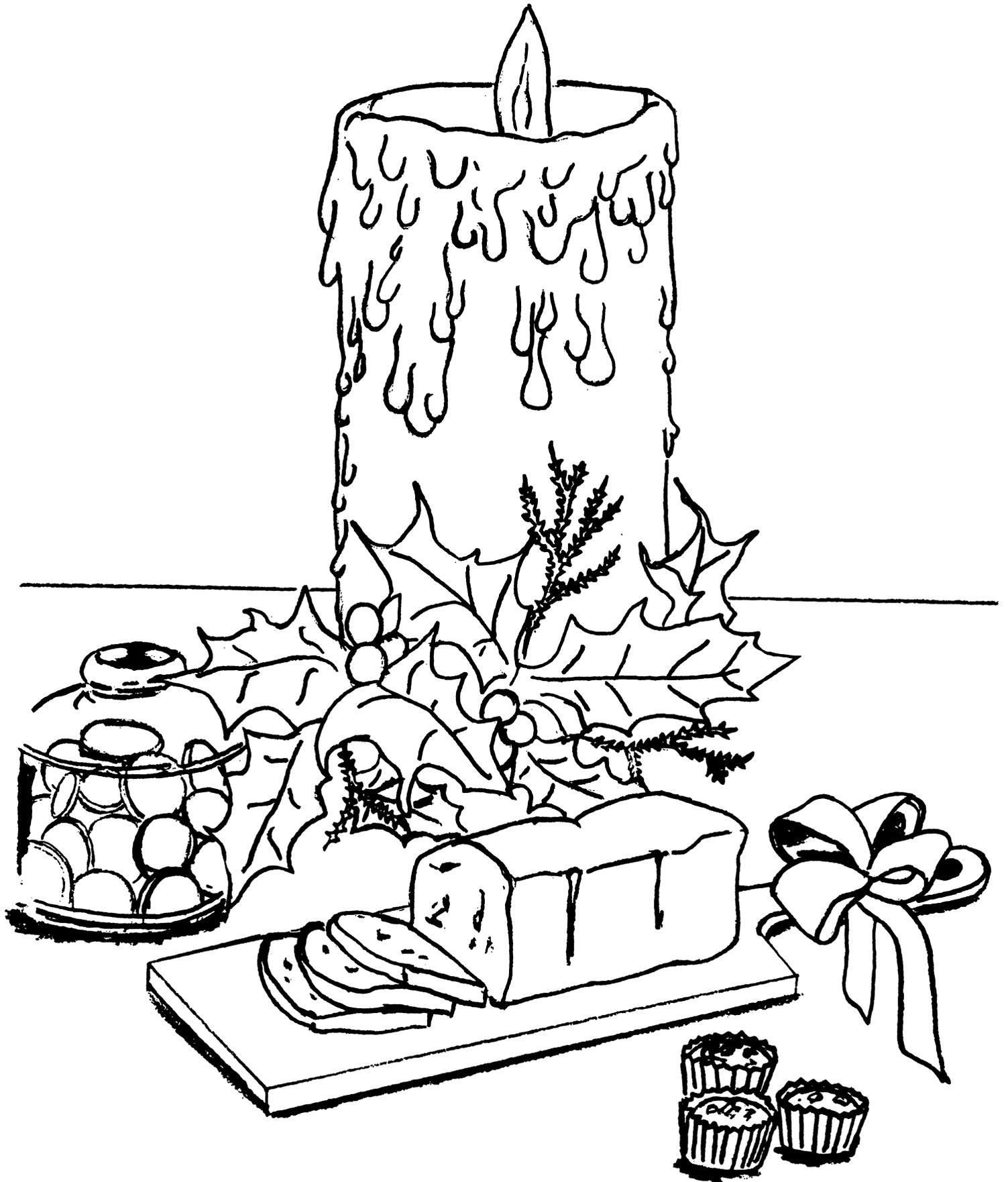


CREATIVE HOLIDAY IDEAS



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Alleghany Extension Office

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# GREETINGS *of the* SEASON

Since the Wise Men gave of their treasures to the Christ Child, giving has been part of the tradition of Christmas. So it is, the Alleghany Extension Homemakers and staff wish to share with our extension friends some of our favorite holiday recipes, ideas for decorations and gifts.

Christmas is Love. If we keep this in mind in our holiday preparations, we will be giving to our families and friends gifts which show the divine spirit to mankind, as shown that first Christmas. This Christmas, mend a quarrel. Seek out a forgotten friend. Dismiss suspicion and replace it with trust. Write a love letter. Share some treasure. Give a soft answer. Encourage youth. Manifest your loyalty in work and deed. Keep a promise. Find the time. Forgo a grudge. Forgive an enemy. Listen. Apologize if you are wrong. Try to understand. Examine your demands of others. Think first of someone else. Appreciate. Be kind, be gentle. Laugh a little, laugh a little more. Take up arms against malice. Express gratitude. Go to church. Welcome a stranger. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth. Speak your love and speak it again. These are simple things, but their influence has never been measured.

Included with our holiday suggestions are our very best wishes for a very happy holiday season and a most prosperious and successful new year for you and yours.



Phyllis A. Hockman  
Alleghany Extension Agent



HOLIDAY SAFETY TIPS -  
FROM THE PEOPLE WHO CARE

From: Your Local Extension Home Economist

When we think of the Holiday Season, all the joy of this time comes to mind: the sharing of gifts, excitement of children, and the beauty of a brightly ornamented tree.

Many families however, have somewhat grimmer Holiday memories - brought on by just one unsafe act which caused a needless, tragic accident.

To help you have a safe Holiday Season with good pleasant memories, Underwriters Laboratories Inc. (UL) - a not-for-profit organization testing for public safety and your local Extension Home Economist offer the following tips.

- Purchase only UL Listed light strings. For outdoor use, only weather proof cords and lighting should be used. The UL Label will indicate light strings suitable for outdoor use.

- Check all lights carefully. Make certain bulbs are not loose in their sockets. Use rubber light socket gaskets and replace if needed.

- Selection of a tree, whether natural or artificial is a crucial matter. Artificial trees should be labeled flame resistant. Never put light strings on a metal tree - this is a shock hazard - use only spot lighting. Natural trees should be fresh - deep green, strong scent, no falling needles and trunk butt sticky with sap. Keep trunk in water, and check it daily.

- Inspect all wiring. Watch for insulation deterioration, frayed and bare wires, lights with broken or cracked sockets, or loose connections. Unsafe equipment should be discarded immediately.

- Watch placement of electrical fixtures. Keep them out of children's reach, and never place them close to flammable material.

- Never overload circuits. By placing more current on a wire than it was intended to carry, overheating and fire can result. Look for the capacity of the wire and follow manufacturer's suggested use.

- Keep the tree and other flammable materials (mantel/decorations, wrapping materials, etc.) at a good distance from fireplaces, radiators, and other high heat sources. Also, never block exits with the tree or other decorations.

- Disconnect all lights when working with them. Never stretch the strings or extension cord wiring.

- Always turn off decorative lights when leaving home or retiring. A short circuit could cause a fire while you are away.

- Keep a fully-charged fire extinguisher handy, a UL Listed Multi-Purpose, A,B,C fire extinguisher is practical.

Have a safe and happy Holiday Season!

## HOLIDAY HINTS

### Advice to Millions Who Rush Through Life

TAKE TIME TO THINK - Thoughts are the source of power.

TAKE TIME TO PLAY - Play is the secret of perpetual youth.

TAKE TIME TO READ - Reading is the fountain of wisdom.

TAKE TIME TO PRAY - Prayer can be a rock of strength in time of trouble.

TAKE TIME TO LOVE - Loving is what makes living worthwhile.

TAKE TIME TO BE FRIENDLY - Friendships give life a delicious flavor.

TAKE TIME TO LAUGH - Laughter is the music of the soul.

TAKE TIME TO GIVE - Any day of the year is too short for selfishness.

TAKE TIME TO DO YOUR WORK WELL - Pride in your work, no matter what it is,  
nourishes the ego and the spirit.

TAKE TIME TO SHOW APPRECIATION - Thanks is the frosting on the cake of life.

\*\*\*\*\*

BE WHAT YOU ARE, GIVE WHAT YOU CAN AND THE REST OF THE TIME, MIND YOUR OWN  
BUSINESS.

\*\*\*\*\*

Biggs Hint - Cut off a gallon milk jug. Use it to put your Christmas seals,  
tape, cards, and pen in while you wrap your gift packages.

\*\*\*\*\*

### Consumer New Year Resolutions (Do's and Don'ts for Careful Buying)

- .I will not do business with strangers calling at my door.
- .I will not do business with high pressure salesmen.
- .I will not let myself be rushed into signing any contract without carefully reading it first.
- .I will not do any impulse buying.
- .I will not be taken in by bait and switch advertising.
- .I will do comparison shopping before making a purchase.
- .I will carefully read and understand any contract before committing myself.
- .I will avoid phony free offers.
- .I will carefully examine food and food packages keeping in mind that buying distressed food at reduced prices may result in potential quality problems.
- .I will properly prepare and store foods, especially those requiring refrigeration.
- .I will compare price and weight when buying food to determine the best buy per unit cost.
- .I will carefully examine household appliances and products to determine if any hazards are involved in their use, and what precautions should be taken to minimize these problems.
- .I will only do business with reputable firms and stores.

## HEARTH-SIDE HOLIDAYS

### Safety Tips

Christmas greenery, colorful candles and a glowing fireplace set the mood for a holiday party. Spirits flow and there's fondue bubbling. Everyone's celebrating the most joyous time of the year. But exuberance could turn to carelessness, and disaster could end your holiday -- and your life.

