemon juice
½ teaspoon cinnamon	½ cup margarine (optional)

Mix sugar and cornstarch together in sauce pan, slowly add juice, stir to dissolve lumps, add everything except the butter. Cook on medium high heat, stir constantly until thick and bubble. Remove from heat, stir in the margarine until melted.

Serve over pancakes, waffles, or french toast.

Refrigerate leftovers.

\*\*\*\*\*

**Frozen Pops**

Beanie Lofthouse

3 oz pkg Jello	2 cups boiling water
1 pkg unsweetened Kool-aid	2 cups cold water
same flavor as Jello	
½ cup sugar	

Dissolve Jello, sugar and Kool-aid in boiling water, add cold water. Pour into molds and freeze.

Instant pudding mixed as directions suggest are good too.

\*\*\*\*\*

**Knox Blox**

Beanie Lofthouse

4 envelopes un-flavored gelatin  
 3 (3oz) pkgs Jello  
 4 cups boiling water

In medium bowl combine gelatin and Jello, add boiling water, stir until completely dissolved. Pour into a lightly oiled 8 or 9 inch baking dish, chill until firm, cut into squares. About 6 dozen blox.



## **Dutch Oven Cooking by James A. Lofthouse**

### **Preface**

This short paper was prompted by friends who often asked questions about Dutch oven cooking. It is in no way intended to be a comprehensive work on the subject, but merely a guide to help those newcomers to the art get started cooking. I have included three easy and tasty recipes, and some tips on care of the Dutch oven Kettle.

There are no big secrets about cooking with a Dutch oven. All the rules and common sense that go along with any cooking apply. Many recipes that can be prepared on the range top, or oven, can be cooked in the Dutch oven. The only big difference is the heat source. You may use coals from a wood fire, charcoal briquettes, or a gas fired burner. The amount of heat is regulated by the amount of coals under, or on top of, the kettle. This is something that I cannot tell you, but you just need to get started, and with some experience you will quickly get the feeling about how to regulate the heat. It pays to lift the lid, now and then, to see how things are coming along.

About the only tools you need are a shovel to manipulate the hot coals, a pair of pliers to lift the lid and kettle, a spatula, a spoon, a roll of paper towels, a Scotch Brite nylon scrubber for cleanup, and whatever other tools you need for food preparation.

Please put your fire out when finished. It is hard to explain the lure of cooking in a cast iron kettle over coals, but just mention Dutch oven cooking and watch the crowd gather. Good Luck and good eating.

### **Care Of Your Dutch Oven**

Your cast iron kettle will last a lifetime and give you many pleasures, if you will give it the right kind of care. When you get a new kettle you can start to use it immediately. Just wash it gently with warm water and put a light coat of soybean oil on the kettle, both inside and out, then go ahead and cook in it. As you use the kettle it will become seasoned and turn a darker color than when it was new. After use, clean the kettle immediately. Do not let it sit dirty for days or weeks. This can cause rust. To clean the kettle, first scrape out all of the remaining food, then put some warm water in the kettle, and with a nylon Scotch Brite pad wipe off any remaining food particles. If the kettle is very greasy, you can use a few drops of dish washing detergent. Go over the outside of the kettle and lid too. Rinse with warm water and dry with a paper towel. Set aside for a few minutes to thoroughly dry. I prefer to use a little detergent to remove most of the animal fats after cooking meats, or recipes with butter in them.

The animal fats, if left on the kettle, will turn rancid in a few days giving off foul odors, and possibly giving unpleasant flavors to the next recipe cooked in the kettle. A well seasoned kettle will always appear a little oily even after washing as above. Don't try to wash all of the oil off, and make it squeaky clean; just the bulk of the fresh oil that is from the food just cooked. Too much hot water, detergent and scrubbing will remove the seasoning. When dry, put about a teaspoonful of soybean oil in the kettle and with a paper towel spread the oil all over the kettle, both inside and out. Do the same with the lid. Soybean oil is recommended because it will dry and stick to the pan, kind of like varnish. Some of the oil will actually penetrate the iron and result in what is called a "seasoned" pan after several such applications. Food does not readily stick to a seasoned pan, and it will be resistant to rust. Store the kettle in a dry place. Do not put water in the kettle and let it soak for hours. This will remove the seasoning, and encourage rust. Do not "burn" out the kettle, as I have seen some people do. This is the fastest way there is to remove the oils from the iron kettle, and leave it susceptible to rust.

