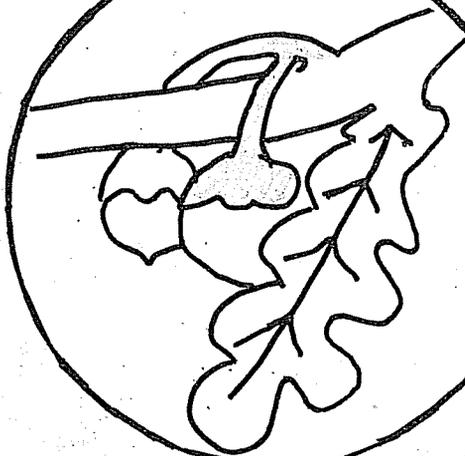


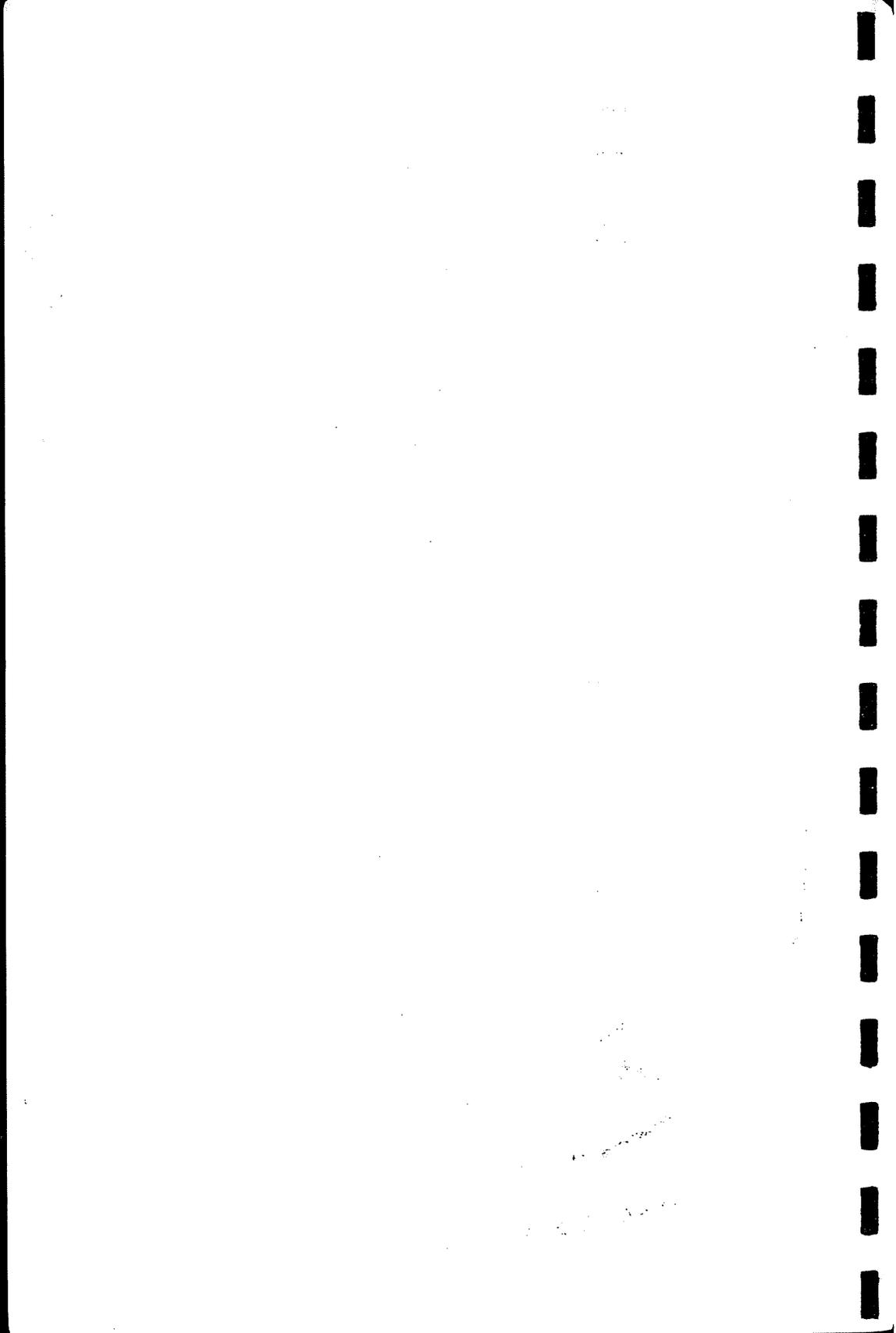
**HOME TOWN**  
RECIPES  
OF  
**ALBANY**

ALBANY CO.



**HOME BUREAU**

ALBANY, NEW YORK



## **ACKNOWLEDGMENT**

We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large including the merchants and business firms, without which this book could not have been possible.

## **MESSAGE FROM THE PUBLISHER**

This book has been published through the combined efforts of our company and the organization whose name appears on the cover.

We sincerely hope that you will enjoy its use. Should you want extra copies of this publication for your friends, relatives or neighbors, you can purchase them from the organization.

If you know an organization or club that would want a project that would give them a guaranteed profit, without cost or investment, they can obtain full information by writing to our company at the address below. We specialize in the publishing of:

Cook Books  
Recipe File Books  
Daily Reminder Books  
Membership Directory  
Civic Directory of your Town  
Birthday & Anniversary Calendars  
Police Calendars  
Fire Calendars  
School Days & Memories Books

**YOUR ORGANIZATION CAN MAKE**  
**\$300 to \$3,000**  
**WITH ONE OF OUR PROJECTS**

Write to: Project Department  
Women's Clubs Publishing Co., Inc.  
323 South Franklin Street  
Chicago, Illinois 60606

Home Bureau is a private, independent, non-profit organization founded in 1956. It operates entirely upon its own funds and its officers and members are all unpaid volunteers.

The goals of the organization are: to operate for educational, health and welfare, and agricultural purposes primarily, as they apply to the betterment of the home as a center for family life; to obtain funds for assistance to elected students in chosen colleges and universities; to provide educational programs in crafts; render community services and explain the significance of legislation.

The state federation is divided into four districts - these comprise the county bureaus within their areas, and the latter comprise their respective local chapters. The local chapter is the basic division of Home Bureau. It has elective officers, conducts monthly meetings and sends leaders to workshops for the purpose of teaching chapter members.

Annual dues are assessed each member and collected at the chapter level in September and sent to county by November 1.

Home Bureau is a member of Associated Country Women for the World and each year a contribution is sent to them for their "Pennies for Friendship" program. The voluntary funds collected for this project are placed in a separate interest-bearing account to be released and sent to the Associated Country Women of the World as "Pennies for Friendship."

The Home Bureau also sponsors a Scholarship program administered by the state federation. They obtain voluntary funds from all the member chapters and distribute them to chosen public and private colleges and universities. The colleges holding Home Bureau scholarships shall be required to invest the principal and to grant only the interest to deserving students of their choice with a Home Bureau member or members sitting in consultation. The scholarship money must be used by the student at the college where the scholarship was granted. The Scholarship Fund is augmented by memorials and special gifts.

This is a brief resume of the purposes and goals of the Home Bureau.

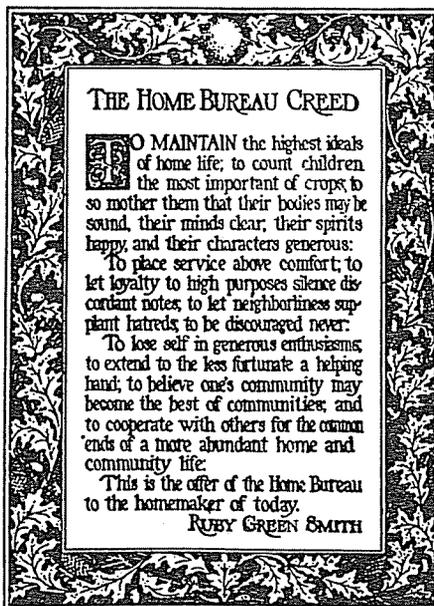
HOME BUREAU PRAYER

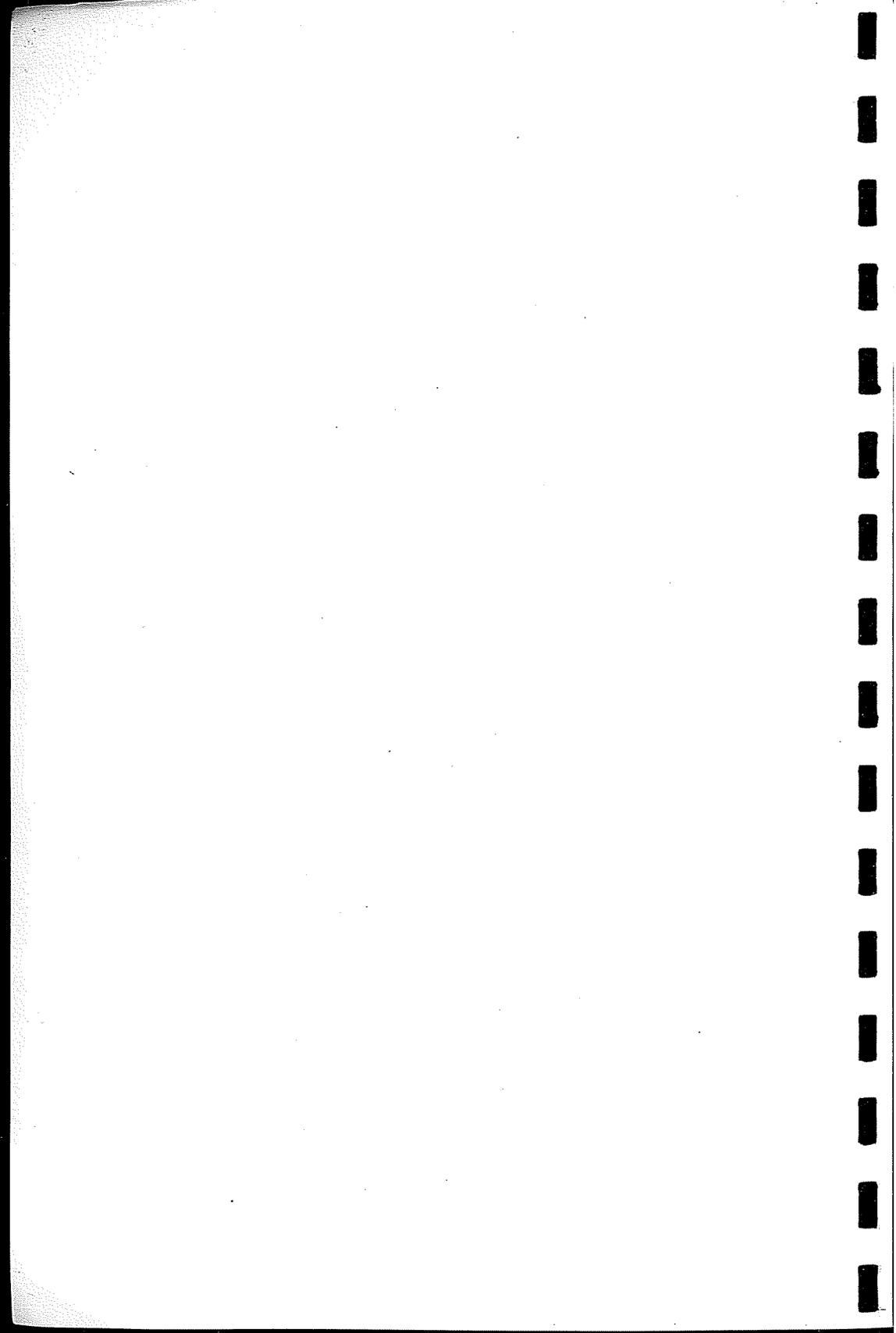
Dear Lord, we pray for wisdom and Thy blessings manifold  
That the value of Home Bureau to many may be told.  
Grant to give us courage to carry on our work,  
With faith and with thanksgiving our duty never shirk.  
Show us how to master the common things of life,  
How to meet our neighbor without prejudice or strife,  
How to find contentment when wealth has long since fled,  
How to see the sunshine when clouds hang over head.  
Grant we grow in gracious numbers till we reach across the sea,  
Bringing home to many thousands who are now in poverty.  
Grant the standards of Home Bureau will help the world to see  
Him, Who said, "When you give to those, my children, you are  
giving unto me."  
Send peace that passeth understanding, to a restless world and then,  
We will give praise forever, in Jesus' name.

Amen.

## ALBANY COUNTY HOME BUREAU UNITS

<u>Name of Unit</u>	<u>Membership in Each Unit</u>
Busy Finger	6
Colonie	9
Handicrafters	26
Helderberg	11
Lynwood	20
Myosotis	22
New Salem	8
New Scotland	17
Slingerland	22
Westwood	21







### CHEESE FONDUE

Barbara Guerin

8 oz. sharp natural  
cheddar cheese,  
shredded  
2 Tbsp. flour

1 8-oz. pkg. natural  
Swiss cheese shredded  
1/2 tsp. salt  
1/2 tsp. pepper  
1 clove garlic

1 12-oz. can beer  
Dash Tabasco sauce  
French bread cut into  
1-inch cubes

Mix first 5 ingredients in large bowl. Rub cut clove of garlic around bottom and sides of earthenware fondue casserole, brazer pan of chafing dish or heavy skillet. Pour in beer and heat slowly; gradually stir in cheese mixture, adding only a cup at a time and stirring after each addition until cheese is melted and blended. Do not let mixture become too hot. Stir in Tabasco. Serve immediately over very low heat, stirring constantly. If fondue becomes too thick, stir in a little additional heated beer. To eat fondue, spear cube of bread with long-handled fork and dip into cheese.

### CLAM CRISPS

N. Dynko

1 c. minced clams  
2 Tbsp. butter  
2 Tbsp. minced onion

2 Tbsp. flour  
Worcestershire sauce

10 slices bread  
Garlic salt  
Onion salt

Saute' onion in melted butter; add flour, garlic and onion salts and Worcester-shire. Stir and mix minced clams with liquid; cook until thickened. Put 1 Tbsp. on each slice of bread which has been rolled out thin with rolling pin. Spread on bread and roll up; brush with melted butter. Cut into thirds and bake 10 minutes at 425 degrees.

### HOLIDAY BLUE CHEESE BALL

Daryl Webb

8 oz. cream cheese  
4 oz. crumbled blue  
cheese

1 jar Old English  
cheese spread

1/4 c. dried onions  
1 Tbsp. Worcestershire  
sauce

Let cheese stand at room temperature; add onions and Worcestershire. Blend on low speed mixer, then beat on medium speed until fluffy. Cover and chill 3-4 hours. Remove, shape into ball and roll in nuts or parsley. Can decorate ball with cherries and walnuts.

PLEASE PATRONIZE OUR ADVERTISERS



# ARGUS TRAVEL INC.



Stuyvesant Plaza, Western Ave. at Fuller Rd., Albany, N. Y.  
 Reservations for: **INDIVIDUALS - STUDENTS - GROUPS**  
 Via **AIR - STEAMSHIP - BUS**  
**HOTELS & MOTELS - CRUISES and RAIL TOURS**  
 Visa and passport information - Travel Consultants available  
 Call: 489-4739, if busy 489-7497  
 Member of G.I.A.N.T.S. and American Society of Travel Agents

## HOT CRAB MEAT DIP

Valery Zakutney

1 8-oz. cream cheese	1 can crab meat	1/2 tsp. Worcestershire
1 tsp. lemon	1 Tbsp. horseradish	sauce
	1 tsp. grated onion	

Blend together and bake at 350 degrees 10 minutes until bubbly. Sprinkle with almonds and brown in oven. Absolutely delicious. Keep warm in fondue dish or chafing dish. Use toast triangles or crackers for dunking.

## OLIVE-CHEESE NUGGETS

Ron Moessner

1/4 lb. sharp cheese	3/4 c. flour	24-30 small stuffed olives
1/4 c. soft butter	1/8 tsp. salt	1/2 tsp. paprika

Grate cheese; blend well with butter. Add remaining dry ingredients and mix to form dough. Shape around olives, using 1 tsp. for each. Bake on ungreased baking sheet at 400 degrees 12-15 minutes until light brown. Serve hot. Can be made ahead of time; do not bake. Store in refrigerator or freezer.

## PATE' OF CHICKEN LIVER

F. Sherman

1/2 lb. chicken livers	1 tsp. dry mustard	2 Tbsp. minced onion
1 tsp. salt	1/8 tsp. ground cloves	Pinch cayenne pepper
1/4 tsp. nutmeg		1/2 c. softened butter

Bring liver to boil in water barely to cover; simmer 15-20 minutes in covered saucepan; drain and put hot liver through finest blade of food chopper. Mix this paste with softened butter and spices and onion; blend well. Pack in crock or bowl; chill. Remove from refrigerator 15-20 minutes before serving. Serve with crackers or small rye bread. Optional: sprinkle chopped hard-boiled eggs over pate'.

## SAUSAGE AND CHEESE SNACKS

C. Doody

2 lb. bulk sausage	1 lb. Velveeta cheese	3 shakes catsup
1 tsp. Worcestershire sauce	1 tsp. garlic salt	1 pkg. party rye or pumper-nickle bread

Freeze bread. Cook sausage in frying pan; add grated cheese while sausage is still hot and mix. Mix with remaining ingredients, spread on frozen bread and refreeze on cookie sheet. Wrap to store in freezer. To cook, put frozen snacks on cookie sheet and bake at 325 degrees 10 minutes. Make ahead and keep in freezer for surprise guests.

## BREAD AND BUTTER PICKLES

Barbara Guerin

4 qt. sliced unpared medium cucumbers	2 green peppers, sliced, 1 2/3 c.	3 c. cider vinegar
6 medium white onions, sliced, 6 c.	3 cloves garlic	1 1/2 tsp. turmeric
	1/3 c. granulated salt	1 1/2 tsp. celery seed
	5 c. sugar	2 Tbsp. mustard seed

continued.....

## BREAD AND BUTTER PICKLES (Continued)

Combine first 4 ingredients; add salt, cover with cracked ice and mix thoroughly. Let stand 3 hours; drain well. Remove garlic. Combine remaining ingredients and pour over cucumber mixture. Bring to boil. Fill hot jars to 1/2-inch from top; add lids. Process in boiling water bath 55 minutes; start timing when water returns to boiling. 8 pt.

### WATERMELON PICKLE

Joan Coyne

4 qt. watermelon rind	8 c. sugar	1/2 c. mixed pickling
1/2 c. salt	4 c. water	spices
	4 c. vinegar	

Peel rind and leave a little pink on. Cut into 2-inch squares or 3-inch strips. Soak overnight in 1/2 c. salt and water to cover. Drain; add fresh water and cook until tender; drain. Make syrup of last 4 ingredients; tie spices in bag. Add rind, cook 1 hour in uncovered kettle. Remove spice bag. Seal in glass jars.

### CELERY RELISH

Joan Coyne

2 bunches celery	1 small onion	1/2 c. brown sugar
1 green pepper	Salt to taste	1/4 tsp. dry mustard
1 red pepper	1 c. vinegar	2 tsp. cornstarch

Chop celery, peppers and onion; add salt. Heat vinegar, sugar and mustard in pan. Mix cornstarch with a little water and add to above mixture. Cool and cover chopped ingredients. This relish can be made the year around, substituting a pimento for color or using 2 green peppers. It is especially good with roast beef.

### MINT RELISH

Hazel Olsen

2 c. fresh mint leaves	3 large onions, peeled	4 c. sugar
4 lb. tart apples, peeled	and cut up	2 tsp. salt
and cored	1/2 c. water	2 Tbsp. mustard seed
3 c. vinegar	1 1/2 c. raisins	2 large sweet peppers

Put mint, apples, onions and peppers through food chopper. Combine vinegar, water and spices in large kettle; boil 5 minutes. Add chopped ingredients and boil 30 minutes or until thickened, stirring often. Seal in hot jars and seal. 7-8 qt.

### QUICK AND EASY CHILI SAUCE

Reta Hull

1 large #3 can tomatoes	1 tsp. pepper	1/2 c. wine vinegar
2 medium onions	1 c. sugar	1/2 tsp. cloves, cinnam-
1 Tbsp. salt		mon and allspice

Simmer 2 hours.