#### Up the Chimney with Care

"Chestnuts roasting on an open fire" sounds like a good yuletide activity. It could be a very dangerous practice. Every year scores of home fires start from unscreened fireplaces from something as small as a spark popping on the carpet. So --

- \* Have a tight screen on the fireplace, one that completely covers the fireplace opening.

Choose hardwoods, if possible. Soft woods like pine and spruce burn up quickly, throwing dangerous sparks and coating the chimney with tars and resins that could easily catch fire at some future time.

- \* Don't burn a large amount of trash or Christmas wrapping paper in the fireplace. Roaring flames can ignite soot and resins clinging to the inside of the chimney and a serious fire could result.
- \* Avoid strewing greens on mantels or hanging stockings from them. This is flirting with fire.

#### Safe Saucery

Fondue cookery is a popular and fun way to entertain friends, especially during the holiday season. But be careful -- overheated oil can cause sudden flame flare-ups. To make sure your fondue dinner's safe as well as cheerful, use good judgment in its preparation.

- \* Beware of instructions telling you that oil is ready when it bubbles. Oil may smoke or blaze before it bubbles of its own accord and may only appear to bubble when food is dipped into it.
- \* Make sure the fondue pot sits on a secure, rimmed holder to reduce the chance of its being overturned at the table.
- \* Do not use a ceramic fondue pot for making beef fondue. Only metal pots with sloping sides should be used. Ceramic pots are not designed to withstand the high temperatures required for making beef fondue.

- \* To reduce any spattering when cooking meat, add one teaspoon of salt to three cups of oil and blot the excess moisture from the meat.
- \* If using an electric fondue pot, heat the oil about 15 minutes or until it reaches approximately 400 degrees Fahrenheit.
- \* If using a non-electric fondue pot, heat the oil in an uncovered pan and make sure you watch it closely. Never heat oil in a covered pan, as it can easily reach ignition point and flash into a fire when uncovered.
- \* Heat cooking oil until a one-inch cube of fresh bread browns in 40-60 seconds. (If the oil begins to smoke, it is too hot and should be removed from the source of heat immediately).

### Your Christmas Tree

...When you're buying a Christmas tree, make sure it is fresh, and then store it outdoors in a bucket of water until you're ready to put it up. When putting it up, put the trunk in a bucket of water or wet sand.

- \* You should ask yourself two questions when buying toys for your children: Is this fire-safe? Is this safe for the children?
- \* When you're unwrapping gifts, have a waste basket or carton handy for the discarded wrappings and dispose of them as soon as gift unwrapping is over.
- \* When you buy such things as paper tablecloths, cotton batting for trimming, crepe paper and the like, look for those that have been made fire resistant.
- \* All during the holidays, be sure to clear off ice and snow from your walks and steps as soon as practicable after a storm. This will help protect your guests as they arrive for Thanksgiving or Christmas dinner.
- \* Thin Christmas ornaments, when shattered, produce hundreds of needle-sharp splinters. Be safe--simply pour clear shellac into them, swish it around, and pour it out again. The shellac dries inside into a solid film, making them shatter-proof.
- \* There are four decorative plants that can be dangerous if not kept out of reach of small children. All four are toxic in various degrees. They are the greenish-white berries of mistletoe, red holly berries, jequirity beans (Indian prayer beads), and the leaves, bark, twigs, and seeds inside the berries of yew.

## Bread

### Easy Rolls - Mrs. Leonard Smith - Falling Spring

2 cups self rising flour                      dash sugar  
4 tbsp mayonnaise                              1 cup milk  
1 pkg. active dry yeast

Dissolve yeast in  $\frac{1}{4}$  cup warm water. Add sugar to milk and mayonnaise. Add all to flour. Beat until well mixed. This will be a soft dough. Pour into greased muffin tins. Bake 425<sup>o</sup> until brown, about 15 minutes. Makes 1 dozen.

### Orange Nut Bread - Helen Tucker - Rich Patch

2 cups sifted all-purpose flour              2 tbsp. Crisco oil  
1 tsp. baking powder                          1 tsp. vanilla extract  
 $\frac{1}{2}$  tsp. baking soda                              1 slightly beaten egg  
1 cup sugar                                         $\frac{1}{2}$  cup chopped walnuts or pecans  
 $\frac{1}{4}$  tsp. salt  
1 medium-sized navel orange  
1 cup seedless dark raisins or chopped, pitted dates

With a vegetable peeler remove the yellow peel from the orange. Put the orange peel and raisins or dates through a meat grinder, using the coarse blade. Place in a large mixing bowl. Squeeze juice from orange and pour into a 1-cup measure; add enough boiling water to measure 1 cup liquid. Add diluted orange juice, shortening, vanilla and egg to ground orange peel and raisins. Sift flour, baking powder, soda, sugar and salt together into bowl and mix together. Add sifted ingredients to orange and raisin mixture gradually and mix until flour is moistened. Stir in nuts. Pour into loaf pan 8 $\frac{1}{2}$ -x-4 $\frac{1}{2}$ -x-2 $\frac{1}{2}$  inches, or use two smaller loaf pans. Grease pans and line with wax paper and grease again. Bake in 350 degree oven, 1 hour for large loaf or less time for smaller. Test with cake tester for doneness. Remove pan from oven and let cool for ten minutes on wire cake rack. Remove from pan and serve warm or cold. Keeps well. May be served plain or use desired glaze.

### Cheese Biscuits - Mrs. Ludema Maschio - Dixie Club

1 lb. cheese  
2 sticks butter  
1 spoonful salt  
 $\frac{1}{2}$  tsp. or more red pepper  
5 cups plain flour

Leave cheese and butter out over night. Grate cheese and mix all the ingredients together. Roll out or make small balls and press with a fork. Bake 450<sup>o</sup> - 10 to 12 minutes.

### Sausage Biscuits - Mrs. Ludema Maschio - Dixie Club

1 lb. hot sausage                                3 cups bisquick flour  
10 oz. sharp cheese

Make into balls and bake at 400<sup>o</sup> 15 minutes or until brown.

### Salad or Soup Croutons - Ginger Lilly - Callaghan

Cut 6 slices of bread into  $\frac{1}{2}$ " or  $\frac{1}{4}$ " strips. Then cut again making square bread chunks. Toss lightly in large bowl with  $\frac{1}{2}$  tsp. butter flavored salt,  $\frac{1}{4}$  tsp. pepper,  $\frac{1}{2}$  tsp. parsley, 1 tsp. grated cheese, and  $\frac{1}{2}$  tsp. oregano. Bake in pizza pan, at 250° 10 minutes shaking pan occasionally. Turn off oven and let croutons dry out completely. Store in covered container. Great for salads, soups or casserole. Even makes a crunchy snack.

### Angel Biscuits\*

5 c. flour	1 c. shortening
$\frac{1}{4}$ c. sugar	1 pkg. dry yeast
3 tsp. baking powder	2 tbsp. warm water
1 tsp. soda	2 c. buttermilk
1 tsp. salt	

Sift dry ingredients together. Cut in shortening. Dissolve yeast in warm water and add with buttermilk to dry mixture. Mix well. This may be placed in tightly covered bowl in refrigerator and kept a few days until ready to use. Put out as much biscuit mix as needed and roll out on floured board. Cut into biscuits. Bake at 400° for 15 minutes on greased baking sheet.

### Spoon Corn Bread\*

4 c. milk	2 tsp. sugar
1 c. corn meal, white or yellow	$1\frac{1}{2}$ tsp. baking powder
2 tbsp. butter	4 eggs, well beaten
$1\frac{1}{2}$ tsp. salt	

Scald milk in top of double boiler, gradually stir in corn meal and cook until thickened. Add butter, salt, sugar, and baking powder. Add hot mixture slowly to eggs, stirring constantly. Pour into 2 qt. casserole. Bake at 425° for 45 minutes. Serve hot. Serves 8 or more.

### Sour Cream Biscuits\*\*

2 cups self-rising flour	1 tsp. milk
1 cup sour cream	

Form a soft dough by mixing together. Turn out on a floured surface and knead 30 seconds. Roll out  $\frac{1}{2}$ " thick. Cut with lightly floured biscuit cutter. Place on ungreased baking sheet. Bake in a hot (450° F.) oven 10 to 15 minutes. Yield: 12 biscuits.

\*Mattie Kessler, ed. The Cooperative Cook Book. Richmond, Virginia: Southern States Cooperative, 1972.

\*\*Mattie Kessler, ed. My Favorite Recipes. Richmond, Virginia: Southern States Cooperative, 1978.

## Cakes

### Applesauce Cake - Glenda Brinkley - Valley Ridge

2 cups flour	½ cup shortening or margarine
2 cups sugar	½ cup water
¼ tsp. baking powder	1½ cups unsweetened applesauce or
1½ tsp. salt	16½ oz. size can applesauce.
¾ tsp. cinnamon	2 eggs
½ tsp. cloves	½ cup chopped walnuts
½ tsp. allspice	1 cup raisins, dark or light
1½ tsp. soda	

Mix all dry ingredients (flour, sugar, baking powder, soda, and spices) in large mixing bowl. Add shortening or margarine, water and applesauce. Beat well. Next add eggs. Last stir in walnuts and raisins. Bake in a greased and floured tube pan at 350° for 50 to 60 minutes. Test with toothpick for doneness.

