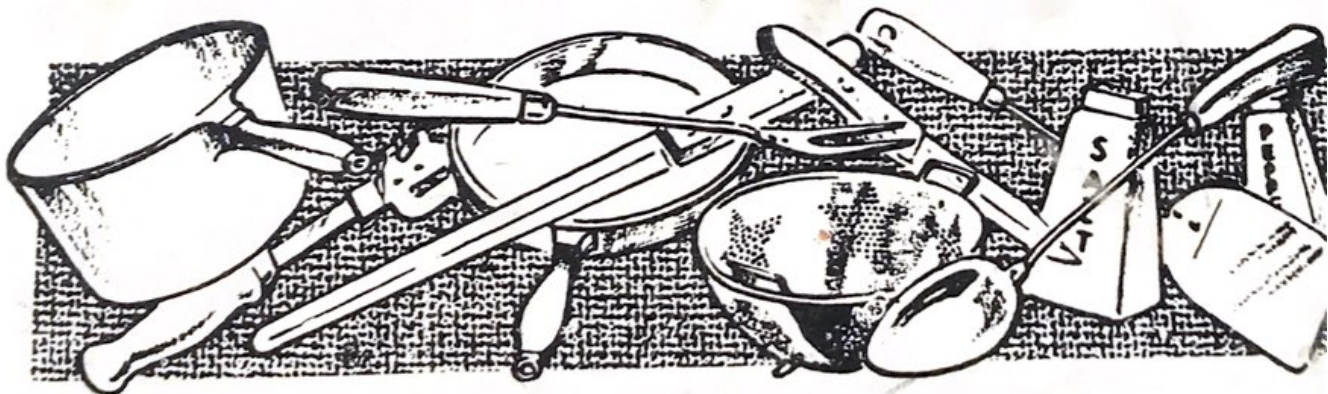


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ACKNOWLEDGMENT

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.

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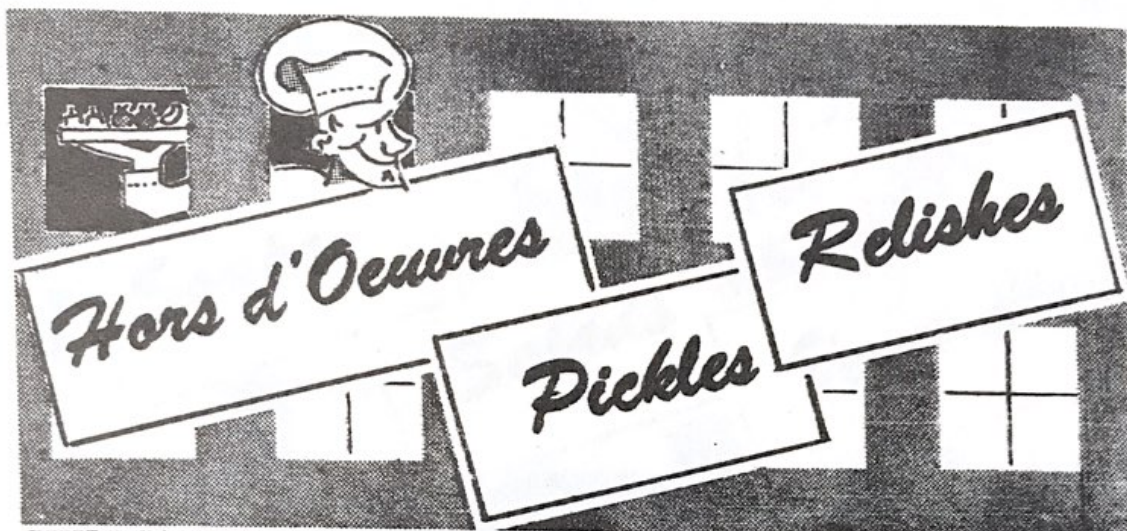
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CHILI SAUCE

Mrs. J. G. Bradley

9 large ripe tomatoes
 1 green pepper, minced
 1 tsp. ginger
 1 c. vinegar

1 large minced onion
 1 Tbsp. salt
 1 tsp. cloves, allspice
 1/4 c. sugar

Peel tomatoes, chop and place in a kettle with other ingredients. Cook over low heat until thick and brown, stir to keep from sticking. This will take about 2-1/2 hours. Pour into sterilized jars and seal. Makes 2 pts.