### UNCOOKED CRANBERRY-ORANGE RELISH

Jeannie Deyo

3 c. raw cranberries	1 sweet eating orange	1 c. white raisins
----------------------	-----------------------	--------------------

Make this in blender, grinder or food processor. Chop up cranberries. Peel and cut up orange, removing any seeds. Chop orange and half the peel; stir in raisins. Chill before serving. 10 servings.

---

PLEASE

PATRONIZE

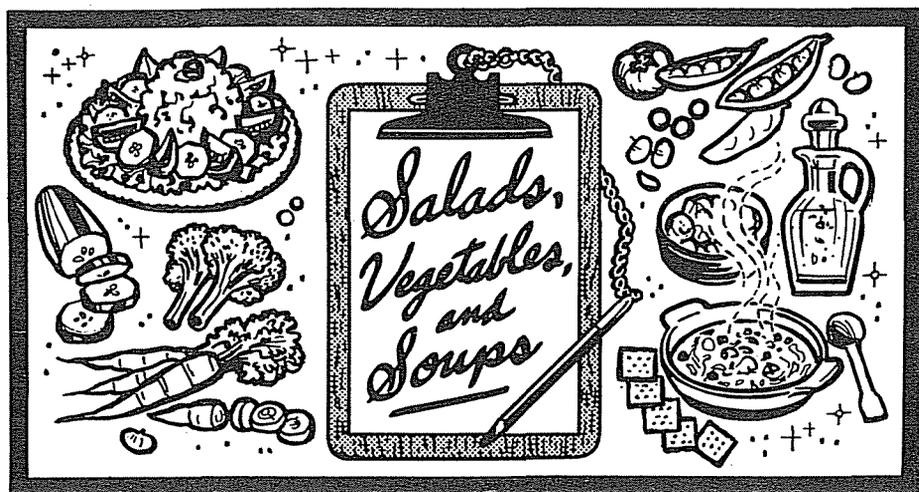
OUR

ADVERTISERS

---

---

Write Extra Recipes Here:



**CABBAGE SALAD**

Helen Springer

- 2 qt. cabbage
- 2 green peppers
- 4 small onions

- 1 grated carrot for color
- 1 c. sugar
- 1 tsp. salt
- 1/2 tsp. mustard seed

- 1 tsp. celery seed
- 1/2 tsp. turmeric
- 2/3 c. vinegar

Toss first 4 ingredients together; add remainder. Refrigerate 2 hours before serving. Will keep at least 2 weeks refrigerated.

**CARDINAL COLE SLAW**

Gail Hebert

- 4 c. shredded cabbage
- 1 c. chopped apples

- 1/2 c. raisins
- 1/4 c. peanuts

- Miracle Whip salad dressing

Combine with enough dressing to moisten; toss lightly. 4-6 servings.

**CHRISTMAS SALAD**

Ethel MacFarland

- 1 pkg. lime Jell-O
- 1/2 lb. country-style cottage cheese

- 1/2 c. hot water
- 1/2 c., #2 can crushed pineapple
- 1/2 c. mayonnaise

- 1/2 c. evaporated milk
- 1/4 c. nutmeats, optional
- 1/4 c. chopped cherries

Make Jell-O with hot water; add remaining ingredients and chill overnight.

**COLE SLAW DRESSING**

R. Moessner

- 1 c. sugar
- 1 c. vinegar
- 1 tsp. salt
- 1 tsp. mustard seed

- 1 tsp. celery seed
- 1/2 tsp. turmeric
- 1 large head cabbage, shredded
- 2 carrots, chopped

- 1 large green pepper, chopped
- 1 large sweet onion, chopped

Pour dressing over all and let stand 24 hours before serving.

**COTTAGE CHEESE SALAD**

Doris Hedden

- 1 pkg. lemon Jell-O dissolved
- 1 c. boiling water

- 1/4 lb. marshmallows, miniature or cut up
- 1/4 c. maraschino cherries, cut

- 1/4 c. crushed pineapple
- 2 c. cottage cheese
- 1 c. mayonnaise

continued.....

### COTTAGE CHEESE SALAD (Continued)

Make Jell-O with boiling water; add remaining ingredients and chill until set. Serve over lettuce leaf.

### CRABMEAT SALAD

Carolyn Smyth

1 can tomato soup	2 cans crabmeat	1 onion
2 Tbsp. gelatin	1 green pepper	1/2 c. mayonnaise
1/2 c. cold water	1 c. celery	6-8 sliced olives
1/2 tsp. salt		1 large cream cheese

Heat soup and cheese in double boiler; add salt and gelatin mixed in cold water. Chop pepper, onions and celery and mix with other ingredients. Stir into soup mixture. Refrigerate 8-10 hours. 8 servings.

### JIFFY GERMAN POTATO SALAD

Reta Hull

1 pkg. scalloped potato mix	1 Tbsp. sugar	1 3-oz. can Durkee's
5 slices bacon	1/3 c. distilled vinegar	French onions
	1 c. water	

Cover potatoes with water; simmer 15 minutes; drain. Fry bacon crisp; crumble. Add sugar, vinegar, water and scalloped potato mix to bacon drippings; bring to boil, stirring constantly. Stir in potatoes, bacon and onions. 4-5 servings.

### LES JARDINS HOUSEDRESSING

1 qt. heavy mayonnaise	1 1/8 c. sour cream	3/4 Tbsp. Accent
1/2 Tbsp. freshly chopped dill	1 Tbsp. cracked black pepper	3/4 Tbsp. Worcestershire sauce
1 1/2 Tbsp. grated Parmesan cheese	1 1/2 cloves crushed garlic	1 Tbsp. finely chopped fresh onion
	Juice of 3/4 freshly squeezed lemon	

Blend well in mixer.

### MACARONI AND BEET SALAD

Joan Plue

1 c. elbow macaroni, cooked	1 medium apple, cored, peeled and sliced	1/4 tsp. white pepper
1 8-oz. can diced and drained beets	1/2 c. milk	1 tsp. vinegar, white preferred
1 c. mayonnaise	1 tsp. sugar	1-2 Tbsp. horseradish; try less if it is strong
	1/2 tsp. salt	

Mix macaroni, beets and apple together; fold in remaining ingredients. Garnish with parsley, optional.

### ORANGE DELIGHT

Betty Gebauer

1 lb. small curd cottage cheese	Orange or orange-pine-apple Jell-O	Small can crushed pineapple, drained
Mandarin oranges		9 oz. Cool Whip

Mix dry Jell-O with cheese; add pineapple and oranges, cut small. Add Cool Whip; mix well. Refrigerate overnight or all day.

### ROTKRAUT SALAT (German Red Cabbage Salad)

Reta Hull

4 c. finely shredded red cabbage	2 Tbsp. minced onions	1/4 c. white wine vinegar
	1 1/2 tsp. salt	3/4 c. vegetable oil
	1/4 tsp. black pepper	

Toss cabbage with onion, salt and pepper. Mix vinegar and oil and pour over it; toss until coated. Chill 4 hours. 4-6 servings.

# GRANDMA'S

COUNTRY PIE RESTAURANT  
AND TAKE HOME PIE SHOP

FRESH PIES DAILY !

YOUR PLACE FOR HOME COOKED

FOOD AND THOSE GREAT PIES

YOUR PLACE FOR DINNER & DESERTS

1273 Central Ave.

## SPINACH SALAD DRESSING

1 c. oil	1 1/2 tsp. salt
5 tbsp. vinegar	1 1/2 tsp. white pepper
2 1/1 tbsp. lemon juice	3/4 tsp. garlic powder
3 tsp. sugar	1 1/2 tsp. Dijon mustard

Mix All Together

## UA DRIVE-INS ★ CHILDREN FREE ★ Under 12 -

I.D. CARDS REQUIRED WHERE APPLICABLE

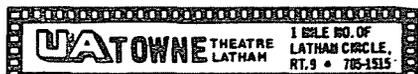
**RIVERVIEW**  
DRIVE-IN  
ROTTERDAM  
JUNCTION  
887-2011

**TRI-CITY 1**  
TWIN DRIVE-IN  
586 BROADWAY,  
MENANDS  
273-2861

**TRI-CITY 2**  
TWIN DRIVE-IN  
586 BROADWAY,  
MENANDS  
273-2861

**LATHAM**  
DRIVE-IN  
ROUTE 9,  
LATHAM  
785-5169

**MOHAWK**  
DRIVE-IN  
ALBANY-SCHDY. RD.  
ROUTE 5  
456-2551



FOR THE FINEST IN MOTION PICTURE ENTERTAINMENT  
VISIT YOUR UNITED ARTISTS THEATRES

Albany, N. Y.

---

*Compliments Of . . .*

SCHULTZ GARDEN CENTER

Westwood Home Bureau Unit

King's Service Station

Arnold Minick

Danker Florist Inc.

Buff Texaco Service Station

Handicrafters Home Bureau Unit

Candy Kraft Homemade Candy

Greulich's Market

Fanfare Beauty Salon, Altamont, N. Y.

Helderberg Chapter of Home Bureau

Denise & Eric Johnsen

Cornelius R. & Beulah C. Goodrow

Albany County Chairman, Sandy Tesch

*New " " " Joan Blue*



## SPINACH SALAD DRESSING

Grandma's

1 c. oil	3 tsp. sugar	1 1/2 tsp. white pepper
5 Tbsp. vinegar	1 1/2 tsp. salt	3/4 tsp. garlic powder
2 1/2 Tbsp. lemon juice		1 1/2 tsp. Dijon mustard

Mix all together.

## TOSSED GREEN SALAD

Betty Foley

1/2 clove garlic	1-2 tomatoes, diced	1/4 c. lemon juice
1/4 c. salad oil	Dressing:	1/2 tsp. sugar
2 c. 1/4-inch bread cubes, toasted	4 Tbsp. blue cheese, mashed	1 tsp. salt
2 qt. crisp chilled greens, head lettuce, curly endive or Romaine, thoroughly dried	1/4 c. grated Parmesan cheese	1/4 tsp. pepper
	1/2 c. plain salad oil	2 tsp. Worcestershire sauce

Add garlic to oil; let stand to take up garlic flavor. Remove garlic; combine garlic oil with bread cubes and tomatoes; toss well together. Combine ingredients for dressing. Tear salad greens into bite-sized pieces and put in large bowl. Add 1/4 c. dressing and toss lightly until all greens are coated with dressing. Add bread cubes and tomatoes and toss. Serve immediately.

## BAKED CORN

Kathy Hammer

3 eggs	1 Tbsp. melted butter	1 pt. corn, fresh or frozen
1 Tbsp. flour	1 c. milk	Salt and pepper to taste
1 Tbsp. sugar		

Beat eggs with fork; stir in remaining ingredients. Bake 45-60 minutes at 375 degrees.

## CANDIED YAMS

Ruth Downs

8 yams or sweet potatoes	4 Tbsp. butter or margarine	3 Tbsp. Marshmallow fluff or 8 marshmallows
4 Tbsp. brown sugar	Dash salt	
2 Tbsp. maple syrup		

Boil potatoes, peel, leave whole or slice in half. Put in greased baking dish. Sprinkle with sugar, dot with butter, add remaining ingredients. Bake 20 minutes in 350-degree oven, basting occasionally to glaze.

## CHEESY SCALLOPED POTATOES

Kay Byrne

2 cans cream of celery or mushroom soup	8 c. thinly sliced potatoes	2 c. shredded sharp cheese
1/2 c. milk	1 c. thinly sliced onions	2 Tbsp. butter or margarine
1/4 tsp. pepper	Paprika	

Combine first 3 ingredients. In 2 1/2-qt. shallow baking pan arrange alternate layers of potatoes, onion, cheese and soup mixture. Dot top with butter, sprinkle with paprika. Cover and bake at 375 degrees 1 hour; uncover and bake 15 minutes more or until done.

## EGGPLANT ELEGANT

Lucille Foster

1 medium eggplant	1 c. bread crumbs	2 Tbsp. grated cheese
2 eggs, beaten	6-8 Tbsp. Wesson Oil	1 Tbsp. minced parsley

Slice eggplant in rounds 1/2-inch thick; do not peel. Dip in beaten egg, then in crumbs. Fry until brown on both sides in hot oil, adding oil by tablespoon as needed. Sprinkle with salt and pepper. Serve with grated cheese and parsley. 4 servings.

## GLAZED CARROTS

Phyllis Harwood

15 small carrots	Juice of 1/2 lemon	1 Tbsp. parsley
6 Tbsp. butter	3 Tbsp. brown sugar	Salt and pepper

Scrape carrots and halve lengthwise; boil in water until tender. Drain well. In large heavy skillet melt butter; add lemon juice and brown sugar and heat, stirring until bubbly and syrup-like, about 5 minutes. Add carrots and heat, spooning mixture over them until well glazed. Add salt and pepper; just before serving stir in parsley. About 6 servings.

## STUFFED GREEN PEPPERS

Peg St. Onge

6 large green peppers	1 1/2 c. finely chopped	1/2 c. grated Italian
1/2 c. finely chopped	celery	cheese
onion	4 c. grated bread crumbs	2 tsp. salt
1 tsp. black pepper		6 eggs, slightly beaten

Prepare peppers for stuffing by cutting out around stem end and removing seeds. Be careful not to split them. Wash thoroughly and drain. Sauté chopped onion and celery very slowly in about 3 tsp. olive oil until golden brown. Combine crumbs, cheese, salt, pepper and cooked vegetables. Add eggs; mix thoroughly. Fill peppers with stuffing, stand in heavy casserole or Dutch oven and add 3 Tbsp. olive oil. Cover with 2 8-oz. cans tomato sauce, cover pan and cook over medium heat about 1 hour.

## BEAN SOUP

Emma Boniface

1 c. dry navy beans	1/2 c. chopped celery	1/8 tsp. pepper
1 qt. water	1 garlic clove, minced	1 c. shredded cheddar
1 lb. cross-cut smoked	8 oz. can tomatoes, cut up	cheese
pork hocks	2 13-3/4 oz. cans chicken	1 Tbsp. dried parsley
1 c. chopped onion	broth	flakes

Bring beans and water to boil in Dutch oven; boil 2 minutes. Cover, remove from heat and let stand 1 hour. Or soak beans overnight, add pork hocks, onion, celery, garlic, tomatoes, broth, salt and pepper. Bring to boil, reduce heat and simmer, covered, until meat and beans are tender, 2 to 2 1/2 hours. Remove meat from soup and cut into bite-size pieces; return to soup. Add cheese and heat, stirring until it is melted, 2-3 minutes. Makes 9 c.

## CLAM CHOWDER

Gail Thomas

1 1/2 pt. clams	1 1/2-inch cube fat salt	1 large onion, sliced
4 Tbsp. butter	pork	4 c. scalded milk
	4 c. diced potatoes	

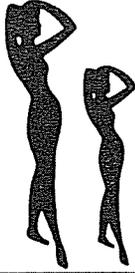
Clean and pick over clams, using 1 c. cold water, reserving soft part of clams. Drain; heat liquid to boiling point and strain. Chop finely the hard part of clams. Cut pork into tiny cubes and dry out, saving crisp bits to sprinkle over chowder when done. Put potatoes, chopped clams with liquid and onions into kettle with fat; cover with boiling water and add salt and pepper. Cook until potatoes and onions are done. Dredge generously with flour; cook 10 minutes. Add hot milk, soft part of clams and butter; cook 5 minutes. Serve with crisped crackers.

## CROCK POT ONION SOUP

Reta Hull

4-5 onions, sliced	1 can water	Salt and pepper
1/2 cube butter	Worcestershire sauce	Mozzarella or Provolone
3 Tbsp. flour	Thin slices French bread,	cheese, sliced paper
1 Tbsp. sugar	toasted, buttered	thin
3 cans beef broth, bouillon		Parmesan cheese

Sauté onions, butter, flour and sugar over low heat until golden brown. Put in crockery pot and cook at low all day. Serve soup in bowls with toast floating on top, covered with Mozzarella, heavily sprinkled with Parmesan and broiled until cheese is melted.



# Dora Dee Figure Salon

Weight Control

Firming & Toning

ALBANY  
1218 Central Ave.  
459-4488

CLIFTON PARK  
Rt. 146 & Vischer Ferry Rd.  
371-1800

## FISH CHOWDER

Bernice Laramee

1/4 lb. salt pork  
3 medium onions  
3 lb. haddock

2 tsp. salt  
3 cans evaporated milk  
4 c. water  
1/2 tsp. pepper

1 stick margarine or  
butter  
6 medium potatoes

Brown pork and take out; then brown onions in fat. Cut potatoes in 1/4 and add to onions with 2 c. water; let cook until potatoes are done. Add fish and remaining water; let cook about 20 minutes. Add milk, butter, salt and pepper; simmer about 30 minutes. Cool a little and serve. Serves 8.

## MINISTRONE - SICILIAN STYLE

Mary Anne Coyne

1 bunch celery, stalks  
and diced  
2 carrots, diced  
1 can peas  
1 large onion, diced

3 medium potatoes, diced  
1/2 c. Italian olive oil  
3/4 c. tomato paste  
3/4 lb. vermicelli or fine  
spaghetti

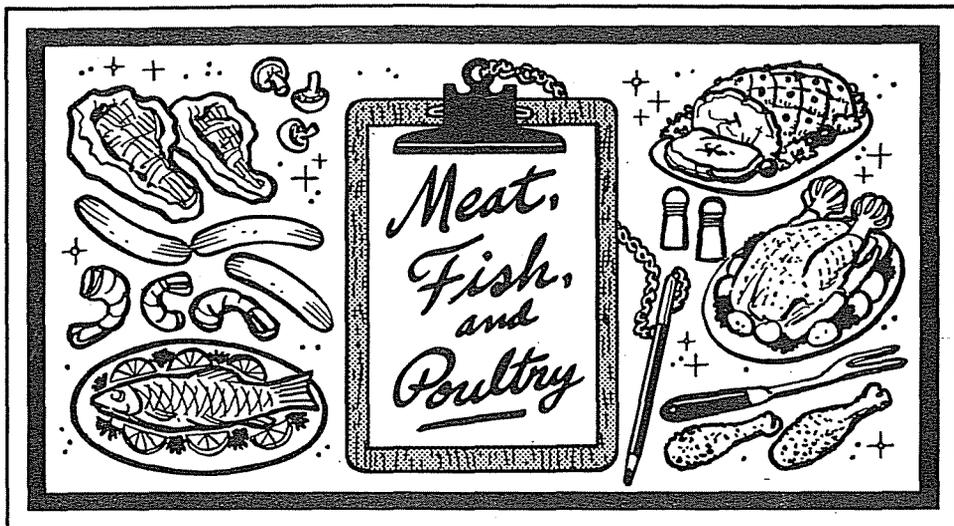
6 qt. water  
1 1/2 Tbsp. salt  
1/2 tsp. pepper  
Grated Parmesan cheese

Clean, wash and dice vegetables. Heat oil in frying pan; add onions and potatoes and brown. Add tomatoes and cook over low heat. Add salt and pepper to taste. Add celery and carrots to boiling water; cook until tender. Add peas and vermicelli broken into small pieces. When almost cooked add onions, potatoes and tomatoes. Time 30 minutes. Serve hot with grated cheese.

Write An Extra Recipe Here:

Write Extra Recipes Here:

---



### ALPINE POT ROAST

1 5-lb. boneless chuck roast	3 c. beer, 2 12-oz. bottles	2 Tbsp. sugar
2 Tbsp. butter or shortening	1 8-oz. can tomato sauce	2 tsp. salt
1/2 c. water	1 Tbsp. vinegar, white or wine	1 tsp. ginger
	1 medium onion, chopped	1 tsp. cinnamon
		1 bay leaf

Heat butter in Dutch oven and brown roast on all sides. Combine other ingredients and pour over meat. Cover and simmer about 3 1/2 hours or until meat is tender. Remove bay leaf and serve.

### ANN LANDERS' MEAT LOAF

Ann Landers

2 strips bacon	1 1/2 c. bread crumbs	1 tsp. Accent
2 lb. ground beef	3/4 c. catchup	1 pkg. onion soup mix
2 eggs		8 oz. can tomato sauce

Lay bacon in bottom of loaf pan. Mix remaining ingredients except tomato sauce; put into loaf pan and cover with tomato sauce. Bake 1 hour at 350 degrees.