### Buttermilk Cake - Mrs. Wallace Biggs - Gilmer

1 cup shortening	1 cup buttermilk, mixed with 1 tsp.
2 cups sugar	soda, & 1 tsp. baking powder
5 eggs	4-¾ cups flour
1 heaping tsp. nutmeg	

Cream sugar and shortening. Add eggs one at a time. Sift flour and nutmeg together. Add flour and buttermilk alternately. Bake 1 hour at 300° or 45-50 minutes at 325°.

### Pineapple Upside Down Cake - Juanita Bartley - Falling Spring

#### Topping:

4 tbsp. margarine	1-#2 can sliced pineapple
1 cup brown sugar	½ cup pecans (optional)

Melt margarine in bottom of pan, add brown sugar, blend thoroughly, and spread evenly in bottom of pan. Arrange pineapple slices over mixture, and place a cherry in center of slices. Sprinkle nuts if used, over sugar and between slices.

#### Batter:

¼ cup margarine	½ tsp. salt
¾ cup sugar	½ cup milk or juice
1 egg	2 tsp. baking powder
1½ cups flour	

Blend first 3 ingredients. Beat until fluffy. Add rest of ingredients and beat until smooth. Cover with batter, and bake at 350° for 30 minutes. While hot turn out of pan upside down on plate. Serve with whipped topping.

Orange Pound Cake - Ginger Lilly - Callaghan

1 white cake mix  
1 cup water  
 $\frac{1}{2}$  cup oil

4 eggs  
1 pkg. instant orange pudding

Mix all ingredients well, pour into tube pan. Bake 350° 45-50 minutes. Glaze; use orange juice in place of water with confectioners sugar.

Banana Split Cake - Joyce Hawks - Valley Ridge

Melt: 1 stick margarine  
Add: 2 cups of graham cracker crumbs  
Press into 9 x 15 pan

Whip together: 2 sticks margarine  
2 cups confectioners sugar  
2 eggs

Beat all this together for 10 minutes and no less.

Place the above mixture on top of crumb mixture. Slice 3 bananas lengthwise and lay on top of the mixture. Drain 1 No. 2 can crushed pineapple and sprinkle on top. Sprinkle with crushed nuts, and spread with a large container of cool whip. Chill about four hours or until firm.

Applesauce Cake - Melvina Carter Pullen - Valley Ridge

$1\frac{1}{2}$  cups sugar  
1 egg, well beaten  
1 tsp. cinnamon  
1 tsp. cloves  
1 tsp. salt  
2 tsp. soda

$\frac{1}{4}$  cup butter  
 $1\frac{1}{2}$  cups of unsweetened applesauce  
2 cups flour  
1 cup raisins  
1 tsp. vanilla  
1 cup chopped nuts

Take  $\frac{1}{2}$  cup of flour and cover raisins and nuts so they do not stick. Take remaining flour and sift it together with the salt, spices, and soda. Set aside. Cream butter, add sugar, then beaten egg and applesauce. Next, add flour mixture and vanilla. Bake 45 minutes at 350°. Bake in tube pan.

Fruit Cake - Eileen Ergenbright - Valley Ridge

$4\frac{1}{2}$  cups flour  
2 cups sugar  
2 cups of fruit of your choice  
1 cup almonds or other nuts  
6 eggs  
 $\frac{1}{8}$  tsp. salt

$1\frac{1}{2}$  cups butter  
2 cups raisins or currants  
1 tsp. cinnamon  
1 tsp. allspice  
1 tsp. cloves  
2 tsp. baking powder

Cream butter and sugar together, add eggs, one at a time and beat until well blended. Sift dry ingredients. Dredge fruit and nuts with flour to prevent from going to bottom of pan. Mix in dry ingredients with butter, egg, and sugar mixture. Bake in a tube pan at 275° for  $2\frac{1}{2}$  hours or until tooth pick inserted in center comes out clean.

Brownies - Juanita Bartley - Falling Spring

2/3 cup sifted flour	1 cup sugar
½ tsp. baking powder	2 eggs, well beaten
¼ tsp. salt	½ cup walnuts
1/3 cup butter or margarine	1 tsp. vanilla
2 squares unsweetened chocolate	

Sift flour; add baking powder and salt and sift again. Melt butter and chocolate over boiling water. Beat eggs and then gradually add sugar. Beat. Add chocolate and blend. Add flour, mix well, then add nuts and vanilla. Bake 350° for 35 minutes.

Jelly Roll - Mrs. Murrell Shifflett - Fairlawn

Beat 3 eggs and 1 cup sugar until thick.  
Add 3 tablespoons cold water.  
Sift twice 1 cup flour, 1 tsp. baking powder and ½ tsp. salt. Add to egg mixture. (You may add 1 tsp. vanilla to batter.) Line a shallow pan with greased paper. Pour evenly in pan. Bake in oven 425° for 12 minutes. Turn out onto cloth or sprinkle with sugar. Carefully tear off paper and spread with jam or jelly. Roll up quickly.

Steamed Christmas Pudding - Glenda Brinkley - Valley Ridge

1/3 cup shortening	½ tsp. cloves
2/3 cup brown sugar	¼ cup milk
2 eggs	½ cup candied cherries, chopped
1 cup flour	¼ cup citron, chopped
½ tsp. baking powder	½ cup raisins
½ tsp. cinnamon	½ cup nuts, chopped
½ tsp. allspice	1 tsp. rum extract

Cream shortening and sugar thoroughly. Add eggs and beat well. Alternately add sifted dry ingredients and milk. Add fruits, nuts and flavoring. Mix well. Turn into a well greased 1 quart fluted mold. Wrap in foil. Pour 6 cups of water into a pressure cooker with rack. Set mold on top of rack. Close with cover of pressure cooker and allow a small stream of steam to escape from the vent tube of pressure cover for 2½ hours. Do not use control gauge. Remove pan from heat. Let stand for 5 minutes or more and then open. Serves 12.

Fresh Apple Cake - Phyllis Hockman

1½ cups cooking oil	2 tsp. vanilla
2 cups sugar	1 tsp. nutmeg
3 eggs	1 tsp. cinnamon
3 cups apples, peeled and diced	1 cup chopped nuts
3 cups self-rising flour	1 cup raisins

Combine oil, sugar and eggs in large bowl. Beat well with a wooden spoon. Mix in all ingredients except flour. Blend in flour last. Pour into a greased and floured tube pan. Bake at 350° for 1 hour.

Cherry Yogurt Pound Cake - Mrs. Jessie Spurlock - Cheerful

½ lb. butter, softened	1/3 cup milk
2½ cups sugar	3 cups all purpose flour
5 eggs	1 tsp. vanilla extract
1 cup cherry yogurt	

Cream butter and sugar thoroughly. Add eggs one at a time beating after each. Mix yogurt and milk, add flour to creamed mixture alternately with yogurt and milk mixture. Mix well and pour into greased and floured 10" tube or bundt pan. Bake in 325° oven 60 - 65 minutes. Cool slightly before removing from pan.

Butterscotch Brownies - Mrs. William R. Martin Sr. - Cheerful

1½ cups flour	½ cup butter or margarine
2 eggs	2 tsp. baking powder
2 cups light brown sugar (packed down and leveled off)	½ cup nuts (pecans chopped)
	½ tsp. vanilla

Melt the butter in a saucepan, and mix in sugar and eggs. Sift flour and baking powder, stir into egg and sugar mixture. Add nuts and vanilla. Spread in pan (12 x 8 x 2). Bake in oven 325° for 25 minutes.

## Casseroles

### Broccoli Casserole - Janice Vanness - Valley Ridge

1 lb. frozen broccoli or fresh	1 tbsp. lemon juice
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ of 10 oz. can cream of chicken soup
dash pepper	$\frac{1}{4}$ cup grated cheese

Cook broccoli in salted water until tender. Place in shallow baking dish. Sprinkle with lemon juice, add pepper, and cover with soup. Sprinkle cheese on top and place under broiler for about 10 minutes or until cheese is melted and bubbly. Makes 4 servings.

### Beef and Rice Casserole - Mrs. William Mosko - Dixie Club

1 cup rice cooked	1 green pepper
1 lb. ground beef	salt and pepper
1 onion, chopped	Mozzarella cheese
1 jar Ragu sauce (about 4 ozs.)	

Saute chopped onion in butter in large skillet until tender. Add ground beef and cook until brown. Add cooked rice and mix. Add  $\frac{1}{2}$  of the Ragu sauce or all of it depending on consistency. Add chopped green pepper, salt, and pepper. Put in casserole dish or baking dish. Top with grated cheese. Bake 350° for 25 minutes. Let stand for a few minutes before serving. May be made ahead of time and frozen or kept in the refrigerator a day or so before baking.

### Pineapple Casserole - Glenda Brinkley - Valley Ridge Club

$\frac{1}{2}$ cup sugar	1 can crushed pineapple with juice
1 or 2 tbsp. flour	$\frac{1}{2}$ stick butter
3 eggs	1 cup coconut

Mix together in one bowl sugar and flour. Beat in eggs, then add crushed pineapple. Pour into loaf pan or baking dish 9 x 4. Sprinkle melted butter on top of mixture, and top with coconut. Bake 350° for 30 minutes or until coconut is golden brown. Good with pork or any kind of meat, hot or cold.

### Sour Cream Noodle Bake - Melvina Carter Pullen - Valley Ridge

1 8 oz. pkg. medium egg noodles	1 tsp. salt
1 cup cottage cheese	$\frac{1}{2}$ tsp. garlic salt
1 8 oz. carton sour cream	$\frac{3}{4}$ cup cubed cheddar cheese
$\frac{1}{2}$ cup minced onion (optional)	1 8 oz. can tomato sauce
1 lb. lean ground beef	

Cook noodles according to package directions, and drain. Fold in cottage cheese, sour cream and onion, then set aside. Cook meat until tender, drain. Add tomato sauce and seasonings, and simmer 10 minutes. Spoon half of noodle mixture into a lightly greased 2 quart casserole; top with half the meat mixture. Repeat layers, bake at 350° for 30 minutes. Remove from oven, sprinkle with cheese and bake an additional 5 minutes or until cheese melts. Yields about 8 servings.

