



How Did She Feed Them?



Estelle's Favorite Recipes



Estelle Ward's Cookbook

Favorite and Reliable Recipes

(plus emergency substitutes)

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Beverages and Appetizers

Cheese Ball

2 packages cream cheese, 8 ounce

1 small green pepper, chopped

*1 can crushed pineapple, small can,
drained*

*2 tablespoons onion soup mix, or chopped
chives*

nuts, chopped

Mix -- Chill -- form into two balls and roll in chopped nuts.

Per Serving (excluding unknown items): 1889 Calories; 164g Fat (76.1% calories from fat); 41g Protein; 75g Carbohydrate; 7g Dietary Fiber; 510mg Cholesterol; 4025mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 30 Fat.

Cocoa Mix

Lane's Recipe

2 16 oz. coffee creamer

Mix together and store in a jar with a tight lid.

1 1/2 pound powdered sugar

20 quart Instant powdered milk (20 qt)

Put about 1/4 cup (or to taste) in glass and fill with hot water

1 can Nestle's Quick Chocolate Mix

2 Tablespoons salt

Per Serving (excluding unknown items): 7607 Calories; 323g Fat (37.3% calories from fat); 43g Protein; 1175g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 14440mg Sodium. Exchanges: 65 Fat; 79 Other Carbohydrates.

Hot Cocoa Mix

Servings: 24

Yield: 6 cups

1 cup cocoa

1/2 teaspoon salt

1 cup coffee creamer

5 1/2 cups dry milk (instant)

2 cups sugar

Mix all together and store in a jar with a tight lid

To use: Put about 1/4 cup mix in cup and fill with hot water

Per Serving (excluding unknown items): 240 Calories; 10g Fat (35.0% calories from fat); 9g Protein; 32g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 161mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Salsa, Fresh - Cathy's

Servings: 28

Recipe from Cathy Ward Green

10 tomatoes
1/2 bundle fresh cilantro, minced
1 onion finely chopped
2 teaspoons oregano
2 teaspoons salt
2 teaspoons pepper
tablespoon sugar
clove garlic, minced
Jalapeno pepper, seeded and minced

Preparation Time: 1 hour

Cook: 30 minutes

Mix together and enjoy. Refrigerate any leftovers.

Per Serving (excluding unknown items): 10 Calories; trace Fat (12.1% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 156mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.

Breads

Corn Bread

1 1/3 cups flour

1 1/2 teaspoons salt

2 teaspoons baking powder

3/4 cup sugar

1 can milk, 13 ounce

2 whole eggs

1/2 cup oil

1 cup cornmeal

Mix all together, put in greased 9 x 13 pan at 350 degrees.

Bake 25 minutes.

Or, put in one large loaf pan for 30 minutes. at 350 degrees.

Per Serving (excluding unknown items): 2959 Calories; 131g Fat (39.7% calories from fat); 50g Protein; 399g Carbohydrate; 15g Dietary Fiber; 457mg Cholesterol; 4441mg Sodium. Exchanges: 15 Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 24 Fat; 10 Other Carbohydrates.

Monkey Bread

Servings: 20

This is a delicious bread and is a nice looking bread when cooked. Mom always made this for special occasions.

*2 cups milk, scalded
1/3 cup sugar
1 teaspoon salt
1/3 cup oil
2 Egg beaten
1 tablespoon yeast*

Preparation Time: 1 hour

Cook: 20 minutes

Combine above ingredients and let sit for 10 minutes.

Add 5-6 cups flour and mix in.

Let raise once. - Roll out to 1/4 to 1/2 inches. Cut with a cutter or a glass that is 2 3/4 inches in diameter.

In a Bundt pan, melt 1 cube butter. Dip rounds in butter one at a time and stand on end. They will lay down somewhat, but it toes come out ok.

Let raise in the pan.

Bake at 400 degrees for 20 minutes. (I have used 375 degrees or less for my oven)

You need 28 to 30 rounds for each pan. If you don't have enough rounds, they are too thick

This makes 2 pans.

If you only want one pan, you can freeze the cut rounds and use later.

You can also leave the dough in the refrigerator overnight and roll out the next day.

Per Serving (excluding unknown items): 62 Calories; 4g Fat (63.7% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 119mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Pizza Crust

This recipe is from Linda Ward

1 1/2 cups warm water
1 tablespoon dry yeast
1 whole egg
1 dash salt
2 cups flour
2 cups flour

Mix until yeast and egg, and salt are dissolved

Add 2 cups flour, mix until well blended.

Add 2 more cups flour and knead until not sticky.

Let rise and put on pizza pans with toppings.

Per Serving (excluding unknown items): 1930 Calories; 10g Fat (5.0% calories from fat); 63g Protein; 387g Carbohydrate; 18g Dietary Fiber; 212mg Cholesterol; 363mg Sodium. Exchanges: 25 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Fat.

Rich Dinner Rolls

Servings: 36

Yield: 3 dozen

This is Cathy's roll recipe.

1 cup milk, scalded
1 teaspoon salt
1/2 cup warm water
2 Egg beaten
1/4 cup sugar
1/4 cup butter
2 package yeast
5 1/4 cups flour, sifted

Preparation Time: 1 hour

Cook: 18 minutes

Scald milk. Stir in sugar, salt, and butter

Cool to lukewarm. Measure warm water into large warm bowl.
Sprinkle in yeast. Stir until dissolved.

Add milk mixture, eggs and 2 cups flour. Beat until smooth.

Stir in enough remaining flour to make soft dough. Knead about 8-10 minutes.

Per Serving (excluding unknown items): 88 Calories; 2g Fat (17.5% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 76mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Whole Wheat Rolls

Yield: 4 dozen

Recipe is from Rene Johnson

3 1/2 cups warm water, frozen

1 cup oil

3/4 cup sugar, or 1/2 cup honey

*6 tablespoons yeast, Rene uses 4
tablespoons*

1 tablespoon salt

3 whole eggs

9 cups flour, 9-10 1/2

Mix warm water, oil, sugar or honey, and yeast and let stand 15 minutes

Bake 10 minutes at 425 degrees or 20 minutes at 350 degrees

For cinnamon rolls, add 1 cup sugar instead of 3/4 cup and 4 or 5 eggs instead of 3

Per Serving (excluding unknown items): 7038 Calories; 247g Fat (31.7% calories from fat); 163g Protein; 1037g Carbohydrate; 53g Dietary Fiber; 636mg Cholesterol; 6690mg Sodium. Exchanges: 58 Grain(Starch); 5 1/2 Lean Meat; 45 Fat; 10 Other Carbohydrates.

Breakfast

Granola

Recipe that Estelle used all the time

<i>8 cups rolled oats</i>	Mix in large bowl, oats, wheat, coconut, wheat germ, sesame seeds, sunflower seeds and nuts
<i>6 cup rolled wheat</i>	
<i>cups coconut</i>	
<i>2 cups wheat germ</i>	
<i>1 cup sesame seeds</i>	
<i>1 cup sunflower seeds</i>	Cook brown sugar or honey, oil, hot water, vanilla and salt just to boiling.
<i>2 cups nuts</i>	
<i>2 1/2 cups brown sugar or honey</i>	Pour over dry mixture.
<i>1 1/4 cups oil</i>	Place on cookie sheet.
<i>1 1/2 cups hot water</i>	
<i>3 teaspoons vanilla</i>	Bake at 225 degrees until dry, stirring occasionally
<i>2 teaspoons salt</i>	
<i>2 cups raisins</i>	

Per Serving (excluding unknown items): 10031 Calories; 640g Fat (55.0% calories from fat); 272g Protein; 908g Carbohydrate; 171g Dietary Fiber; 0mg Cholesterol; 4414mg Sodium. Exchanges: 44 1/2 Grain(Starch); 11 1/2 Lean Meat; 15 Fruit; 115 1/2 Fat.

Microwave Coffee Cup Scramble

Servings: 1

2 whole eggs
2 tablespoons milk
2 tablespoons cheddar cheese, shredded
salt and white pepper

Coat 12 oz. microwave-safe coffee mug with cooking spray, add eggs and milk; beat until blended

Microwave on high, 45 seconds; stir

Microwave until eggs are almost set 30-45 seconds longer

Top with cheese; season with salt and pepper

Per Serving (excluding unknown items): 224 Calories; 16g Fat (64.4% calories from fat); 17g Protein; 2g Carbohydrate; 0g Dietary Fiber; 443mg Cholesterol; 243mg Sodium. Exchanges: 2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.

Cakes and Frostings

Boiled Raisin Cake, Aunt May

Servings: 25

This recipe is from Estelle's aunt May (her mother, Elise's sister).

This is a heavy cake but tastes very good. It is a thick batter to put in the pan. I put it in a 9 x 13 pan.

We think it might be an old pioneer recipe since it calls for lard.

I used 1/2 the sugar (1 cup)

Made with boiled raisins

2 cups raisins

Boil the raisins, sugar, lard (or shortening) and water for 5 minutes

2 cups sugar

1/2 cup lard, or shortening

Add this to the remaining ingredients and mix well

2 cups water

4 cups flour

1 cup nuts, chopped

Pour into greased and floured 9 x 13 baking pan and bake for 2 hours at 200 degrees or 250 degrees until toothpick comes out clean.

1 teaspoon soda, rounded

1 teaspoon salt

1/3 teaspoon cloves

2 teaspoons cinnamon

1 teaspoon nutmeg

1/4 teaspoon allspice

Per Serving (excluding unknown items): 243 Calories; 8g Fat (27.4% calories from fat); 3g Protein; 42g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 89mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Brownstone Front

Servings: 20

Yield: 20 pieces

Delicious sour cream cake. We had this a lot when we lived on the farm because we had a lot of cream that sometimes soured before we used all of it. Mother doesn't like the full 1/2 cup cocoa. She prefers a lighter flavored chocolate.

2 cups sour cream

2 cups sugar

2 1/2 cups flour

1 teaspoon vanilla

4 large eggs

2 teaspoons soda

3 1/2 tablespoon cocoa

1 teaspoon salt

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 10 minutes

Cook: 45 minutes

Dissolve 1/2 cup cocoa and 2 teaspoons soda in about 1/2 cup water. Add to other ingredients.

Bake at 350 degrees for 45-50 minutes in a 9x13 pan.

To make a white cake, delete the cocoa. Use sweet cream and add 2 teaspoons baking powder in place of soda.

Per Serving (excluding unknown items): 201 Calories; 6g Fat (26.9% calories from fat); 4g Protein; 34g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 134mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.

Carrot Cake

From Ruth Smith

<i>1 cup cooking oil</i>	Mix oil and sugar
<i>2 cups sugar</i>	
<i>3 whole eggs, well beaten</i>	Add eggs, carrots and pineapple.
<i>2 cups carrots, shredded</i>	
<i>1 can crushed pineapple, small, drained</i>	Mix dry ingredients and blend well
<i>3 cups flour</i>	
<i>1 teaspoon salt</i>	
<i>1 teaspoon soda</i>	Add vanilla, nuts, and raisins
<i>1 teaspoon cinnamon</i>	
<i>2 teaspoons vanilla</i>	Bake 45 minutes at 350 degrees. Bake longer, if needed.
<i>1 cup nuts, chopped</i>	
<i>1 cup raisins</i>	Can bake in loaf pans.
	Frost with cream cheese frosting.

Per Serving (excluding unknown items): 6665 Calories; 318g Fat (41.9% calories from fat); 90g Protein; 902g Carbohydrate; 41g Dietary Fiber; 636mg Cholesterol; 2479mg Sodium. Exchanges: 21 Grain(Starch); 5 Lean Meat; 5 Vegetable; 10 Fruit; 59 Fat; 27 Other Carbohydrates.

Cherry Cobbler

Servings: 6

Yield: 1 1/2 quart casserole dish

If you like more cherry filling, double recipe, but use same quantity of cobbler topping. Next time I will use the whole quart of bottled cherries. We enjoyed this very much.

2 cups pitted cherries

1/2 cup sugars, granulated

1 tablespoon tapioca, quick-cooking

2 tablespoons butter

1/8 teaspoon salt

4 drops almond extract

1 cup flour

1 tablespoon sugars, granulated

1 1/2 teaspoon baking powder

1/4 teaspoon salt

1/4 cup butter

1/4 cup milk

1 medium egg slightly beaten

Cook: 35 minutes

Combine cherries, sugar and tapioca. Cook until thick and clear.

Stir in butter, salt and almond flavoring (15 minutes)

Pour hot mix into 1 1/2 quart casserole or baking dish. Add cobbler topping

Cobbler Topping

Sift together flour, sugar, baking powder and salt. Cut in butter or margarine. Mix until it resembles coarse crumbs

Mix milk and egg. Add all at once to dry ingredients. Stir to just moisten.

Drop by teaspoon over the hot cherry mix and bake in a hot oven (400 degrees) 20 minutes or until crust is brown.