### BAKED PORK CHOPS

Bonnie Hughes

4 pork chops	1/2 c. raw rice	1 can tomato soup
1/4 tsp. salt	3 Tbsp. chopped onion	1 can water

Cover bottom of large casserole, about 1 1/2 to 2 qt., with minced onion. Put in washed rice and salt; add chops and pour soup mixed with water over them. Cook covered 1 hour in 350 degree oven; uncover and cook 15 more minutes.

### BAKED SHOULDER LAMB CHOPS

Mary Fantini - Helderberg

4 lamb chops, 1 1/2 lb.	1 tsp. pepper	1/2 tsp. dry mustard
2 Tbsp. salad oil	1 tsp. oregano	1 Tbsp. vinegar
2 Tbsp. lemon juice	1/4 tsp. garlic powder	2 Tbsp. cold water

Lay chops in shallow baking dish in single layer. In cup stir together oil, lemon juice, salt, pepper, oregano and garlic powder; pour over chops, turning them to coat both sides. Cover and marinate in refrigerator overnight, or 4 hours. Stir together dry mustard, vinegar and water; add to chops just before put into oven. Bake at 350 degrees uncovered 1 hour, turning once after 30 minutes. Serves about 4.

**BARBECUED CORN BEEF**

Bonnie Hughes

1 12-oz. can corned beef chopped	1/4 c. jarred pasteurized process garlic cheese spread	1/2 tsp. Worcestershire sauce
1 1/4 c. bottled chili sauce		4 split buns

Combine and heat until hot and cheese melts. Serve on toasted buns.

**BARBECUED SPARERIBS**

Linda Morbidelli-Handicrafters

4 lb. country style spareribs	1 c. ketchup	2 Tbsp. brown sugar
2 Tbsp. butter	2 Tbsp. vinegar	1 tsp. dry mustard
1/2 c. water	2 Tbsp. lemon juice	1 tsp. salt
	2 Tbsp. Worcestershire sauce	1/4 tsp. pepper

Cut ribs into serving pieces; brown slowly in skillet, then put in casserole. Pour fat from skillet and melt butter in it. Add onions and cook until brown. Add next 9 ingredients; simmer 29 minutes. Set oven for 350 degrees. Pour sauce over ribs and bake covered 2 1/2 hours. 4-6 servings.

**BEEF BOURGIGNON**

Josie Sebast

2 lb. stew beef, cut up	2 cans Golden mushroom soup, undiluted	1 env. Lipton onion mix
1 can mushrooms		1 c. sweet vermouth

Brown meat and put all together in casserole. Cover and bake 2 1/2 hours at 350 degrees. Serve over rice or noodles.

**BEEF BURGUNDY**

Marge Rulison-Westwood

1/4 c. shortening	1/2 tsp. pepper	1 c. dry red wine, Bur- gundy
3 lb. beef chuck, cubed	1/2 tsp. thyme	4 oz. canned mushrooms
3 Tbsp. flour	1 c. consommé, canned	12 small whole onions
1 1/4 tsp. salt	beef broth	

Brown meat in shortening; stir in flour, salt, pepper and thyme. Pour into 2-qt. dish. Pour beef broth and wine over top; add onions and mushrooms. Cover and bake 1 1/2 hours or until fork tender.

**BEEF STROGANOFF**

Barbara Guerin-Creators

1 lb. beef sirloin steak or tenderloin	1/2 c. minced onion	1 small clove garlic, minced, optional
1/2 lb. fresh mush- rooms, sliced	1 10-1/2 oz. can beef bouillon	3 Tbsp. flour
2 Tbsp. butter or mar- garine	2 Tbsp. catsup	1 c. dairy sour cream
	1 tsp. salt	3-4 c. hot cooked noodle or rice

Cut meat diagonally into very thin slices. Cook and stir mushrooms and onions in butter until onion is tender; remove from skillet. In same skillet brown meat lightly on both sides. Set aside 1/3 c. bouillon; stir remainder into skillet with catsup, garlic and salt. Cover and simmer 15 minutes. Blend reserved bouillon and flour; stir into skillet. Add mushrooms and onions and heat to boiling, stirring constantly. Boil 1 minute. Stir in sour cream; heat through. Serve over noodles or rice. 4 servings.

**BEEF STROGANOFF**

Marge Shanley-Slingerlands

3 Tbsp. flour	1 clove garlic, cut	1/2 c. water
1 1/2 tsp. salt	1/4 c. butter	1 lb. mushrooms, sliced
1/4 tsp. pepper	1/2 c. onions	1 c. sour cream
1 lb. beef tenderloin 1/4 inch	1 can condensed cream of chicken soup	Parsley, chives or dill

Combine first 3 ingredients - trim fat - rub with garlic - pound flour in meat - cut into 1 1/2x1-inch strips. Brown in butter and refrigerate. In same butter sauté onions; add water and stir to dissolve brown bits on bottom of pan. Add soup, mushrooms - cook 20 minutes - until thickened - refrigerate. These steps may be done

continued.....

## the CERAMIC FLOWER



- All Ceramic Supplies
- Greenware
- Outside Firing Done
- Classes (Call for times)
- Senior Citizens Discounts
- Marglotex Paints
- Gare Paints
- Sno Kilns
- Fortiers Slip

**FOR THAT PERSONAL TOUCH, CALL**

1237 Central Avenue **459-1009**  
Albany, N.Y.

Cor. Central & McRutt Ave.  
in the old Rossville School  
Map Location H-10

Coming Soon  
To The Delmar Area



Phone 459-6217  
391 Sand Creek Road  
Albany, New York 12205

A Corner For Every Craft  
Complete Supplies  
Classes - Gifts

We Are Packed Full of Ideas  
Big and Small  
Thursday is Mini Day !

" Make it and Take it Home  
Day "

Call For Schedule



29 HUDSON AVE.  
ALBANY, N.Y. 12207

- NOVELTIES
- FIXTURES
- PAPERS
- FABRICS
- FLOWERS

(518) 434-6910

JOHN THORSEN  
PRESIDENT



Albany, N. Y.

# COMPLIMENTS OF



National Commercial Bank and Trust Co.

A  FIRST COMMERCIAL BANK

Member FDIC

## THE PERFECT TOUCH

Styling - Cutting - Hair Coloring  
Permanent Waving - Waxing  
3905 Carmen Rd. Schenectady, N. Y.  
Phone 355-1400

## Sunny Knoll Craft Shop

DECOUPAGE - EGGERY - CHRISTMAS SUPPLIES  
INSTRUCTION IN ALL CRAFTS

PHONE: 371-5480

7 CIRCLE LANE  
WATERFORD, N.Y.



Dine in Style at ....



## The Heavenly Inn

1903 NEW SCOTLAND ROAD  
SLINGERLANDS, N. Y. 12159

Tues. thru Sat.  
Cocktail Lounge 4:30

Reservations Requested  
Phone 439-9874  
We Specialize in  
Wedding Receptions



Albany, N. Y.

## BEEF STROGANOFF (Continued)

the day before. About 30 minutes before serving, add sour cream to meat and sauce - heat about 25 minutes, do not boil. Serve over noodles, rice or mashed potatoes; sprinkle with parsley, chives or dill.

## BUTTERY FLAVOR FLANK STEAK

1/4 c. buttery flavor oil	1/4 tsp. salt	1 1/2 lb. flank steak
	2 Tbsp. soy sauce	

Heat oil, salt and soy sauce in skillet; add steak and brown quickly. Fry about 3 minutes per side; remove from skillet. Slice diagonally in thin slices and serve immediately.

## CROCK POT GINGER BEEF

4 lb. beef or pot roast	2 tsp. salt	1 c. canned tomatoes
1 tsp. turmeric	2 onions, chopped	1 c. broth or bouillon
2 tsp. ginger	2 cloves garlic, chopped	2 dried hot peppers

Rub beef with turmeric, ginger and salt; put in crock pot and add remaining ingredients. Cover and cook on low 8-10 hours or until done. Slice meat and serve with liquid. 6 servings.

## EPICUREAN STEAK

V. Keefe

3 lb. beef steak, chuck - round	1 c. Burgundy wine 1-2 c. condensed consomme	Salt - pepper 2 medium onions, sliced
------------------------------------	---	--

Put all in casserole and bake in 300-degree oven 3 hours. Mix 1/2 c. bread crumbs and 1/2 c. flour and stir into casserole last hour.

## HAM BALLS

Kate Boitshalts

1 1/2 lb. cured ham	4 slices bread	1 c. brown sugar
1 lb. fresh pork	Salt and pepper to taste	1/2 c. vinegar
2 eggs	1/4 tsp. sage	1 tsp. dry mustard
1 c. milk	Sauce:	1/2 c. water

Grind ham and pork together. Add well-beaten eggs, milk, bread, salt, pepper and sage. Mix well and shape into balls about 2-3 inches diameter and put in baking dish. Make sauce to pour over ham balls. Combine ingredients, mixing until well blended. Pour over balls and bake 1 hour in 325-degree oven.

## LAMB WITH SPINACH

Kamala Mannava - Creators

1 1/2 lb. lam cut into 1-inch cubes	1 Tbsp. ground corinauder 1 tsp. ground turmeric	1/4 c. butter or mar- garine
1 c. plain yogurt	1 tsp. ground cuminseed	1 lb. spinach, washed and chopped
1 medium onion, chopped	1/8 tsp. cayenne 2 tsp. salt	

Marinate lamb in yogurt at least 2 hours, preferably overnight. Sauté onions and all spices in butter; add lamb with yogurt and mix together. Sauté another 5 minutes. Put spinach on top of meat, cover and cook over low heat 40 minutes or until meat is done. Stir as necessary to prevent sticking; in the end meat and spinach will be mixed together. 6 servings. This dish is relatively dry.

## MICROWAVE PEPPERED SIRLOIN TIP

Reta Hull

Rolled sirloin tip, about 3-5 lb.	Liquid smoke seasoning Garlic powder	Crushed black pepper 1/2 c. red wine or water
--------------------------------------	---	--

Brush roast with liquid smoke to cover; rub evenly with garlic powder. Press crushed pepper evenly over it and place in 12x8-inch glass dish. Pour water or wine around it, cover tightly with plastic wrap and microwave on high half cooking time. Remove plastic wrap, turn roast over and recover with plastic. Microwave remain-

continued.....



# Mountain View

COACH TOURS

Air-cond., lav. equipped, reclining seats, picture windows  
Budget & Deluxe Overnight Tours  
DAY TOURS TO

Sports events, historic sites, shopping areas

MOUNTAIN VIEW TOURS

Stuyvesant Pl., Albany, N. Y. - (518) 489-5575

## MICROWAVE PEPPER SIRLOIN TIP (Continued)

ing time for desired degree of doneness. Let stand 10-15 minutes, covered with foil tent before slicing. 6-8 servings. Rare 6 minutes per lb., medium 7 minutes per lb., well 8 minutes per lb.

## NEW ENGLAND CORNED BEEF-BOILED DINNER

Jeannie Deyo

4 lb. corned beef	6 small potatoes	6 turnips, if desired
Water to cover	6 small onions	1 small head cabbage, cut into wedges
6 small carrots		

Put beef in roaster pan, cover with cold water and bake 2 hours at 350 degrees until tender. Add whole carrots, potatoes, onions and turnips and cook 35-40 minutes. Add cabbage last 15-20 minutes. Serves 8-10.

## NO-PEEK STEW

Westwood

2 lb. lean chuck cut into 2-inch cubes	1 3/8 oz. pkg. onion soup mix	10 oz. can cream of mushroom soup
1 c. red wine or water		4 oz. can sliced mushrooms

Put all ingredients in 2 1/2-qt. casserole, cover and bake in 300-degree oven 3 hours. Do not peek! Let stand 30 minutes before serving. 6 servings.

## POLISH GOLABKI (Stuffed Cabbage)

Joan Coyne

1 head cabbage, good size	1 onion	1 lb. hamburger, 1 1/2 lb. beef, 1/2 lb. pork
1/4 lb. rice, boiled		

Fry onion in butter with meat, salt and pepper to taste. Mix in rice. Partly boil cabbage and fill each leaf with meat mixture; roll. Put a few cabbage leaves on bottom of pot and fill pot with stuffed leaves. Pour in 1 glass water. Pot roast 2 hours.

## PORK CHOPS IN WHITE WINE

Daryl Webb

4 large pork chops	Flour	1/2 c. white wine; may use white vermouth
2 onions, sliced	Salt and pepper	
	1 tsp. soy sauce	

Sauté onions in butter or margarine until brown in oven-proof frying pan. Push them aside and brown chops well on each side. Sprinkle with flour, salt and pepper. Mix soy sauce with wine and pour over chops and onions. Cover and bake 1 1/2 hours at 350 degrees. Very good served with rice.

## SAUSAGE AND PEPPERS

Jeanie Deyo

2 1/2 to 3 lb. Italian sweet sausage	6-8 large green peppers	1 8-oz. can tomato sauce
	6-8 large onions	Salt and pepper

Cut sausage into 1-inch pieces and brown in large skillet. Clean peppers and cut

continued.....

SAUSAGE AND PEPPERS (Continued)

into approximately 1-inch pieces. Slice onions into 1/4-inch slices and add to sausage; brown. Add tomato sauce, salt and pepper to taste. Cover and simmer about 1 hour. If too much juice, uncover and boil some away. Serve on hard rolls.

SPECIAL MEAT BALLS

Daryl Webb - Westwood

1 1/2 lb. beef	3/4 tsp. salt	1 small onion, chopped fine
1 onion, chopped	Dash pepper	Dash curry powder
1 egg, unbeaten	Sauce:	1/4 tsp. salt
1 slice bread, crumbled	2 8-oz. cans tomato sauce	Dash ground cloves

Drop bite-size meat balls into sauce which has been heated to boiling. Simmer 15 minutes or longer; I usually do it about 1 hour. Can be made ahead and reheated.

SUB-GUM

Valera Zakutny-Westwood

2 c. diced cooked pork roast	1 4-oz. can mushrooms	1 c. leftover pork gravy
1 Tbsp. chopped onion	1 Tbsp. butter	1 #2 can, 2 1/2 c., bean sprouts
	2 c. chopped celery	

Brown meat and onion in hot fat; add drained mushrooms browned in butter, reserve mushroom liquor. Cook over heat till celery is tender, about 30 minutes. Just before serving add drained bean sprouts and heat through, do not heat long. Serve over hot fluffy rice or fried noodles. Serves (6).

SWEET AND SOUR PORK (Slow Cooker)

Daryl Webb

3 lb. boneless pork	4 Tbsp. brown sugar	2 13-1/2 oz. pineapple chunk and drained
2 tsp. paprika	6 Tbsp. instant dry milk	1 1/2 Tbsp. soy sauce
3 Tbsp. shortening	3 Tbsp. cornstarch	1 1/2 Tbsp. Worcestershire sauce
2 small onions, sliced	1 tsp. salt	
2 green peppers	1/2 c. vinegar	

Sprinkle pork pieces with paprika. Heat shortening in skillet, saute' pork and discard fat. Put meat in slow cooker and add onion and peppers. Combine next 4 ingredients in bowl; add vinegar, soy and Worcestershire sauces and 1 1/3 c. pineapple liquid. If juice does not make this much add water. Pour entire mixture into cooker, cover and cook on low 8-9 hours, high 4-5 hours. During last half hour add pineapples. Serve over rice.

THICK CHILI

R. Moessner

2 large onions, chopped	2 Tbsp. hot chili powder	Liquid from beans + water to make 1 qt.
1 1/2 lb. ground beef	or to taste	2 1-lb. cans dark red kidney beans
2 Tbsp. salt	1 qt. tomato juice	
1 heaping c. flour		

Saute' meat and onions. Combine salt and chili powder and sprinkle over meat and onions; add flour and liquids as for gravy. Transfer to large pot - add beans. Simmer at least 1/2 hour, stirring frequently. This freezes very well.

YANKEE CORN BEEF STEW

Joan Plue - Helderberg

4-5 sliced onions	6-7 sliced potatoes	1 can corned beef
-------------------	---------------------	-------------------

In pan cook onions first, then potatoes. Cut up corned beef and add to pan when potatoes are done. Put in hunk of butter, little "water and flour" to thicken. Cook 5-10 minutes more. Add salt and pepper. Optional (carrots and peas can be added, 1 can, drained).

---

PLEASE PATRONIZE OUR ADVERTISERS

---

BAKED SCALLOPS

Maggie Brousseau

- |                        |                     |                         |
|------------------------|---------------------|-------------------------|
| 1/2 c. water           | 2 Tbsp. butter      | 1 tsp. parsley          |
| 1/2 c. sauteurine      | Small minced onion  | 1 beaten egg yolk       |
| 1/2 tsp. salt          | 2 Tbsp. flour       | Buttered bread crumbs   |
| Few grains cayenne     | 1/2 clove garlic or | 2 Tbsp. Parmesan cheese |
| 1 1/2 lb. sea scallops | minced garlic       |                         |

Start heating oven to 425 degrees. In skillet combine water, wine and cayenne. Simmer scallops 5 minutes; drain and reserve liquid. Snip them into pieces. In same skillet melt butter, saute' onion, stir in flour well. Stir in reserved liquid and cook until thickened. Add garlic and parsley; stir constantly 5 minutes. Gradually stir some sauce into beaten egg, then in remaining sauce. Add scallops; heat gently. Turn into buttered baking dish, shallow; top with crumbs and cheese. Bake until brown.

CLAM SPAGHETTI

Joan Plue

- |                                     |                     |                          |
|-------------------------------------|---------------------|--------------------------|
| 1 lb. spaghetti                     | 1 lb. onions        | 1 stick margarine        |
| 1 10-oz. can baby clam<br>or minced | 2 lb. green peppers | 1 clove garlic or powder |
|                                     |                     | 1 Tbsp. oil              |

In large fry pan put oil and cut-up peppers; saute'. Add onions; saute'. Add garlic and clam juice and cook through. Add margarine to melt; add clams. Cook spaghetti, add sauce and serve.

FILET OF FISH

Betty Slocum

- |                                 |                    |                          |
|---------------------------------|--------------------|--------------------------|
| 1 1/2 lb. filet of fish         | 1 Tbsp. vinegar    | 1/2 c. melted shortening |
| 1 Tbsp. Worcestershire<br>sauce | 1 tsp. lemon juice | 1 tsp. prepared mustard  |
|                                 |                    | 2 slices bread, crumb    |

Lay filet in shallow baking pan, bottom of which is covered with crumbs. Mix ingredients until smooth, pour over fish and garnish with paprika. Bake in hot oven 20 minutes at 450 degrees; baste several times.

SALMON LOAF

Jeanie Deyo

- |                         |                     |                       |
|-------------------------|---------------------|-----------------------|
| 1 large can pink salmon | 1/4 tsp. paprika    | 1/2 c. cracker crumbs |
| 1/2 tsp. salt           | 2 Tbsp. lemon juice | 1/2 c. hot milk       |
| 1/2 tsp. pepper         | 2 egg yolks, beaten | 3 egg whites          |

Mix all except egg whites; beat them stiff and fold in. Pour into well-greased baking dish and bake in preheated 350-degree oven 1 to 1 1/4 hours. May be served plain or with cheese sauce.

SHRIMP CREOLE

Maggie Brousseau

- |                            |                         |                           |
|----------------------------|-------------------------|---------------------------|
| 3 lb. raw shrimp in shells | 4 c. hot seasoned       | 1/2 tsp. paprika          |
| 1 1/2 seeded green peppers | cooked rice             | 6 dashes Tabasco          |
| 3-4 cloves garlic minced   | 1 Tbsp. salt            | 2 cans 1 lb. 13 oz. toma- |
| 3 large onions             | 1/8 tsp. pepper         | toes, about 6 c.          |
| 6 Tbsp. salad oil          | 1/2 tsp. dried rosemary | 1 c. snipped parsley      |

Early in day shell shrimp, cut out vein along outside curve, rinse, drain, then refrigerate. About 45 minutes before serving snip peppers into 1/2-inch pieces; chop onions. Put all vegetables in auto-skillet; add oil and saute' at 375 degrees until tender. Cook rice as label directs. To tender vegetables add salt, pepper, rosemary, paprika, Tabasco and tomatoes. Cook at 225 degrees 15 minutes, stirring occasionally. Add shrimp and cook just until they turn pink. Turn skillet to 150 degrees. Mound shrimp mixture in center of auto. skillet; add parsley to cooked rice and spoon a ring of it around shrimp. Or transfer shrimp from skillet to platter and surround with rice. 8-10 servings.