Chicken Strata - Virginia Harmon - Gilmer Club

8 slices white bread, cubed	4 tbsp. butter (melted)
2 cups diced chicken (already cooked)	1 can mushroom soup
½ cup chopped onion	bread or corn flake crumbs
½ cup chopped celery	½ cup shredded sharp cheese
½ cup chopped green pepper	dash pepper
½ cup mayonnaise	2 slightly beaten eggs
¾ tsp. salt	1½ cups milk

Place bread cubes on bottom of long baking dish. Combine meat, vegetables, mayonnaise, and seasonings; spoon over bread. Combine eggs, milk, and melted butter; pour over and chill in refrigerator over night. Spoon soup over top and cover with crumbs the next day. Bake 325° for 50 minutes. Sprinkle cheese over top last few minutes of baking. Serves 8 or more.

Herbed Turkey Loaf - Melvina Carter Pullen - Valley Ridge

1 8 oz. pkg. herb seasoned stuffing mix	2 tbsp. chopped parsley
2 cups chopped cooked turkey	2 tbsp. chopped green pepper
2½ cups turkey or chicken broth	1 tbsp. finely chopped onion (opt.)
2 eggs slightly beaten	¼ cup melted margarine
	celery sauce (recipe below)

Combine ingredients, except celery sauce, blend well. Spoon mixture into a greased 8½ x 4½ x 2 5/8 inch loaf pan. Bake at 375° for 35 to 40 minutes or until firm. Serve with celery sauce. Yields 6 to 8 servings.

Celery Sauce

1 10¼ oz. can cream of celery soup (undiluted)  
¾ cup milk

Combine ingredients in a sauce pan, cook over medium heat until bubbly.

Corn Pudding - Janice Vanness - Valley Ridge

Beat 2 eggs in a mixing bowl, add 1 medium size can cream style corn, 1 tablespoon sugar, and ¼ cup milk. Pour into greased baking dish (pie plate size) with butter. Bake 375° 20 - 25 minutes or until firm.

Scalloped Onions - Leola Steele - Dixie Club

Skin and slice 6 large onions. Melt 4 tbsp. butter or bacon fat and saute onions until tender. Season with salt and pepper. Place in shallow baking dish. Cover top with soft bread crumbs, grated cheese and paprika. Bake in 350° oven until crumbs are brown.



"Plains Special" Cheese Ring - Melvina Carter Pullen - Valley Ridge

1 lb. grated sharp cheese	black pepper
1 cup finely chopped nuts	dash cayenne
1 cup mayonnaise	strawberry preserves, optional
1 small onion, finely grated	

Combine ingredients, except preserves, season to taste with pepper. Mix well and place in a 5 - 6 cup lightly greased ringmold. Refrigerate until firm for several hours or overnight. To serve, unmold, and if desired, fill center with strawberry preserves, or serve plain with crackers.

Cherried Cranberries - Ludema Maschio - Dixie Club

4 cups cranberries	$\frac{1}{2}$ tsp. salt
2 cups sugar	$\frac{1}{2}$ tsp. soda
1 cup water	

Mix in a large pan and heat to boiling. Put a cover on tightly and gently simmer for 15 minutes. Do not remove cover until cold.

Holiday Wreath - Gladys M. Brown - Cheerful

Melt slowly over low heat:

30 Marshmallows	1 tsp. vanilla
$\frac{1}{2}$ cup butter	

After marshmallows are melted, stir in 2 teaspoons green food coloring. Remove from heat, and stir in  $3\frac{1}{2}$  cups corn flakes making sure all the corn flakes turn green. Empty contents on a tray which has been covered in wax paper. Mold mixture into a circle, and shape with your hands. If desired, you may add maraschino cherries or small silver ball cake decorations. Refrigerate until firm.

Strawberries - Jessie Pendleton - Gilmer

1 6 oz. pkg. strawberry jello	1 cup nuts (pecans, chopped)
$\frac{3}{4}$ cup sweetened condensed milk	1 tsp. vanilla
1 cup coconut	

Mix well and chill for 1 hour. Shape into strawberries and roll in red sugar. For stems, color slivered almonds.



Chocolate Mousse Pie - Virginia Poague - Gilmer

1 pkg. german sweet chocolate	3 ozs. cream cheese, softened
1/3 cup milk	1-8 oz. cool whip
2 tbsp. sugar	1-8" graham cracker crust

Heat chocolate and 2 tablespoons of the milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, and beat until smooth. Fold chocolate mixture into whipped topping, blending until smooth. Spoon into crust. Freeze until firm, about 4 hours.

Strawberry Creme Pie - Melvina Carter Pullen - Valley Ridge

Combine in a blender:

1-8 oz. pkg. softened cream cheese	1/4 cup milk
1/4 cup sugar	2 cups hulled strawberries

Process on medium speed for 30 seconds. Fold in: 1 8oz. container thawed whipped topping. Spoon into crust. Freeze until firm, about 4 hours. Let stand at room temperature 10 minutes before serving.

Crust:

1 1/4 cups vanilla wafer crumbs
1/4 cup melted butter

Press firmly on bottom and sides of a 9" pie pan. Chill 1 hour.

Sherham Frozen Dessert - Billie Landis - Rich Patch

2 1/2 cups vanilla wafer crumbs	1 1/4 cups boiling pineapple juice
1 1/3 cups chilled evaporated milk	1/8 tsp. salt
1 pkg. lemon gelatin	1 tsp. lemon rind
3 tbsp. lemon juice	1/4 cup sugar

Spread half of the vanilla wafer crumbs in a shallow buttered pan or dish. Beat chilled milk until thick. Dissolve gelatin in pineapple juice. Add lemon rind, salt, sugar, and lemon juice. Let stand until slightly thickened. Then beat until light and fluffy. Add whipped milk, pour into pan with crumbs. Cover with the remaining crumbs. Chill 12 hours.

Date Nut Rolls - Melvina Carter Pullen - Valley Ridge

1/4 lb. margarine	pinch salt
1-8oz. pkg. pitted dates	1 tsp. vanilla
1 cup chopped nuts	1 1/2 cups crisp rice cereal
1 cup sugar	confectioners sugar

Melt margarine in large sauce pan. Add dates, nuts, sugar, and salt. Cook for 8 minutes over low heat. Remove from heat; add vanilla and cereal. Cool until mixture can be worked with hands. Shape into finger sized rolls or walnut sized balls. Roll in confectioners sugar. Yield: 3-3 1/2 dozen.

Peanut Butter Cream Pie - Melvina Carter Pullen - Valley Ridge

Crust:

1½ cups graham cracker crumbs	2 tbsp. ground peanuts
1 tbsp. brown sugar	½ cup margarine, melted

Combine graham cracker crumbs, sugar, and peanuts. Stir in margarine, and mix well. Press mixture firmly and evenly into a 9 inch pie pan. Bake 350° for 8 minutes.

Filling:

2-3oz. pkgs. cream cheese, softened	2-1.5 oz. envelopes whipped topping mix
¾ cup confectioners sugar	1 cup cold milk
½ cup crunchy peanut butter	1 tsp. vanilla
2 tbsp. milk	Chopped roasted peanuts

Combine cream cheese, confectioners sugar in large mixing bowl; beat until light and fluffy. Add peanut butter and 2 tbsp. milk, beat well. Prepare one envelope whipped topping mix according to package directions, using ½ cup milk and ½ tsp. vanilla, fold into peanut butter mixture, and spoon into baked crust. Prepare remaining envelope topping, using remaining ½ cup milk and ½ tsp. vanilla. Spread evenly over peanut butter mixture. Garnish with peanuts. Chill at least 5 hours before serving.

Berry Cobbler - Mrs. E. A. Keyser - Rich Patch

½ cup soft butter	½ cup sugar
1 cup flour	¼ tsp. salt
2 tsp. double acting baking powder	

Cream together butter and sugar until light and fluffy. Sift together flour, baking powder, and salt. Stir this into shortening mixture, alternating with ½ cup milk. Beat until smooth, and pour into greased oblong pan or 10" casserole. Spoon over batter drained boysenberries, raspberries, or blackberries, about 1½ cups. Pour over top, 1 cup berry juice. Bake 45 minutes (or until top springs back when lightly touched) at 375°. During cooking, fruit and juice go to bottom and cake like layer forms on top. Serve with cream, whipped cream or ice cream. Serves 6.

Blueberry Cream Pie - Mrs. John Deaton - Rich Patch

Crust: 1 cup flour  
1 stick butter, melted  
½ cup chopped pecans

Combine and pat into 9 x 13" pan. Bake at 375° for 15 minutes.

Combine according to instructions on package: 1½ cups cold milk, 2 packages vanilla instant pudding. Then fold in 1½ cups sour cream. Spoon and spread pudding mixture over cooled pie crust. Spread 1 can blueberry pie filling over pudding. Chill for 3 hours. Serve topped with whipped cream.

Christmas Custard - Janice Vanness - Valley Ridge

7 eggs	½ gallon milk (room temp.)
1 3/4 cups sugar	1 tsp. vanilla
	1 tsp. lemon extract

Beat eggs well. Add sugar to eggs and stir well, add milk. Cook in a large double boiler very slowly. Do not let custard boil. Stir often to prevent lumps, letting it cook until it thickens. Cool, stirring one or two times. Then add vanilla and lemon extract. This is great served with your favorite fresh coconut Christmas cake.