Serve with cream or ice cream

Per Serving (excluding unknown items): 190 Calories; 12g Fat (56.7% calories from fat); 3g Protein; 18g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 378mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Chocolate Cake

This is one of my favorite cakes

*1/2 cup shortening, creamed
1 cup sugar, cream with shortening
2/3 cup milk
4 yolks, and white of one egg
2 cups flour
1 teaspoon baking powder
1/4 teaspoon salt
4 tablespoons cocoa
1/4 cup sugar
1/4 teaspoon soda
hot water*

Mix chocolate with 1/4 cup sugar, 1/4 teaspoon soda and hot water to make a thick paste

Bake 350 degrees about 30 minutes or until toothpick comes out dry.

Per Serving (excluding unknown items): 2935 Calories; 113g Fat (33.9% calories from fat); 35g Protein; 461g Carbohydrate; 14g Dietary Fiber; 22mg Cholesterol; 1112mg Sodium. Exchanges: 13 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 22 Fat; 17 Other Carbohydrates.

Cream Cake

Servings: 15

*This recipe was given to Estelle from Clarice Ricks at a bridal shower before Estelle was married
Cake with Lemon*

<i>1 cup cream</i>	Pour into a 9 x 13 greased and floured pan
<i>1 1/2 cups sugar</i>	
<i>3 whole eggs</i>	Bake at 350 degrees until toothpick in center comes out clean (about
<i>3 cups flour</i>	30 minutes)
<i>3 teaspoons baking powder</i>	
<i>3/4 cup milk</i>	
<i>1/2 teaspoon salt</i>	
<i>1 teaspoon vanilla</i>	
<i>1/2 teaspoon lemon</i>	

Per Serving (excluding unknown items): 231 Calories; 6g Fat (21.9% calories from fat); 5g Protein; 41g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 195mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 1/2 Other Carbohydrates.

Cream Cheese Frosting

From Ruth Smith. Goes with her carrot cake recipe.

<i>1 package cream cheese, 8 ounce</i>	Beat cream cheese, margarine, vanilla and powdered sugar together
<i>1/4 cup margarine, 1/2 stick</i>	
<i>2 teaspoons vanilla</i>	Frost cake
<i>4 cups powdered sugar, unsifted</i>	
<i>1 cup coconut</i>	Put coconut and pecans between layers of cake.
<i>1/2 cup pecans</i>	

Per Serving (excluding unknown items): 3752 Calories; 190g Fat (44.5% calories from fat); 25g Protein; 509g Carbohydrate; 11g Dietary Fiber; 255mg Cholesterol; 1240mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Fruit; 36 Fat; 32 Other Carbohydrates.

Fluffy White Icing

This is our favorite frosting for the Brown Front cake. Or, most any cake.

1 1/2 cup sugar, granulated

3/4 cup water

2 egg whites

1/4 teaspoon almond extract

Cook sugar and water to a soft ball stage

Beat 2 egg whites

Add cooked syrup and 1/4 teaspoon almond.

Beat until right consistency

Per Serving (excluding unknown items): 1196 Calories; trace Fat (0.0% calories from fat); 7g Protein; 300g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 118mg Sodium. Exchanges: 1 Lean Meat; 20 Other Carbohydrates.

Golden Angel Food Cake

Servings: 20

1 cup sugar, granulated

1/2 cup boiling water

1 cup flour

2 teaspoons baking powder, level

1 pinch salt

Lemon extract

1 dozen egg yolks

Beat egg yolks until lemon color. F

Add sugar gradually and beat well.

Add water while still beating.

Sift flour and baking powder together three times, fold into mixture.

Add flavoring and salt

Beat well and cook in a slow oven. 300 to 325 degrees

Per Serving (excluding unknown items): 97 Calories; 3g Fat (28.9% calories from fat); 2g Protein; 15g Carbohydrate; trace Dietary Fiber; 128mg Cholesterol; 60mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Honey Chocolate Cake

1 cup honey

3/4 cup shortening

3/4 teaspoon soda

2 whole eggs

2/3 cup water

2 cups flour

1/2 teaspoon salt

4 tablespoons cocoa

1 teaspoon vanilla

Mil all ingredients and put in greased and floured 9 x 13 pan.

Bake at 350 degrees about 30 minutes or until toothpick comes out clean

Per Serving (excluding unknown items): 3509 Calories; 169g Fat (41.9% calories from fat); 44g Protein; 484g Carbohydrate; 15g Dietary Fiber; 424mg Cholesterol; 1234mg Sodium. Exchanges: 13 1/2 Grain(Starch); 2 Lean Meat; 32 Fat; 18 1/2 Other Carbohydrates.

Jello Cake

From Rhonda Terry

<i>1 package cake mix, white</i>	Mix cake mix, jello, eggs, 3/4 cup water and oil
<i>1 package Jello, any flavor</i>	
<i>4 whole eggs</i>	Bake 30 minutes at 375 degrees
<i>3/4 cup water</i>	
<i>3/4 cup oil</i>	
<i>2 cups sugar</i>	Make syrup to top cake with by bringing sugar, lemon juice, margarine and water to a boil.
<i>1/3 cup lemon juice</i>	
<i>2 tablespoons margarine</i>	
<i>1 tablespoon water</i>	Pour over cake.

Per Serving (excluding unknown items): 5038 Calories; 245g Fat (43.1% calories from fat); 42g Protein; 688g Carbohydrate; 4g Dietary Fiber; 848mg Cholesterol; 2934mg Sodium. Exchanges: 3 Lean Meat; 1/2 Fruit; 46 1/2 Fat; 45 1/2 Other Carbohydrates.

Mile High Chocolate Cream Cake

From Clara Ward (Leonard's wife)

<i>1 3/4 cups flour</i>	At high speed with electric mixer, beat 3 eggs 4 minutes or until light and lemon colored.
<i>1/2 teaspoon soda</i>	
<i>1/2 teaspoon salt</i>	
<i>1/4 cup water</i>	Turn to medium speed and add sugar and beat 3 minutes.
<i>2 squares chocolate</i>	
<i>1 cup sour cream</i>	Turn to low speed and add chocolate mix and vanilla.
<i>1 1/2 cups sugar</i>	
<i>3 whole eggs</i>	Add dry ingredients alternately with cream.
<i>1 cup nuts, if desired</i>	
<i>1 teaspoon vanilla</i>	Add nuts and mix well.
	Bake in layer pans 20 minutes at 350 degrees.

Per Serving (excluding unknown items): 3847 Calories; 165g Fat (37.5% calories from fat); 75g Protein; 543g Carbohydrate; 23g Dietary Fiber; 738mg Cholesterol; 1432mg Sodium. Exchanges: 13 Grain(Starch); 5 Lean Meat; 1/2 Non-Fat Milk; 29 Fat; 22 1/2 Other Carbohydrates.

Raisin Cake

3 cups raisins

2 cups sugar

3 cups water

1 cup shortening

1/2 teaspoon cloves

1 teaspoon nutmeg

2 teaspoons cinnamon

4 cups flour

1 cup nuts

1 1/2 teaspoons soda

3/4 teaspoon salt

Boil raisins, sugar, water, shortening cloves nutmeg and cinnamon together 5 minutes and let it cool

Add: flour, nut, soda and salt.

Mix and pour into a greased and floured 9 x 12 inch pan.

Bake at 325 degrees until toothpick comes out clean.

Per Serving (excluding unknown items): 7389 Calories; 293g Fat (34.5% calories from fat); 90g Protein; 1161g Carbohydrate; 49g Dietary Fiber; 0mg Cholesterol; 1706mg Sodium. Exchanges: 27 1/2 Grain(Starch); 2 1/2 Lean Meat; 22 1/2 Fruit; 55 1/2 Fat; 27 Other Carbohydrates.

Candy

Caramel Popcorn Balls

This recipe is from Miss Singleton

<i>1 1/2 cups sugar</i>	Cook to soft ball.
<i>1 1/2 cups brown sugar</i>	
<i>2 cubes butter</i>	Turn off heat and stir in 2 teaspoons of soda
<i>1 cup Karo syrup, White</i>	
<i>1 cup water</i>	Stir well until it foams.
<i>Cream of tartar, 1/8 to 1/2 or as needed</i>	
<i>2 teaspoons soda</i>	Pour over popcorn.
	Shape into balls

Per Serving (excluding unknown items): 4530 Calories; 184g Fat (35.1% calories from fat); 2g Protein; 763g Carbohydrate; 0g Dietary Fiber; 497mg Cholesterol; 2365mg Sodium. Exchanges: 36 1/2 Fat; 50 1/2 Other Carbohydrates.

English Toffee

2 1/2 cups sugar

1/2 cup water

1/4 cup sugar

1 pound butter

1 pound nuts

2 pounds milk chocolate

Use heavy kettle

Cook sugar, water, syrup and butter to 285 to 290 degrees. (This temperature is hard crack stage)

Pour on nuts

Melt 1 pound chocolate and pour over and spread

Sprinkle more nuts on top.

Per Serving (excluding unknown items): 12843 Calories; 903g Fat (60.5% calories from fat); 143g Protein; 1185g Carbohydrate; 76g Dietary Fiber; 1194mg Cholesterol; 4554mg Sodium. Exchanges: 6 1/2 Grain(Starch); 8 Lean Meat; 175 Fat; 72 1/2 Other Carbohydrates.

Marzipan

Servings: 30

(This is the recipe from General Foods' book Joys of Jello, but for these strawberries, I omitted the sugar and rolled them in colored sugar crystals instead. Hope you like them!)

1 7 oz coconut, fine grated
1 3 ounce Jello gelatin
1 cup almonds, grated, blanched
2/3 cup milk, sweetened condensed
1 1/2 tsp sugar
1 tsp almond extract

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

Thoroughly mix all ingredients. Shape as small fruits, vegetables, hearts, Easter eggs, or other forms.

If desired, use food coloring to paint details on fruit and add stems of whole cloves, angelica, paper, or use your imagination.

Chill until dry.

Store, covered, at room temperature.

Note: for fruits, use the appropriate flavors: strawberry for strawberries; lemon for bananas, lemons, pears; lemon-lime for "green", apples, lime for leaves, limes; orange for oranges; cherry or black cherry for cherries.

Per Serving (excluding unknown items): 56 Calories; 5g Fat (74.4% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Mother Goose Popcorn

This is a favorite of our family.

2 cups sugar
3/4 cup milk
food coloring
vanilla

Cook to soft ball stage

Let set 2 - 3 minutes

Pour over 6 quarts of popcorn and stir.

Per Serving (excluding unknown items): 1660 Calories; 6g Fat (3.2% calories from fat); 6g Protein; 408g Carbohydrate; 0g Dietary Fiber; 25mg Cholesterol; 94mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1 Fat; 27 Other Carbohydrates.

Popcorn Balls

1/2 cup brown sugar
1 cup granulated sugar
1 cup cream
1 cup Karo syrup, Dark Karo

Cook to a right firm ball and pour over popcorn

Per Serving (excluding unknown items): 2554 Calories; 60g Fat (20.1% calories from fat); 6g Protein; 530g Carbohydrate; 0g Dietary Fiber; 209mg Cholesterol; 516mg Sodium. Exchanges: 12 Fat; 35 Other Carbohydrates.

Sugar Coating for Nuts

Recipe from Clara Ward

<i>1 cup sugar</i>	Cook to crack stage (230 degrees) or until water boils out.
<i>1/2 cup water</i>	
<i>1/4 teaspoon salt</i>	Put on cookie sheet
<i>10 ounces peanuts, raw</i>	
	Bake 15 minutes at 300 degrees.
	Store in container with lid.

Per Serving (excluding unknown items): 2381 Calories; 140g Fat (49.6% calories from fat); 73g Protein; 246g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 590mg Sodium. Exchanges: 3 Grain(Starch); 9 1/2 Lean Meat; 22 Fat; 13 1/2 Other Carbohydrates.

Canning and Preserving

Apple Pie Filling, Bottled

Yield: 6 quarts

Recipe from Vesta Cook

1 cup cornstarch

4 1/2 cups sugar

2 teaspoons cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon cloves

1 teaspoon salt

3 teaspoons lemon juice

mix the first 5 ingredients and add 10 cups water.

Cook in large pan over low heat, stirring until thick.

Add 3 tablespoons lemon juice and 1 teaspoon salt

Put peeled and sliced apples in clean bottles.

Cover with hot sauce.

Process in water bath 20 minutes.

Per Serving (excluding unknown items): 3991 Calories; 1g Fat (0.1% calories from fat); 1g Protein; 1021g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2155mg Sodium. Exchanges: 8 Grain(Starch); 0 Fruit; 0 Fat; 60 1/2 Other Carbohydrates.

Beet Relish

Yield: 5 pints

This recipe is from Clara Ward

*1 quart beets, coarsly chopped, and
cooked
1 quart red cabbage, coarsely chopped
1 3/4 cups finely chopped celery
1 cup chopped onion
1 cup cranberry juice
1 1/2 cups white wine
1 2/3 cups sugar
2 tablespoons horseradish
1/4 teaspoon white pepper
1/2 teaspoon grated orange rind
1 teaspoon salt
1/8 teaspoon cayenne pepper*

Place ingredients in kettle and bring to a boil and simmer for 5 minutes uncovered.