---

PLEASE PATRONIZE OUR ADVERTISERS

---

## SHRIMP SCAMPI

Patrica Coyne

1/4 c. Diet Imperial margarine	2 tsp. dried parsley	1 lb. shrimp, cooked and cleaned
2 cloves garlic, minced	1/4 tsp. oregano	2 c. cooked rice
	1/2 tsp. salt	
	2 tsp. lemon juice	

Melt margarine in large covered skillet over low heat until sizzling stops; add garlic, parsley, oregano, salt and lemon juice and stir until well blended. Add shrimp; heat thoroughly. Serve over rice. 295 calories per serving. 4 servings.

## CHICKEN A'LA WHIZ

Mary Fantini

1/4 c. Parkay margarine	3/4 c. milk	2 1/2 oz. jar sliced mushrooms, drained
1/2 c. celery, sliced	8 oz. jar pimento Cheese Whiz	1/3 c. slivered almonds, roasted
1/4 c. chopped onion	Pasteurized process cheese spread	2 c. chopped cooked chicken
1/4 c. chopped green pepper		
3 Tbsp. flour		

Melt butter in saucepan over low heat; sauté celery, onion and peppers. Blend in flour; add milk gradually and cook, stirring constantly until thickened. Add Cheese Whiz; stir until melted. Add remaining ingredients and heat, stirring frequently. Serve over toast or biscuit. 6 servings.

## CHICKEN-JAPANESE

E. MacFarland - Slingerland

3-4 lb. chicken parts, legs-thighs	1/2 c. soy sauce	1/2 c. wine - dry sherry
1 box Minute Rice	3 Tbsp. sugar	1 small slice ginger root, crushed, or 1/4 tsp. powdered ginger
1 head cabbage	1/2 c. water	

Bring last 5 ingredients to boil; add chicken parts, turning to brown on all sides. Simmer 1 1/2 hours. Wash cabbage, shred and soak in salt water 1 hour. Drain and put in buttered frying pan; steam 10 minutes. Or use pressure cooker. Drain and arrange cabbage on platter. Put chicken parts on top. Put liquid sauce in small pan, add more water and thicken with cornstarch and water. Pour over chicken and cabbage. Serves 6-8. Make rice according to directions on box as side dish.

## CHICKEN AND ONION BAKE

2 1/2 to 3 lb. broiler-fryer, cut up	9 oz. pkg. frozen onions with cream sauce	1/2 tsp. poultry seasoning
	1 c. condensed cream of chicken soup	1 Tbsp. snipped parsley

Thaw onions. Put chicken skin side up in 12x7 1/2x2-inch baking dish. In bowl stir together onions, soup, parsley and seasoning until nearly smooth. Spoon over chicken, cover and bake at 350 degrees about 1 hour. Stir sauce before serving and sprinkle with paprika. 4 servings.

## CHICKEN AND RICE

Marge Rulison - Westwood

1 c. rice	1 pkg. dry onion soup mix	2 1/2 c. water
Chicken breasts		1 can mushroom soup

Put rice on bottom of baking dish; add dry soup mix, then chicken breasts. Boil water and mix with mushroom soup; pour over chicken. Bake at 350 degrees 1 1/2 hours. Excellent.

## CHICKEN WITH WALNUTS

Betty Slocum - Westwood

3 Tbsp. soy sauce	1 tsp. monosodium glutamate	1 c. English walnuts
1 tsp. salt	Hot cooked rice	2 cloves garlic, minced
1/4 c. peanut oil, or substitute Wesson	1 tsp. sugar	1 Tbsp. cornstarch
1/2 tsp. ground ginger	1 3-oz. broiler-fryer chicken	1 5-oz. can sliced bamboo shoots
1 c. water		

continued.....

## CHICKEN WITH WALNUTS (Continued)

In a sugar bowl combine soy sauce, sugar and salt. Skin uncooked chicken and cut meat into bite-size pieces; add to soy mixture and marinate 20 minutes. In skillet heat oil; add walnuts and saute' about 2 minutes, then remove from skillet. To remaining oil in skillet add ginger, garlic, chicken pieces and any remaining soy marinade; saute' until chicken is well browned on all sides; turn quickly 2 minutes. If using electric skillet, temperature should be 340-365 degrees. Combine water, cornstarch and monosodium glutamate; add to chicken. Cover and simmer about 20 minutes. Add undrained bamboo shoots and walnuts; simmer 5 minutes more. Serve over rice. 3-4 servings.

### CHICKEN IN WINE

Valery Zakutney

1/2 green pepper, diced	1/4 tsp. garlic powder	1/2 c. olive oil
1 medium onion		Salt and pepper

Add cut-up young frying chicken to above mixture; toss slightly. Cover with saute' and refrigerate overnight. 2 hours before serving, brown chicken quickly in a little olive oil; skin may be removed if desired. Add wine mixture, cover and turn to low heat about 1 1/2 hours. Use deep fry pan or Dutch oven.

### SOY SAUCE CHICKEN

J. Kenney

1 3-lb. broiler-fryer	1/4 c. soy sauce	2 tsp. seasoned salt,
1/4 c. water	1/4 c. honey	optional
1/4 c. dry sherry		1/2 tsp. powdered ginger

Quarter chicken and put in single layer in baking dish. Mix remaining ingredients and add; marinate 4 hours or overnight. 2 hours before serving remove from refrigerator and let stand at room temperature 30 minutes. Drain; reserve marinade. Put chicken in broiler pan or baking dish; bake at 300 degrees, basting often. Cook about 1 1/2 hours.

---

Write An Extra Recipe Here:



**FOR OVER 50 YEARS...**  
**The Recognized Trademark of Quality**

*John* PACKING CO. INC.  
ALBANY, N. Y. 12201

---

## JERRY'S BIKE SHOP



**PHONE: UN. 9-7800**  
**BICYCLES - TRICYCLES**  
Corner Sand Creek and Wolf Road  
ALBANY, N. Y. 12205



---

Please Patronize Our Advertisers

---

---

Albany, N. Y.

---

*Clapp's Guilderland, Inc.*

BOOKS - GIFTS - STATIONERY  
TWENTY MALL - ROUTES 155 AND U. S. 20  
GUILDERLAND, NEW YORK 12084

---

DeNOOYER

127 Wolf Rd., Just North of Colonie Center

PHONE 458-7700

---

**KARL A. PAULSEN & SONS**

MILLWORK & LUMBER, INC.

54 RAILROAD AVENUE

ALBANY, N. Y. 12205

TEL. 438-6811

A TRADITIONAL MEN'S  
CLOTHING STORE IN AN  
UNTRADITIONAL MANNER

**JACEN**

20 Mall

Guilderland



---

*GEORGE REPICE*

374-4050

*Treasures-Sea & Land*

1464 STATE STREET  
SCHENECTADY, NEW YORK 12304

JEWELRY FINDINGS  
CHRISTMAS DECORATIONS

CRAFT SUPPLIES  
STYROFOAM



---

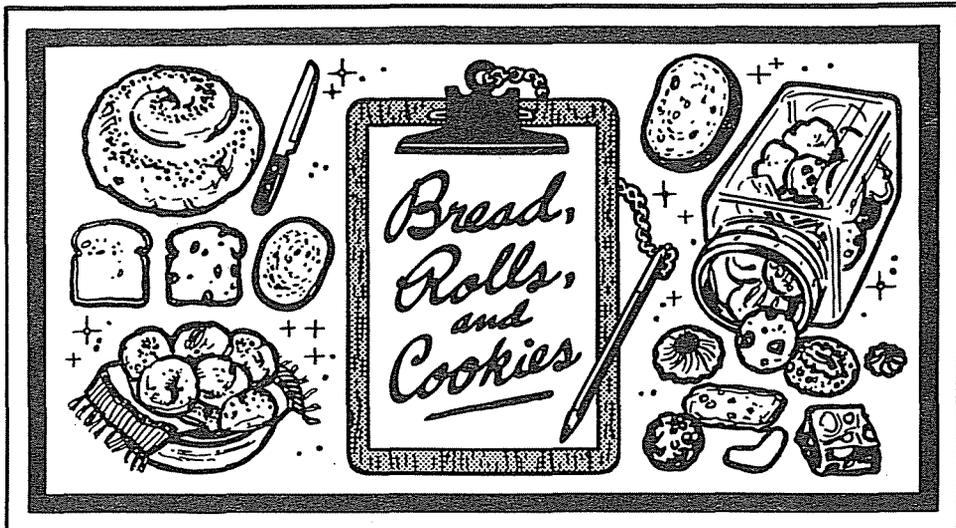
ALFRED'S FABRIC CENTERS, INC.  
Mayfair Shopping Center, Route 50, Scotia, N. Y.  
Stuyvesant Plaza, Western Ave. & Fuller Rd., Albany  
Shoporama Shopping Center, 1300 Altamont Ave., Schenectady  
Latham Circle Mall, Latham, N. Y.

---

Please Patronize Our Advertisers

---

Albany, N. Y.



### APPLE CARROT BREAD

Joan Plue

1 1/2 c. chopped apples	2 eggs	1/2 tsp. salt
1/2 c. shredded carrots	1 3/4 c. flour, sifted	2/3 c. sugar
1/4 c. butter	1 tsp. baking powder	Optional, 1/2 c. chopped nuts
1 tsp. vanilla	1 tsp. soda	

Grease loaf pan. Mix first 5 ingredients with beater; set aside. Mix and add dry ingredients. Mix 3 minutes at medium speed. Bake at 325 degrees 50-60 minutes.

### APRICOT DATE BREAD

N. Dynke Slingerlands

Part A:	1 c. warm water	1 3/4 c. flour
20 dried apricots	1 tsp. baking soda	1 c. sugar
18 dates	Part B:	3/4 c. walnuts

Cut fruit in half; mix Part A together and let cool. Combine with Part B; add 1 beaten egg yolk and 1 tsp. vanilla. Fold in beaten white of 1 egg. Grease 3 cans half full and bake at 375 degrees 45 minutes. Will also make 2 small loaves.

### BANANA-GRANOLA BREAD

Ruth Phillips Helderberg

1/3 c. brown sugar	2 eggs	1/2 tsp. soda
1/3 c. shortening or oil	1/2 c. buttermilk	1/2 tsp. salt
1 c. mashed ripe bananas, about 2 medium	1 c. Gold Medal flour	2 c. Nature Valley Granola, any flavor
	2 tsp. baking powder	

Heat oven to 350 degrees; grease and flour 9x5x3-inch loaf pan. Mix sugar and shortening in large mixer bowl; beat in eggs thoroughly. Mix bananas and buttermilk; reserve. Mix flour, baking powder, soda and salt. Beat banana mixture into sugar alternately with flour mixture on medium speed until well blended; continue beating 1 minute. Fold in Granola; pour into pan and bake 55-60 minutes or until wooden pick inserted in center comes out clean. Remove immediately from pan; cool completely before slicing. 1 loaf.

### BANANA NUT BREAD

Mary Fantini Heldeburg

1/2 c. shortening	2 bananas, mashed	2 eggs
1 c. sugar	1/4 c. nut meats	1 tsp. soda
	2 c. flour	

Combine and bake in 2 small or 1 large cook pan at 350 degrees 45 minutes or until done.

## CRANBERRY NUT BREAD

Gail Thomas

3/4 c. sugar	1 Tbsp. grated orange rind	3/4 c. chopped nuts
1 egg		1 c. chopped cranberries
1 1/4 c. orange juice	3 c. Bisquick	

Bake in half-full 1-lb. coffee can 55-60 minutes at 350 degrees. Makes 2 cans, freezes well.

## FINNISH EASTER BREAD

5 1/4 to 6 1/4 c. unsifted flour	1 Tbsp. grated orange peel	1/2 c. margarine
3/4 c. sugar	1 tsp. grated lemon peel	2 eggs, room temperature
1/2 tsp. salt	2 pkg. dry active yeast	1/2 c. chopped almonds
1 tsp. ground cardamon	3/4 c. milk and 1/2 c. water	1/2 c. golden raisins

In large bowl thoroughly mix 1 1/2 c. flour, sugar, salt, cardamon, peels and undissolved yeast. Combine milk, water and margarine in saucepan; heat over low heat until liquids are very warm, 120-130 degrees; margarine does not need to melt. Gradually add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1 c. flour; beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough flour to make soft dough. Turn onto lightly floured board; knead until smooth and elastic, about 8-10 minutes. Put in greased bowl, turning to grease top. Cover and let rise in warm place free from draft until doubled in bulk, about 1 hour. Punch down, turn onto lightly floured board and knead in nuts and raisins. Divide in half, shape into 2 smooth balls and put in 2 greased 8-inch round cake pans. Cover and let rise in warm place until doubled in bulk, about 1 hour. Bake at 375 degrees 35-40 minutes or until done. Remove from pans and cool on wire racks. Frost with confectioners' sugar frosting if desired.

## IRISH SODA BREAD

Vera Peek Slingerlands

3 c. white flour	1/2 tsp. baking soda	1 egg, beaten
4 Tbsp. sugar	1 tsp. salt	1 1/2 c. buttermilk
1 Tbsp. baking powder	1 1/2 c. raisins	4 Tbsp. margarine

Mix dry ingredients; cut in margarine with knife and break into crumbs with fingers. Add raisins; toss until covered with flour mixture. Add buttermilk and egg; mix with fork until moistened thoroughly. Scrape from bowl onto floured board and knead lightly to flour outside of dough. Bake on greased pie pan 1 hour at 375 degrees.

## IRISH SODA BREAD

Helen Mumford Westwood

4 c. unsifted flour	1/4 c. sugar	1 egg
1 tsp. salt	1 c. raisins	1 3/4 c. buttermilk or
3 tsp. baking powder	1-2 tsp. caraway seeds	1 1/2 c. milk and 1/4
1 tsp. soda	4 Tbsp. butter	c. vinegar

Sift dry ingredients, add raisins and seeds and cut in shortening. Mix egg with milk and add to dry ingredients; stir until blended. On floured board knead 2-3 minutes until smooth. Divide in half in round loaf, put in greased 8-inch cake or pie tin and press dough to side of pan. Cut across on top 1/2-inch deep. Bake at 375 degrees 35-40 minutes.

## NO KNEAD BREAD

Joan Coyne

4 1/2 c. flour	2 pkg. dry yeast	1 c. milk
1/4 c. sugar	1 c. water	1/4 c. cooking oil
1 Tbsp. salt		1 egg

Combine in large mixing bowl 2 c. Pillsbury flour, sugar, salt and yeast. Heat in saucepan until warm water, milk and oil; mix. Add egg and warm liquid to flour; blend at low speed until moistened. Beat - 3 minutes at medium speed by hand - stir in 2 1/2 c. flour to form stiff batter. Rising - cover dough in bowl - let rise in warm place until light and doubled - about 1 hour. Stir - down dough with spoon - spoon into greased pan and bake - 45-50 minutes or until loaf sounds hollow when lightly tapped. Oven - 375 degrees makes 1 loaf 9x5-inch pan or 2-qt. deep casserole.

## PUMPKIN LOAF

Joan Coyne

3 1/2 c. flour	1 tsp. nutmeg	4 eggs, beaten
3 c. sugar	1 1/2 tsp. salt	1 c. salad oil
1 tsp. cinnamon	2 tsp. soda	2 c. pumpkin
	2/3 c. water	

Mix all together in bowl; blend. Bake in greased 1-lb. coffee cans; fill 4 cans half full. Bake at 350 degrees 1 hour. Freezes well.

## RHUBARB-NUT BREAD

R. Brusio Slingerlands

1 1/2 c. brown sugar	1 c. sour milk	1 1/2 c. fresh rhubarb,
2/3 c. cooking oil	1 tsp. vanilla	diced
1 egg	1/2 c. chopped nuts	1 tsp. salt
	2 1/2 c. flour	

Beat together oil and sugar; add egg. Mix together sour milk and vanilla and add to mixture. Sift flour, soda and salt together, add rhubarb and nuts and stir into batter. Pour into 2 well-greased loaf pans, filling 2/3 full. Sprinkle with a mixture of 1/2 c. sugar and 1 Tbsp. butter. Bake at 325 degrees about 1 hour, being careful not to overbake.

## WYOMING ZUCCHINI BREAD

Lucille Kropp

2 c. shredded unpeeled raw zucchini	1 tsp. vanilla	1/2 tsp. salt
1 c. cooking oil	3 c. flour	1 tsp. cinnamon
2 c. sugar	1/4 tsp. baking powder	1 tsp. ginger
3 eggs	1 tsp. baking soda	1 tsp. ground cloves
		1 c. chopped walnuts

Preheat oven to 325 degrees; grease and lightly flour 2 5x9-inch loaf pans. In mixing bowl combine sugar, oil, eggs, vanilla and zucchini; mix until well blended. Sift together and add flour, baking powder, soda, salt and spices; beat until well blended. Stir in nuts. Pour into pans and bake at 325 degrees about 1 hour or until it tests done. Remove from oven, cool 20 minutes and remove from pans. Bread slices best when completely cooled. Freezes well.

## BLUEBERRY MUFFINS

Ruth Bryan

1 egg, slightly beaten	1 1/2 c. flour	1/2 tsp. salt
1/2 c. milk	1/2 c. sugar	1 c. fresh blueberries or
1/4 c. cooking oil	2 tsp. baking powder	3/4 c. canned

Sift together flour, sugar, baking powder and salt; add milk, egg and oil and mix gently, not too much. Add berries. Temperature 400 degrees 20-25 minutes. 12 medium muffins.

## CORN OR APPLE FRITTERS

Lucille Foster

1 c. canned sweet corn or apples	1 egg, beaten lightly	1/2 tsp. baking powder
	2 Tbsp. flour	added to flour
	Salt and pepper to taste	

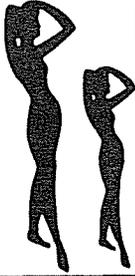
Put a piece of butter in frying pan; when hot drop batter by spoonfuls in and brown fritters on both sides. Can use fresh apples.

## FRENCH POTATO DOUGHNUTS

Gail Thomas

2 c. hot mashed potatoes	1 c. sweet milk	5 tsp. level balsing
2 c. sugar	1 tsp. vanilla	powder
2 Tbsp. butter		Flour

Mix as usual; roll out 1/2-inch thick, cut and fry in hot grease. Potatoes keep the doughnuts soft. These keep fresh much longer than if made with eggs.



# Dora Dee Figure Salon

Weight Control  
Firming & Toning

ALBANY  
1218 Central Ave.  
459-4488

CLIFTON PARK  
Rt. 146 & Vischer Ferry Rd.  
371-1800

## POPOVER PANCAKES

Marge Rulison

1/2 c. flour  
2 eggs  
1/4 c. butter

1/2 c. milk  
2 Tbsp. sugar

Juice of 1/2 lemon  
Honey, jam or marmalade

Cookware: 12x8-inch top of stove au gratin dish or 12-inch round skillet with heat-proof handles. Preheat oven to 425 degrees. In mixing bowl combine flour and eggs; beat lightly, leaving batter slightly lumpy. In au gratin dish or skillet heat butter very hot; pour in batter. Put dish in hot oven and bake 20 minutes or until pancake is puffed all around sides of dish and golden brown. Remove from oven; sprinkle with sugar and lemon juice and return to oven 2-3 minutes or until glazed. Serve immediately with honey, jam or marmalade.

## APRICOT FRUIT BARS

N. Dynko

1 1/2 c. flour  
1 tsp. soda  
1 tsp. salt

1/2 c. chopped nuts  
2 1/2 c. uncooked oatmeal  
1 1/2 c. brown sugar  
1 c. melted shortening

Filling:  
1 lb. dried apricots  
3/4 c. sugar

Combine filling ingredients with water to almost cover; cook slowly until thick. Cool and spread between crumb mixture. Bake at 350 degrees 25-35 minutes until rich brown.

## BANANA CAKE MIX DROP COOKIES

Sue Lee

2 eggs  
1/4 c. water  
1 c. mashed ripe  
bananas

2/3 c. shortening  
1 pkg. yellow or white  
cake mix  
2 c. quick-cooking oats

11 1/2 oz. pkg. chocolate  
or butterscotch bits  
1/2 c. chopped nuts or  
wheat germ

Beat first 4 ingredients plus half cake mix until smooth. Stir in remaining mix and last 3 ingredients. Drop by rounded teaspoon 2-inches apart onto ungreased baking sheet. Bake at 375 degrees 10-12 minutes or until tops are light brown remove immediately. 7 doz.