## Care of your Dutch Oven continued

Some oxidation will actually occur while the kettle is being burned. It will come out black, and the next time you use it your food will be discolored by the iron oxide. (rust) Subjecting the kettle to temperatures hot enough to burn out the food will also cause carcinogens to be produced in the fats that are present. some of these will remain in the kettle. Who needs it?

Dutch ovens are made of cast iron which will rust if not properly cared for. Rust is the kettle's worst enemy. Food will stick badly to a rusty kettle, and potatoes will come out gray colored. Bread will have a black crust. This surely ruins the appeal of the food. So, what do you do if your kettle becomes rusty? Put some warm water in the kettle, and with a Scotch Brite pad and a lot of "elbow grease" scrub off the rust. This sometimes results in some bright metal showing through, but don't worry about that; it is at least rust free again. Then dry and oil as described above for a new pan.

A new kettle, or one having just undergone a serious scrubbing, will benefit by additional coatings of oil at intervals of about a week apart for several weeks. (Use soybean oil.) Cooking operations that require a lot of water, like boiled potatoes, or boiling corn on the cob, are very hard on the seasoning of the kettle. The water and high temperature will remove the oils (seasoning) from the kettle. You may want to consider obtaining a heavy stainless steel kettle, if you like to do those kind of operations on your cookouts. All that has been said here about Dutch ovens, apply equally as well to cast iron frying pans and griddles.

What about the "NO WATER ADVOCATES" ? Many times I have heard some Dutch oven cooks swear that they never let a drop of water touch their kettles. "It ruins the seasoning." they say, so they burn them out, scrape them out, or scrub them out with dirt. I have to say, pure, utter, nonsense. They surely must have some dirty, stinky pans! It doesn't hurt a cast iron kettle to wash it, as long as you use just warm water and a few drops of detergent. The key is to do it quickly, and soon after cooking, before food can dry on, then dry and oil the kettle and store it in a dry place. Washing also removes the ashes from the outside of the kettle. Ashes are caustic and will destroy the seasoning on the outside of the kettle. Remember, caustic substances eat away at organic materials, and the seasoning (oil) on your kettle is organic. The methods I have outlined here will keep your kettle in fine shape, and it will look and smell good. It will be something you dare let those, who will be eating your cooking, see, without turning their stomachs. Some of the kettles I have seen, showing up at group cookouts, are enough to make one wonder if he would even want to eat anything that had been in that!

Try my methods and see if they work for you. I think you will be happy with the results.

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### **Dutch Oven Cobbler**

#### **Ingredients:**

1 Betty Crocker Golden Vanilla cake mix	1 cube of margarine
2 eggs	1 ½ cups water
3 cans of cherry pie filling (21 oz.)	

#### **Procedure:**

Use a 12 inch kettle.

Put the pie filling in the kettle and add one half cup of water. Stir. Place the kettle on the coals to warm while the cake is being mixed. Into a bowl put the cake mix, then cut the margarine into small pieces and add to the bowl. Add the eggs and 1 cup of water. Stir until the ingredients are mixed, but do not over mix. There can still be a bit of dry cake flour visible.

Spoon the cake mix onto the top of the pie filling. Do not stir. Place the lid on the kettle and put six to seven hot coals on the lid. Cooking time will be from 45 minutes to one hour. Check the cake by thrusting a knife into the cake and pushing sideways to see if the cake is done. It is a good idea to check the cake after 35 minutes to see how hot the kettle is. A too hot kettle will boil out too much of the liquid in the fruit and it may scorch.

\*\*\*\*\*

### **Dutch Oven Potatoes**

#### **Ingredients:**

5 lb. potatoes peeled and sliced	1 Tablespoon vegetable oil or margarine
1 good sized onion, chopped	Salt and Pepper
4 ounces grated cheddar cheese	a little water

#### **Procedure:**

Prepare the vegetables. Oil the pan with the oil. Place the vegetables in the pan. Salt and pepper to taste. Place the pan on hot coals. Do not put any coals on the lid. Stir every ten minutes with a flat spatula. Go around the sides and bottom well to prevent over browning. Then add two tablespoons of water to the pan and replace lid.