Pack in jars and process in boiling water bath 15 minutes.

Per Serving (excluding unknown items): 2117 Calories; 3g Fat (1.2% calories from fat); 18g Protein; 472g Carbohydrate; 30g Dietary Fiber; 0mg Cholesterol; 2845mg Sodium. Exchanges: 0 Grain(Starch); 18 Vegetable; 2 1/2 Fruit; 0 Fat; 22 1/2 Other Carbohydrates.

Bottled Stew

This recipe is from Darrell Farnsworth

<i>carrots, cubed</i>	I put carrots in jar not quite half full.
<i>potatoes, cubed</i>	
<i>1/2 teaspoon salt</i>	Put beef or chicken cube in bottom, put all other ingredients in
<i>1/2 teaspoon accent</i>	
<i>1 cube beef bouillon, or chicken</i>	Fill to top with potatoes
<i>1 tablespoon parsley</i>	
<i>1/3 cup celery, chopped, cut with knife</i>	Fill jar with water
<i>1/8 teaspoon pepper</i>	
<i>1 tablespoon Pearl barley</i>	Pressure cook at 10 pounds pressure 30 minutes
<i>1/4 cup chopped onion</i>	
	When ready to use, add browned hamburger or cooked chicken.
	We like to add a bottle of tomato soup. This makes it real good.

Per Serving (excluding unknown items): 87 Calories; 1g Fat (9.9% calories from fat); 3g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2467mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Fat.

Canned Fish

Rueland and Estelle loved to go fishing. Estelle would bottle the fish they caught and use later to make delicious fish patties.

She would add an egg and cracker crumbs to the bottled fish to make it into patties.

Fry the patties in oil and butter in a frying pan until browned on both sides. They are delicious.

Canning fish we caught

1 teaspoon salt, 1/2 to 1

*1 tablespoon vinegar, Estelle used only 1
teaspoon*

*1 tablespoon oil, Estelle did not use any
oil (optional)*

Fill bottles with as much raw fish as possible. Do not add any juice.
They cook in their own juice.

Cook according to pressure canner instruction (1 hour 20 minutes?)

Per Serving (excluding unknown items): 123 Calories; 14g Fat (97.2% calories from fat); 0g Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2132mg Sodium. Exchanges: 2 1/2 Fat; 0 Other Carbohydrates.

Chili Sauce -Mickys

This recipe is from Lane's dental assistant.

<i>24 tomatillo, whole, ripe</i>	In a bag put 2 teaspoons whole cloves and 2 teaspoons allspice.
<i>6 medium onions, coarsely ground</i>	
<i>4 medium red peppers</i>	Boil until thick. Take out spice bag.
<i>2 medium green peppers</i>	
<i>3 tablespoons salt</i>	Add 1 quart catsup. Boil 5 - 10 minutes.
<i>4 cups sugar, white</i>	
<i>1 cup brown sugar</i>	
<i>4 cups vinegar</i>	Bottle and process
<i>2 teaspoons whole cloves</i>	
<i>2 teaspoons allspice</i>	NOTE: Mickey uses 1/2 to 1 cup brown sugar and 3 teaspoons pickling spice.
<i>1 quart catsup</i>	

Per Serving (excluding unknown items): 5503 Calories; 15g Fat (2.3% calories from fat); 36g Protein; 1415g Carbohydrate; 56g Dietary Fiber; 0mg Cholesterol; 30701mg Sodium. Exchanges: 1/2 Grain(Starch); 26 Vegetable; 1 1/2 Fat; 84 Other Carbohydrates.

chokecherry syrup

Servings: 72

Yield: 4 pints

From Cooks.com

4 cups chokecherry juice

4 cups Syrup

1/2 cup lemon juice

1/2 package pectin (powdered) MCP

Cook: 10 minutes

Mix and boil for 2 minutes. Pour into clean hot jars and process 10 minutes in boiling water bath.

Per Serving (excluding unknown items): 2 Calories; trace Fat (0.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 0 Other Carbohydrates.

Chokecherry Syrup (Julie Saurey)

From Julie Saurey, Lane's dental assistant

8 cups chokecherry juice

Mix together and boil 2 minutes

1 package pectin

1/2 cup lemon juice

Put in hot sterilized jars and process in water bath 10 minutes

10 cups sugars, granulated

1 1/2 teaspoon almond extract

Per Serving (excluding unknown items): 233 Calories; trace Fat (0.8% calories from fat); 1g Protein; 64g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 120mg Sodium. Exchanges: 1/2 Fruit; 3 1/2 Other Carbohydrates.

Corn, Frozen

30 cups corn

Cook to a good boil and cool.

1 cup sugar

1/4 cup salt

Package and freeze.

1 cup water

Per Serving (excluding unknown items): 4777 Calories; 55g Fat (9.1% calories from fat); 149g Protein; 1085g Carbohydrate; 126g Dietary Fiber; 0mg Cholesterol; 26288mg Sodium. Exchanges: 60 1/2 Grain(Starch); 13 1/2 Other Carbohydrates.

Creamed Corn

6 cups corn

1 tablespoon sugar

1 1/2 teaspoons salt

1/4 cup evaporated milk

3 tablespoons butter

Mix all ingredients together and bake for 30 minutes.

Stir three or four times while baking.

Freeze in bags.

It is so good.

Per Serving (excluding unknown items): 1239 Calories; 50g Fat (32.9% calories from fat); 35g Protein; 196g Carbohydrate; 25g Dietary Fiber; 112mg Cholesterol; 3755mg Sodium. Exchanges: 12 Grain(Starch); 1/2 Non-Fat Milk; 8 Fat; 1 Other Carbohydrates.

Dill Pickles

This recipe comes from Lane Ward

<i>1 slice onion</i>	In clean bottles, place the onion, garlic clove, spray of dill, alum, and cucumbers
<i>1 clove garlic</i>	
<i>1 spray dill</i>	
<i>1/4 teaspoon aluminum foil</i>	
<i>3/4 cup salt</i>	Mix and heat on stove the salt, apple cider vinegar and water.
<i>cucumbers</i>	Fill bottles with liquid and process approximately 15 minutes to seal
<i>2 quarts water</i>	
<i>3/4 cup salt</i>	

Per Serving (excluding unknown items): 54 Calories; trace Fat (4.7% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 153549mg Sodium. Exchanges: 2 Vegetable; 0 Fat.

Dill Pickles, Mrs. Churchs

These are Vicki Southwick's dill pickles

3 quarts water

1 quart apple cider vinegar

1/2 cup salt, Not iodized

1/4 teaspoon powdered alum

1 large bay leaf, whole

3 large dill, or 4 with seed tops

Boil 3 quarts water to 1 quart apple cider vinegar and 1/2 cup salt (not iodized)

Pack pickles in sterilized jars (prick whole pickles with fork 3 or 4 times)

Add to jars: 1/4 teaspoon powdered alum, 1 bay leaf, 3 or 4 pieces dill with seed tops

Pour boiling liquid over - seal jars

Per Serving (excluding unknown items): 158 Calories; trace Fat (1.4% calories from fat); 2g Protein; 62g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 51190mg Sodium. Exchanges: 1 Vegetable; 4 Fruit; 0 Fat.

Frozen Cucumber Pickles

Estelle's recipe

2 quarts cucumber, peeled and sliced
1 large onion, sliced
2 tablespoons pickling salt
1 1/2 cups sugar
1/2 cup vinegar

Combine cukes, onion and salt

Refrigerate, covered for 24 hours

Drain well and add sugar and vinegar

Refrigerate 24 hours again

Spoon into freezer container and cover with juice

Per Serving (excluding unknown items): 1328 Calories; 1g Fat (0.8% calories from fat); 7g Protein; 339g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 6 1/2 Vegetable; 20 1/2 Other Carbohydrates.

Rhubarb Blueberry Jam

Yield: 4 pints

This recipe was created by Rulon Powell, a friend of Mom and Dad's

5 cups Rhubarb, raw, cut up

5 cups sugar, granulated

1 cup water

1 6 oz Jello gelatin, red raspberry))

1 can blueberry pie filling

Preparation Time: 30 minutes

Cook: 15 minutes

Cook rhubarb, sugar and water until rhubarb is tender (do not overcook).

Add 1 can blueberry pie filling.

Bring to a rolling boil for 5 minutes

Remove from heat - add 1 6 oz. package of raspberry jello.

Stir until dissolved.

Pour into jars and seal or freeze

Makes 4 pints

Per Serving (excluding unknown items): 4097 Calories; 1g Fat (0.3% calories from fat); 5g Protein; 1052g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 96mg Sodium. Exchanges: 2 Fruit; 68 1/2 Other Carbohydrates.

Salsa, Mickey's

Servings: 96

Yield: 24 pints

This is very good salsa. It is from Lane's dental assistant

1/2 bushel tomatoes peeled, diced

5 green bell pepper, chopped

2 red pepper, chopped

5 medium onion (chopped)

1/2 cup jalapeno peppers, chopped

4 garlic buds, minced

5 Tablespoons salt

2 teaspoons pepper

1 Tablespoon red cayenne pepper

2 bunches celery

2 teaspoons onion salt

2 teaspoons oregano

1 1/2 cup white sugar

2 cups brown sugar

3 cups vinegar

2 teaspoons sweet Basil

Preparation Time: 1 hour

Cook: 4 hours

Cook for 4 hours and put in sterilized bottles and seal.

Per Serving (excluding unknown items): 18 Calories; trace Fat (2.0% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 369mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Sweet Memory Pickles

This recipe came from Janet Gamble, who rented our basement apartment

25 medium cucumber, to 30

1 quart Apple cider vinegar

2 quarts sugar

2 sticks cinnamon

1 1/2 tablespoons cloves, part whole, part ground

1 teaspoon alum, per quart of water

green food coloring, few drops for desired color

Put 25 to 30 cucumbers in jar. Cover with brine that will float an egg.

Let stand 2 weeks.

Take out and wash.

Cut in one inch pieces and soak in alum water overnight. (clump size of walnut)

Wash off and add syrup of vinegar, sugar, stick cinnamon, green food coloring and cloves. Tie cinnamon in a bag with white thread or string

Boil syrup 4 mornings and pour back over cucumbers

30 cucumbers to 4 quarts water for brine

3/4 - 1 cup salt per quart OR water for brine.

Per Serving (excluding unknown items): 7372 Calories; 12g Fat (1.4% calories from fat); 53g Protein; 1879g Carbohydrate; 71g Dietary Fiber; 0mg Cholesterol; 204mg Sodium. Exchanges: 1 Grain(Starch); 45 Vegetable; 4 Fruit; 1/2 Fat; 107 Other Carbohydrates.

Cookies

Chocolate Chip Cookies

Servings: 60

Yield: 5 doz

This is a recipe my children grew up with

1 cup butter

3/4 cup brown sugar

3/4 cup granulated sugar

2 large eggs

6 Tablespoons hot water

1 teaspoon vanilla

2 1/2 cups flour

1/2 teaspoon salt

1/2 teaspoon soda

1/2 cup nuts

1 package chocolate chips

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

Cook: 11 minutes

Mix butter, sugars, eggs until creamy

Add hot water, and vanilla

Add dry ingredients (flour, salt, soda)

Add chocolate chips and nuts (1/2 to 1 cup)

Bank at 375 degrees for 11-13 minutes or as desired

Per Serving (excluding unknown items): 90 Calories; 5g Fat (48.6% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 53mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Chocolate Chip Cookies (Karen Debow)

This recipe is from Karen DeBow

<i>1 1/3 cups Crisco</i>	Cream Crisco, sugar and brown sugar
<i>2 cups sugar</i>	
<i>1 cup brown sugar</i>	Add eggs and vanilla
<i>4 whole eggs</i>	
<i>4 teaspoons vanilla</i>	Add flour, salt, soda and chocolate chips
<i>4 cups flour</i>	
<i>1 teaspoon salt</i>	
<i>2 teaspoons soda</i>	Bake 350 degrees for 10-12 minutes.
<i>1 package chocolate chips, 12 ounce</i>	

Per Serving (excluding unknown items): 5328 Calories; 91g Fat (15.1% calories from fat); 86g Protein; 1071g Carbohydrate; 28g Dietary Fiber; 848mg Cholesterol; 2507mg Sodium. Exchanges: 25 Grain(Starch); 3 Lean Meat; 15 Fat; 45 1/2 Other Carbohydrates.

Chocolate Cookies

Servings: 36

3/4 cups butter or shortening

4 1/2 tbs cocoa

1/2 cups milk

2/3 tsp baking soda

1/2 tsp salt

3/4 cups nuts, chopped

1 1/2 cups granulated sugar

2 eggs

2 1/4 cups flour

2 tsp baking powder

1 tsp vanilla

Melt chocolate over hot water. Cream shortening & sugar. Add chocolate & egg. Sift flour. Measure and add soda, baking powder and salt. Add alternately.