## BREAD COOKIES

Reta Hull

1 can sweetened con-  
densed milk

1 lb. shredded coconut

10-12 slices day-old  
bread

Remove crusts from bread and cut each slice into 4 strips; coat each strip with milk, then roll in coconut until all sides are covered. Bake on lightly buttered baking sheet 15-20 minutes in 350-degree oven, or until sticks are golden brown. About 4 doz.

## CHERRY NUT SQUARES

Eileen Zmijewski

1 c. flour  
2 Tbsp. sugar

1/3 c. margarine  
Pinch salt  
2 egg whites

1/2 c. sugar  
1 tsp. vanilla

continued.....

## CHERRY NUT SQUARES (Continued)

Mix first 4 ingredients by hand; press into 8x8x2-inch pan and bake 10 minutes at 350 degrees; cool. Cut maraschino cherries in half; drain well and put on cooled mixture. Make meringue of last 3 ingredients and spread over cherries. Sprinkle with nuts and bake 25 minutes or longer at 350 degrees. Cut into squares.

## CHERRY PINEAPPLE BARS

C. Hogancamp

2 c. sifted flour	1/2 c. granulated sugar	1 c. brown sugar-
1/2 tsp. salt	1 c. maraschino cherries,	1 c. margarine
1 8-3/4 oz. crushed pineapple	chopped	2 Tbsp. cornstarch
		2 beaten egg yolks

Combine flour, brown sugar and salt in bowl; cut in margarine until crumbly. Set aside 1 c. and press remainder on bottom of 13x9-inch pan. Bake at 350 degrees 15 minutes; cool slightly. In pan combine sugar and cornstarch; stir in undrained pineapple and egg yolks. Cook over medium heat, stirring constantly until thickened. Remove from heat; stir in cherries. Spread evenly over baked layer and sprinkle on reserved crumbs. Bake 30 minutes more; cool before cutting into 2 doz. bars.

## CHEWY-CRANBERRY GINGERS

Dora Dee

2 1/3 c. flour	1/2 tsp. ginger	1 egg
2 tsp. soda	1 c. sugar	1/4 c. molasses
1/2 tsp. salt	3/4 c. shortening	1/2 c. whole cranberry sauce
1 tsp. cimm		

Combine all except cranberries in large mixer bowl; mix thoroughly. Chill dough at least 1 hour. Shape into balls using a rounded teaspoon; coat with additional sugar. Put on ungreased cookie sheet and bake at 375 degrees 12-15 minutes. Remove immediately from cookie sheet. Easier to roll when real cold. Take only a little dough from refrigerator at a time.

## CHOCOLATE SQUARES

Marg Rulison

1 stick oleo	1 tsp. vanilla	Frosting:
1 c. water	2 eggs	1 stick oleo
1 1/2 sq. chocolate	1/2 c. sour cream	1 1/2 sq. chocolate
2 c. sugar	1/2 tsp. salt	6 Tbsp. milk
2 c. flour	1 tsp. soda	4 c. confectioners' sugar
		1 tsp. vanilla

Mix first 3 ingredients in saucepan; boil 1 minute. Add remaining ingredients; mix well. Bake in greased 12x14-inch pan in 350-degree oven 25 minutes. For frosting boil first 3 ingredients 1 minute. Remove from heat; add remaining ingredients and mix well.

## DATE BALLS

C. Hogancamp

1/2 c. butter or mar- garine	1 egg, slightly beaten	2 c. Rice Krispies
1 c. sugar	1 c. chopped dates	1/2 c. nuts
		1/2 tsp. vanilla

Cook first 4 ingredients together 10 minutes, stirring constantly, do not let it stick. Cool. Add remaining ingredients and mix together. Grease hands and form into balls; roll in sugar or Angel Flake coconut; chill. Makes 48.

## GINGER CREAMS (Molasses Drop Cookies)

1/2 c. shortening	4 c. flour	1 tsp. cloves
1 c. granulated sugar	1 tsp. salt	2 tsp. ginger
1 egg	1 tsp. nutmeg	1 c. hot water
1 c. dark molasses	1 tsp. cinnamon	2 tsp. baking soda

Cream shortening and sugar; add unbeaten egg and beat well. Add molasses; beat again. Add flour and spices, sifted together, alternately with hot water with soda dissolved in it. Chill dough at least 2 hours or overnight. Drop by teaspoonfuls onto

continued.....

## GINGER CREAMS (Continued)

greased cookie sheets and bake 8-10 minutes in hot 400-degree oven. Ice with thin icing made of 2 c. confectioners' sugar and 1 Tbsp. melted butter, 2-3 Tbsp. milk or cream and 1/2 tsp. vanilla. About 5 doz. cookies.

## HOLIDAY OATMEAL BARS

Jean Fish

1 pkg. dry mincemeat	1 1/2 c. quick-cooking oats	1 c. boiling water
1/2 c. shortening	1/2 tsp. salt	1 c. brown sugar, firmly packed
1 c. sifted flour		

Break mincemeat into boiling water and cook, stirring constantly 3 minutes. Let stand until cool. Cream shortening, add sugar gradually, beating until fluffy. Add dry ingredients; mix well. Spread half oatmeal mixture over greased shallow 9x9-inch pan, pressing down firmly. Spread this evenly with mincemeat, then spread remaining oatmeal evenly. Bake 30-40 minutes in 350-degree oven. When cool cut into squares.

## LEMON DREAMS

Reta Hull

1/2 c. butter	Pinch salt	1 c. sugar
1/4 c. powdered sugar	2 eggs, slightly beaten	2 Tbsp. flour
1 c. flour		2 Tbsp. fresh lemon juice

Cream butter and sugar; add flour and salt gradually and mix thoroughly. Line bottom of 8x8-inch pan with this and bake in 350-degree oven 15-20 minutes; do not let it brown. While this bakes combine last 4 ingredients for topping. Pour over hot crust as soon as removed from oven. Bake again 20-25 minutes until completely set. When cool sprinkle top with powdered sugar and cut into small squares.

## MINCE MEAT COOKIES

Mary Anne Coyne

3 1/4 c. sifted flour	1 c. shortening	3 eggs, beaten
1/2 tsp. salt	1 1/2 c. sugar	1 1/3 c. mince meat,
1 tsp. soda		1/2 jar

Sift first 3 ingredients together. Cream shortening, add sugar and cream together until fluffy. Add egg and mincemeat. Drop by teaspoonsfuls 2-inches apart onto greased baking sheets. Bake in 400-degree oven 12 minutes.

## MINCE SQUARES

C. Hubbard

4 c. graham cracker crumbs	2 cans condensed milk	Large jar mince meat
----------------------------	-----------------------	----------------------

Bake in 9x13- and 9x9-inch greased pans at 350 degrees 25 minutes.

## PEANUT QUICKIE

Joan Coyne

1 pkg. Pillsbury white frosting mix	1/2 c. flour	1/2 c. crunchy peanut butter
-------------------------------------	--------------	------------------------------

Prepare frosting mix as directed on package; fold in flour, then peanut butter. Drop rounded teaspoonsful onto greased cookie sheet and bake in 375-degree oven 10-12 minutes. Remove from cookie sheet immediately and cool 1/2 c. salted peanuts may be added to dough.

## PETTICOAT TAILS

Gail Hebert

1 c. soft butter	1 tsp. flavoring, vanilla,	2 1/2 c. sifted flour
1 c. sifted confectioners' sugar	almond, wintergreen or rose	1/4 tsp. salt

Mix first 3 ingredients thoroughly. Sift together and stir in flour and salt; mix thoroughly with hands. Press and mold in long smooth roll about 2-inch diameter. Wrap in waxed paper and chill until stiff, several hours or overnight. With thin sharp

continued.....

PETTICOAT TAILS (Continued)

knife, cut into thin slices 1/8 to 1/16-inch thick. Put slices a little apart on un-greased baking sheet and bake until lightly browned at 400 degrees moderate oven, 8-10 minutes. 6 doz. cookies.

PUMPKIN PIE DESSERT SQUARES

I. Miller

1 pkg. yellow cake mix	Filling:	Topping:
1/2 c. butter or oleo, melted	3 c. pumpkin pie mix, 1 lb. 14 oz. can	1 c. reserved cake mix 1/4 c. sugar 1/4 c. butter or oleo 1 tsp. cinnamon
1 egg	2 eggs	

Grease bottom only of 13x9-inch pan; reserve 1 c. cake mix for topping. Combine remainder with butter and egg and press into pan. Prepare filling by combining all ingredients until smooth; pour over crust. Combine all topping ingredients and sprinkle over filling. Bake at 350 degrees 45-50 minutes until knife inserted near center comes out clean. If desired serve with whipped topping.

SAUCY BARS

Doris Hedden

1/2 c. oleo	2 c. flour	1 tsp. nutmeg
1 c. sugar	1 tsp. soda	1 c. seedless raisins
1 c. applesauce	1/2 tsp. salt	1/2 c. chopped nuts
1 egg	1/2 tsp. cloves	1 tsp. vanilla
	1 tsp. cinnamon	

Mix first 4 ingredients together; add flour, soda, salt and spices, sifted. Stir in remaining ingredients; mix well. Spread batter in greased 13x9x2-inch pan and bake 35-45 minutes in 350-degree oven. Frost with thin covering of confectioners' sugar while still warm.

SUGAR COOKIES

Ruth Phillips

1/2 c. margarine	1 c. sugar	2 c. flour
1/2 tsp. salt	1 egg	1 tsp. baking powder
1/2 tsp. vanilla	2 Tbsp. milk	1/2 tsp. baking soda

Blend first 4 ingredients; beat in egg and milk. Stir in last 3 ingredients. Drop onto greased cookie sheet. Grease bottom of glass, dip in sugar and flatten dough. Bake 8-10 minutes in 400-degree oven. 3 to 3 1/2 doz.

UNBAKED CHOCOLATE COOKIES

Kathy Hammer

1/4 c. oleo	2 c. sugar	1/2 c. peanut butter
1/2 c. milk	4 Tbsp. cocoa	3 c. oatmeal
	1 tsp. vanilla	

Melt and mix oleo and milk; add sugar and cocoa. Bring to slow boil and boil about 1 minute. Add last 3 ingredients. Drop onto waxed paper and add walnut or pecan for decoration. Shape walnut size or larger.

PLEASE

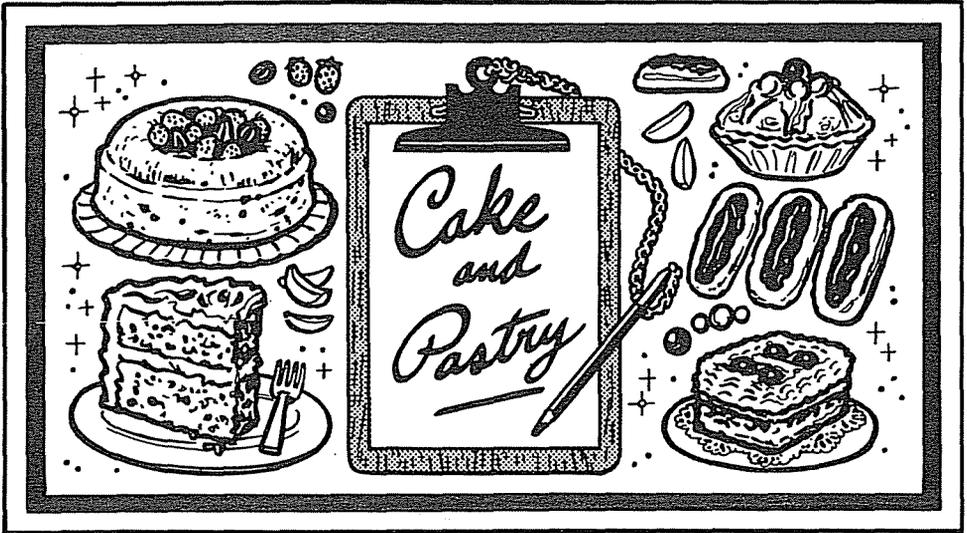
PATRONIZE

OUR

ADVERTISERS

Write Extra Recipes Here:

---



### APPLE CAKE

Daryl Webb

1/3 c. butter  
3/4 c. sugar  
1 egg  
1 1/3 c. flour

1/4 tsp. salt  
2 tsp. baking powder  
1/2 c. milk  
1 tsp. vanilla

3 apples peeled, chopped,  
more if desired  
Powdered sugar  
Ground cinnamon

Cream butter; add half sugar gradually, beating well. Beat egg with remaining sugar; add to mixture. Sift in flour, baking powder and salt alternately with milk; add vanilla. Add apples and raisins, carrots and nuts and beat well. Turn into well-buttered 9-inch cake pan, square or round, and sprinkle with powdered sugar and cinnamon. Bake in moderate 350-degree oven 30 minutes.

### APPLE COFFEE CAKE

Reta Hull

2 c. sugar  
3 c. flour  
1 tsp. baking soda

1 tsp. salt  
1 tsp. cinnamon

1 c. oil  
2 eggs  
3 c. apples, cut up

Mix dry ingredients in large bowl. In small bowl mix oil and eggs and add to dry ingredients; mixture will be stiff. Mix in apples. Bake in ungreased 9x13-inch pan at 325 degrees 40-60 minutes. Delicious cold or warm for dessert or coffee klatch.

### APPLE WALNUT CAKE

Betty Tougher

4 c. coarsely chopped  
apples  
2 c. sugar  
2 eggs

1/2 c. vegetable oil  
2 c. flour, sifted  
2 tsp. baking soda

2 tsp. cinnamon  
1 tsp. salt  
1 c. chopped walnuts  
1 tsp. vanilla

Combine apples and sugar; let stand. Beat eggs slightly; beat in oil and vanilla. Mix and sift flour, soda, cinnamon and salt; stir in alternately with apple mixture. Add nuts. Bake in greased oblong 13x9x2-inch pan at 350 degrees about 1 hour or until done.

### BANANA CAKE

Doris Hedden

3 c. flour  
2 c. sugar  
1 tsp. salt

1 c. shortening  
1 1/2 tsp. baking powder  
1 1/2 tsp. soda

3-4 eggs  
1 c. sour milk  
3-4 mashed bananas

Mix and bake in large oblong sheet cake pan in 350-degree oven until done.



# ARGUS TRAVEL INC.



Stuyvesant Plaza, Western Ave. at Fuller Rd., Albany, N. Y.  
 Reservations for: **INDIVIDUALS - STUDENTS - GROUPS**  
 Via **AIR - STEAMSHIP - BUS**  
**HOTELS & MOTELS - CRUISES and RAIL TOURS**  
 Visa and passport information - Travel Consultants available  
 Call: 489-4739, if busy 489-7497  
 Member of G.I.A.N.T.S. and American Society of Travel Agents

## BANANA UPSIDE-DOWN CAKE

Helen Cusack

Substitute sliced bananas for pineapple rings in pineapple upside down cake. Use honey - spice, devil's food, yellow or lemon cake mix and bake as directed on cake package. Combine 1 1/2 c. confectioners' sugar, 1 Tbsp. finely ground orange rind and 2-3 Tbsp. orange juice for glaze. Drizzle over warm cake.

## BOILED RAISIN CAKE

Joyce Ginter

1 lb. raisins	1 tsp. ground cloves	2 c. sugar
3 c. cold water	1 tsp. nutmeg	2 Tbsp. shortening
2 tsp. baking soda	1 tsp. salt	3 c. flour
2 tsp. cinnamon		2 eggs

Bring raisins and water to boil; add spices and let cool completely. Add flour and eggs. Bake in pan in 325-degree oven about 1 hour.

## BOILED SPICE CAKE

Mary Smith

2 c. water	1 c. shortening	1 tsp. salt
2 c. sugar	2 tsp. cloves	3 c. flour
2 c. raisins	2 tsp. cinnamon	3 tsp. baking powder

Boil all except flour and baking powder; cook and cool. Add to mixed flour and baking powder. Bake in greased floured pan at 375 degrees until done. Frost or leave plain.

## BUTTERY LEMON POUND CAKE

V. Keefe

1/2 c. soft butter	1 tsp. pure lemon juice	1/2 c. milk
1 c. sugar	1 1/2 c. sifted flour	1/3 c. lemon juice
2 eggs	1 tsp. baking powder	1/4 c. sugar
	1/2 tsp. salt	

Cream butter and sugar; add beaten eggs and lemon juice. Mix flour, baking powder, salt and milk; add alternately with egg mix. Bake in well-greased 8 1/2x4 1/2-inch loaf pan 1 hour. Pour last 2 ingredients over cake after making holes with pick in baked cake; I used only half of above.

## CARROT CAKE

Ruth Brusco

2 c. all-purpose flour	1 1/2 c. vegetable oil	1/2 c. chopped walnuts
2 tsp. baking powder	4 eggs, room temperature	Cream Cheese Frosting:
1 tsp. baking soda	2 jars junior carrots,	1/4 lb. confectioners' sugar
1 tsp. salt	baby food	1 8-oz. cream cheese
1 tsp. cinnamon	1 8-oz. can crushed pine-	1/4 lb. butter, melt, cool
2 c. granulated sugar	apple or 1/2 c. shred-	1 tsp. lemon extract
	ded coconut	

Mix first 5 ingredients together; beat next 3 together and add to flour. Beat with wooden spoon until smooth. Add carrots, pineapple or coconut; beat 2 minutes. Add

continued.....

## CARROT CAKE (Continued)

nuts. Bake in greased floured pan 45-60 minutes at 350 degrees. Cool; do not remove from pan. Beat frosting ingredients until smooth; spread on cake.

## CHERRY CHEESE CAKE

Helen Cahill

1 box white cake mix	2 Tbsp. oil	4 tsp. vanilla
2 8-oz. cream cheese	4 Tbsp. lemon juice	1/2 c. sugar
4 eggs		1 1/2 c. milk

Set aside 1 c. cake mix; mix remainder in bowl with oil and 1 egg. Press firmly into lightly greased 9x13-inch pan. In large bowl cream cheese and sugar; add 3 eggs and mix well. Add reserved cake mix; beat well. Add lemon juice and vanilla, then add milk slowly, beating well. Pour onto crumb mixture and bake at 300 degrees 1 hour. Cool thoroughly and top with 1 can cherry pie filling. Refrigerate overnight or several hours before serving.

## CHOCOLATE MAYONNAISE CAKE

Joan Coyne

2 c. flour	2 tsp. baking soda	1 c. mayonnaise
1 c. sugar	1/2 tsp. salt	1 c. wafer
4 tsp. cocoa		1 tsp. vanilla

Sift dry ingredients together; add remainder and mix. Bake in square pan at 350 degrees 35 minutes. Frost.

## CHOCOLATE SHEET CAKE

Hazel Lonnstrom

2 sticks margarine	2 eggs	3 Tbsp. cocoa
1 c. water	1/2 pt. sour cream	6 Tbsp. milk
4 tsp. cocoa	1 tsp. soda	1 lb. powdered sugar or more
1/2 tsp. salt	Topping:	1 tsp. vanilla
2 c. sugar	1 stick margarine	1 c. nuts
2 c. flour		

Boil first 4 ingredients in saucepan; remove from heat and add sugar, flour and eggs. Beat in sour cream and soda. Bake in 12x18-inch pan 20-25 minutes at 375 degrees. For topping bring first 3 ingredients to boil; remove from heat and add remaining ingredients. Spread on warm cake.

## COLD OVEN BUTTERNUT FLAVORING CAKE

E. Davis

2 sticks margarine	1/2 tsp. broken nutmeats	1 c. milk
1/2 c. Crisco	5 large eggs	1 Tbsp. + 2 tsp. butter- nut flavoring
3 c. sugar	3 c. flour	

Cream shortening, sugar and salt well; have at room and use electric mixer. Add eggs one at a time; beat well after each. Add flour and milk, ending with flour. Fold in flavoring and nuts by hand. Bake in well-greased floured tube pan 1 3/4 hours at 325 degrees. Start in cold oven; do not open door while baking. Remove from pan immediately and invert on wire rack to cool.

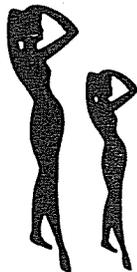
Hints: 1/2 to 1 c. maraschino cherries with some flour makes a nice addition. This makes an excellent sweet rich cake; just wrap in foil and no dishes or holders are needed. Slice thin with very sharp knife; it's more tasty that way. You can always have seconds, if you can hold them!