SMALL SWEET PICKLES

Mrs. Verna Olson

15 lbs. small cucumbers
 2-3/4 gal. cold water
 3 oz. alum, dissolved

2 lbs. salt, not oxidized
 Cold vinegar
 3 oz. Benzoate of soda

Syrup:
 15 lbs. white sugar

1-1/2 gal. vinegar
 4 Tbsp. mixed spices

1. Cover with brine made of salt and 2-3/4 gal. cold water. Let stand 10 days. Drain and rinse with cold water. 2. Cover with cold vinegar and 3 oz. alum dissolved (this makes them crisp). Let stand 10 days. 3. Drain off vinegar. Do not use it again. Rinse several times in cold water. Stick each cucumber with a fork and cover with cold syrup which has been made the day before.

To make syrup: Bring syrup ingredients to boil and then simmer 10 minutes. When syrup is cold, add Benzoate of soda mixed with warm water to make 4 oz. all together. Add to syrup. They can be put in jars or kept in crock. Benzoate of soda keeps them green.

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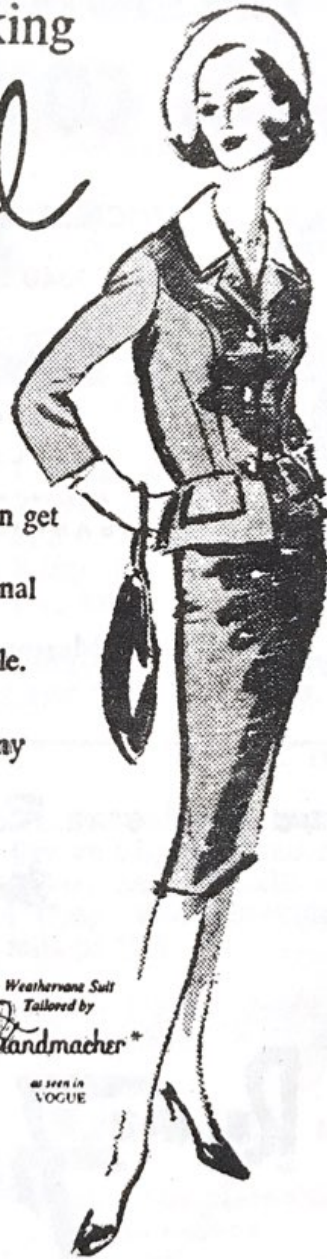
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DRESSING (Turkey)

5 lbs. potatoes
2 small onions
2 Tbsp. sage
2 well beaten eggs

Boil about 5 lbs. potatoes in salted water until tender. Drain potatoes and mash, save water for gravy. Add to mashed potatoes about 1 c. chopped celery, including leaves; add 2 small chopped onions, 2 Tbsp. butter, 2 Tbsp. sage, 1/2 Tbsp. thyme, 2 well beaten eggs and a little salt and pepper. Stuff the turkey, place breast up in baking pan and cover breast with strips of bacon.

ENCHILLADAS

12 tortillas, frozen or canned
1 lb. ground beef

Mrs. J. G. Bradley
1 c. celery
2 Tbsp. butter
1/2 Tbsp. thyme
Salt and pepper to taste

Mrs. F. D. Burks
2 cans enchillada sauce
Onion - cheese - lettuce

Fry ground beef, stir and break with a fork until in fine pieces. Add to enchillada sauce. Cook over low heat. Shred lettuce, onion and cheese. Fry tortilla in deep fat (just a few seconds). Lay tortilla on plate, cover with meat sauce, sprinkle onions and cheese on top. Do this 3 times, then put lettuce all around the serving. Serves 4 people.

HAM LOAF WITH SAUCE

2 c. ground ham
1 c. bread crumbs
1 c. milk
Ingredients for sauce:
2-3 Tbsp. prepared mustard

Mrs. E. C. Smith
1 c. raw carrots, cropped
2 Tbsp. chili sauce
1 egg
1 jar currant jelly, regular small

Mix all ingredients for loaf and bake for 45 minutes at 350 degrees. Sauce: Mix jelly and mustard, stirring constantly. Serve hot. Amount of mustard depends on personal taste. Cranberry jelly is also very good this way. This sauce also very good on sliced ham.