Drop by teaspoons. Bake at 400° for 10-12 minutes

Per Serving (excluding unknown items): 87 Calories; 2g Fat (22.3% calories from fat); 2g Protein; 16g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 86mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Date Refrigerator Pinwheel Cookies

2 1/4 cups pitted dates, cut

1 cup granulated sugar

1 cup water

1 cup nuts, chopped

1/2 teaspoon soda

1/2 teaspoon salt

1 cup shortening

2 cups brown sugar

3 whole eggs, Well beaten

4 cups sifted all purpose flour

Maraschino cherries

Combine dates, granulated sugar, water and cook until thick. About 10 minutes.

Cream sugar, shortening and eggs.

Add rest of ingredients and mix well.

Roll 1/4 inch thick. Spread with some of the date filling.

Roll up as a jelly roll.

Wrap in wax paper, chill thoroughly.

Cut 1/4 in thick.

Cook on a greased cookie sheet.

Cook in oven 400 degrees for 10 - 12 minutes.

Per Serving (excluding unknown items): 7545 Calories; 306g Fat (35.4% calories from fat); 98g Protein; 1157g Carbohydrate; 56g Dietary Fiber; 636mg Cholesterol; 1434mg Sodium. Exchanges: 25 Grain(Starch); 5 Lean Meat; 19 Fruit; 56 1/2 Fat; 32 Other Carbohydrates.

Filled Cookies

This recipe was given to Estelle by Cathy Ward Green

2 cups shortening
2 cups sugar
1 cup brown sugar
4 whole eggs
6 cups flour
1 teaspoon salt
2 teaspoons soda
2 tablespoons water

Combine shortening, sugars, and cream well.

Add eggs one at a time.

Stir in water.

Sift dry ingredients and add to other. Do not over mix.

Divide into 4 parts. Roll each in a log and wrap in waxed paper.

Refrigerate overnight.

Prepare for filling: Slice 1/4 inch thick. Lay on greased cookie sheet and place scant teaspoon of filling on dough. Place another slice on top. (need not press down) Bake 375 degrees or until lightly brown.

Filling:

2 cups raisins, 3/4 cup sugar, 1 Tablespoon flour, 1 cup water, 1 teaspoon vanilla, 1 teaspoon lemon juice, 1/4 chopped nuts (optional). Blend in blender after cooking.

Combine filling ingredients in saucepan. Stir and blend well. Heat to boiling and cook until thick. Remove from heat and cool completely.

Per Serving (excluding unknown items): 8744 Calories; 437g Fat (44.7% calories from fat); 103g Protein; 1115g Carbohydrate; 22g Dietary Fiber; 848mg Cholesterol; 2488mg Sodium. Exchanges: 37 1/2 Grain(Starch); 3 Lean Meat; 83 1/2 Fat; 36 Other Carbohydrates.

Oatmeal Cookies

Yield: 36

This recipe is from Bernice Hathaway Powell, a friend from Teton Basin

3/4 cup shortening

1 cup brown sugar

1 whole egg

1 1/2 cups flour

1 cup nuts

1 teaspoon vanilla

1/4 teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon soda

1 cup rolled oats

1 cup corn flakes

Cream shortening, brown sugar and egg

add remaining ingredients and mix well

Roll into balls the size of a walnut

Bake for 12 minutes at 350 degrees

Per Serving (excluding unknown items): 3964 Calories; 246g Fat (54.6% calories from fat); 64g Protein; 395g Carbohydrate; 29g Dietary Fiber; 212mg Cholesterol; 1224mg Sodium. Exchanges: 16 1/2 Grain(Starch); 3 1/2 Lean Meat; 46 1/2 Fat; 9 1/2 Other Carbohydrates.

Peanut Butter Cookies

Servings: 60

Recipe is from Clara Ward

1 cup shortening
1 cup granulated sugar
1 cup brown sugar
2 whole eggs
1 cup peanut butter
3 cups flour, sifted
2 tsp soda
1/2 tsp salt
1 tsp vanilla

Cream shortening, add sugar, eggs and peanut butter.

Sift dry ingredients and add above mixture.

Shape in balls. Flatten with fork dipped in flour. Bake at 400° until brown (about 10 min.)

Per Serving (excluding unknown items): 103 Calories; 6g Fat (49.8% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 41mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.

Pride of Joway

Servings: 36

From Jerrie

1 cup brown sugar
1 cup granulated sugar
3 eggs
1 tsp vanilla
1 tsp baking powder
1 tsp soda
1 cup shortening
2 cups oatmeal
2 cups flour
2 cups coconut
1/2 tsp salt

Per Serving (excluding unknown items): 152 Calories; 8g Fat (46.4% calories from fat); 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 52mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Pumpkin Cookies

Servings: 30

From Linda Ward

1 cup shortening
3 cups granulated sugar
4 eggs
2 cups pumpkin
1 cup nuts
2 cups raisins
2 cups chocolate chips
5 cups flour
2 tsp baking powder
2 tsp soda
1 tsp salt
2 tsp vanilla
2 tsp nutmeg
2 tsp cinnamon

Stir shortening, add sugar and beat until light. Add eggs.

Sift flour, etc. together and add alternately with pumpkin. Add nuts and chips. Add vanilla.

Bake at 375° for about 10 minutes

Per Serving (excluding unknown items): 357 Calories; 15g Fat (36.0% calories from fat); 5g Protein; 55g Carbohydrate; 2g Dietary Fiber; 28mg Cholesterol; 117mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 Fat; 2 Other Carbohydrates.

Sour Cream Cookies

Servings: 36

Bake in "quick" oven

<i>1 cup sugar</i>	Cook: 12 minutes
<i>2 medium Egg beaten</i>	Mix as batter cake. Roll thin.
<i>2 tablespoons cream</i>	
<i>2 1/2 cups flour, all purpose</i>	Cut and sprinkle with sugar
<i>2 teaspoons baking powder</i>	
<i>1/2 teaspoon nutmeg</i>	Bake in quick oven
<i>1 teaspoon vanilla</i>	
<i>1 teaspoon grated lemon rind</i>	

Per Serving (excluding unknown items): 56 Calories; trace Fat (4.9% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 28mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Dessert

Apple Crisp

1/4 cup water

3/4 cup sugar

1/2 cup flour

1 teaspoon cinnamon

6 tablespoons butter

1/2 teaspoon salt

8 apples, 6-8 apples

Mix first 6 ingredients as you would for pie crust. Put in baking dish

Add Apple slices and bake for one hour and 15 minutes at 375 degrees.

Per Serving (excluding unknown items): 2075 Calories; 74g Fat (30.5% calories from fat); 9g Protein; 368g Carbohydrate; 33g Dietary Fiber; 186mg Cholesterol; 1773mg Sodium. Exchanges: 3 Grain(Starch); 11 Fruit; 14 Fat; 10 Other Carbohydrates.

Apple Crisp (Newspaper)

Recipe from newspaper - Sandra Bond and her mom, Mary Leak

4 cups apples, peel, cut in slices

3/4 teaspoon cinnamon

1/4 teaspoon nutmeg

7 tablespoons butter

1 cup sugar

3/4 cup flour

1/2 cup water

1/4 cup sugar

Peel and core 6-8 apples and cut in slices to make 4 cups of apples- Golden delicious are best

Cut the butter into flour and sugar.

Mix until fine and crumbly

Put apples in baking dish and pour 1/2 cup water over the apples and sprinkle 1/4 cup sugar over the apples.

Cover with crumb mixture and bake uncovered at 375 degrees for 40-60 minutes.

Per Serving (excluding unknown items): 2288 Calories; 83g Fat (31.8% calories from fat); 11g Protein; 390g Carbohydrate; 16g Dietary Fiber; 217mg Cholesterol; 828mg Sodium. Exchanges: 5 Grain(Starch); 4 1/2 Fruit; 16 Fat; 17 Other Carbohydrates.

Apple Pie

Servings: 8

Yield: 1 pie

This was what Jerrie wanted for her birthday cake for years.

1 cup sugar

3/4 teaspoon cinnamon

1/4 teaspoon nutmeg

1 tablespoon flour

7 cups apples, sliced

Peel and slice apples. Put in salt water to keep from going brown.

Put apples in large bowl

Mix sugar and spices together and stir into apple slices until well coated.

Put apple slices into pie crust and dot with butter.

Put on top crust and flute edges. Can cover edges of crust with aluminum foil to protect crust edges from browning too much.

Bake for 50 minutes at 425°

Per Serving (excluding unknown items): 158 Calories; trace Fat (2.1% calories from fat); trace Protein; 41g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

Apple Pudding

Servings: 8

2 cups apples, chopped

Cover apples with sugar and melted butter for 2 hours

1 cup sugar

1/2 cup butter

Mix dry ingredients (soda, salt, sugar, flour, spices)

1 cup flour

1 teaspoon soda

Add egg to apple mix

1 teaspoon nutmeg

1 teaspoon cinnamon

1/2 teaspoon salt

combine mixtures and add nuts

1 whole egg, beaten

1 cup nuts, chopped

Bake 40 minutes at 350 degrees.

Per Serving (excluding unknown items): 393 Calories; 22g Fat (49.8% calories from fat); 6g Protein; 45g Carbohydrate; 3g Dietary Fiber; 58mg Cholesterol; 262mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 4 Fat; 1 1/2 Other Carbohydrates.

Birds Nest Pudding

This recipe is from Aunt Estelle, Elise Shan's sister.

tart apples, quick cooking

1 quart milk

6 whole eggs, Use yolks

sugar

spices

6 tablespoons granulated sugar

Pare and core without quartering, enough quick cooking tart apples to fill a pudding pan.

Make a custard of 1 quart milk, yolks of 6 eggs; sweeten, add spices

Pour over apples and bake.

When done, use the whites of the 6 eggs, beaten stiff with 6 tablespoons white sugar

Spread over custard; brown lightly

Serve wither hot or cold.

If necessary, apple may be baked a short time before adding custard.

Per Serving (excluding unknown items): 1334 Calories; 62g Fat (42.2% calories from fat); 70g Protein; 123g Carbohydrate; 0g Dietary Fiber; 1405mg Cholesterol; 899mg Sodium. Exchanges: 5 Lean Meat; 4 Non-Fat Milk; 8 Fat; 5 Other Carbohydrates.

Bread Pudding

This recipe is from Aunt Estelle. Elise's sister

1 quart milk, sweet
1 quart bread crumbs
4 whole eggs, well beaten
4 tablespoons sugar
1 cup raisins
1 pint milk
3 whole eggs

Soak bread in half the milk until soft; mash fine

Add rest of milk, the well beaten eggs sugar and 1 cup raisins.

Bake one hour.

Serve warm with sauce, or slice, butter and spread bread with jelly.

Place nicely in a baking dish.

Make custard of 1 pint milk, 3 eggs, sugar to taste and while boiling, pour it over bread.

Place in oven and bake till brown.

Eat with or without sauce.

Per Serving (excluding unknown items): 3752 Calories; 108g Fat (25.7% calories from fat); 151g Protein; 549g Carbohydrate; 16g Dietary Fiber; 1683mg Cholesterol; 4949mg Sodium. Exchanges: 20 1/2 Grain(Starch); 5 1/2 Lean Meat; 7 1/2 Fruit; 6 Non-Fat Milk; 16 Fat; 3 1/2 Other Carbohydrates.

Brown Sugar Brownies

Yield: 36 bars

2/3 cup shortening
1 pound brown sugar
3 egg
2 2/3 cup flour, sifted
1/4 cup milk
2 tsp baking powder
1 tsp salt
1 cup chopped walnuts
1 8 oz chocolate chips

Preparation Time: 15 minutes

Start to Finish Time: 35 minutes

Cook: 30 minutes

Cream shortening and sugar, beat in eggs until mixture is smooth. Sift dry ingredients and stir in. Add nuts and chocolate chips.

Spread 1/2 inch thick in a greased baking pan approximately 9 x 13 inches. Bake 30-35 minutes in a 350 degree oven.

Cut while hot. This will make about three dozen 2-inch bars.

Per Serving (excluding unknown items): 6233 Calories; 295g Fat (41.0% calories from fat); 95g Protein; 861g Carbohydrate; 29g Dietary Fiber; 644mg Cholesterol; 3557mg Sodium. Exchanges: 17 1/2 Grain(Starch); 6 1/2 Lean Meat; 0 Non-Fat Milk; 54 1/2 Fat; 38 1/2 Other Carbohydrates.

Brownies

This recipe is from Mrs. John E. Hunt, St. Anthony, Idaho

1/4 cup butter

1 cup sugar

2 whole eggs

2 tablespoons cocoa

1 teaspoon vanilla

1/4 cup milk

1 cup chopped nuts

1 pinch salt

1/4 teaspoon baking powder

1 cup flour

Combine ingredients and bake

Frost with powdered sugar while slightly warm

Per Serving (excluding unknown items): 2735 Calories; 141g Fat (44.8% calories from fat); 54g Protein; 337g Carbohydrate; 21g Dietary Fiber; 556mg Cholesterol; 916mg Sodium. Exchanges: 8 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Non-Fat Milk; 25 Fat; 13 1/2 Other Carbohydrates.