## COMPANY CHEESE CAKE

Peg St. Onge

1 3/4 c. fine graham crackers crumbs	1/2 tsp. cinnamon	1/4 tsp. salt
1/4 c. finely chopped walnuts	1/2 c. melted butter	2 tsp. vanilla
	3 eggs	1/2 tsp. almond extract
	2 8-oz. cream cheese	3 c. dairy sour cream
	1 c. sugar	

Mix first 4 ingredients and press on bottom and side of 9-inch springform pan. Combine well-beaten eggs, cheese, sugar, salt, vanilla and extract; beat until smooth. Blend in sour cream. Pour into crust and bake at 375 degrees 40-50 minutes or until set. Chill 4-5 hours; filling will be soft.



# Dora Dee Figure Salon

Weight Control  
Firming & Toning

ALBANY  
1218 Central Ave.  
459-4488

CLIFTON PARK  
Rt. 146 & Vischer Ferry Rd.  
371-1800

## CRANBERRY CAKE

P. Rubin

1/4 lb. margarine	1/2 c. chopped nuts	1 tsp. almond extract
1 c. sugar	1 can cranberry sauce,	Topping:
2 eggs	whole	3/4 c. 4X sugar
2 tsp. baking powder	2 c. flour	1/2 tsp. almond extract
1 tsp. baking soda	1/2 tsp. salt	1 Tbsp. warm water
	1/2 pt. sour cream	

Cream sugar and margarine; add eggs one at a time. Add dry ingredients, mixed together, alternately with sour cream; add flavoring. Put part of batter in well greased floured 8-inch tube pan; swirl in some cranberry sauce, about 1/2 can, and add remaining cranberry sauce. Top with nuts. Bake at 350 degrees 55 minutes or until done. Let cool in pan 5 minutes; remove to plate and swirl topping on top.

## CRANBERRY PIE CAKE

Joan Coyne

2 c. raw cranberries	2 eggs	1 c. flour
1/2 c. sugar or more	1 c. sugar	1/2 c. melted butter
1/2 c. walnuts or pecans		1/4 c. shortening

Grease 11-inch pie plate; spread cranberries over bottom of it and sprinkle with sugar and nuts. Beat egg; gradually add 1 c. sugar and mix, adding flour, shortening and butter. Pour batter over cranberries and bake at 325 degrees 1 hour or until crust is golden brown.

## FRESH APPLE GINGERBREAD

Gail Thomas

1/2 c. butter or mar-	2 c. unsifted flour	1/2 tsp. nutmeg
garine	1 1/2 tsp. baking soda	1/4 tsp. cloves
1/2 c. sugar	3/4 tsp. salt	1 1/4 c. pared and grated
2 eggs	1 tsp. ginger	apples
2/3 c. molasses	1/2 tsp. cinnamon	1/3 c. milk

Mix in order given. Bake at 350 degrees 45-50 minutes. Serve warm with whipped cream.

## HURRY-UP FRUIT CAKE

Ester Davis

3/4 c. sifted flour	1/2 c. water	1 can sweetened con-
1/2 tsp. baking soda	1 c. chopped walnuts	densed milk
9 oz. pkg. condensed	3/4 c. diced mixed pre-	1 egg, beaten
mince meat	served fruits	

Start heating oven; grease, line with waxed paper then grease again 9x5x3-inch loaf pan. Sift flour with soda. Break mincemeat into small pieces into 2-qt. saucepan; add water and heat, stirring until all lumps are broken. Boil briskly 1 minute, stirring constantly; cool. Add nuts and next 3 ingredients; mix well. Add flour, mixing just until smooth. Turn into pan and bake at 350 degrees 1 hour 10 minutes or until no imprint remains when top is touched by fingertips. 1 9x5x3-inch loaf; dark and moist.

MINIATURE CHEESE CAKES

I. Miller

3 8-oz. cream cheese      2/3 c. sugar      1 tsp. vanilla  
    3 large eggs

Put vanilla wafers in foil miniature cupcake cups; fill to top with cheese mixture. Bake at 350 degrees 15 minutes; cool. Put cherry pie filling on top of each cake. Serves 32.

MYSTERY CAKE

Sandra Tesch

1 c. sugar      1 tsp. soda      1 egg  
 1 1/2 c. flour      Salt, 1 scant tsp.      1 can fruit cocktail

Mix together and put 1/2 c. brown sugar on top. 350 degrees 1/2 hour.

PUMPKIN CAKE

Joan Duda

2 c. flour      2 tsp. baking powder      Icing:  
 2 c. sugar      1 c. oil      8 oz. cream cheese  
 2 c. pumpkin      4 eggs      1 stick margarine  
 2 tsp. baking soda      1/2 tsp. salt      1 box powdered sugar  
 2 tsp. cinnamon      1 c. nuts      1 tsp. vanilla

Mix all in large bowl. Bake in greased floured 9x12-inch pan at 350 degrees 45 minutes. Mix icing ingredients and frost cool cake.

QUICK GINGERBREAD

E. Davis

2 1/4 c. sifted flour      1/2 tsp. salt      2 eggs, unbeaten  
 1 tsp. sugar      1/2 tsp. baking powder      3/4 c. milk, sweet, sour  
 1 1/2 tsp. cinnamon      1/2 c. soft shortening      or buttermilk  
 1 tsp. soda      1/3 c. sugar      1 c. molasses

Sift dry ingredients together into large bowl; add shortening, sugar, eggs, milk and molasses and beat until blended, about 2 1/2 minutes. Pour into greased 10x-10x2-inch pan and bake 40-45 minutes at 350 degrees. Served with whipped cream or ice with orange cream cheese or vanilla icing. Also good with applesauce. Can also be baked in loaf pan.

SOUR CREAM COFFEE CAKE

Sandra Tesch

1 stick butter      1 tsp. soda      1 1/2 c. flour  
 1 c. sugar      1 c. sour cream      1 1/2 tsp. baking powder  
 2 eggs           1 Tbsp. vanilla

Cream butter, sugar and eggs; add sour cream with soda and dry ingredients. Mix in vanilla. Pour into greased Bundt pan with tube; sprinkle on topping made of 1/4 c. sugar, 1/2 tsp. cinnamon and 1/2 c. chopped nuts; dot with extra butter. Bake 45 minutes in moderate 350-degree oven; open oven door and let cake stay in oven until cool. Remove from pan immediately after taking from oven.

SWEDISH APPLE CAKE

Carole Tryon

1/2 c. flour      1/4 c. chopped nuts      1 egg  
 1/4 c. sugar      2 c. diced apple      1 tsp. vanilla  
 1 tsp. baking powder      Pinch salt      1/2 tsp. cinnamon

Sift together first 3 ingredients and salt; add nuts and apples, then egg, vanilla and cinnamon. Spread in greased pie tins or a tripple (batch) on cookie sheet. Bake at 350 degrees 25-30 minutes. Sprinkle with powdered sugar or serve with whip cream.

---

PLEASE      PATRONIZE      OUR      ADVERTISERS

---

## TOASTED SPICE CAKE

Kathy Hammer

2 egg yolks	2 1/3 c. flour	3/4 tsp. salt
3/4 c. shortening	1 tsp. baking powder	1 tsp. vanilla
2 c. brown sugar	1 tsp. cinnamon	Meringue Topping:
1 1/4 c. sour milk	1 tsp. ground cloves	2 egg whites
1 tsp. baking soda		1 c. brown sugar

Combine and put into 9x13-inch pan. Beat egg whites slowly, beat in sugar and spread meringue over raw batter. Sprinkle with chopped peanuts. Bake in 350-degree oven about 1 hour. Try with toothpick. Meringue bakes before batter is done.

## TOMATO SOUP CAKE

Joan Coyne

2 c. sifted flour	1 1/2 tsp. allspice	1/3 c. vegetable oil or
1 1/3 c. sugar	1 tsp. cinnamon	1/2 c. shortening
4 tsp. baking powder	1 tsp. cloves	2 eggs
1 tsp. baking soda	1 c. tomato soup	1/4 c. water

Sift all ingredients into large bowls; add shortening and soup. Bake in 2 9-inch layers or tube pan at 350 degrees 25 minutes for layers, 45 minutes for tube. Cool 10 minutes and frost.

## WACK CAKE

Linda Rogers

1 1/2 c. flour	1/2 tsp. salt	1 tsp. vinegar
1 c. sugar	1 Tbsp. baking soda	5 Tbsp. melted shortening
3 Tbsp. cocoa	1 tsp. vanilla	1 c. water

Sift all together into ungreased 8-inch square baking pan make 3 holes in mixture and drop in vanilla, in next one vinegar and in last one shortening. Pour water over all; mix well. Bake in same pan at 350 degrees 30-40 minutes.

## WALNUT GLORY CAKE

Emma Boniface

3/4 c. sifted flour	9 eggs, separated	2 tsp. vanilla
2 tsp. cinnamon	1 1/2 c. sugar	2 c. finely chopped
1 tsp. salt		walnuts

Sift first 3 ingredients. Beat egg whites, 1 1/4 c., in large mixing bowl until soft mounds form; gradually add 3/4 c. sugar and continue beating until very stiff straight peaks form; do not underbeat. Combine yolks, 3/4 c. sugar and vanilla in small mixing bowl; beat until thick and lemon-colored. Stir in dry ingredients; fold batter gently but thoroughly into egg whites with wire whip or rubber spatula. Fold in nuts. Bake in ungreased 10-inch tube pan at 350 degrees 55-60 minutes; invert immediately. Cool completely before removing from pan. Frost with vanilla glaze, sprinkle with confectioners' sugar, or serve with whipped cream.

## CHOCOLATE BAVARIAN PIE

Maggie Brousseau

1 Tbsp. unflavored gelatin	1/4 tsp. salt	1 c. heavy cream whipped
1/4 c. cold water	1 c. milk, scalded	1 1/4 c. chocolate wafer
3 egg yolks, slightly beaten	1 tsp. vanilla	crumbs, about 20
1/2 c. sugar	3 stiff-beaten egg whites	1/3 c. melted butter

Soften gelatin in water. Combine yolks, sugar and salt, slowly add milk and cook in double boiler until it coats a spoon. Add softened gelatin; stir until dissolved. Cool. Add vanilla; fold in egg whites and cream. Blend crumbs with butter and press in 9-inch pie pan. Pour filling into crust and sprinkle with 1/4 c. wafer crumbs. Chill thoroughly.

## COCONUT BLENDER PIE

Harriet Minick

1/2 stick butter or mar-	1/2 c. Bisquick	1 c. sugar
garine	4 eggs	1 c. coconut
2 c. milk		1 tsp. vanilla

Blend in blender 2 minutes. Pour into greased floured 9-inch pie pan and bake at 350 degrees 45-50 minutes.

## EGGNOG CHIFFON PIE

R. Moessner

2 env. unflavored gelatin	1 c. heavy cream,	1/4 tsp. nutmeg optional
1/2 c. sugar	whipped	4 tsp. rum flavoring
4 c. bottled eggnog		10-inch baked pie shell

Combine gelatin and sugar in top of double boiler; stir in 1 c. cold eggnog. Put over boiling water and stir until dissolved. Remove from heat; add remaining eggnog and chill until slightly thickened. Whip mixture until light and fluffy. Fold in whipped cream, nutmeg and flavoring. Turn into shell; chill until firm. Garnish with additional whipped cream and shaved chocolate.

## FOOLPROOF PIE CRUST

Maggie Brousseau

4 c. all-purpose flour	1 Tbsp. sugar	1 Tbsp. vinegar
1 3/4 c. vegetable shortening	2 tsp. salt	1 egg
		1/2 c. water

Mix first 4 ingredients together with fork. In separate dish beat remaining ingredients. Combine the 2 mixtures, stirring with fork until all is moistened. With hands mold dough into ball; chill at least 15 minutes before rolling into desired shape. Dough can be left in refrigerator up to 3 days; or can be frozen until ready to use. Makes 2 9-inch double crust pies and 1 9-inch shell. Note: dough will remain soft in refrigerator and can be taken out and rolled at once.

## LEMON PEAR PIE

Daryl Webb

1 beaten egg	1/4 c. lemon juice	1 29-oz. can pear halves,
1 c. sugar	1 Tbsp. butter or mar-	drained and diced
1 tsp. grated lemon peel	garine	Pastry for 2-crust 9-inch pie

Combine first 5 ingredients in small saucepan; cook slowly over low heat, stirring constantly till it thickens and bubbles. Remove from heat. Put diced pears in pastry 9-inch pie plate; top with thickened mixture. Adjust top crust, seal and flute edges of pie. Cut slits in top crust for escape of steam. Bake at 400 degrees about 35 minutes or till top crust is golden brown. 1 9-inch lemon pear pie.

## PECAN PIE

Joan Coyne

1 9-inch unbaked pie shell	2 Tbsp. butter	1 tsp. vanilla
1/2 c. sugar	Dash salt	1 c. chopped pecans
1 c. Karo syrup		3 eggs

Cream sugar and butter; beat eggs and add syrup, salt and vanilla and blend well. Stir in pecans. Pour into pie shell and bake at 325 degrees 45 minutes.

## PUMPKIN PIE

Nina Gulbrandson

1 9-inch unbaked pie shell	1/2 c. firmly packed brown sugar	1 tsp. cinnamon
3 eggs	1/2 tsp. salt	1 1/2 c. pumpkin, cooked or canned
1/2 c. sugar	1/2 tsp. nutmeg	1 1/2 c. milk
1 Tbsp. flour	1/2 tsp. allspice	

Beat eggs slightly; blend in sugars, flour and spices. Add pumpkin; mix well. Gradually add milk. Turn into pastry-lined pan and bake in hot 450-degree oven 10 minutes, then at 350 degrees 40-50 minutes or until silver knife inserted about half way between center and edge of filling comes out clean.

## RAISIN TARTS

N. Dynko

1 c. seedless raisins	1/2 tsp. vanilla	2 Tbsp. melted butter
1 c. brown sugar		2 eggs, slightly beaten

Wash raisins in warm water, drain and keep warm. Mix and add remaining ingredients. Make 2 crust pastry mixture; line cupcake tins with crust and fill with raisin filling. Bake 15 minutes at 425 degrees. 36 small tarts.

## RITZ AND WALNUT PIE

Amy Infante

3 egg whites  
1 c. sugar

1 tsp. vanilla  
22 Ritz Crackers

1 c. chopped walnuts  
1 tsp. baking powder

Beat egg whites very stiff; add sugar slowly while still beating. Add vanilla. Put crackers in blender until they turn into powder. Mix all ingredients together and bake in well-buttered 9-inch pie plate at 325 degrees 30 minutes. Refrigerate overnight. Coat with whipped cream 2 hours before serving.

## SPRING STRAWBERRY PIE

Valera Zakutny

1 qt. strawberries  
1 1/2 Tbsp. cornstarch

1/2 c. confectioners'  
sugar  
Baked pie shell

1/2 to 3/4 c. granulated  
sugar

To 3 c. whole big berries add confectioners' sugar; let stand 1 hour. Crush remaining smaller berries and cook with 1 c. water about 2 minutes; sieve. Mix cornstarch with granulated sugar according to natural sweetness of berries; stir into berry juice. Cook until clear, stirring constantly. Add a little red food coloring if needed. Fill cooled baked pie shell with berries, pour hot sauce over them and cool. Spoon fluffy whipped cream around edge of pie.

## UNBELIEVABLE BLENDER PUMPKIN PIE

Marge Ruleson

1 c. milk  
1 c. pumpkin

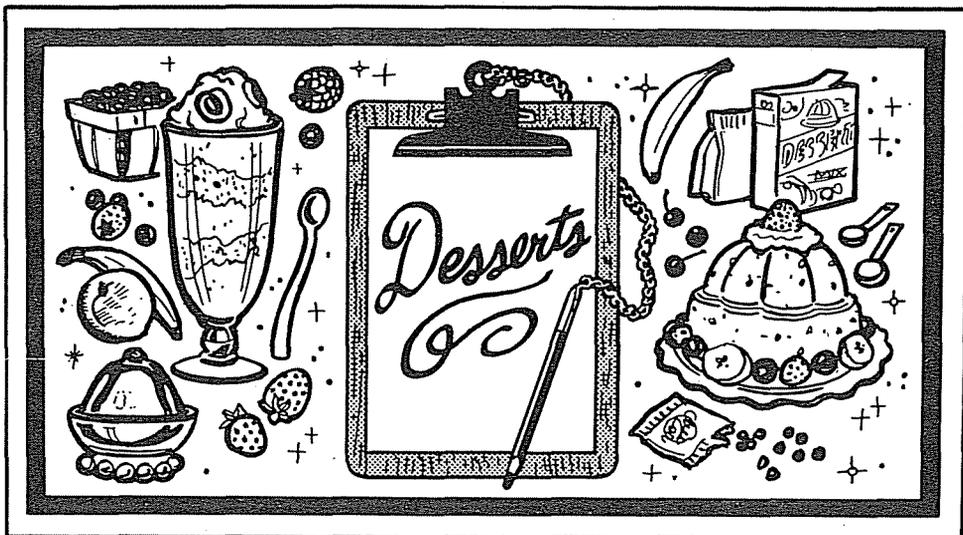
4 eggs  
1/2 c. Bisquick

1 tsp. vanilla  
3 Tbsp. butter

Mix all in blender and pour into 9-inch buttered pan. Bake at 400 degrees 25 minutes. This pie makes its own crust.

---

Write An Extra Recipe Here:



### APPLE CRISP

Carole Tryon

4 c. sliced tart peeled  
apples  
1/4 c. water

3/4 c. flour  
1 tsp. cinnamon

1/4 tsp. salt  
1 c. light brown sugar  
1/2 c. margarine

Butter deep baking dish and put in apples and water. Mix remaining ingredients together with a fork in separate bowl; spread over apples. Bake at 350 degrees about 30 minutes. Serve with whipped or plain cream.

### CARROT DESSERT

Kamala Mannova

Water  
1 14-oz. can sweetened  
condensed milk  
2 c. grated carrots

1 c. cooking oil, butter  
or margarine  
2 Tbsp. chopped blanched  
almonds

2 Tbsp. raisins  
1/4 tsp. ground saffron  
1 Tbsp. fresh lime  
juice, heated

Add 1 can water to milk and bring to boil; add carrot and cook over low heat about 45 minutes, stirring occasionally. Add oil gradually; cook until fat begins to separate. Add nuts and raisins and saffron dissolved in lime juice. May be eaten hot or cold. Serves 6.

### DATE NUT ROLL

Sandra Halbritter

2 c. fine vanilla wafer  
crumbs  
1/2 c. condensed milk

1 c. coarsely chopped  
dates

1 c. coarsely chopped  
nuts  
2 Tbsp. lemon juice

In medium bowl combine crumbs, dates and nuts. Combine milk and juice and pour into crumb mixture; knead well. Form into roll and refrigerate 12 hours. Serve with whipped cream or hard sauce.

### DIET CHOCOLATE BARARIAN CREAM

Westwood Unit

1/4 c. cocoa  
1 env. unflavored gelatin  
1 c. skim milk  
2 Tbsp. water

Artificial sweetener  
equivalent to  
1/3 c. sugar

1 tsp. vanilla  
1 c. instant nonfat dry  
milk powder  
1 c. ice water

In saucepan mix cocoa and gelatin; gradually stir in milk and water until blended. Stir over low heat until dissolved; remove from heat. Stir in sweetener and vanilla; cool until slightly thickened. In small bowl of mixer beat milk powder and ice water until thick; fold into gelatin until blended. Spoon into dessert glasses; chill until firm. 7 servings; 93 calories.



# Mountain View

COACH TOURS

Air-cond., lav. equipped, reclining seats, picture windows  
Budget & Deluxe Overnight Tours

DAY TOURS TO

Sports events, historic sites, shopping areas

MOUNTAIN VIEW TOURS

Stuyvesant Pl., Albany, N. Y. - (518) 489-5575

## DIET WHIPPED TOPPING

Westwood Unit

1/2 c. cold water	1 tsp. unflavored gelatin	2 Tbsp. sugar
1 Tbsp. lemon juice	1/2 c. nonfat dry milk powder	1/4 tsp. vanilla

In small chilled mixer bowl with chilled beaters, beat first 3 ingredients until mixed. Gradually blend in dry milk until moistened; whip at high speed until light and fluffy and soft peaks form. Gradually add sugar and vanilla. Serve at once or chill. 12 servings, or 3 to 3 1/2 c. Note: if topping loses volume after chilling, rewhip.