Weepless Pie Meringue - Opal Carter - Dixie

1 tbsp. cornstarch	3 egg whites
2 tbsp. sugar	dash salt
½ cup hot water	6 tbsp. sugar

Combine cornstarch and 2 tbsp. sugar, stir in water, cook over low heat until thickened and clear, stirring constantly. Cool. Whip egg whites well after each addition. Beat until very creamy. Pile on pie and bake 30 minutes at 325° or until golden brown. Covers 8 or 9 inch pie. You beat the 6 tbsp. of sugar with the egg whites.

## Diabetic Recipes

### Zero Salad Dressing - Mrs. Roy Vess - Gilmer

½ cup tomato juice	1 tbsp. chopped onion
2 tbsp. lemon juice or vinegar	salt and pepper

Place ingredients in a fruit jar, seal and shake. Chill and allow to remain in refrigerator for 24 hours. Use as desired over lettuce or raw vegetable salads. Used in moderation, this dressing contains negligible calories.

### Chinese Cookies - Mrs. Roy Vess - Gilmer

1/3 cup butter or margarine	1/8 tsp. salt
2/3 tsp. vanilla extract	¼ tsp. soda
¼ tsp. lemon extract	2/3 cup shredded coconut
1 egg	2/3 cup chopped dates
1 cup sifted flour	2/3 cup chopped pecans
sugar substitute to equal 2/3 cup sugar	

Cream butter or margarine. Add vanilla, lemon extract and sugar substitute. Beat egg and add to butter mixture; mix well. Sift together, flour, salt and soda and add to first mixture. Mix in the coconut, dates and pecans. Divide the stiff dough in half. Roll each half in long roll (as for refrigerator cookies). Cut 13 equal pieces from each half. Roll in balls and place on lightly greased cookie sheet. Press flat. Bake at 375° oven about 15 minutes or less.

### Perfection Salad \*

1 tbsp. gelatin	1 tsp. liquid artificial sweetener
¼ cup cold water	2 small cucumbers, peeled and grated
¾ cup hot water	½ tsp. salt
juice 1 lemon	4 ounces cream cheese
1 tbsp. chopped onion	

Soften gelatin in cold water, then add to hot water and stir until dissolved. Add lemon juice, onion, sweetener and cucumbers. Cool. When mixture begins to congeal, beat until frothy. Mash and salt cream cheese and add to the mixture. Pour into 2-cup mold and chill. Serve on crisp lettuce leaves. Serves 4. Food value of ½ cup serving: CHO: 3 grams, FAT: 5 grams, PRO: 6 grams, CAL: 81.

### Hot Sour Cabbage \*

1 cup shredded red cabbage	¼ cup red wine vinegar
1½ cups salted water	1 tsp. liquid artificial sweetener
2 tsp. oil, safflower or corn	salt and pepper to taste

Drop cabbage into boiling salted water and cook 20 minutes. Drain. Heat oil and vinegar together and pour over cabbage. Allow to simmer 10 minutes. Remove from the fire. Add artificial sweetener, salt and pepper. Serve at once. Serves 2. Food value of ½ cup serving: CHO: negligible, PRO: negligible, FAT: 5 grams, CAL: 45.

### Harvard Beets \*

2 tbsp. vinegar	2 tsp. flour
2 tbsp. beet juice or water	$\frac{1}{2}$ cup diced cooked beets
1 tsp. margarine, safflower or corn salt and pepper to taste	1 tsp. liquid artificial sweetener

Prepare sauce by mixing vinegar, beet juice or water, margarine, salt and pepper. Bring to a boil. Add flour which has been mixed with a small amount of water to make a smooth paste. Return to the fire. Cook, stirring constantly until sauce is thick and clear. Heat beets in  $\frac{1}{4}$  cup water in a small pan. Add artificial sweetener. Pour hot sauce over beets. Serve at once. Serves 1. Food Value of entire recipe: CHO: 11 grams, FAT: 2 grams, PRO: 3 grams, CAL: 72.

### Baked Beans \*

$\frac{2}{3}$ cup dry navy beans	2 tbsp. blackstrap molasses
1 quart water	1 tsp. artificial brown sugar
1 tsp. salad oil, safflower, or corn	$\frac{1}{2}$ tsp. salt, pepper to taste
1 small onion, chopped	$\frac{1}{2}$ tsp. dry mustard

Soak beans in cold water overnight. The following day, drain beans, rinse and drain again. Preheat oven to 325°. Parboil beans about 30 minutes in 1 quart water. In a skillet, heat the oil, add the onion and cook until brown. Then combine all ingredients (including water from the beans) in a casserole. Bake for 1 $\frac{1}{2}$  - 3 hours until tender. Serves 3. Food value on  $\frac{1}{4}$  cup serving: CHO: 15 grams, FAT: negligible, PRO: 4 grams, CAL: 76

### Blueberry Muffins \*

2 cups flour	2 tbsp. margarine, safflower or corn
$\frac{1}{4}$ cup sugar	1 cup skim milk, scalded
4 tbsp. baking powder	1 cup fresh or frozen unsweetened blueberries

Preheat oven to 350°. Sift dry ingredients together, work in margarine with hands until well mixed. Add milk and fruit. Pour into individual muffin pans coated with vegetable spray or lined with wax paper. Bake 25 minutes. Yields 12 muffins. Food value one muffin: CHO: 22 grams, FAT: 2 grams, PRO: 3 grams, CAL: 118

### Baked Custard \*

1 $\frac{1}{2}$ cups whole milk	$\frac{1}{8}$ tsp. salt
2 eggs	1 tsp. vanilla extract
3 tbsp. sugar	ground nutmeg

Preheat oven to 350°. Pour milk into a sauce pan and cook over low heat until scalded. Beat eggs, sugar, salt and vanilla slightly. Stir milk into mixture. Pour into six custard cups, sprinkle with nutmeg. Set cups in a pan of water (at least 2 inches deep). Bake about 25 minutes or until knife comes out clean. Serves 6. Food value,  $\frac{1}{2}$  cup serving: CHO: 15 grams, FAT: 6g. PRO: 6 g, CAL: 138

\* Betty M. West, Diabetic Menus, Meals & Recipes. Garden City, New York: Doubleday & Company, Inc., 1978.



## Microwave Oven Recipes

### Chicken Breasts Supreme - Virginia Harmon - Gilmer Club

3 lbs. chicken breasts (3 or 4)	1 cup milk
½ cup finely chopped onion	1 tsp. salt
2 tbsp. butter or margarine	1/8 tsp. pepper
1 10½ oz.) can cream of mushroom soup	

Place chicken breasts, skin down, in a 10 inch shallow baking dish, one for a microwave oven. Heat, uncovered, on full power for 12 minutes. Set chicken aside. In a deep casserole, melt your butter on full power 15 seconds. Add onion to butter (melted) and heat on full power 2½ minutes or until onion is tender. Add soup, milk and seasonings to onions. Stir well to combine all ingredients. Heat uncovered on roast for 5 minutes. Pour sauce over chicken, cover with lid or microwave saran wrap, and heat on roast for 10 minutes until chicken is tender. If desired, brown 6 minutes on position 111.

### Golden Granola - Alaska Extension

3 cups uncooked oats	1½ tsp. cinnamon
1 cup coconut	½ cup margarine or butter (melted)
1 cup pecan or walnut pieces	½ tsp. salt
½ cup honey	2/3 cup raisins

Combine all ingredients, except raisins. in large bowl. Mix well. Sprinkle into flat baking dish. Cook in microwave oven at high 8 - 10 minutes or until light golden brown, stirring after every 2 minutes of cooking; stir in raisins. Sprinkle into large shallow baking pan or onto cookie sheet to cool.

### Cinnamon Streusel Coffee Cake - Quaker Oats Company

#### Streusel Mixture:

1 cup 100% natural cereal  
1/3 cup firmly packed brown sugar  
½ cup butter or margarine, melted  
2 tsp. cinnamon

For streusel mixture, combine all ingredients; mix well.

#### Coffee Cake:

¼ cup vegetable shortening  
½ cup granulated sugar  
¾ cup milk  
1 egg  
1½ cups all-purpose flour  
1 tbsp. baking powder  
¾ tsp. salt

For coffee cake, beat together shortening and sugar until light and fluffy. Blend in milk and egg. Add combined flour, baking powder and salt, mixing just until dry ingredients are moistened. Spread half of batter into greased 8" square baking dish; sprinkle with half of streusel mixture. Spoon remaining batter by teaspoonfuls evenly over streusel mixture; top with remaining streusel mixture. Cook in microwave oven about 7 minutes, rotating dish ¼ turn 3 times. Cool about 10 minutes; serve warm. Makes 8" square coffee cake.

### Herb Bread

4 to 4½ cups all-purpose flour	1 egg
2 tbsp. sugar	¼ cup melted butter
1½ tsp. salt	1 tsp. onion salt
1 pkg. dry yeast	2 tbsp. Parmesan cheese
1½ cups milk	½ tsp. paprika
2 tbsp. oil	

In large mixing bowl, combine 1 cup flour with sugar, salt, and dry yeast. Heat milk and oil in measuring cup until just warm or about 2 minutes on low. Add to flour mixture along with egg. Beat ½ minute at low speed, and then 3 minutes at medium speed. Gradually stir in enough flour to make a soft dough. Turn dough out on floured board and knead until smooth and elastic. Shape dough into ball and place in bowl. Let rise in warm place for 1 hour. Punch down and divide dough into thirds. Roll into strips about 1½ feet long. Brush dough strips with melted butter. Combine spices and roll strips in spices. Braid the strips. Place tall glass in center of Cooker, and arrange braided dough around the glass to form a ring. Cook in microwave oven, uncovered, for 20 minutes on low. Remove glass and let the bread cool.