When the potatoes are quite near done to your satisfaction, stir, then add the cheese. Do not stir the cheese in. Replace the lid for 5 minutes to melt the cheese, then remove from heat.

### Dutch Oven Barbecued Ribs

#### Ingredients:

4 lb. ribs (I prefer boneless ribs with little fat)	1 Tablespoon vegetable oil
1 medium sized onion, chopped	2 cloves garlic
1 bottle of your favorite barbecue sauce	

#### Procedure:

Oil the pan with the oil. Put the ribs in the pan, put on the lid and place over hot coals. Do not put any coals on the lid. Cook, stirring occasionally, until the ribs are slightly browned. Add the sauce, onion, and garlic. Simmer until the ribs are tender. Check occasionally and if the sauce is getting too thick add a bit of water.

A suitable sauce can be made with:

1 quart catsup	1 cup brown sugar
½ cup vinegar	2 Tablespoons Liquid Smoke

Mix all together and heat to dissolve the sugar. May be used immediately or refrigerated for future use.

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*Copyright © 1996 James A. Lofthouse*

Nature is awesome in its majesty,  
 and marvelous in its detail.

jl

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### Dutch Oven Stew

James A. Lofthouse

2 Tablespoons vegetable oil  
 2 lb. Beef or venison  
 ½ cup water

4 large potatoes  
 1 large onion  
 2 garlic cloves  
 2 teaspoons salt  
 1 Tablespoon vinegar  
 1/4 jalapeno pepper

5 large carrots  
 3 stalks celery  
 1 cup water  
 1/4 teaspoon black pepper  
 1 Tablespoon brown sugar

1/4 teaspoon marjoram  
 1/4 teaspoon thyme

#### Procedure:

Use a 12 inch Dutch oven. Prepare the meat by cutting into bite size chunks. Put the oil and meat in the kettle and place over heat. When the meat is slightly browned, add the ½ cup water, cover and simmer for an hour.

Prepare the vegetables by washing, peeling and dicing. Add the remaining ingredients, except for the marjoram and thyme, then simmer, with the lid on, until the vegetables are tender. Approximately 30 minutes. Add the marjoram and thyme. Stir. Remove from heat and wait 5 minutes before serving.

Serves 6

### **How to clean burnt food out of your pots**

Laura A. Lofthouse

Scrape burnt food out, fill with water above the burned area, add 2 Tablespoons baking soda. Put on lid, bring to a boil, remove from heat and allow to cool. Wash in warm soapy water.

\*\*\*\*\*

### **Sluggish Drain Opener**

Laura Dayley

1 cup baking soda  
1 cup salt  
1/4 cup cream of tartar

Mix ingredients together, pour 1/4 cup mixture into drain. Add 1 cup boiling water. Wait a few minutes. Flush with cold water.

\*\*\*\*\*

### **Cooking Tips from the Ranch**

Sharon Lofthouse/Lola Preston

1. Reduce salt in recipes to 1/4 teaspoon.
2. Use seasoned salt for meats and casseroles.
3. Put 1 can cream of mushroom soup in stuffing for a turkey.
4. Save broth from vegetables in a jar in the freezer-use for soups.
5. Chop cabbage for coleslaw in water in a blender, drain.
6. Try microwave macaroni--it's faster.
7. Use cumin in potato salad and on hamburgers for flavor.
8. Try drained fruit cocktail with lettuce and salad dressing for an easy salad.
9. Add 1/4 cup whole wheat flour to a Jiffy Mix and extra water for an easy pizza crust.
10. Add ground white pepper to mashed potatoes.
11. Use non-stick spray on frying and baking pans.
12. Add 1/4 teaspoon baking powder to scrambled eggs for more volume.
13. To remove fat from hot gravy drippings or soup base--add ice cubes, let cool then pick off fat.

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Ability will enable a man to get to the top, but  
character is the only thing that will keep him there.