## FESTIVE DESSERT

Martha N. Richards

1 #2 can fruit cocktail, drained well	1/2 c. sugar	1/2 c. chopped nuts
1 c. flour	1 egg, beaten	1/2 c. brown sugar
	1 tsp. lemon extract	Cream

Mix first 5 ingredients well to form batter; pour into greased cake pan. Mix nuts and brown sugar and sprinkle over batter. Bake in oven at 350 degrees 20 minutes. Serve with cream.

## FROSTY CITRUS MOLD

Gail Hebert

2 3-oz. pkg. lime gelatin	1 1/2 c. Kraft real mayonnaise	16 oz. jar Kraft chilled fruit salad
1/2 tsp. salt		Lettuce
2 c. boiling water	1/2 c. dairy sour cream	

Dissolve gelatin and salt in boiling water; cool. Combine mayonnaise and sour cream; mix well. Gradually stir in gelatin; chill until partially set. Fold in fruit. Pour into 1 1/2-qt. mold and chill until firm. Unmold on serving platter, surround with lettuce. 8 servings.

## GRAMMA PETTINGELL'S OZARK PUDDING

Shirley Shulenberg

1/2 c. flour	2 tsp. vanilla	1/2 c. chopped nutmeats
1 c. dark brown sugar	1/2 tsp. salt	1 c. apples, chopped
2 tsp. baking powder		2 eggs, beaten

Beat eggs and sugar until creamy; stir in sifted dry ingredients. Add vanilla, nuts and apples; mix well. Bake in greased 8x8x2-inch pan 35 minutes in 350-degree oven. Serve warm with topping.

## MACARONI PUDDING

Ruth C. Fritz

1 c. elbow macaroni	3 eggs, beaten	1/2 tsp. nutmeg
1 qt. milk	1/2 c. sugar	1/2 c. raisins
	1 tsp. vanilla	

Preheat oven to 300 degrees. Combine macaroni and milk in saucepan; cook, stirring frequently until tender. Remove from heat; set aside. Beat eggs and sugar in a bowl until thick and lemon-colored; combine with macaroni mixture. Add remaining ingredients; mix well. Bake in buttered 2-qt. baking dish 40-45 minutes or until knife inserted in center comes out clean. Serve as dessert or salad.

## MOM'S CHOCOLATE SOFT FROSTING (Pudding)

Sandra Halbritter

1/2 c. cocoa	1 1/2 c. sugar	1/4 tsp. salt
4 Tbsp. cornstarch		2 c. milk

Cook over medium low until thick, stirring constantly. Remove from heat; add 2 tsp. vanilla and 1 tsp. butter. Cool. Frosts 2 layer cakes.

## PEACH COBBLER

Kay Byrne

1 lb. 14 oz. can sliced peaches	3 Tbsp. sugar	1/2 tsp. salt
2 Tbsp. cornstarch	1/2 tsp. cinnamon	2 tsp. baking powder
1/2 tsp. lemon juice	Biscuit Topping:	1/2 c. butter or margarine
	1 c. unsifted flour	
	1/4 c. sugar	

Drain peaches; reserve juice. In small saucepan combine 1 c. juice with cornstarch; stir to mix well. Cook, stirring over medium heat until thickened. Remove from heat; add peaches and lemon juice and pour into baking dish. Combine sugar and cinnamon; reserve 1 Tbsp. and sprinkle rest over peaches. Make topping. In medium bowl sift flour and sugar, baking powder and salt. With pastry blender cut in butter until particles are small as peas. Add 1/3 c. water; stir with fork just to blend. Spoon batter in 6 large spoonfuls over peaches; sprinkle with reserved cinnamon-sugar. Bake 35 minutes or until biscuits are golden and baked through. Serve with ice cream. 6 servings.

## SMYTH BREAD PUDDING

Carolyn Smyth

1 qt. milk	1/4 c. sugar	1 Tbsp. vanilla or almond flavoring
2 c. stale bread crumbs	1/2 tsp. salt	2-4 Tbsp. melted butter
2 eggs	1/4 tsp. nutmeg	

Heat oven to 350 degrees; grease 1 1/2-qt. casserole. In double boiler heat milk, covered, until bubbles appear around edge. Remove; stir in crumbs and set aside. Beat eggs slightly in casserole; stir in sugar and salt, then milk mixture, nutmeg, vanilla and butter. Set casserole in baking pan, fill pan with warm water about 1-inch from top of casserole. Bake 75 minutes at 350 degrees. Serve warm or cold with cream.

## WATERGATE PUDDING

N. Dynko

1 pkg. pistachio instant pudding	1 large chunk pineapple with liquid	1/2 c. pecans
1/2 c. miniature marshmallows		1 c. heavy cream, whipped

Mix and fold in whipped cream. Keep refrigerated.

PLEASE

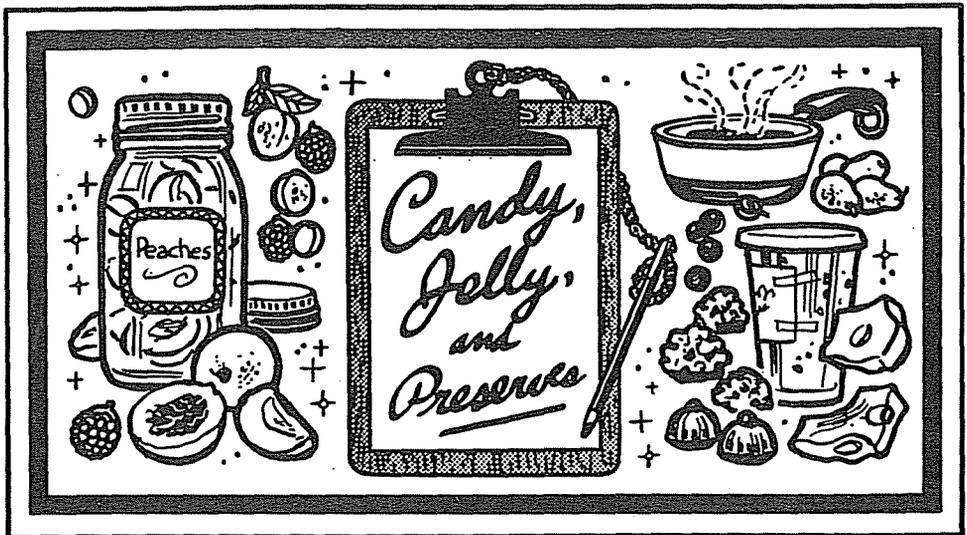
PATRONIZE

OUR

ADVERTISERS

Write Extra Recipes Here:

---



### CHOCOLATE RUM BALLS

Mary Anne Coyne

- |                              |                                 |                             |
|------------------------------|---------------------------------|-----------------------------|
| 1 6-oz. pkg. chocolate chips | 1/3 c. rum flavoring            | 3 c. powdered sugar         |
| 3 Tbsp. white corn syrup     | 1 3/4 c. crushed vanilla wafers | 1 c. finely chopped walnuts |

In double boiler melt chips over warm water; add syrup and flavoring and blend well. Stir in sugar, wafers and nuts after removing from stove. Roll into small balls, roll in powdered sugar to coat. Pack in airtight container. Candy is better if made a couple days ahead.

### COCOA PEANUT BUTTER LOGS

Joan Coyne

- |                              |                      |                            |
|------------------------------|----------------------|----------------------------|
| 1 6-oz. pkg. chocolate chips | 1/3 c. peanut butter | 4 c. Cocoa Crispies cereal |
|------------------------------|----------------------|----------------------------|

In top of double boiler over warm water, blend chips and peanut butter; remove from heat and stir in cereal until well coated. Press in slightly butter square pan; cool and cut into small squares.

### EASY DIVINITY

Reta Hull

- |                         |                           |                         |
|-------------------------|---------------------------|-------------------------|
| 3 c. sugar              | 2 egg whites              | 1 c. chopped nuts       |
| 3/4 c. light corn syrup | 1 pkg. strawberry gelatin | 1/2 c. grated coconut   |
| 3/4 c. water            |                           | 1/2 tsp. almond extract |

Grease 9-inch square pan. Mix sugar, syrup and water in saucepan; cook to boiling point, stirring constantly. Reduce heat and continue cooking, stirring occasionally to 252 degrees, hard ball. Beat egg whites stiff; add gelatin, then syrup and beat until stiff. Fold in remaining ingredients.

### MOLASSES TAFFY

Joan Coyne

- |               |                |                             |
|---------------|----------------|-----------------------------|
| 1 c. molasses | 1/8 tsp. salt  | 2 Tbsp. butter or margarine |
| 1 c. sugar    | 2 tsp. vinegar |                             |

For best results, have the pull on a dry cool day and use a candy thermometer. Combine first 4 ingredients in 2-qt. saucepan; heat, stirring constantly until sugar dissolves. Let bubble rapidly until it reaches 240 degrees. Stir in butter, lower heat and, stirring often, let bubble slowly until temperature is 265 degrees. Carefully pour onto large oiled baking sheet. As edges begin to cool, fold them toward center with a spatula or they will harden before the rest is ready to pull. When cool enough to handle, press into a ball with lightly buttered fingers. Stretch into a rope about 18

continued.....

MOLASSES TAFFY (Continued)

inches long; fold in half and pull again. Repeat until it turns light-colored and satiny, about 5-20 minutes. Pull into long thin ropes and use scissors to cut into 1-inch pieces. Wrap individually in waxed paper. Makes 1 lb.

PATIENCE CANDY

Amy Infante

3 c. sugar                                    1 tsp. oleo                                    1 tsp. vanilla  
1 c. milk                                        1 c. chopped pecans

Combine 2 c. sugar with milk in medium saucepan; boil 10 minutes. While it boils melt 1 c. sugar in skillet; pour in mixture slowly. Stir occasionally and be sure it is well mixed. Cook over low heat until a firm ball forms in cold water. Remove from heat, add butter and vanilla and beat until it starts to thicken. Stir in nuts. Spoon onto waxed paper or buttered cookie sheet. Hurry! It hardens fast!

PEANUT BRITTLE

Amy Infante

1 c. sugar                                    1/2 c. Karo syrup                                    1 tsp. butter  
1 c. peanuts                                    1/4 c. water                                        1 tsp. soda  
1 tsp. vanilla

Cook all except nuts and soda until light brown; add nuts and stir until it turns dark-brown. Add soda; stir vigorously. Pour into buttered platter.

RIBBON FUDGE

Maggie Brousseau

2 Tbsp. butter                                    1 pkg. chocolate fudge                                    1 pkg. caramel frosting  
2 Tbsp. water                                    frosting mix                                        mix  
2 Tbsp. butter                                    2 Tbsp. + 1 tsp. water                                    1/2 c. chopped pecans

Butter foil pan 8x8x2-inches. In top of double boiler melt butter in 3 Tbsp. water. Stir in chocolate mix, dry, until smooth. Heat over rapidly boiling water 5 minutes, stirring occasionally. Spread in pan. Repeat with remaining butter, water and frosting mix; stir in nuts. Spread caramel mixture over chocolate and cool until firm. About 8 doz. candies.

WALNUT TURTLES

Helen Mumford

2 c. walnuts                                    3 Tbsp. butter                                    2/3 c. milk chocolate  
36 caramels                                    1/2 tsp. vanilla                                        1 1/2 tsp. butter

On waxed paper arrange nuts in clusters 1-inch apart. Melt caramels and butter in double boiler; remove from heat, add vanilla and blend well. Drop by teaspoon on each nut cluster. Melt chocolate with butter over hot water; spread over caramel. Cool. 28-30 turtles.

WINE JELLY

Marge Rulison

3 c. sugar, 1 1/4 lb.                                    Paraffin                                        1/2 6-oz. bottle Certo  
2 c. wine\*

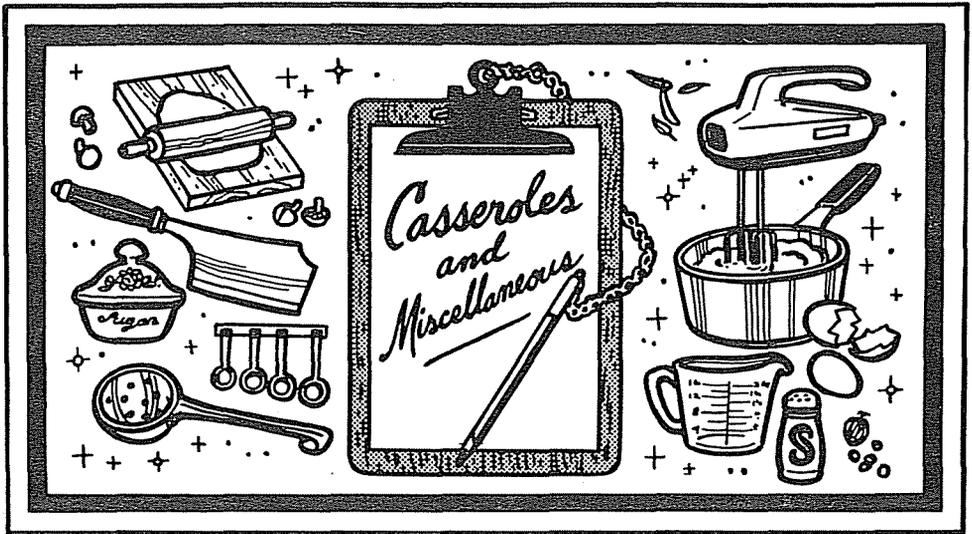
Measure sugar and wine into large saucepan; stir over medium heat, bringing to just below boiling point. Continue stirring until sugar is dissolved, about 5 minutes. Remove from heat; stir in Certo and mix well. Skim off foam. Pour quickly into sterilized glasses and cover at once with 1/8-inch hot paraffin. Cool, label and date glasses. \*Use sherry, port, Burgundy, claret, tokay or fruit wine.

PEACH ORANGE JAM

Joan Coyne

1 orange                                        4 c. prepared peaches,                                    2 c. Karo syrup - red  
2 c. sugar                                        1 3/4 lb.    label

Peel orange; discard half peel and white part. Cut pulp and remaining peel very fine, about 1 c. Slice peaches; combine with orange, sugar and syrup in deep kettle. Stir constantly over medium heat until sugar is dissolved. Boil slowly, stirring frequently until clear and thick, about 30 minutes. Skim. Pour into hot sterilized glasses; paraffin. 5 6-oz. glasses.



### ASPARAGUS CASSEROLE

Reta Hull

1 can asparagus, drained    1 can cream mushroom    1 can French fried  
Salt and pepper                      or chicken soup                      onion rings

Combine asparagus and soup in casserole; season with salt and pepper. Top with onion rings and bake at 325 degrees 20 minutes.

### BAKED BEANS

Dorothy Hill

4 slices bacon, cut up                      1/4 c. chopped onion                      1 Tbsp. catsup  
1/2 c. chopped green                      1/2 c. chopped celery                      1 #2 can New England  
peppers                      2 Tbsp. brown sugar                      style baked beans

Fry bacon; add onions, peppers and celery and saute'. Add sugar, catsup and beans and pour into baking dish. Bake 1/2 hour covered at 350 degrees; uncover last 5 minutes of baking.

### BAKED EGGPLANT AND CLAMS

Westwood

6 inch eggplant                      2 Tbsp. dried onion                      3 Tbsp. flour  
Cream sauce                      Bread crumbs                      2 c. milk  
1/8 tsp. garlic salt                      Cream sauce:                      Cook and stir till thick  
1 can minced clams                      2 Tbsp. butter

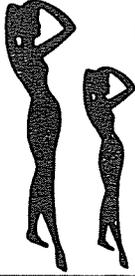
Peel eggplant, cut into chunks, cook in boiling salted water and drain. Make cream sauce. Add onion to it, then garlic salt. Drain clams; add juice to sauce. Mix 1 c. bread crumbs, eggplant, clams, sauce, 1 Tbsp. Italian cheese on top. Bake at 350 degrees 30 minutes. 4 servings.

### BAKED RICE

P. Rubin

1 1/2 c. rice                      2 tsp. salt                      1/3 c. oil  
1/4 c. parsley flakes                      1/8 tsp. pepper                      1/2 c. sauterne or other  
3/4 c. chopped onion                      1 4-oz. can mushrooms,                      white wine  
1 clove garlic, minced,                      chopped                      Liquid from drained  
optional                      2 13-3/4 oz. cans                      mushrooms  
chicken broth

Saute' rice in oil in large skillet until golden, about 2 minutes, stirring constantly. Add onions, garlic, parsley, salt, pepper and mushrooms; simmer 5 minutes. Bring broth, mushroom liquid and wine to boil. Put rice in 2-qt. casserole, pour broth over it and stir well. Bake uncovered at 350 degrees 45-50 minutes; stir once after 1/2 hour. 8-10 servings.



# Dora Dee Figure Salon

Weight Control  
Firming & Toning

ALBANY  
1218 Central Ave.  
459-4488

CLIFTON PARK  
Rt. 146 & Vischer Ferry Rd.  
371-1800

## BROCCOLI CASSEROLE

Maline Midling

1 10-oz. pkg. frozen chopped broccoli  
1 c. Minute Rice  
2 Tbsp. butter or margarine  
1 can cream mushroom or chicken soup  
1/2 c. Cheese Whiz  
1/2 c. milk  
3/4 c. corn flakes

Cook broccoli until tender without salt; drain. Mix ingredients together and bake in buttered casserole, uncovered, 40 minutes at 350 degrees. Crush corn flakes and sprinkle on top after baking about 25 minutes. If recipe is doubled for 2-qt. casserole, allow about 1 hour for baking.

## CASSEROLE LASAGNE

Jane Young

1 8-oz. pkg. medium egg noodles  
1 8-oz. cream cheese  
1/2 c. sour cheese, 4 oz.  
8 oz. cottage cheese  
2 small cans tomato sauce  
1 lb. chopped chuck  
Scallions and peppers, chopped

Cook noodles and put half in casserole dish. Mix all cheeses, peppers and scallions. Brown chopped chuck in oil, then tomato sauce and remove from flame. Put remaining noodles in casserole, dot with butter and pour meat with sauce over noodles. Bake at 350 degrees 30-40 minutes.

## CLAM CASSEROLE

C. Hogancamp

1 8-oz. can minced clams, undrained  
1 c. Saltines  
1 egg  
1 c. milk  
1/4 c. margarine, melted

Dump clams on top of crackers. Beat egg into milk; add margarine and stir in clams. Let stand 1/2 hour. Bake at 350 degrees 1 hour or until lightly browned.

## GREEN BEAN CASSEROLE

Joan Coyne

1 large can French string beans  
1 can cream of mushroom soup  
1 pkg. frozen onion rings  
1/2 c. bread crumbs

Pour beans into casserole, cover with soup and sprinkle with crumbs. Lay onion rings on top and bake in 350-degree oven 20 minutes.

## GROUND BEEF NOODLE CASSEROLE

Mary Jane Saprenja

1 medium onion, minced  
1 lb. ground beef  
1 lb. noodles  
2 cans tomato soup  
Oil  
Butter

Saute onion in a little oil; add beef and brown. Meanwhile cook noodles according to package directions; toss with butter in a baking dish. Add beef mixture and undiluted soup. Bake in 350-degree oven 15-20 minutes.

---

PLEASE PATRONIZE OUR ADVERTISERS

---

HAM UPSIDE DOWN CASSEROLE

Sandra Halbrittar

- |                                     |                          |                             |
|-------------------------------------|--------------------------|-----------------------------|
| 1 1/2 c. cubed ham                  | 1 8-oz. can creamed corn | 1 tsp. Worcestershire sauce |
| 1 c. Lima beans, cooked and drained | 2 tsp. minced onion      | 1/3 c. corn meal            |
| 1 c. shredded sharp cheese          | 2/3 c. Bisquick          | 1 egg                       |
|                                     |                          | 1/4 c. milk                 |

Heat oven to 400 degrees. Mix all except Bisquick, meal, egg and milk. Put into greased bowl cover and bake 15 minutes. Mix remaining ingredients and spoon over hot meat mixture; bake uncovered 20 minutes.