### Red Cabbage

1 small head red cabbage, sliced	1 cup boiling water
1 medium onion, chopped	2 tbsp. brown sugar
2 medium, tart apples	½ cup apple cider vinegar
½ tsp. salt	3 tbsp. lard, bacon fat, or butter

Cut apples in eighths. Combine all ingredients in cooker. Cook in oven in cooker, covered, 35 to 40 minutes on low, until tender as desired.

### Corn and Potato Chowder

½ lb. bacon	2 cups water
1 medium onion, diced	1 (1 lb.) can whole corn
2 cups milk	1 tsp. salt
3 tbsp. all-purpose flour	¼ tsp. pepper
5 cups potatoes, peeled and diced	

Cut bacon in small pieces. Cook bacon and onion in oven in cooker 10 to 12 minutes on high. Drain off excess fat. Blend flour and milk for thickening. Add to bacon mixture. Add remaining ingredients. Cook in oven in cooker, covered, 75 - 90 minutes on low, or until potatoes are tender. Do not boil. For best results, stir halfway through cooking time. Serves 9 cups.

### Bread Pudding

3 eggs, beaten	½ tsp. cinnamon
¾ cup sugar	6 cups bread cubes
1 (13 oz.) can evaporated milk	1 (1 lb. 4 oz.) can cooking apples
1 cup milk	1 cup raisins
1½ tsp. nutmeg	

Combine eggs, sugar, milk and spices in Cooker. Stir until blended. Add bread cubes, apples, and raisins. Let mixture stand until bread cubes have become saturated. Cook in microwave oven, uncovered, for 25 - 30 minutes on low.



## Salads

### Quick Pineapple Cottage Salad - Ginger Lilly - Callaghan

1 3 oz. pkg. (any flavor) jello  
1 16 oz. can crushed pineapple

Stir together, jello will dissolve enough, no hot water needed.  
Thoroughly stir in:

1 8 oz. cottage cheese  
1 9 oz. cool whip (thawed)

Makes about 2 quarts salad. Nuts, coconut, or cherries may be added.

### Vegetable Salad - Janice Vanness - Valley Ridge

1 cup diced celery	1 tsp. salt
2 small carrots (diced)	2 cups mayonnaise
1 diced onion	bacon bits
$\frac{1}{2}$ cup diced cucumber	1 envelope unflavored gelatin
$\frac{1}{2}$ green pepper (diced)	

Soak gelatin in small amount of water in double boiler. Mix all ingredients in bowl, add gelatin, stir, and refrigerate. Will keep 2 - 3 days. Great on crackers.

### Coconut Carrot Salad - Janice Vanness - Valley Ridge

1 $\frac{1}{3}$ cups angel flake coconut	$\frac{1}{2}$ cup mayonnaise
1 $\frac{1}{2}$ cups shredded carrots	2 tbsp. lemon juice
$\frac{1}{4}$ cup raisins	$\frac{1}{2}$ tsp. ground ginger

Combine all ingredients in a bowl, and mix well. Chill. Serve on crisp lettuce. Makes about 2 cups or 4 servings.

### Zesty Beef Salad - Melvina Carter Pullen - Valley Ridge

$\frac{1}{2}$ cup salad dressing or mayonnaise	1 cup drained red kidney beans
1 tbsp. chili sauce	1 cup chopped celery
1 tbsp. sweet relish	$\frac{1}{3}$ cup chopped onion (optional)
$\frac{1}{4}$ tsp. salt	2 hard cooked eggs, chopped
2 cups cubed cooked beef	

Combine first four ingredients and mix well. Add remaining ingredients, and toss well. Refrigerate 24 hours before serving. Yield 4 - 6 servings.

### Buttermilk Salad - Lucy Bazzarre - Fairlawn

Bring one 8 ounce can crushed pineapple with juice to boiling, add one 6 ounce package orange gelatin and mix well. Add 2 cups buttermilk, chill until thickened about 45 minutes. Add  $\frac{1}{2}$  cup nuts and one 9 oz. carton whipped topping. Turn into 9 x 13 inch pan, refrigerate until set.

Sweetheart Salad - Marjorie Eggleston - Callaghan

Cream together:

1 large pkg. philadelphia cream cheese  
1½ cups powdered sugar

Then mix:

1 small can crushed pineapple, drained  
1 6-oz. jar maraschino cherries, drained and chopped  
1 large container cool whip  
1 cup chopped nuts

Chill 2 - 4 hours before serving. For Christmas, use red and green cherries.

Tart Rhubarb Salad - Virginia Harmon - Gilmer Club

4 cups diced fresh rhubarb or 1 pkg. frozen	½ cup lemon juice
1 cup water	1 ¾ cup cold water
¾ cup sugar	½ cup celery, cut fine
¼ tsp. salt	2-11 oz. cans mandarin oranges, drained
1-6 oz. pkg. strawberry jello	1 cup sour cream

Combine rhubarb, water, sugar, and salt. Bring to a boil. Then simmer until rhubarb loses crispness, if fresh. Remove from heat, add gelatin, and stir until it is dissolved. Add water and lemon juice. Chill until partly thickened (2 hours). Fold in celery and oranges. Put in shallow bowl or mold, 2 qt. size. Chill overnight, serve on lettuce if desired.

Serves 8 or more.

Out of This World Cottage Cheese Salad - Melvina C. Pullen - Valley Ridge

1-6oz. pkg. lime flavored jello	15 maraschino cherries, chopped
2 cups boiling water	1 cup chopped pecans
5 cups miniature marshmallows	1-12 oz. small-cured cottage cheese
1-15½ oz. can crushed pineapple, drained	1 cup whipped topping

Dissolve jello in boiling water, add marshmallows, stirring until melted. Stir in pineapple. Chill until thick, but not firm. Add cherries, pecans, cottage cheese, fold in cream topping. Pour mixture into oiled 2-qt. mold. Chill until firm. Yields 8 servings.

Apricot Salad - Melvina Carter Pullen - Valley Ridge

12 oz. carton cottage cheese, small curd	20 oz. can crushed pineapple, drained
4½ oz. frozen whipped topping, thawed	½ cup chopped nuts
	1 large apricot jello, dissolved
	1 lg. apricots, drained & chopped

Combine cottage cheese, whipped topping; add apricots, pineapple, and nuts, and mix. Add jello (dissolved), mix thoroughly. Pour into oiled pan for for desired thickness, chill. Yield: 8 servings.



## Substitutions Help in a Pinch

It's always best to use the exact ingredients called for in a recipe. But sometimes you find the cupboard is bare when you're right in the middle of preparation. Following are some stand-ins for staples. The substitutions should be used only in unexpected situations because recipe results may vary.

Chocolate, semisweet pieces, melted - 1 6-ounce package equals 2 squares unsweetened chocolate plus 2 tablespoons shortening and  $\frac{1}{2}$  cup sugar.

Cream, sour - 1 cup equals  $\frac{7}{8}$  cups buttermilk plus 3 tablespoons butter.

Gelatin, flavored - 1 3-oz. package equals 1 tablespoon plain gelatine plus 2 cups fruit juice.

Shortening, melted - 1 cup equals 1 cup cooking oil (cooking oil cannot be substituted if recipe does not call for melted shortening).

1 cup honey -  $1\frac{1}{2}$  cups sugar plus  $\frac{1}{4}$  cup liquid.

1 ounce chocolate - 3 tablespoons cocoa plus 1 tablespoon fat.

1 cup brown sugar - 1 cup granulated sugar.

1 cup molasses - 1 cup honey

1 cup cake flour - 1 cup all-purpose flour minus 2 tablespoons.

1 cup sour or buttermilk - 1 tablespoon lemon juice plus milk to make 1 cup (allow to stand 5 minutes); 1 tbsp. vinegar plus sweet milk for 1 cup.

1 tablespoon cornstarch (for thickening) - 2 tablespoons flour (approx.)

1 cup self-rising flour - 1 cup plain flour,  $1\frac{1}{2}$  tsp. baking powder,  $\frac{1}{2}$  tsp. salt.

1 tablespoon flour -  $\frac{1}{2}$  tablespoon cornstarch, potato starch, rice starch, or arrowroot starch, 2 teaspoons quick-cooking tapioca

1 cup corn syrup - 1 cup sugar plus  $\frac{1}{4}$  cup same liquid used in recipe when syrup is used to replace one-half of the sugar.

1 cut butter - 1 cup margarine;  $\frac{7}{8}$  to 1 cup hydrogenated fat plus  $\frac{1}{2}$  tsp. salt;  $\frac{7}{8}$  cup lard plus  $\frac{1}{2}$  tsp. salt;  $\frac{7}{8}$  cup rendered fat plus  $\frac{1}{2}$  tsp. salt.

1 cup coffee cream (20%) - 3 tablespoons butter plus about  $\frac{7}{8}$  cup milk.

1 cup heavy cream (40%) -  $\frac{1}{3}$  cup butter plus about  $\frac{3}{4}$  cup milk.

1 cup whole milk - 1 cup reconstituted nonfat dry milk plus  $2\frac{1}{2}$  tsps. butter or margarine;  $\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water;  $\frac{1}{4}$  cup sifted dry whole milk powder plus  $\frac{7}{8}$  cup water.