Carrot Pudding

From Bernice Hathaway Powell, a friend from Teton Basin

<i>6 cups carrots, ground</i>	Fill bottles 2/3 full and pressure for 1 hour at 15 pounds pressure
<i>6 cups potatoes, ground</i>	
<i>6 cups sugar</i>	Could run over if filled more than 2/3 full
<i>6 cups flour</i>	
<i>1 package ground walnuts, if desired</i>	Serve with lemon or caramel sauce
<i>2 cups dates, if desired</i>	
<i>1 tablespoon salt, I use less</i>	
<i>2 tablespoons nutmeg</i>	
<i>4 whole eggs</i>	
<i>2 tablespoons soda</i>	
<i>1 pound butter</i>	
<i>2 pounds raisins, grind half or all</i>	
<i>1/2 teaspoon cloves</i>	

Per Serving (excluding unknown items): 16231 Calories; 454g Fat (24.2% calories from fat); 189g Protein; 3010g Carbohydrate; 129g Dietary Fiber; 1842mg Cholesterol; 10901mg Sodium. Exchanges: 49 1/2 Grain(Starch); 5 1/2 Lean Meat; 15 1/2 Vegetable; 64 Fruit; 84 Fat; 80 1/2 Other Carbohydrates.

Cherry Tapioca Pudding

1 can cherries
1 quart cherry juice-water
1/3 cup tapioca, Kraft Minute Tapioca
3/4 teaspoon salt
2 cups sugar
1/3 cup lemon juice

Cook together the juice, tapioca, salt, sugar and lemon juice until thick (let set for 5 minutes before cooking)

Add cherries and cool (I used a quart jar of bottled raspberries. It was very good).

This is very good as a topping for pancakes or over cake.

Per Serving (excluding unknown items): 1821 Calories; 1g Fat (0.3% calories from fat); 2g Protein; 469g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1606mg Sodium. Exchanges: 3 Grain(Starch); 2 Fruit; 27 Other Carbohydrates.

Fruit Cobbler

This was one of my children's favorite recipes.

1 cup flour

1 cup sugar

1 cup milk

1 teaspoon baking powder

1/2 stick butter

2 1/2 cups fruit

Melt butter

Mix dry ingredients with milk until smooth.

Add melted butter to mixture.

Put in a baking dish than top with favorite fresh or canned fruit or berry

Bake 45 minutes or until brown at 350 degrees.

Per Serving (excluding unknown items): 1788 Calories; 55g Fat (27.5% calories from fat); 21g Protein; 308g Carbohydrate; 4g Dietary Fiber; 157mg Cholesterol; 1080mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Non-Fat Milk; 10 1/2 Fat; 13 1/2 Other Carbohydrates.

Ice Cream

This recipe is from Marsha Nelson

To increase size of recipe use:

4 cups whipping cream

2 1/2 cups sugar

3 packages instant pudding

1 1/2 quarts milk

Can use any flavor instant pudding.

3 cups whipping cream

Freeze in ice cream freezer.

2 cups sugar

2 packages instant pudding mix

1 quart milk

Per Serving (excluding unknown items): 5366 Calories; 298g Fat (48.8% calories from fat); 47g Protein; 656g Carbohydrate; 0g Dietary Fiber; 1112mg Cholesterol; 3712mg Sodium. Exchanges: 6 Non-Fat Milk; 58 1/2 Fat; 39 1/2 Other Carbohydrates.

Ice Cream, Quick Mix

Jodi Cronfoot

Lane's birthday dinner

5 whole eggs, , beaten

2 1/2 cups sugar

1 tablespoon vanilla

1 can evaporated milk, 14 1/2 ounce

2 quarts whole milk

Mix all ingredients into freezer filling 3/4 full

Per Serving (excluding unknown items): 3510 Calories; 84g Fat (21.3% calories from fat); 81g Protein; 620g Carbohydrate; 0g Dietary Fiber; 340mg Cholesterol; 1228mg Sodium. Exchanges: 10 Non-Fat Milk; 15 Fat; 33 1/2 Other Carbohydrates.

Lemon Pie

Servings: 8

This is from Mom's mission - Leslie Francis

1 1/2 cups water

1 1/2 cups sugar, granulated

1/4 cup corn starch

2 tablespoons butter or margarine

3 medium egg yolks

2 tablespoons milk

1/2 cup lemon juice

3 medium egg whites

1/4 cup cream of tarter

3 tablespoons sugar

1 teaspoon lemon juice

Cook: 20 minutes

Cook water, sugar, corn starch and butter until clear and thick.

Pour into 3 egg yolks and 2 tablespoons of milk. Put back into pan and bring to a boil.

Stir well because it will scorch.

Remove from heat and add 1/2 cup lemon juice.

Let it cool in crust (or in pan in cold water then pour into crust)

Top with meringue.

Beat 3 egg whites and 1/4 teaspoon cream of tarter.

Add 3 tablespoons sugar and 1 teaspoon lemon juice

Whip until stiff.

Bake at 350 degree for 15 minutes or until brown

Per Serving (excluding unknown items): 224 Calories; 5g Fat (19.2% calories from fat); 3g Protein; 44g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 56mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 3 Other Carbohydrates.

Mission Brownies (High Altitude)

Recipe from Yvonne Nelson

<i>2 cups sugar</i>	Beat together the sugar, butter and eggs
<i>1/2 cup butter</i>	
<i>4 whole eggs</i>	Ad the 1/4 cup milk alternately with flour mixture.
<i>1/2 cup cocoa</i>	
<i>1 1/3 cups flour</i>	add 2 teaspoons vanilla and nuts.
<i>1/4 teaspoon salt</i>	
<i>1/4 cup milk</i>	
<i>2 teaspoons vanilla</i>	Bake 20-25 minutes at 325 degrees in a 9 x 13 pan.

Per Serving (excluding unknown items): 3425 Calories; 121g Fat (30.9% calories from fat); 54g Protein; 557g Carbohydrate; 19g Dietary Fiber; 1105mg Cholesterol; 1796mg Sodium. Exchanges: 10 Grain(Starch); 3 1/2 Lean Meat; 0 Non-Fat Milk; 21 1/2 Fat; 27 Other Carbohydrates.

Onion Pie

3/4 cup soda crackers, finely crushed

1/3 cup butter, melted

3 cups onion, walla walla

1 tablespoon butter

2 whole eggs, lightly beaten

3/4 cup milk

salt and pepper

1 cup cheddar cheese, and monterey jack cheese

Mix together crushed soda crackers and melted butter in a pie plate, (or use pie crust)

In skillet, saute (about 3 cups Walla Walla onions (3 large onions) in 1 Tablespoon butter until transparent. Do not brown. Spoon into pie plate

Mix 2 lightly beaten eggs and 3/4 Cup milk, salt and pepper to taste and pour over onions.

Sprinkle top with 3/4 to 1 cup of cheddar and monterey jack cheese.

Bake 40 minutes at 350 degrees

Per Serving (excluding unknown items): 1000 Calories; 66g Fat (58.6% calories from fat); 52g Protein; 52g Carbohydrate; 9g Dietary Fiber; 599mg Cholesterol; 1065mg Sodium. Exchanges: 5 1/2 Lean Meat; 7 Vegetable; 1/2 Non-Fat Milk; 9 Fat.

Orange Surprise

4 whole oranges
1 package orange jello, 3 oz.
1 cup boiling water
1 pint ice cream

Dissolve orange Jello in the cup of water.

Add the pint of ice cream until dissolved.

Add orange sections and freeze in freezer.

When nearly firm, put in dessert dishes.

Per Serving (excluding unknown items): 781 Calories; 29g Fat (32.0% calories from fat); 14g Protein; 125g Carbohydrate; 13g Dietary Fiber; 118mg Cholesterol; 238mg Sodium. Exchanges: 3 1/2 Fruit; 6 Fat; 4 Other Carbohydrates.

Pie Crust

From Micky Newman

2 1/2 cups flour

1 cup shortening, Crisco

1 teaspoon salt

1 medium egg

1/4 cup cold water

2 teaspoons vinegar

Beat well the egg, vinegar, and cold water

Mix together with the dry ingredients

Per Serving (excluding unknown items): 3025 Calories; 213g Fat (63.3% calories from fat); 39g Protein; 239g Carbohydrate; 9g Dietary Fiber; 212mg Cholesterol; 2210mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1 Lean Meat; 41 1/2 Fat; 0 Other Carbohydrates.

Pumpkin Pie Squares (Estelle)

Servings: 24

This is a delicious pumpkin dessert.

<i>1 cup flour</i>	Combine flour, oats, 1/2 cup brown sugar, 1/2 cup butter. Mix until crumbly.
<i>1/2 cup quick cooking oats</i>	
<i>1/2 cup brown sugar</i>	
<i>1/2 cup butter</i>	Press in ungreased 13 x 9 x 2 inch pan.
<i>2 cups pumpkin</i>	
<i>13 1/2 ounces evaporated milk</i>	Bake 350 degrees for 15 minutes.
<i>2 whole eggs</i>	
<i>3/4 cup sugar</i>	Combine pumpkin, milk, eggs, sugar, salt and spices. Beat and pour into crust.
<i>1/2 teaspoon salt</i>	
<i>1 teaspoon cinnamon</i>	
<i>1/2 teaspoon ginger</i>	Bake 350 degrees 20 minutes.
<i>1/4 teaspoon cloves</i>	
<i>1/2 cup chopped pecans</i>	Combine pecans, 1/2 cup brown sugar and 2 tablespoons butter.
<i>1/4 cup brown sugar</i>	
<i>2 tablespoons butter</i>	Sprinkle over pumpkin and return to oven. Bake 15-20 minutes or until filling is set.
	Makes 2 dozen 2 inch squares.

Per Serving (excluding unknown items): 156 Calories; 8g Fat (46.5% calories from fat); 3g Protein; 19g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 118mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Pumpkin Pie

Servings: 8

Yield: 8 pieces

From Mildred

<i>2 medium egg</i>	Whip eggs and sugar
<i>2/3 cup sugars, granulated</i>	
<i>1 cup milk</i>	Add milk and dry ingredients
<i>1/4 teaspoon ginger</i>	
<i>1/2 teaspoon cinnamon</i>	
<i>1 cup pumpkin</i>	Pour into pie crust and bake until knife blade comes out clean
<i>1 pinch salt</i>	

Per Serving (excluding unknown items): 42 Calories; 2g Fat (49.0% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 49mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Rhubarb Pie

Servings: 8

This is Thelma Ward Hendrickson's recipe. She is Rueland's sister.

This is a two crust pie.

2 whole eggs, beaten

Combine eggs, sugar, flour and salt.

1 3/4 cups sugar

1/4 cup flour

Add rhubarb and mix well.

1/4 teaspoon salt

4 cups rhubarb

Pour into pie shells

butter

Add dots of butter and bake

Per Serving (excluding unknown items): 215 Calories; 1g Fat (5.7% calories from fat); 3g Protein; 50g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 3 Other Carbohydrates.

Thelma's Sour Cream Pie

Servings: 8

Yield: 1 pie

This was Rueland's favorite pie. Estelle always made it for him for his birthday.

*1 cup raisins
2 tablespoons flour
2/3 cup sugar, granulated
1/2 teaspoon nutmeg
1 teaspoon cinnamon
1 cup sour cream
1 pinch salt
2 tablespoons butter
3 each eggs, separated
1 teaspoon vanilla*

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

Cook: 30 minutes

Cook raisins, flour (not rounded not level-little less), sugar (can use less), nutmeg, cinnamon, sour cream (can also use 1 13 oz. can condensed milk), salt butter or margarine, eggs. (For 2 pies she uses 7 eggs.

After cooked, add 1 tsp vanilla.

Top with meringue.

Per Serving (excluding unknown items): 244 Calories; 11g Fat (39.0% calories from fat); 4g Protein; 34g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 90mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.

Vanilla Ice Cream

This recipe is from Lou Bagley

<i>4 whole eggs</i>	Beat eggs until light.
<i>2 1/2 cups sugar</i>	
<i>6 cups milk</i>	Add sugar gradually beating until the mix thickens.
<i>4 cups cream</i>	
<i>2 tablespoons vanilla</i>	Add rest of ingredients.
<i>1/2 teaspoon salt</i>	

Per Serving (excluding unknown items): 5536 Calories; 308g Fat (49.5% calories from fat); 97g Protein; 610g Carbohydrate; 0g Dietary Fiber; 1884mg Cholesterol; 2422mg Sodium. Exchanges: 3 Lean Meat; 6 Non-Fat Milk; 58 Fat; 33 1/2 Other Carbohydrates.