ITALIANO MEAT PIE

Joan Coyne

- |                              |                                    |                                    |
|------------------------------|------------------------------------|------------------------------------|
| 1 lb. lean ground beef       | 6 oz. can tomato paste             | 1/3 c. Parmesan cheese, grated     |
| 1/3 c. green pepper, chopped | 1 1/2 oz. pkg. spaghetti sauce mix | 1 1/2 c. Mozzarella cheese, grated |
| 3/4 c. water                 | 1 deep dish pie crust shell        |                                    |

Preheat oven to 400 degrees. Brown beef in large skillet; drain. Add peppers and cook 2 minutes. Stir in water, paste and sauce mix; cover and simmer 10 minutes. Sprinkle half Parmesan cheese over bottom of frozen shell; spread with half meat mixture and sprinkle 1 c. Mozzarella cheese on top. Layer remaining meat and Parmesan cheese. Bake on cookie sheet 15 minutes. Sprinkle top with remaining Mozzarella cheese, return to oven until it melts. Serves (6).

NOODLES ROMANOFF

Maggie Brousseau

- |                                   |                                  |                                |
|-----------------------------------|----------------------------------|--------------------------------|
| 1/2 c. cream-style cottage cheese | 1/4 tsp. Worcestershire sauce    | Dash pepper                    |
| 1/4 c. commercial sour cream      | 1/8 tsp. caraway seeds, optional | 1 Tbsp. chopped parsley        |
| 1 tsp. grated onion               | 1/4 tsp. salt                    | 1 c. cooked medium egg noodles |
|                                   |                                  | Paprika                        |

Heat oven to 350 degrees. In bowl blend together all except noodles and paprika. Fold into noodles and turn into square 5-inch individual baking dish or one of comparable size; sprinkle with paprika. Bake uncovered 15 minutes or until thoroughly heated. Serves 2.

OVEN BEEF STEW

Maggie Brousseau

- |   |   |                  |
|---|---|------------------|
| 3/4 lb. beef chuck, cut into 1-inch cubes | 1/4 c. sliced green onions or scallions         | 1/3 c. red wine  |
| 1 Tbsp. flour                             | 1 c. carrots, sliced thin                       | 1/4 c. water     |
| 1/4 c. vegetable oil                      | 1 3-oz. can sliced broiled mushrooms, undrained | 1/2 tsp. salt    |
| 1/3 c. celery, sliced thin                |   | 1/8 tsp. pepper  |
|   |   | 1 large bay leaf |

Heat oven to 350 degrees. Coat beef with flour; set aside. In skillet over moderate heat, heat oil and cook onion, carrots and celery until crisp-tender; remove with slotted spoon. Increase heat to moderately high; in same skillet brown floured beef on all sides; remove with slotted spoon and drain off excess fat. Stir in mushrooms, and last 5 ingredients. Bring to boil, stirring to loosen browned bits on bottom of pan. Remove from heat. Combine mushroom mixture, beef and vegetables, turn into deep 1-qt. casserole and cover tightly. Bake 1 1/4 to 1 1/2 hours or until meat is fork-tender, adding liquid if necessary during baking. Serves 2.

PANAMANIAN FRIED RICE

Nita Dynko

- |                            |                     |                                  |
|----------------------------|---------------------|----------------------------------|
| 1 c. chopped onions        | 1 tsp. salt         | 1 c. long-grained rice, uncooked |
| 1 c. chopped green peppers | 1 tsp. pepper       | 1 tsp. paprika                   |
| 1 c. chopped celery        | 1/4 c. oil          | 2 c. beef broth                  |
|                            | 1 tsp. curry powder |                                  |

Heat oil in skillet; fry vegetables with salt and pepper 15 minutes. Add rice, curry and paprika; fry 10 minutes more, stirring occasionally. Put in casserole, add beef broth and heat in 350-degree oven 45 minutes, stirring occasionally. Add more broth if rice becomes too dry. Can use 2 bouillon cubes and 2 c. water for broth. Left-over rice may be reheated.



ZUCCHINI AU VIN

R. Brusco

3 c. diced zucchini	Salt and pepper to taste	1/2 c. white wine
1 10-oz. can white onions, drained	1 10-3/4 oz. can condensed cream chicken soup, or mushroom, celery or potato	1/2 c. shredded cheddar cheese

Put zucchini in greased 1 1/2-qt. casserole, top with onions and sprinkle with salt and pepper. Blend soup and wine and pour over vegetables; sprinkle with cheese. Cover and bake at 350 degrees 45 minutes or until bubbly. Sliced fresh mushrooms may be added.

ZUCCHINI CASSEROLE

Esther Drohos

4 medium zucchini squash	1/2 c. dairy sour cream	1 can condensed cream of chicken soup
3/4 c. shredded carrot	6 Tbsp. butter	3/4 c. stuffing cubes
1/2 c. chopped onion	1 1/2 c. herb stuffing cubes	

Slice zucchini 1/2-inch thick; cook in salt water until tender, drain. In saucepan cook carrot and onion in 4 Tbsp. butter until tender; remove from heat. Stir in bread cubes, soup and sour cream. Add zucchini; mix. Put in 1 1/2-qt. casserole. Melt 2 Tbsp. butter and 3/4 c. cubes; toss gently and top casserole. Bake in 350-degree oven 30-40 minutes.

BARBECUE SAUCE MOLASSES-ORANGE

Daryl Webb

1 10-3/4 oz. can condensed tomato soup	1/2 c. vinegar	1 Tbsp. dry mustard
1 8-oz. can tomato sauce	1/4 c. cooking oil	1 Tbsp. finely shredded orange peel
1/2 c. light molasses	1 Tbsp. instant minced onion	1 1/2 tsp. paprika
1/2 c. packed brown sugar	1 Tbsp. seasoned salt	1/2 tsp. pepper
	1 Tbsp. Worcestershire sauce	1/4 tsp. garlic powder

Combine all in medium saucepan; bring to boiling, reduce heat and simmer uncovered 20 minutes. When barbecuing, brush sauce liberally on both sides of poultry or meat during last 15 minutes of grilling. Store unused sauce, covered, in refrigerator. 3 1/2 c. sauce.

PASTA FAGIOLI

Mary Jane Sapienza

Olive oil	1 onion, minced	1 can water
1 can red or white kidney beans	1 can tomato sauce	1 lb. macaroni, Ditalini or elbow

Saute onion in oil; add beans, tomato sauce and water. Add spices if desired. Simmer 2 hours. Cook macaroni according to package directions; pour bean sauce over it and serve.

SWISS EGG BAKE

M. Elliot

2 10-1/2 oz. cans condensed cream of chicken soup	4 tsp. minced onion	12 eggs
1 c. milk	1 tsp. prepared mustard	12 1/2-inch thick slices French bread, buttered and halved
	8 oz. processed Swiss cheese, shredded, 2 c.	
	Snipped parsley	

Combine first 4 ingredients in saucepan; cook and stir until smooth and heated through. Remove from heat; stir in cheese until melted. Pour one of sauce into each of 2 10x6x1 1/2-inch baking dishes. Break 6 eggs into sauce in each casserole and spoon remaining sauce around them. Stack bread around edges with crusts up. Bake at 350 degrees 20 minutes until eggs are set. 12 servings.

---

PLEASE PATRONIZE OUR ADVERTISERS

---

## TOASTY CHEESE BAKE

Maggie Brousseau

8 slices white bread	1 Tbsp. prepared mustard	1 egg, slightly beaten
Butter or margarine	1/2 tsp. salt	3/4 c. milk
1/2 lb. ground beef	1 c. shredded process	1/2 tsp. salt
1/4 c. chopped onion	sharp American cheese	Dash pepper
2 Tbsp. chopped celery		1/8 tsp. dry mustard

Heat oven to 350 degrees. Toast bread; butter both sides. Cook and stir meat, onion, celery, mustard, and salt until meat is brown and onion tender. Alternate layers of toast, meat mixture and cheese in greased 9x9x2-inch baking pan. Mix remaining ingredients; pour over layers in pan. If desired, sprinkle with paprika. Bake uncovered 30-35 minutes. 4-6 servings.

## WOODCOCK

Betty Slocum - Westwood

3 Tbsp. butter	3 hard-boiled eggs	1 pkg. Velveeta cheese
3 Tbsp. flour	1 can or 1/2 lb. mushrooms	1 can pimientos
2 c. milk		

Blend butter and flour; add milk and cheese and let melt. Add slightly sauteed mushrooms, sliced pimientos and sliced eggs. Enough batter for 12 slices toast. Any kind of fish can be added - lobster, shrimp or crab meat.

---

Write An Extra Recipe Here:

## OVEN TEMPERATURE CHART

Slow .....	250 degrees - 325 degrees F.
Moderate .....	325 degrees - 375 degrees F.
Moderate hot .....	375 degrees - 425 degrees F.
Hot .....	425 degrees - 450 degrees F.
Very hot .....	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf .....	50-60	400
Rolls .....	20-30	400
Biscuits .....	12-15	450
Muffins .....	20-25	400
Popovers .....	30-40	425
Corn bread .....	25-30	400
Nut .....	50-60	350
Gingerbread .....	30-40	325

PIES	Minutes	Temperature
Pumpkin .....	35-45	400
Two-crust .....	25-40	400
Shells .....	10-12	450
Meringue .....	10-15	300

COOKIES	Minutes	Temperature
Drop .....	10-15	400
Rolled .....	8-12	400
Ice box .....	8-12	400
Molasses .....	10-15	350

CAKES	Minutes	Temperature
Angel .....	60	325
Sponge .....	60	325
Cup .....	25	350
Layer .....	25-30	375
Loaf .....	45-60	350
Sheet .....	20-30	375
Pound .....	60-90	325

MEAT AND POULTRY	Minutes	Temperature
Beef, rare .....	20 min. to lb.	300
Beef, medium .....	25 min. to lb.	300
Beef, done .....	30 min. to lb.	300
Pork .....	40 min. to lb.	350
Ham, smoked .....	30 min. to lb.	300
Mutton .....	35 min. to lb.	300
Veal .....	35 min. to lb.	325
Chicken .....	25 min. to lb.	350
Duck .....	25 min. to lb.	350
Turkey, large .....	20 min. to lb.	275
Turkey, small .....	25 min. to lb.	300
Fish .....	20 min. to lb.	375

MISCELLANEOUS	Minutes	Temperature
Custard cup .....	20-30	300
Custard casserole .....	45-60	300
Souffle .....	50-60	325
Baked potato .....	60-90	400
Baked beans .....	6 hours	350
Timbales .....	35-45	300
Rice Pudding .....	50-60	325
Scalloped potato .....	60-90	375

## TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:  
 Beef — rare — 10-16 . . . . medium — 17-22 . . . . well done — 23-30  
 Veal, pork, lamb — well done — 30 . . . . Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

### TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks — 1-inch thick . . . . .	Rare or medium, 8-10
1 1/2-inch . . . . .	Rare or medium, 10-15
2-inch . . . . .	Rare or medium, 18-25
Pork chops, thin — 8-10 . . . . .	Loin or shoulder — 8-10
Mutton chops 1-inch thick — 15-20 . . . . .	Veal cutlets, very thin — 6-8 . . . . Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

### TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit . . . . .	450 degrees to 460 degrees	12-15
Bread . . . . .	350 degrees to 400 degrees	45-60
Butter cake, loaf . . . . .	360 degrees to 400 degrees	40-60
Butter cake, layer . . . . .	380 degrees to 400 degrees	20-40
Cake, angel . . . . .	300 degrees to 360 degrees	50-60
Cake, sponge . . . . .	300 degrees to 350 degrees	40-60
Cake, fruit . . . . .	275 degrees to 325 degrees	3-4 hours
Cookies, thin . . . . .	380 degrees to 390 degrees	10-12
Cookies, molasses . . . . .	350 degrees to 375 degrees	18-20
Cream puffs . . . . .	300 degrees to 350 degrees	45-60
Meringues . . . . .	250 degrees to 300 degrees	40-60
Muffins (b. p.) . . . . .	400 degrees to 425 degrees	20-25
Pie crust . . . . .	400 degrees to 500 degrees	20-40
Popovers . . . . .	350 degrees to 450 degrees	35-40
Rolls . . . . .	400 degrees to 425 degrees	25-30

### TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup . . . . .	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup . . . . .	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup . . . . .	1 tsp.	3 c.	40 minutes
Hominy (coarse) . . . . .	1 tsp.	5 c.	3 hours
(fine) . . . . .	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup . . . . .	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup . . . . .	1 tsp.	4-c.	4 to 6 hours

## TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots . . . . .	About 40 minutes . . . . .	1/4 c. for each c. fruit
Figs . . . . .	About 30 minutes . . . . .	1 Tbsp. for each c. fruit
Peaches . . . . .	About 45 minutes . . . . .	1/4 c. for each c. fruit
Prunes . . . . .	About 45 minutes . . . . .	2 Tbsp. for each c. fruit

## SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin . . . . .	1 c. milk . . . . .	1 Tbsp. flour . . . . .	1 Tbsp. . . . .	1/2 tsp.
No. 2 medium. . . . .	1 c. milk . . . . .	2 Tbsp. flour . . . . .	1 1/2 Tbsp. . . . .	1/2 tsp.
No. 3 . . . . .	1 c. milk . . . . .	3 Tbsp. flour . . . . .	2 Tbsp. . . . .	1 tsp.
No. 4 thick. . . . .	1 c. milk . . . . .	4 Tbsp. flour . . . . .	2 1/2 Tbsp. . . . .	1 tsp.
Use No. 1 sauce for cream soups.				
Use No. 2 sauce for creamed or scalloped dishes or gravy.				
Use No. 3 sauce for souffles.				
Use No. 4 sauce for croquettes.				

## VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles. . . . .	30		
Artichokes, French . . . . .	40	45-60	
Beans, Lima, depending on age. . . . .	20-40	60	
Beans, string. . . . .	15-45	60	
Beets, young with skins on . . . . .	45	60	70-90
Cabbage, chopped, cut sectional. . . . .	10-20	25	
Cauliflower, stem down . . . . .	20-30		
Carrots, cut across. . . . .	20-30	40	
Chard . . . . .	60-90	90	
Celery, cut in lengths 1/2 inch . . . . .	30	45	
Corn, green, tender . . . . .	5-10	15	20
Cucumbers, peeled and cut . . . . .	20	30	40
Eggplant, whole . . . . .	30	40	45
Onions . . . . .	45	60	60
Parsnips. . . . .	60	75	75
Peas, green . . . . .	20-40	35-50	
Peppers . . . . .	20-30	30	30
Potatoes, depending on size. . . . .	20-40	60	45-60
Pumpkin, in cubes. . . . .	30	45	60
Potatoes, sweet. . . . .	40	40	45-60
Salsify. . . . .	25	45	
Spinach . . . . .	20	30	
Squash in cubes. . . . .	20-40	50	60
Tomatoes, depending on size . . . . .	5-15	50	15-20
Turnips, depending on size . . . . .	30-60		

## MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus ¾ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

### THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft <sup>3</sup> )	cubic meters (m <sup>3</sup> )	0.03
cubic yards (yd <sup>3</sup> )	cubic meters (m <sup>3</sup> )	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m <sup>3</sup> )	cubic feet (ft <sup>3</sup> )	35
cubic meters (m <sup>3</sup> )	cubic yards (yd <sup>3</sup> )	1.3

### CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread . . . . .	.230 degrees to 234 degrees
Soft ball . . . . .	.234 degrees to 238 degrees
Medium ball . . . . .	.238 degrees to 244 degrees
Firm ball . . . . .	.244 degrees to 248 degrees
Hard ball . . . . .	.248 degrees to 254 degrees
Very hard ball. . . . .	.254 degrees to 265 degrees
Light crack. . . . .	.265 degrees to 285 degrees
Hard crack . . . . .	.290 degrees to 300 degrees

### TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.) . . . . .	234-236 degrees, soft ball
Marshmallows. . . . .	238-240 degrees, soft ball
Caramel mixtures . . . . .	246-252 degrees, firm ball
Taffies. . . . .	254-270 degrees, hard ball
Butterscotch. . . . .	280-300 degrees, crack
Brittles . . . . .	290-310 degrees, hard crack
Boiled frostings:	
1 egg white to 1 c. sugar —	238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar —	244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar —	254-260 degrees, firm ball or long thread.

## TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake . . . . .	275-325 degrees - 40 minutes to 1 hour
Loaf cake . . . . .	325-350 degrees - 40 minutes to 1 hour
Cup cakes . . . . .	350-375 degrees - 15 to 25 minutes
Layer cake . . . . .	375-400 degrees - 20-30 minutes

### FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

### ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not seal; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey . . . . .	3 to 4 hours
8 to 12-lb. turkey . . . . .	4 to 5 hours
12 to 16-lb. turkey . . . . .	5 to 6 hours
16 to 20-lb. turkey . . . . .	6 to 7½ hours
20 to 24-lb. turkey . . . . .	7½ to 9 hours

#### Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10 . . . . .	325 degrees F.	4 to 4½
10 to 12 . . . . .	325 degrees F.	4½ to 5
12 to 14 . . . . .	325 degrees F.	5 to 5½
14 to 16 . . . . .	325 degrees F.	5½ to 6
16 to 18 . . . . .	325 degrees F.	6 to 6½
18 to 20 . . . . .	325 degrees F.	6½ to 7½
20 to 24 . . . . .	325 degrees F.	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

#### (Half Turkeys)

3½ to 5 . . . . .	325 degrees F . . . . .	3 to 3½
5 to 8 . . . . .	325 degrees F . . . . .	3½ to 4
8 to 12 . . . . .	325 degrees F . . . . .	4 to 5

#### (Foil Wrapped Turkeys)

8 to 10 . . . . .	450 degrees F . . . . .	2¼ to 2½
10 to 12 . . . . .	450 degrees F . . . . .	2½ to 3
12 to 16 . . . . .	450 degrees F . . . . .	3 to 3½
16 to 20 . . . . .	450 degrees F . . . . .	3½ to 3¾
20 to 24 . . . . .	450 degrees F . . . . .	3¾ to 3½

## INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1¾ cups (approximately) all-purpose flour equals 2 cups cake flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1½ cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2½ cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- ¾ teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equal 1 can (tall)
- 2½ cups equals No. 2 can
- 3½ cups equals No. 2½ can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals ½ cup juice
- 2 Tablespoons shortening equals 1 ounce.

## TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp . . . . .	teaspoons	3 t. . . . .	1 T.
T. or Tbsp . . . . .	tablespoons	16 T . . . . .	1 c. (4 T.-¼ c.; 8 T. - ½ c.)
c . . . . .	cup	2 cups . . . . .	1 pint
pt. . . . .	pint	2 pints. . . . .	1 qt.
qt. . . . .	quart	4 qt . . . . .	1 gal.
lb. . . . .	pound		

## MEASURE OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3¼ to 3½ cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

## HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

## HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

## COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

### AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans Dried	Same as above 3 lbs.	6 lbs.	12 lbs.
Beans, string fresh	5-6 lbs.	10-12 lbs.	20-24 lbs.
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn canned	6-3 oz. cans 1 #10 can	2 #10 cans	4 #10 cans
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

## SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

### REGULAR TIMING

15 to 30 minutes	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours	4 to 6 hours on high* or 8 to 16 hours on low*

\*High = 275 to 350 degrees F

\*Low = 180 to 190 degrees F. (pots vary)

**TO TEST COOKER TEMPERATURE-TIMING** Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

**FOR SAFETY** Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

**TO SERVE CROCKERY COOKING** Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimientos, mint leaves, lemon or orange slices.

**ADDITIONAL CROCKERY COOKING HINTS** Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a brew warmer.

### MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and splatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

### ADDITIONAL USES

1. Warm pancake-waffle syrup
2. Clarify sugared honey.
3. Heat pie and hot ice cream ala mode.
4. Dry herbs - mint, parsley, onion, pepper, sage, etc.
5. Peel tomato or peaches - split skin.
6. Warm citrus fruits for more juice.
7. Melt chocolate, cream cheese, butter.
8. Make jelly, jam, preserves, etc.
9. Heat baby bottle.
10. Reheats leftovers without warmed over flavor.
11. Freshens bread.
12. Baked foods need less leavening.
13. Dries flowers.
14. Dry decoupage - painting.
15. Dry girdle or panty hose.
16. Easy for a child to learn and use.
17. Helps handicapped or elderly.

### COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.