1 cup milk - 3 tablespoons sifted nonfat dry milk powder plus 1 cup water; 6 tablespoons sifted nonfat dry milk crystals plus 1 cup water.

1 teaspoon baking powder -  $\frac{1}{4}$  tsp. baking soda plus  $\frac{1}{2}$  cup fully soured milk or soured buttermilk;  $\frac{1}{4}$  tsp. baking soda plus  $\frac{1}{2}$  tablespoon vinegar or lemon juice used with sweet milk to make  $\frac{1}{2}$  cup;  $\frac{1}{4}$  tsp. baking soda plus  $\frac{1}{4}$  to  $\frac{1}{2}$  cup molasses; or  $\frac{1}{4}$  tsp. baking soda plus  $\frac{5}{8}$  tsp. cream of tartar.

1 tablespoon active dry yeast - 1 package active dry yeast; 1 compressed yeast cake.

1 whole egg - 2 egg yolks; 3 tablespoons thawed frozen egg;  $2\frac{1}{2}$  tablespoons sifted dry whole egg powder plus  $2\frac{1}{2}$  tablespoons lukewarm water.

1 egg yolk -  $1\frac{1}{3}$  tablespoons frozen egg yolk; 2 tablespoons sifted dry egg yolk powder plus 2 teaspoons water.

1 egg white - 2 tablespoons frozen egg white; 2 tablespoons sifted dry egg white powder plus 2 tablespoons water.

Orange or apple juice - alcoholic beverage

Vinegar in icing - cream of tartar

Butter flavoring and shortening - butter

Watermelon Preserves - Fruit in fruit cake

Grape Hull Preserves - Raisins

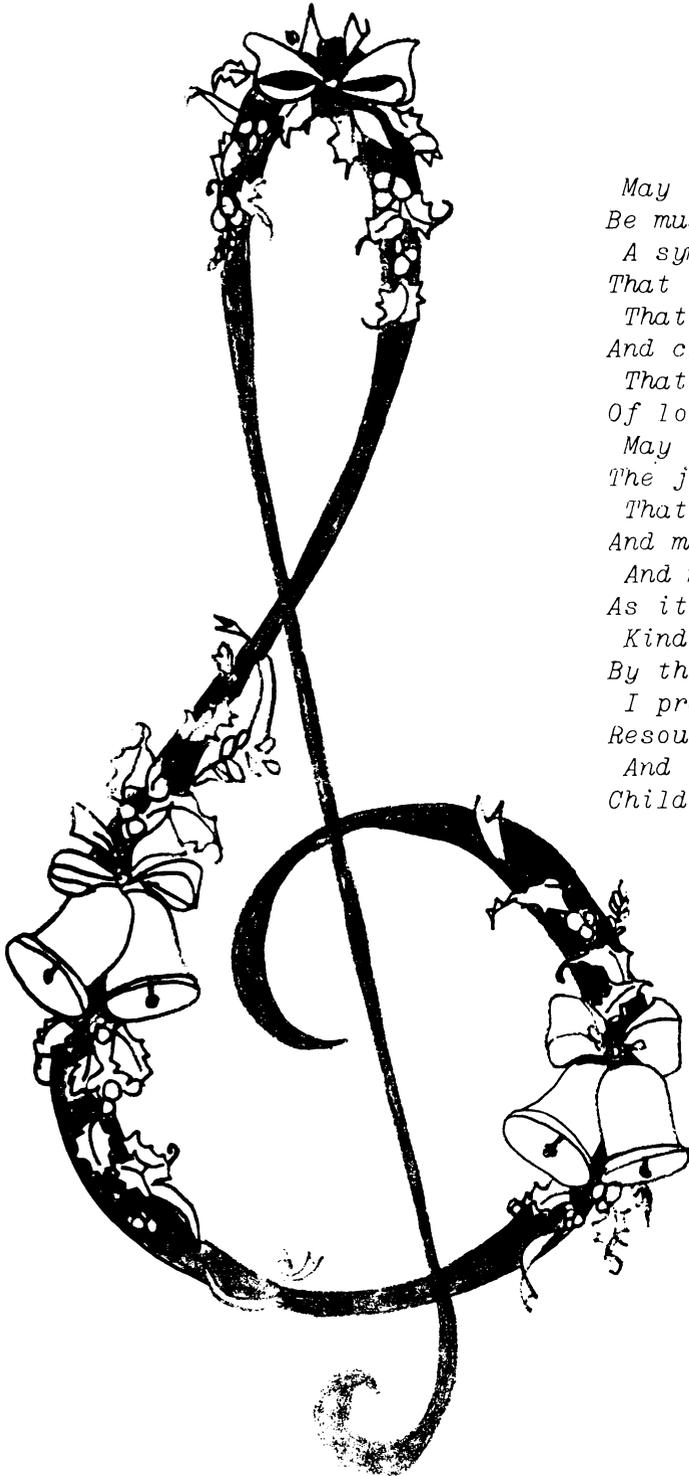
Oatmeal Pie . . . . . or Pecan Pie

$\frac{2}{3}$  cup white sugar  
 $\frac{2}{3}$  cup white Karo syrup  
 $\frac{2}{3}$  cup oatmeal  
1 stick oleo or butter, melted  
 $\frac{1}{4}$  tsp. salt  
1 tsp. vanilla  
2 eggs, beaten

Mix together and put in an unbaked pie shell. Bake in a 300° oven for 1 hour.

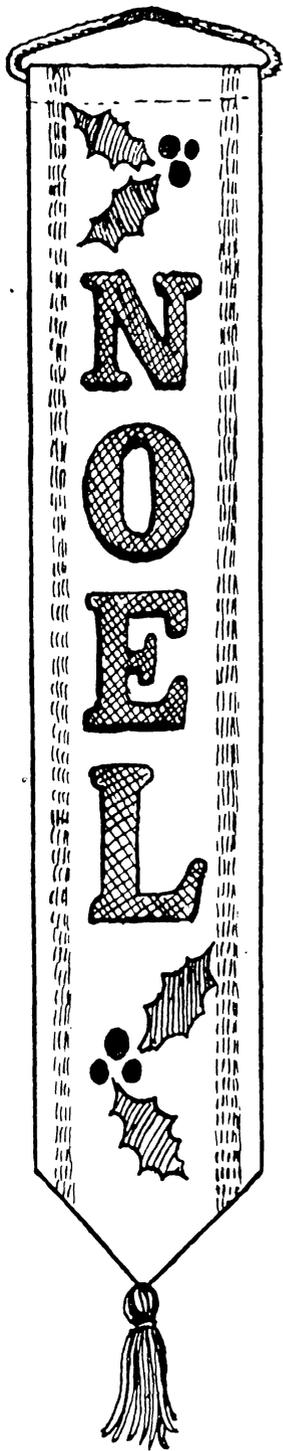
Note: By adding a few pecans to the top of this pie before baking, you will have a great pecan pie!

# Holiday Greetings



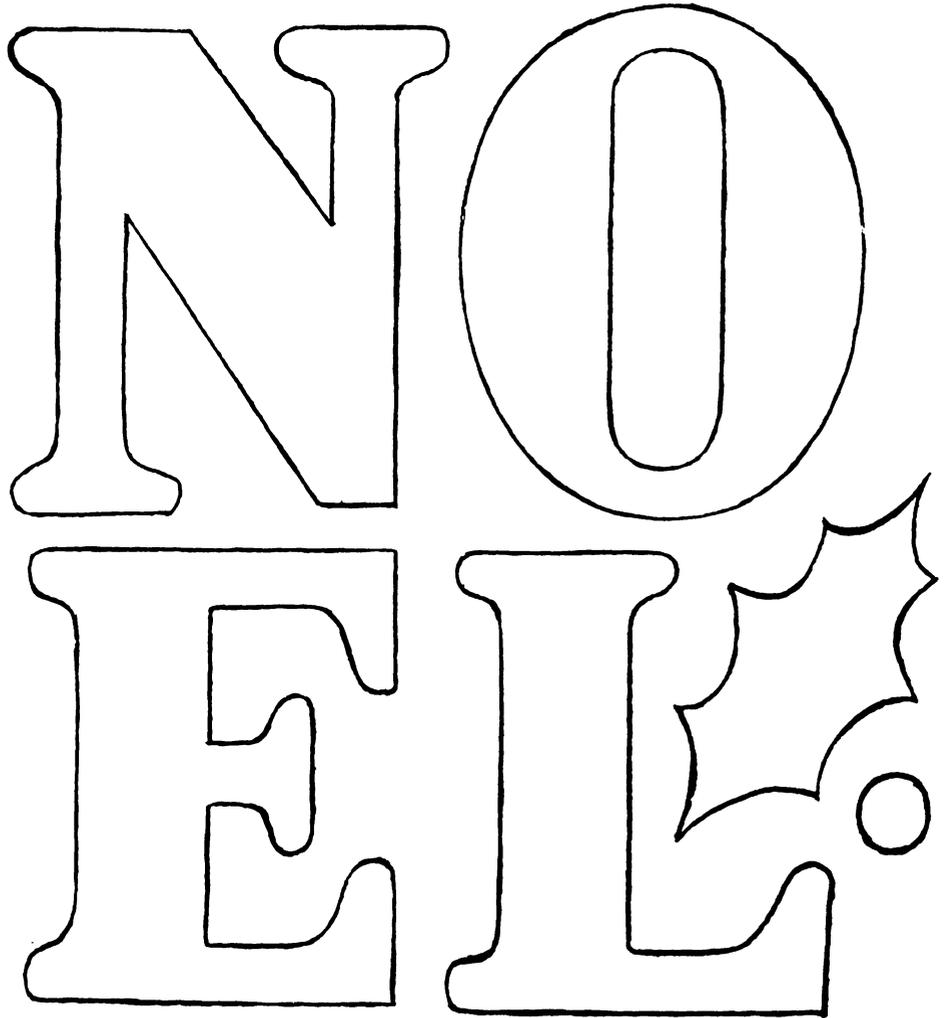
*May the song of Christmas  
Be music to your ears  
A symphony of love  
That resounds throughout the year  
That brings you nearer your neighbor  
And closer to your friend  
That becomes a natural outpouring  
Of love that never ends  
May its tempo reflect  
The joyous gladness of that day  
That it excites your heart  
And makes brighter your pathway  
And may the fullness of its tones  
As it louder swells  
Kindle faith within your spirit  
By the peeling of the bell  
I pray the song of Christmas  
Resounds throughout the year  
And I hope you are receptive  
Childlike enough to hear!*