HOME STYLE STEAK

1/2 c. enriched flour
1 tsp. salt
2 lbs. 1-inch round steak
1 can condensed tomato soup
2 Tbsp. Worcestershire sauce

Mrs. Kenneth A. Clark
2 Tbsp. dry mustard
Dash pepper
Fat
1/2 c. chopped onion

KISS OF DEATH

1-1/2 - 2 lbs. hamburger
1/8 tsp. red pepper
Thin spaghetti or vermicelli

Mrs. Roy E. Tomlinson

Chili powder
1/2 can celery flakes
Kidney beans, New Orleans style

Brown the hamburger well. Cover with water; add chili powder to taste, red pepper and celery flakes. Simmer about 1 hour, stirring frequently. Cook the spaghetti according to directions on pkg. Heat 1-2 cans kidney beans until steaming hot. To serve: Make a nest of drained spaghetti on plate. Fill next with hot beans, and top with generous serving of meat sauce.

LASAGNE CASSEROLE

1 lb. hamburger
1 8 oz. can tomato sauce
1-1/2 tsp. salt
1/2 tsp. oregano
1/2 lb. Mozzarella cheese
1/2 c. Parmesan cheese

Mrs. G. C. Oberg

2 cloves garlic
1 No. 2 can tomatoes
1/4 tsp. pepper
8 oz. pkg. lasagne noodles
3/4 lb. Ricotta cheese

Brown crumbled hamburger in skillet with the crushed garlic. Add tomato sauce, tomatoes, salt, pepper and oregano. Cover and simmer for 15-20 minutes until it is slightly thickened. Meanwhile cook special lasagne noodles in boiling water until tender, about 15 minutes. Drain and rinse. Fill a rectangular casserole 9x13x2-inches or larger with alternate layers of the noodles, sliced Mozzarella cheese, Ricotta cheese, tomato meat sauce, grated Parmesan until casserole is filled or ingredients are used up, ending with a layer of sauce and Parmesan. Swiss cheese may be substituted for the Mozzarella and cottage cheese for the Ricotta.

POULTRY STUFFING

6 c. stale bread cubes or
4c. ground dry bread
1 c. chopped apple
1/2 tsp. pepper
1/2 - 1-1/2 c. boiling water

Mrs. Dore E. Tyler

1 medium to small onion
1/2 c. chopped celery
1-1/2 tsp. salt
1/2 tsp. poultry seasoning

1. Cut into small pieces the onion, celery and apples. 2. Add to the bread crumbs. 3. Add the salt, pepper and poultry seasoning and mix well. 4. Starting with 1/2 c. of boiling water, add gradually until mixture is just moist enough to stick together while spooning into the turkey, NEVER wet. Usually 1 c. if day old bread is used and 1-1/2 c. if hard older bread is used.

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HINTS ON COOKING FROZEN FOODS

VEGETABLES

In cooking any frozen vegetable it is necessary to bring to the boiling point as quickly as possible to preserve flavor, color and vitamins. Do not thaw before cooking. The one exception is corn on the cob, which should always be thawed.

FRUITS

Do not remove frozen fruits from the package before you are ready to use them. Otherwise they will discolor and lose the fresh flavor. Most fruits are best when thawed just enough to melt the ice crystals. Fruits that are to be cooked should not be thawed. Instead, follow the same procedure as for vegetables.

MEATS

With the exception of large cuts, which may not cook evenly, meats may be cooked when solidly frozen. Cooking must be done at a low temperature and the time lengthened. If thawing is preferred, thaw as slowly as possible, as less moisture and flavor will be lost.

MENUS FOR QUICK MEALS FROM THE FREEZER (Based on commercially frozen foods)

LUNCHEON

Corn chowder
Tossed green salad
Toast sticks
Pineapple
Cookies

Broiled cod in
summersauce
Mixed vegetables
Peach shortcake

Corn and ham broil
Green beans, French
style
Rhubarb with dumplings

DINNER

1. Perch float
Asparagus spears - cole slaw
Frosty fruit cup
Applesauce
Mint sherbet

2. Fish Florentine
French fried potatoes
Vegetable relish sticks
Dolly Madison cake

3. Ocean perch piquant
French fried potatoes
Baked corn
Orange sherbet