Main Dish

Baked Beans

This recipe is from Deanna Ward Talbot

2 cans pork and beans, large

Put all but bacon in a crockpot and cook 4-6 hours

1 can kidney beans

1 can butter lima beans

Add bacon just before serving

1 pound hamburger, fried with onions

3/4 pound bacon, fried crisp

1 cup catsup

1 tablespoon liquid smoke flavoring

3 tablespoons vinegar, cider

salt and pepper

Per Serving (excluding unknown items): 4754 Calories; 237g Fat (44.2% calories from fat); 239g Protein; 435g Carbohydrate; 77g Dietary Fiber; 502mg Cholesterol; 12423mg Sodium. Exchanges: 24 Grain(Starch); 22 Lean Meat; 34 Fat; 4 1/2 Other Carbohydrates.

Bar-B-Que Beef

Servings: 12

3 pounds roast, 2 1/2 to 3 pound

1 quart catsup

1 medium onion

1 cup celery

1 teaspoon liquid smoke flavoring

1/2 cup brown sugar

Cook roast, cool it and shred with fingers

Cook catsup, onion, celery, liquid smoke and brown sugar on simmer for 1 hour

Add meat and cook another 45 minutes.

Serve over buns.

Per Serving (excluding unknown items): 347 Calories; 18g Fat (45.7% calories from fat); 19g Protein; 29g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 1018mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 2 Fat; 2 Other Carbohydrates.

Barbecue

1 pound hamburger

1 teaspoon salt

1/2 medium green pepper, finely cut

1 large onion

2 tablespoons vinegar

1 tablespoon dry mustard

2 teaspoons sugar

1 bottle catsup

Fry onions and green pepper.

Add hamburger and salt. Fry until well done.

Add other ingredients and simmer 1/2 hour or longer.

Per Serving (excluding unknown items): 1515 Calories; 61g Fat (35.7% calories from fat); 65g Protein; 182g Carbohydrate; 3g Dietary Fiber; 177mg Cholesterol; 4267mg Sodium. Exchanges: 10 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 9 Fat; 1 Other Carbohydrates.

Breakfast Casserole

This recipe is from Rose Bagley.

3 slices bread, cubed

1 pound sausage

1 1/2 cups cheese, shredded

1/2 cup onion, chopped

8 whole eggs

1 1/2 cups milk

1 can cream of chicken soup

1/2 cup milk

Mix together and put bread, sausage, cheese, onion and eggs and 1 1/2 cups milk in casserole dish, let set in fridge overnight

In the morning top with soup and water mixed

Bake 1 hour at 350 degrees or 2 hours at 275 degrees

Per Serving (excluding unknown items): 3133 Calories; 249g Fat (72.4% calories from fat); 130g Protein; 84g Carbohydrate; 3g Dietary Fiber; 2082mg Cholesterol; 5219mg Sodium. Exchanges: 3 Grain(Starch); 14 Lean Meat; 1 Vegetable; 2 Non-Fat Milk; 40 Fat.

Broccoli-Onion Deluxe

Servings: 6

*2 packages frozen chopped broccoli, 10
ox. pkg or 1 lb. fresh broccoli
3 medium onions , quartered
4 tablespoons butter, or margarine
2 tablespoons flour
1 cup milk
1 package cream cheese, 3 oz.
1/2 cup american cheese, shredded
1 cup bread crumbs, soft*

Cut broccoli in 1 inch pieces. Cook in boiling saltwater until tender.
Drain

Cook onions in boiling salted water and drain.

In saucepan, melt 2 tablespoons of the butter.

Blend in flour, 1/4 tsp. salt, dash pepper

Add milk, cook and stir until thick and bubbly

Reduce heat, blend in cream cheese until smooth.

Place vegetables in a 1 1/2 quart casserole.

Pour sauce over and mix lightly.

Top with process cheese, cover and chill.

Melt remaining butter, toss with crumbs. Cover and chill

Before serving: Bake casserole, covered at 350 degrees for 30
minutes. Sprinkle crumbs around edge; bake uncovered until heated
through. About 30 minutes or more.

Per Serving (excluding unknown items): 209 Calories; 13g Fat (55.8% calories from fat); 6g Protein; 17g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 388mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Brocoli Casserole

2 packages frozen chopped broccoli, 10 oz.

Bake 30 minutes at 350 degrees or until bubbling.

1 can cream of mushroom soup

Put crushed cheese crackers on top.

1/2 cup mayonnaise

cheddar cheese, a lot

Per Serving (excluding unknown items): 918 Calories; 102g Fat (94.7% calories from fat); 4g Protein; 9g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 1658mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 9 1/2 Fat.

Chicken Breeding for Frying Chicken

This recipe comes from Clara Ward

1 quart flour

3 cups cornmeal

salt and pepper, to taste

2 teaspoons poultry seasoning

1/2 teaspoon garlic salt

1/2 teaspoon paprika

Mix Well

Roll chicken in breeding mixture, then in melted butter and oil (equal parts)

Place on a cooking pan and bake in oven at 350 degrees for 20 minutes per side.

Check for doneness and cook a little longer if pieces are larger or chicken is not done.

Per Serving (excluding unknown items): 3348 Calories; 12g Fat (3.3% calories from fat); 87g Protein; 706g Carbohydrate; 46g Dietary Fiber; 0mg Cholesterol; 1048mg Sodium. Exchanges: 46 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Chicken Crescents

This is Lane and Bonnie's recipe. It is very good.

3 ounces cream cheese

Blend cream cheese and butter until smooth.

3 tablespoons butter

1/4 teaspoon salt

Add salt, pepper, milk, onion, pimento chicken and mix well

1/8 teaspoon pepper

2 tablespoons milk

Using 2 crescent rolls, seal perforations and fill with mixture.

1 tablespoon chopped onions, or chives

1 tablespoon chopped pimientos

Brush top with melted butter and crushed seasoned croutons

2 cups cooked chicken, cubed

8 ounces crescent roll

Bake 30 minutes @ 350 degrees.

3/4 cup seasoned croutons, crush and measure

Good with Cream of Chicken soup with spices for gravy over them.

Per Serving (excluding unknown items): 2140 Calories; 132g Fat (56.7% calories from fat); 114g Protein; 113g Carbohydrate; 2g Dietary Fiber; 431mg Cholesterol; 3520mg Sodium. Exchanges: 7 Grain(Starch); 13 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 23 1/2 Fat.

Chicken Divan

Recipe from Cathy Green

<i>2 packages frozen broccoli</i>	Cook broccoli (slightly undercooked).
<i>4 cups cooked chicken, or turkey</i>	
<i>2 cans cream of chicken soup</i>	Arrange stalks in greased baking dish.
<i>1 cup mayonnaise, scant</i>	
<i>1 teaspoon lemon juice</i>	Lay chicken on top.
<i>1/8 teaspoon curry powder</i>	
<i>1/2 cup cheese, shredded</i>	Combine soup, mayonnaise, lemon juice and curry. Pour sauce over chicken and broccoli. Add cheese
<i>1/2 cup bread crumbs</i>	
<i>1 Tablespoon butter</i>	Combine and saute crumbs and butter in a skillet - brown slightly. Spread on top of casserole.
<i>almonds, if desired</i>	
	Sprinkle almonds over top if desired.
	Can be prepared the day before.
	Bake 25 minutes at 350 degrees.

Per Serving (excluding unknown items): 3098 Calories; 241g Fat (68.7% calories from fat); 189g Protein; 58g Carbohydrate; 2g Dietary Fiber; 604mg Cholesterol; 4236mg Sodium. Exchanges: 4 Grain(Starch); 24 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 21 1/2 Fat.

Chicken, sweet and sour

From Bryoni Southwick

2 large chicken breast, cut into chunks
1 tablespoon sugar
1 tablespoon cornstarch
1/2 teaspoon salt
1/4 teaspoon garlic powder
3 tablespoons soy sauce, 3 or 4
2 whole eggs
4 tablespoons cornstarch
2 tablespoons flour

Marinate chicken with sugar, cornstarch, salt, soy, sauce and garlic powder for 2-3 hours. Pork can also be used.

If you don't have enough time, you can use after 10-15 minutes, but it is best if marinated longer.

Mix together the eggs, cornstarch,, and flour

Then mix with marinated meat.

Drop piece by piece into hot oil to deep fry.

Serve with Sweet and Sour Sauce.

Per Serving (excluding unknown items): 1434 Calories; 64g Fat (41.2% calories from fat); 138g Protein; 67g Carbohydrate; 1g Dietary Fiber; 795mg Cholesterol; 4662mg Sodium. Exchanges: 3 Grain(Starch); 19 Lean Meat; 1 Vegetable; 1 Fat; 1 Other Carbohydrates.

Hamburger Pie

Recipe from Bonnie Ward

<i>1 medium onion</i>	Brown onion and beef. Drain off fat.
<i>1 pound ground beef</i>	
<i>1 teaspoon salt</i>	Mix beef with next six ingredients..
<i>1/4 teaspoon pepper</i>	
<i>1 tablespoon worcestershire sauce</i>	Beat milk and egg into potatoes.
<i>1/4 teaspoon chili powder</i>	
<i>1 pint green beans</i>	Spoon over meat mixture.
<i>1 can tomato soup</i>	
<i>6 tablespoons warm milk</i>	
<i>1 whole egg, beaten</i>	Top with cheese and bake for 30 minutes at 350 degrees
<i>2 cups mashed potatoes</i>	
<i>1/4 cup cheese, grated</i>	

Per Serving (excluding unknown items): 2080 Calories; 140g Fat (60.5% calories from fat); 101g Protein; 105g Carbohydrate; 18g Dietary Fiber; 619mg Cholesterol; 4403mg Sodium. Exchanges: 4 Grain(Starch); 11 1/2 Lean Meat; 4 1/2 Vegetable; 1/2 Non-Fat Milk; 21 Fat; 0 Other Carbohydrates.

Hamburger Potato Goulash

Servings: 4

This is what I made a lot for our family as they were growing up. We loved it.

We were on a dairy so we had a lot of hamburger to use. The kids liked it cooked this way.

This served three adults. I didn't eat a whole patty and there was one patty left over and some of the potatoes and gravy.

You could add other spices to suit your taste. A little garlic would have been good.

I didn't have creamed soup years ago so I made a white sauce to cover the potatoes and meat with. It was very good, too.

4 whole hamburger patties

5 cups potatoes, sliced

2 cans Cream of Chicken soup

1 can water, Or milk

salt and pepper, to taste

Put 4 hamburger patties in a square pan on the stove. Brown hamburger patties on one side.

Turn the patties and add sliced potatoes and Cream of Chicken soup mixed with water or milk.

Pour over the potatoes and meat and cook until done. About 30-45 minutes on medium heat.

These ingredients can be adjusted to fit your family. They are approximate only.

Per Serving (excluding unknown items): 207 Calories; 4g Fat (16.5% calories from fat); 6g Protein; 38g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 506mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Fat.

Moist Chicken and Fish

Italian Salad dressing

Soy Sauce

Mayonnaise

To keep chicken and fish moist while cooking:

Chicken: Italian dressing and soy sauce. Marinate 15 minutes

Fish: A thin coating of mayonnaise before cooking

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Onion Supreme

Onions, sliced

2 tablespoons flour

1 can golden mushroom soup

1/2 cup milk

Swiss cheese, grated

Slice onions about 1/8 inch thick. If they are strong, soak them in water overnight and then fry them in butter for 5-10 minutes before putting recipe together.

Fill a 9 x 13 cake pan about 1/2 full with onion slices.

pat on butter (not if you fry them).

Shake on 2 Tablespoons of flour.

Mix 1 can golden mushroom soup with 1/2 cup of milk and pour the mixture over onions.

Top with grated swiss cheese.

Bake at 375 degrees for 20-40 minutes or until done. It is better if the cheese is browned.

Per Serving (excluding unknown items): 132 Calories; 4g Fat (29.0% calories from fat); 6g Protein; 18g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 60mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Non-Fat Milk; 1/2 Fat.

Squash Casserole

Servings: 4

Yield: 4 cups

From Patti Evans to Mom

2 cups squash, cooked
2 medium onion chopped, and sauteed
1 10.5 oz. cream of chicken soup
1 8 oz sour cream
1 12 oz stuffing mix
1/2 cup margarine or butter, melted

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

Cook: 30 minutes

Mix together squash, sautéed onion, cream of chicken soup and sour cream

Mix together melted margarine or butter and stuffing mix

Put 1/2 of stuffing mix in casserole. Pour in squash mixture. Top with remaining stuffing.

Bake in covered casserole. #00 degrees for 20-30 minutes.

Per Serving (excluding unknown items): 372 Calories; 37g Fat (88.0% calories from fat); 4g Protein; 8g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 566mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.

Tangy Oven Fried Chicken

Recipe is from Sharon Tracy, Madison Jr. High.
Also from green West Bountiful cookbook, page 138

2 whole chickens, cut up and skinned

Skin chicken and place in shallow baking dish.

1 teaspoon salt

1 clove garlic

Mix remaining ingredients and brush chicken with mixture.

2 teaspoons curry powder

1/2 cup boiling water

2 cubes chicken bouillon

Cover and bake 45 minutes at 350 degrees, basting often until tender.