*Joy Belle Burgess*



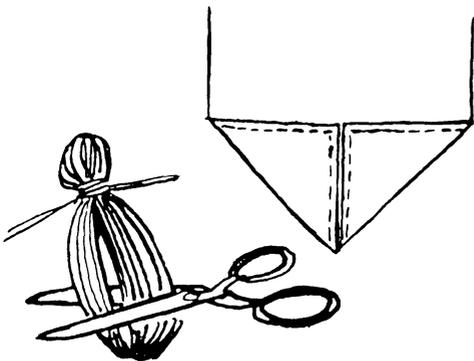
## COLORFUL DOOR OR WALL PANEL

$3\frac{1}{2}$ " x 25" burlap chair webbing  
 Red felt for letters and holly berries  
 Green Felt for leaves  
 Red cotton or wool yarn for tassel  
 1 red pipe cleaner  
 White household glue



Trace patterns on heavy paper. Cut and pin to felt. Cut out. Turn back 1 edge of webbing about  $\frac{1}{2}$ " and sew down by hand. On back side at bottom fold webbing as shown in diagram and stitch down. Glue holly and letters to front of webbing. Make a tassel by wrapping red

wool yarn 10 times around a  $4\frac{1}{2}$ " cardboard. Remove from board, run thread through loops and tie together with yarn. Then wrap a piece of yarn horizontally near the tied section and tie. Cut bottom end of loops and trim evenly to form a tassel. Tack to bottom of panel. Attach pipe cleaner to top and hang on door.



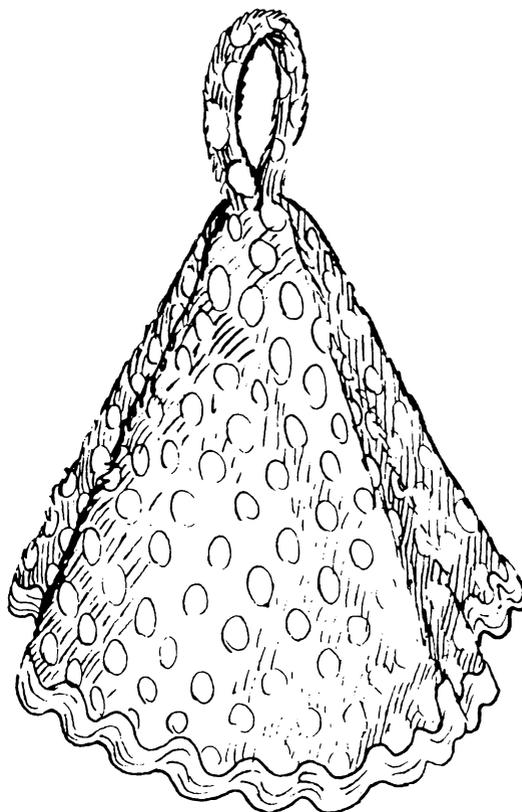
## TABLE CENTERPIECE

Spray a muffin tin with black, gold, white or any desirable color. Let dry. Fill the tins with votive candles which you can get from the dime store. Place on a bed of green pine or shrub branches. Decorate with ribbon bows, braid lace, balls, nuts, fruit, etc.



## KITCHEN HAND TOWEL

Make the pattern from paper. Measure a 21" or 24" diameter line. (We prefer the 21" size-- $1\frac{1}{4}$  yards will make 2.) Attach a string to a pencil; place string in the center of the line and pencil point on the outer edge of the line. Draw a circle. Your circle will measure approximately 66". Pin pattern to toweling and cut. Turn raw edge to outside to form a hem. Stitch Wrights jumbo rick-rack on top of the hem with a zig-zag stitch. Cut a strip of toweling--1" x 6". Make a hanger and attach to center of towel. Use scraps to make hot pot holders.



## Clay Pigeon Candleholder

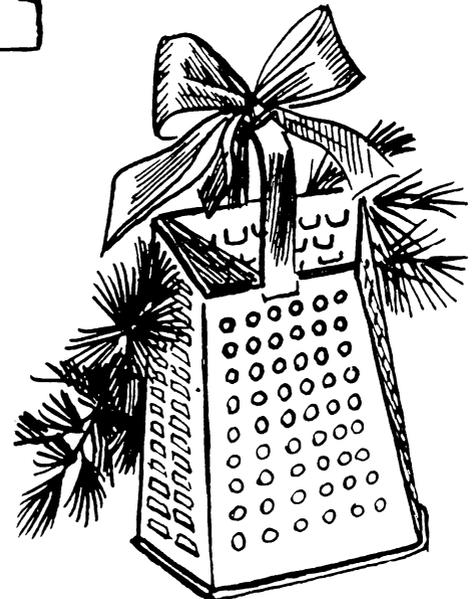
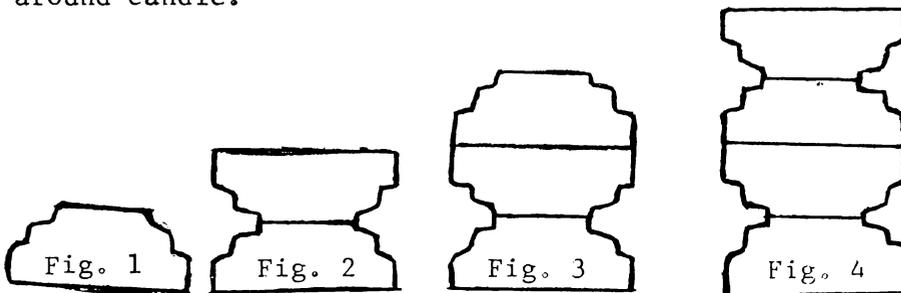
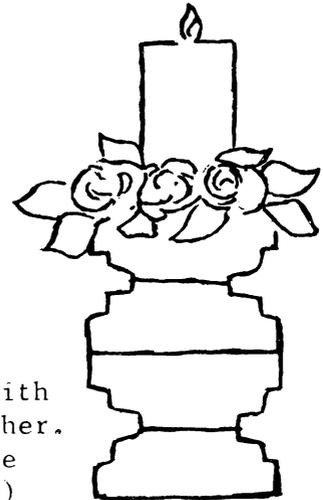
### Materials Needed:

Four clay pigeons (used in skeet shooting)  
Glue  
Spray Paint  
Large candle  
Flower ring

### Directions:

Place one clay pigeon with the dome facing up. (Fig. 1) with the second clay pigeon dome downward, glue the domes together. (Fig. 2) With the third clay pigeon dome upward, place the glue around the edges and press pigeons together (Fig. 3) The fourth clay pigeon is glued dome downward. (Fig. 4) Let dry. Spray paint desired color.

Place candle in center of clay pigeon. Place ring of flowers around candle.



### CHRISTMAS WINDOW DECORATION

Spray paint a small vegetable grater with flat black paint. When dry wire a light socket to an extension cord. Add a red bulb and hang inside the grater. Add a large ribbon bow at the top. Place greens around the back of the grater and hang in a window.

LIFE-SIZE SANTA



This 64" Santa in shiny red vinyl decorates a holiday door, his sack filled with Christmas greenery. Make your own pattern from newspaper. Use real bag and greenery.



## TEN COMMANDMENTS FOR CHRISTMAS

- I. Thou shalt not leave "Christ" out of Christmas, making it Xmas. To most minds "X" stands not for Christ, but for the algebraic unknown.
- II. Thou shalt not value thy gifts by their cost, for many shall signify love that is more blessed and beautiful than silver and gold.
- III. Thou shalt give thyself with thy gifts. Thy love, thy personality, and thy service shall increase the value of thy gifts an hundredfold and he that receiveth it shall treasure it forever.
- IV. Thou shalt not let Santa Claus take the place of Christ, lest Christmas become a fairy tale rather than a sublime reality in the spiritual realm.
- V. Thou shalt not burden thy servant. The shop girl, the mail carrier, and the merchant should have thy consideration.
- VI. Thou shalt not neglect the church. Its Christmas services are planned to help spiritualize the Christmas season for thee, the child and thy household.
- VII. Thou shalt not neglect the needy. Let thy bountiful blessings be shared with the many who will go hungry and cold unless thou art generous at Christmas.
- VIII. Thou shalt be as a little child. Christmas is the day of the Christ Child not until thou has become in spirit as a little child art thou ready to enter into the Kingdom of Heaven.
- IX. Thou shalt prepare thy soul for Christmas. Verily most of us spend much time and money getting gifts ready but few seconds in preparing our souls.
- X. Thou shalt give thy heart to Christ. Let thy Christmas list have Christ as the top and thy heart as the gift. In so doing thou are as the Wise Men of old and verily thou shalt find thyself born again on Christmas Day.