**Crystal Garden**

Laura Dayley

2 Tablespoons salt	1 1/2 teaspoon household ammonia
1/4 cup warm water	
2 Tablespoons bluing	charcoal briquettes
food coloring	

Mix the salt into the warm water and stir until dissolved. Add the bluing and ammonia, stir thoroughly. Pour over charcoal briquettes that are in a glass bowl. Drop food coloring on charcoal.

\*\*\*\*\*

**Favorite Salt Clay**

Laura Dayley

1 cup flour	2 Tablespoons oil
1/2 cup salt	1 cup boiling water
2 teaspoons cream of tartar	

Mix the flour, salt and cream of tartar together, mix in the oil, pour boiling water over mixing until cool enough to handle. Knead until smooth, divide as you wish and add food coloring. Store covered after cool.

\*\*\*\*\*

**Goop (colors)**

Laura Dayley

1 cup cornstarch  
4 cups water  
1/3 cup sugar

Mix together, bring to a boil, cook until thick. Cool and put in ziplock baggies. Excellent for making secondary colors.

\*\*\*\*\*

**Bubbles**

Laura Dayley

2 1/2 gallons water  
1 quart liquid soap  
1 cup glycerin or corn syrup or sugar

Mix all ingredients slowly so there are few suds. Let mixture sit overnight. Test different bubble recipes. Mix different amounts of the ingredients in different bowls. Label the bowls with your recipes. Add food coloring if you wish. Blow bubbles from each mixture. Which recipe makes the longest lasting bubbles?

**Bouncy Ball**

Laura Dayley

1 part Sta-flow starch  
2 parts Elmer's glue  
pinch of salt

Mix together and form a ball

\*\*\*\*\*

**Gluep**

Laura Dayley

Mix Elmer's glue with water--50 % glue and 50% water.  
Mix 1 cup borax in 1 quart of water.

Directions: Put 2 Tablespoons glue mixture in a cup. Add a drop or two of food coloring. Add 2 teaspoons borax mixture, knead. Keep in refrigerator.

\*\*\*\*\*

**Pet Tornado**

Laura Dayley

Put 3 cups of water into a quart jar, add 1 drop blue and 1 drop green food coloring. Add two teaspoons vinegar. Add two teaspoons Palmolive dish soap. Cap and tighten lid. Swirl jar at the eye level to see your "Pet Tornado".

\*\*\*\*\*

**Finger Painting**

Laura Dayley

1 cup liquid starch  
1 cup cold water  
3 cups Ivory Snow Soap Granules, look in the baby department, it MUST be the granules.

Blend all together. Add more water if needed to thin. Double batch for classroom. Add tempera paint to finger painting mixture.

\*\*\*\*\*

**Oobleck (Matter)**

Laura Dayley

1 box cornstarch  
1 2/3 to 2 cups water  
Food coloring

Mix the box of cornstarch with the water, let stand. Stir with hand 15 minutes before class. Makes enough for three tins. Identify properties.



## EQUIVALENT CHART

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

## SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.  
 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.  
 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.  
 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.  
 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.  
 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).  
 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.  
 3/4 cup **cracker crumbs** = 1 cup bread crumbs.  
 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe.  
 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.  
 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.  
 1 package **active dry yeast** = 1 cake compressed yeast.  
 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.  
 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.  
 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic.  
 1 lb. **whole dates** = 1 1/2 c. pitted and cut.  
 3 medium **bananas** = 1 c. mashed.  
 3 c. **dry corn flakes** = 1 c. crushed.  
 10 miniature **marshmallows** = 1 large marshmallow.

## GENERAL OVEN CHART

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

## CONTENTS OF CANS

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

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



## FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
<b>Meat, Poultry or Fish:</b>			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
<b>Salads, Casseroles, Vegetables:</b>			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
<b>Fresh Vegetables:</b>			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
<b>Desserts:</b>			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
<b>Ice Cream:</b>			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
<b>Beverages:</b>			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	⅓ pound and 1½ gal. water	⅓ pound and 3 gal. water	⅓ pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water



## TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

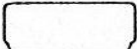










In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.