1/2 teaspoon mustard

2 teaspoons worcestershire sauce

1 teaspoon oregano

Just before serving, put oven to 400 degrees for 10 minutes or broil for 5 minutes

1/2 teaspoon paprika

2 dashes tabasco sauce, 2 or 3

Per Serving (excluding unknown items): 6508 Calories; 470g Fat (66.5% calories from fat); 520g Protein; 13g Carbohydrate; 2g Dietary Fiber; 2716mg Cholesterol; 7323mg Sodium. Exchanges: 1/2 Grain(Starch); 72 1/2 Lean Meat; 0 Vegetable; 48 1/2 Fat; 0 Other Carbohydrates.

Tuna Fish Loaf

2 cups canned tuna

1 cup cooked rice

3/4 cup milk

2 whole eggs

1/2 teaspoon paprika

1 tablespoon salt, Use own judgement

1/4 cup bread crumbs, Fried in butter

Put tuna in strainer. Pour cold water over it. Break it with a fork.

Mix all ingredients together, except bread crumbs

Put bread crumbs on top.

Bake 350 degrees for 20-35 minutes in a loaf pan. Use toothpick to see if it is done. (Eggs should be set)

Make a cream sauce, add 1 can mushrooms.

Serve with creamed mushroom sauce poured over the top of baked loaf.

Per Serving (excluding unknown items): 968 Calories; 21g Fat (19.9% calories from fat); 106g Protein; 81g Carbohydrate; 2g Dietary Fiber; 541mg Cholesterol; 7903mg Sodium. Exchanges: 4 1/2 Grain(Starch); 13 Lean Meat; 11 Fruit; 1/2 Non-Fat Milk; 2 Fat.

Upside Down Meat Pie

Servings: 5

Yield: 1 pie pan

From Diane Tietjen to Mom.

*1 lb ground beef
1/2 cup onion (chopped)
1/2 cup celery (chopped)
1/2 cup green bell pepper, chopped
1 10.5 oz. tomato soup
2 cups Bisquick® baking mix
1 1/2 cups milk*

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

Cook: 15 minutes

Saute until vegetables are tender and meat is done. Season to taste.

Add 1 can tomato soup.

Pour mixture into pie plate. Top with following mixture. 2 cups Bisquick and 1 1/2 cup milk. Dough will be sticky, or you can make your own Baking Powder Biscuits. With fingers, spread out dough and place on top of meat mixture.

Bake at 425 degrees for 15 minutes. Run knife around edge to loosen cooked dough.

Place plate over top of pie pan and turn over having dough on plate and meat mixture up on top.

Top with grated cheddar cheese or fancy up with American cheese in pin wheel shape.

Per Serving (excluding unknown items): 551 Calories; 33g Fat (54.8% calories from fat); 22g Protein; 41g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 839mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat.

Zucchini Casserole

Recipe is from Bryoni Southwick

1 stick margarine, melt in 4-6 qt. casserole dish

6 cups zucchini, shredded or diced 4-6 cups

1 large onion

1 pint sour cream

1 can cream of chicken soup

1 package stuffing mix, any flavor

1 cup carrots, shredded

1 cup sausage, diced

1 cup cheese, shredded

Melt margarine in a 4-6 quart casserole dish

Steam zucchini and onion until soft. (7 minutes in microwave)

Mix sour cream, soup, and spread over zucchini and onion

Layer stuffing mix and carrots.

Sprinkle package of seasoning mix for stuffing over mixture before adding meat and cheese

Bake (covered) for 30-40 minutes at 350 degrees.

Let stand for 10 minutes.

You can use any meat.

Per Serving (excluding unknown items): 3103 Calories; 291g Fat (83.0% calories from fat); 58g Protein; 76g Carbohydrate; 15g Dietary Fiber; 375mg Cholesterol; 3946mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 8 Vegetable; 1 1/2 Non-Fat Milk; 55 1/2 Fat.

Zucchini Squash Onions

2 cups zucchini sliced

2 whole onions sliced

1 cup cracker or bread crumbs

3/4 cup american cheese, grated

1 can cream of mushroom soup

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 stick margarine

Boil zucchini and onions in small amount of water.

Place a layer of boiled zucchini and onion in buttered baking dish.

Sprinkle with crumbs and cheese.

Add a layer of soup.

Repeat until all ingredients are used.

Sprinkle with salt and pepper.

Dot with margarine.

Bake at 350 degrees for 35 minutes.

Per Serving (excluding unknown items): 131 Calories; 9g Fat (62.7% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 1565mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Fat.

Miscellaneous

Baked Potato Topping

This recipe is from Marilyn Southwick

Delicious for baked potatoes

*1 cup cheddar cheese, shredded, sharp,
fine grated*

1/4 cup soft butter

1/2 cup sour cream

2 tablespoons green onions

Whip sour cream and butter together until fluffy.

Fold in cheese and onion

Serve with baked potatoes

Per Serving (excluding unknown items): 975 Calories; 92g Fat (84.0% calories from fat); 32g Protein; 7g Carbohydrate; trace Dietary Fiber; 252mg Cholesterol; 1075mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 16 Fat.

Buttermilk

This comes from the Basic Food Storage Cookbook, Idaho Falls Home Storage Center

<i>1 cup milk</i> <i>1 tablespoon vinegar, OR lemon juice</i>	To 1 cup milk add 1 tablespoon vinegar OR lemon juice and let stand for five minutes.
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Per Serving (excluding unknown items): 152 Calories; 8g Fat (47.5% calories from fat); 8g Protein; 12g Carbohydrate; 0g Dietary Fiber; 33mg Cholesterol; 120mg Sodium. Exchanges: 1 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Eagle Brand Milk

1 cup boiling water

Blend in blender until smooth.

2 cups sugar

1/4 cube butter, 1/4 to 1/2 cube

2 cups regular powdered milk or 4 cups instant powdered milk

*2 cups powdered milk, regular, or 4
instant*

Per Serving (excluding unknown items): 3021 Calories; 91g Fat (26.7% calories from fat); 68g Protein; 498g Carbohydrate; 0g Dietary Fiber; 311mg Cholesterol; 1196mg Sodium. Exchanges: 8 Non-Fat Milk; 18 1/2 Fat; 27 Other Carbohydrates.

Emergency Sour Cream

1 tablespoon vinegar, or lemon juice
1 cup evaporated milk

Add vinegar or lemon juice to evaporated milk and allow to stand 5 minutes

Per Serving (excluding unknown items): 341 Calories; 19g Fat (49.7% calories from fat); 17g Protein; 26g Carbohydrate; 0g Dietary Fiber; 74mg Cholesterol; 267mg Sodium. Exchanges: 2 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Emergency Whipped Topping

2 tablespoons lemon juice
1 cup evaporated milk

Add lemon juice to canned milk and whip

Sweeten and flavor

1 cup makes 3 cups whipped topping.

Per Serving (excluding unknown items): 346 Calories; 19g Fat (48.7% calories from fat); 17g Protein; 28g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 267mg Sodium. Exchanges: 0 Fruit; 2 Non-Fat Milk; 3 1/2 Fat.

Sauce, lemon or caramel

From Bernice Hathaway Powell, a friend from Teton Basin

<i>2 tablespoons cornstarch</i>	Slowly add together the cornstarch, sugar and boiling water.
<i>1 cup sugar</i>	
<i>2 cups boiling water</i>	Stir to prevent lumps.
<i>2 tablespoons butter</i>	
<i>vanilla</i>	Slowly bring to a boil and boil for 2 minutes
<i>lemon extract</i>	
	Remove from heat and add 2 tablespoons butter and vanilla or lemon extract flavoring.

Per Serving (excluding unknown items): 1038 Calories; 23g Fat (19.4% calories from fat); trace Protein; 214g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 252mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Fat; 13 1/2 Other Carbohydrates.

Soap Flakes

This is from Aunt Estelle. Elise Shaw's sister

2 quarts fat, melted

3 quarts cold water, less 1 cup

1 can lye

1 cup commercial bleach

1 cup borax

Mix all together and stir occasionally until about dry

It will flake and be crumbly.

Can be stored in milk cartons.

Per Serving (excluding unknown items): 14793 Calories; 1640g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 1558mg Cholesterol; 85mg Sodium. Exchanges: 328 Fat.

Soap Homemade 2

5 pounds grease

1 can lye

1/2 cup amonia

1/2 cup kerosene

1/2 cup borax

1/2 ounce sassafras

Put lye in 1 quart cold water and let stand until cold.

Melt the clean grease and cool.

Put borax in 1/4 cup warm water and add to lye water.

Put mixture in grease and add to other ingredients.

Stir until congealed.

Pour into flat mold. When set, but into squares and let stand over night.

Remove from mold, and soap is ready to use.

It will dry and harden as it ages.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Soap, Homemade

<i>3 quarts water</i>	Place cold water in enamel pan, add lye and let it cool
<i>2 quarts animal fat, washed</i>	
<i>2 teaspoons borax</i>	Add warm fat, borax and oil of citronella
<i>1 can lye</i>	
<i>3 teaspoons citronella, or sassafras</i>	Stir steady for 5 minutes then every 15 minutes for 4 hours then once in a while

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 85mg Sodium. Exchanges: .

Sweet and Sour Sauce

This is from Bryoni Southwick. It goes with her Sweet and Sour Chicken (or pork)

1 can pineapple chunks in juice, 15 ounce
6 tablespoons sugar
6 tablespoons vinegar
6 tablespoons ketchup
2 tablespoons cornstarch
1/2 tablespoon soy sauce

Drain juice off 15 ounce can of pineapple chunks. Add enough water to make 2 cups of liquids

Cook until thickened (can add green peppers and onions in if desired).

Serve over rice.

Per Serving (excluding unknown items): 612 Calories; 1g Fat (0.7% calories from fat); 3g Protein; 159g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1587mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 2 1/2 Fruit; 7 Other Carbohydrates.

Sweetened Condensed Milk

Yield: 14 ounces

This recipe comes from the Basic Food Storage Cookbook, Idaho Falls Home Storage Center.

3/4 cup dry milk powder, OR (1 1/3 cups instant)

Place hot water in blender.

3/4 cup sugar

With blender going, add sugar and dry milk, blend until smooth.

1/2 cup water, HOT tap water

Per Serving (excluding unknown items): 581 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 150g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 10 Other Carbohydrates.

Salads and Dressings

Colonel Sanders Coleslaw Dressing

<i>1 3/4 cups sugar</i>	Mix well and refrigerate. Lasts forever
<i>1/2 cup oil, vegetable</i>	
<i>1 cup mayonnaise, real</i>	Use chopped cabbage, chopped green onions, sunflower seeds
<i>1 cup sour cream</i>	
<i>1/2 cup vinegar</i>	Good winter salad
<i>1 1/2 teaspoons salt</i>	

Per Serving (excluding unknown items): 4405 Calories; 344g Fat (67.3% calories from fat); 10g Protein; 367g Carbohydrate; 0g Dietary Fiber; 179mg Cholesterol; 4575mg Sodium. Exchanges: 1/2 Non-Fat Milk; 47 1/2 Fat; 24 Other Carbohydrates.

Jello Fruit Salad

20 oz. crushed pineapple divided in half (for salad and other half for topping)

Mandarin Oranges 10.5 oz.

Cool Whip 8 oz. divided in half for salad and other half for topping.

1 package orange jello, regular size

1 container cottage cheese, 8 oz

1 can mandarin orange, drained, 10.5 oz

1 can crushed pineapple, 20 oz. drained

1 8 oz. Cool Whip®

Sprinkle one regular size package orange jello over one container of cottage cheese, 1 can drained mandarin oranges and 1/2 can 20 oz crushed pineapple, drained.

Stir in 1/2 8 oz. whipped topping.

Top with one package instant pistachio pudding mixed with 1/2 cool whip and other half of drained crushed pineapple.

Per Serving (excluding unknown items): 1097 Calories; 48g Fat (42.4% calories from fat); 33g Protein; 114g Carbohydrate; 4g Dietary Fiber; 19mg Cholesterol; 978mg Sodium. Exchanges: 4 1/2 Lean Meat; 3 Fruit; 8 1/2 Fat; 3 1/2 Other Carbohydrates.

Poppy Seed Dressing

1 1/2 cup sugars, granulated

1 teaspoon salt

2 teaspoons dry mustard

2/3 cup vinegar

2 cups salad oil

2 tablespoons ground onion

5 1/2 teaspoon poppy seeds

Cabbage, shredded

Apples diced

Mix ingredients together and pour over cabbage and apples

Per Serving (excluding unknown items): 3976 Calories; 444g Fat (98.3% calories from fat); 4g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2137mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 88 1/2 Fat; 1/2 Other Carbohydrates.

Potato Salad

Servings: 30

Yield: 12 cups

This is a favorite of our family. All of the family request this salad at family gatherings.