## HANDY CHART OF KITCHEN MATH

### (Size of Pans and Baking Dishes)

*Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers*

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:	
<div style="display: flex; flex-direction: column; align-items: center;"> <div>A </div> <div>B </div> <div>C </div> <div>D </div> <div>E </div> <div>F </div> <div>G </div> <div>H </div> <div>I </div> <div>J </div> <div>K </div> </div>	<p><b>4-cup baking dish:</b>            9-inch pie plate            8x1 1/4-inch layer cake pan - C            7 3/8x3 5/8x2 1/4-inch loaf pan - A</p> <p><b>6-cup baking dish:</b>            8 or 9x1 1/2-inch layer cake pan - C            10-inch pie plate            8 1/2x3 5/8x2 5/8-inch loaf pan - A</p> <p><b>8-cup baking dish:</b>            8x8x2-inch square pan - D            11x7x1 1/2-inch baking pan            9x5x3-inch loaf pan - A</p> <p><b>10-cup baking dish:</b>            9x9x2-inch square pan - D            11 3/4x7 1/2x1 3/4-inch baking pan            15x10x1-inch jelly-roll pan</p> <p><b>12-cup baking dish and over:</b>            13 1/2x8 1/2x2-inch glass baking pan 12 cups            13x9x2-inch metal baking pan 15 cups            14x10 1/2x2 1/2-inch roasting pan 19 cups</p>
TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS	
<b>Tube Pans:</b>	
7 1/2x3-inch "Bundt" tube pan - K	6 cups
9x3 1/2-inch fancy tube or "Bundt" pan - J or K	9 cups
9x3 1/2-inch angel cake pan - I	12 cups
10x3 3/4-inch "Bundt" or "Crownburst" pan - K	12 cups
9x3 1/2-inch fancy tube mold - J	12 cups
10x4-inch fancy tube mold (Kugelhupf) - J	16 cups
10x4-inch angel cake pan - I	18 cups
<b>Melon Mold:</b>	
7x5 1/2x4-inch mold - H	6 cups
<b>Spring-Form Pans:</b>	
8x3-inch pan - B	12 cups
9x3-inch pan - B	16 cups
<b>Ring Molds:</b>	
8 1/2x2 1/4-inch mold - E	4 1/2 cups
9 1/4x2 3/4-inch mold - E	8 cups
<b>Charlotte Mold:</b>	
6x4 1/4-inch mold - G	7 1/2 cups
<b>Brioche Pan:</b>	
9 1/2x3 1/4-inch pan - F	8 cups

## MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
<b>BEEF</b>			
Standing Rib Roast <sup>1</sup> (10 inch) ribs	4	1 ¾	140° (rare)
<sup>1</sup> If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2 ½	170° (well done)
Rolled Ribs	8	2 ½	140° (rare)
		3	160° (medium)
		4 ½	170° (well done)
Rolled rump <sup>2</sup>	4	2	140° (rare)
		2 ½	160° (medium)
		3	170° (well done)
Sirloin tip <sup>2</sup> <sup>2</sup> Roast only if high quality. Otherwise, braise.	6	3	140° (rare)
		3 ¼	160° (medium)
		4	170° (well done)
Leg	5	2 ¼	140° (rare)
		3	160° (medium)
		3 ¾	170° (well done)
Shoulder	3	1 ½	140° (rare)
		2	160° (medium)
		2 ¼	170° (well done)
<b>LAMB</b>			
Leg	6	3	175° (medium)
		3 ½	180° (well done)
Shoulder	8	4	175° (medium)
		4 ½	180° (well done)
<b>VEAL</b>			
Leg (piece)	5	2 ½ to 3	170° (well done)
Shoulder	6	3 ½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3 ½	170° (well done)

## POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
<b>TURKEY</b>	6 to 8 lbs.	325°	2 ½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3 ½ hrs.
	12 to 16 lbs.	325°	3 ½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4 ½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
<b>CHICKEN</b> (Unstuffed)	2 to 2 ½ lbs.	400°	1 to 1 ½ hrs.
	2 ½ to 4 lbs.	400°	1 ½ to 2 ½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
<b>DUCK</b> (Unstuffed)	3 to 5 lbs.	325°	2 ½ to 3 hrs.

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

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