*12 medium potatoes
1 quart Miracle Whip®
1 cup sweet pickles, chopped
1 tablespoon mustard
1/2 cup evaporated milk
3/4 cup pickle juice
12 large eggs, hard-boiled, diced
3 tablespoons vinegar (to taste)
1 medium onion, chopped
1 teaspoon salt, to taste
1/4 teaspoon pepper, to taste*

Boil potatoes (can do with skin on and skin after cooked or peel and boil until done). Be sure to not cook them until they are mushy. I filled my 6 quart stainless steel kettle full and covered with water to cook. I also used a 112 quart stainless steel kettle. It gives more room for water around potatoes. When cooked, drain water off and let them sit until they cool off enough to handle and peel. Don't run cold water over them.

Boil eggs and cool. Peel them and dice them.

After potatoes and eggs are cooled and diced, mix the Miracle Whip (usually takes a little more than the quart), mustard (Table mustard until it looks a little yellow), canned milk, pickle juice (to taste), vinegar (to taste - not too much or will be too strong) and salt and pepper in a separate bowl and then stir into diced potatoes and eggs.

Add about 1/4 cup diced onions (or more if you like more)

Per Serving (excluding unknown items): 234 Calories; 17g Fat (66.1% calories from fat); 4g Protein; 16g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 364mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

Roquefort Dressing

Servings: 96

Yield: 6 cups

On back of a Christmas card to Deanna from Stan and Brenda

1 quart mayonnaise

6 ounce Roquefort Cheese, at room temperature

2 cloves garlic minced

1 cup cottage cheese

1 cup buttermilk

1 pinch salt

Lemon juice or vinegar

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

INACTIVE: 72 hours

Lemon juice or vinegar to taste. (She uses one lemon)

Put everything through a sieve and let stand 3 or 4 days.

Per Serving (excluding unknown items): 75 Calories; 8g Fat (94.3% calories from fat); 1g Protein; trace Carbohydrate; 0g Dietary Fiber; 5mg Cholesterol; 98mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Taco Salad

This is from Samee Harrigfeld

1 package cream cheese, 3 ounce

Whip together and chill.

1 cup sour cream

1 package taco seasoning mix, Schillings

Add:

Shredded lettuce, chopped tomatoes, sliced olives, a few purple onions, grated cheese, crushed Dorito chops

Very good.

Per Serving (excluding unknown items): 1404 Calories; 129g Fat (82.1% calories from fat); 27g Protein; 36g Carbohydrate; 2g Dietary Fiber; 357mg Cholesterol; 3137mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 24 1/2 Fat; 1 1/2 Other Carbohydrates.

Turkey Apple Pasta Salad

Servings: 12

*Kolette brought this salad to our Thanksgiving dinner. It is very good.
She used bacon pieces instead of turkey because we were eating turkey.*

*1 pound mini penne pasta
1 pound turkey breast, smoked
3 cups apples, Jazz, diced
1 cup Colby Jack Cheese, cubed
1/2 cup dried cranberries
1/2 cup diced celery
1/2 cup chopped pecans
4 scallions, diced
1 cup creamy Caesar salad dressing
1/2 cup Balsamic salad dressing
1/2 teaspoon kosher salt*

Bring a large pot of water to a boil; cook pasta until dente according to package directions.

Drain and rinse under cold water. Drizzle with a little olive oil to prevent sticking.

In an extra large bowl, add all the ingredients for the salad, including the cooked pasta.

In a small bowl, whisk together the Caesar dressing, Balsamic Dressing, and salt until incorporated.

Drizzle the dressing over the salad; toss to combine and coat.

Enjoy right away or refrigerate until ready to serve.

Per Serving (excluding unknown items): 105 Calories; 6g Fat (49.0% calories from fat); 8g Protein; 6g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 104mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.

Side dish

Copper Pennies

This recipe is from Sister Waters

2 pounds carrots, cut into slices

Cook carrots until tender and cool.

1 can tomato soup

1/2 cup salad oil

Combine soup, oil, vinegar, mustard, and Worcestershire sauce.

1 cup sugar

3/4 cup vinegar

Beat well

1 teaspoon prepared mustard

1 tablespoon Worcestershire sauce

Add carrots, green pepper and onion.

1 medium onion, chopped

green pepper

Cover and marinate.

Per Serving (excluding unknown items): 2253 Calories; 113g Fat (43.2% calories from fat); 12g Protein; 321g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 1195mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 18 Vegetable; 22 Fat; 14 1/2 Other Carbohydrates.

Delicious Potatoes

This recipe is from Olive Ward, Clifford's wife.

2 pounds hash browns, frozen
2 cups cheddar cheese, shredded
2 cans cream of chicken soup
1 pint sour cream
1 small onion, chopped
1 stick margarine
2 cups corn flakes, crushed

Mix potatoes, cheese, soup, sour cream and onion together and put in a 9 x 13 pan.

Mix margarine and crushed corn flakes and sprinkle on top of potatoes.

Bake 350 degrees for 45 minutes.

Per Serving (excluding unknown items): 3933 Calories; 283g Fat (63.7% calories from fat); 102g Protein; 261g Carbohydrate; 17g Dietary Fiber; 461mg Cholesterol; 5484mg Sodium. Exchanges: 15 1/2 Grain(Starch); 8 Lean Meat; 1 1/2 Vegetable; 1 1/2 Non-Fat Milk; 51 Fat.

Puffed Up Zucchini

Servings: 6

4 cups zucchini, chopped

1 cup onion, chopped

1/4 cup water

2 tablespoons butter

1/2 teaspoon salt

1/8 teaspoon pepper

1 tablespoon horseradish, grated

1 whole egg, slightly beaten

1 cup crackers, Course crumbs

3 tablespoons butter, or margarine

Combine zucchini and onion.

Add water and cook until tender.

Drain and mash zucchini and add 2 tablespoons butter, salt, pepper, horse radish and cool

Add eggs and mix thoroughly.

Pour into greased baking dish.

Top with crumbs that have been browned in 3 tablespoons of butter

Bake 30 minutes at 350 degrees.

Makes 6 servings.

Per Serving (excluding unknown items): 291 Calories; 15g Fat (46.5% calories from fat); 6g Protein; 33g Carbohydrate; 3g Dietary Fiber; 61mg Cholesterol; 807mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 3 Fat; 0 Other Carbohydrates.

Zippy Beets

Servings: 4

This is a recipe from Uncle George's Goodhousekeeping Cook Book. His father is Samuel Ward. 1942 published

2 bunches small beets (10-12)
1/2 cup light or heavy cream
3 1/2 tsp bottled horseradish
1 1/2 tsp salt

Prepare, then cook beets whole. Drain then rub off skins under cold running water; cut as desired.

Heat cream, horse-radish, and salt together in a saucepan.

Add beets, and heat thoroughly.

Serves 4.

1 No. 2 can or 303 jar of beets, drained, may be substituted for the fresh beets

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 799mg Sodium. Exchanges: .

Soup

Condensed Cream Soup

Use in recipes to replace one can of cream of anything soup.

Condensed Cream of Mushroom Soup:

Stir in a drained 4 ounce can of mushroom pieces to the recipe above.

Use in recipes in place of one can of Cream of Mushroom Soup.

Condensed Cream of Chicken Soup:

Stir in 1/2 cup cooked chicken pieces to the recipe above.

Use in recipes in place of one can of Cream of Chicken Soup.

Condensed Cream of Celery Soup:

Stir in 1/2 cup sauteed chopped celery to the recipe above.

Use in recipes in place of one can of Cream of Celery Soup.

1 cup milk, cold

2 tablespoons cornstarch

1 1/2 tablespoons butter

1 teaspoon chicken bouillon

1/2 teaspoon salt

1 dash pepper

In a small saucepan, whisk milk and cornstarch till well blended.

Stir in butter, bouillon, salt and pepper.

Heat to a boil, stirring frequently.

Simmer on low for one minute more to thicken.

Per Serving (excluding unknown items): 364 Calories; 25g Fat (62.4% calories from fat); 8g Protein; 26g Carbohydrate; trace Dietary Fiber; 80mg Cholesterol; 1393mg Sodium. Exchanges: 1 Grain(Starch); 1 Non-Fat Milk; 5 Fat.

Onion Cheese Soup

1 large chopped onion
3 Tablespoons butter, or margarine
3 Tablespoons flour
1/2 teaspoon salt
pepper to taste
4 cups milk
2 cups shredded cheddar cheese, 8 ounces
Seasoned croutons, salad croutons
grated parmesan cheese, optional

Mix all together and cook.

Per Serving (excluding unknown items): 1941 Calories; 142g Fat (65.6% calories from fat); 92g Protein; 76g Carbohydrate; 3g Dietary Fiber; 463mg Cholesterol; 3301mg Sodium. Exchanges: 1 Grain(Starch); 8 Lean Meat; 1 1/2 Vegetable; 4 Non-Fat Milk; 22 1/2 Fat.

Potato Soup

Servings: 10

6 potatoes

1 small onion

4 carrots

1 cup celery

6 oz cream cheese

1 can cream of chicken soup

Salt

Per Serving (excluding unknown items): 147 Calories; 7g Fat (40.6% calories from fat); 4g Protein; 19g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 174mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.

Taco Soup (Cathy)

Servings: 6

Yield: 12 cups

From Cathy

<i>1 pound ground beef</i>	Brown hamburger
<i>2 can (11 oz) stewed tomatoes</i>	
<i>1 can (6 oz) green chili peppers, chopped</i>	Stewed tomatoes (with green pepper, onion, celery and sugar)
<i>1/3 cup salsa</i>	
<i>1 Tablespoon garlic salt</i>	Add all ingredients in crock pot or a pot on the stove and cook
<i>1 can (15 oz) corn</i>	thoroughly
<i>1 can kidney beans</i>	
<i>1 tablespoon brown sugar</i>	Green chilies (mild) not hot (4 oz can)

Per Serving (excluding unknown items): 388 Calories; 21g Fat (47.2% calories from fat); 21g Protein; 31g Carbohydrate; 10g Dietary Fiber; 64mg Cholesterol; 1172mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Taco Soup (Clarice)

Clarice, Debbie Frisby

<i>1 pound hamburger</i>	Simmer for 30 minutes
<i>1 can pinto beans, undrained</i>	
<i>1 can kidney beans, undrained</i>	
<i>1 can corn, undrained</i>	
<i>1 can tomato, large, plain</i>	
<i>2 1/4 cups water</i>	
<i>1 package taco mix</i>	
<i>1 package ranch dressing mix</i>	

Per Serving (excluding unknown items): 2757 Calories; 65g Fat (20.7% calories from fat); 150g Protein; 410g Carbohydrate; 97g Dietary Fiber; 177mg Cholesterol; 2056mg Sodium. Exchanges: 26 1/2 Grain(Starch); 9 1/2 Lean Meat; 1 Vegetable; 9 Fat.

Tailgate Stew

1 pound ground beef, Can use ground turkey

Cook the ground beef, chopped onion and onion in a little oil

3/4 cup chopped onion

Add remaining ingredients and simmer all together for 1 hour.

1/2 clove garlic

3 cans Campbell's Minestrone soup

1 can pork and beans

1/2 cup chopped celery

1 tablespoon Worcestershire sauce

1 1/2 teaspoons oregano

3 cups water

Per Serving (excluding unknown items): 1752 Calories; 125g Fat (63.9% calories from fat); 91g Protein; 68g Carbohydrate; 18g Dietary Fiber; 404mg Cholesterol; 1581mg Sodium. Exchanges: 3 1/2 Grain(Starch); 11 Lean Meat; 2 1/2 Vegetable; 18 1/2 Fat; 0 Other Carbohydrates.

Tomato Soup

Yield: 11 quarts

This is a very good soup. I have made it for years. I don't put in the macaroni.

1/2 bushel tomatoes, 26 1/2 pounds

3 whole bay leaves

3 teaspoons parsley, dry

2 teaspoons pepper

12 medium onions, grind fine

2 medium green peppers, chopped

2 cups sugar, Or 1 cup

1/2 cup salt, canning salt

1 bunch celery, cut in small pieces

1 pound butter

1 cup flour

1 pound macaroni, Alphabet

Cook tomatoes, without peeling and strain through colander (I use my Victorio strainer)

Mix and boil: onions, peppers, sugar, salt and alphabet macaroni (if used - I don't use it)

Put together and boil until onions are tender. When soup begins to boil, add one package alphabet macaroni and cook until macaroni is done.

Take 1 bunch celery (cut in small pieces). Cover with water and cook separately until done (transparent). Take 1 pound butter (no margarine); melt butter slowly; add 1 cup flour until it bubbles good.

Add this to soup. Stir until soup thickens a bit; add celery and put in sterile bottles.

(I cooked onions, peppers and celery until soft and ran through my Victorio strainer with the tomatoes. I add 1 11/2 to 2 cups water to cook in)

Pressure cook 12 to 15 pounds pressure for 25 minutes.

Per Serving (excluding unknown items): 7541 Calories; 379g Fat (44.5% calories from fat); 93g Protein; 971g Carbohydrate; 45g Dietary Fiber; 994mg Cholesterol; 55038mg Sodium. Exchanges: 28 Grain(Starch); 23 Vegetable; 73 1/2 Fat; 27 Other Carbohydrates.

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