FAVORITE RECIPES OF THE HAPPY COOKERS

THE RECREATION COMMITTEE, LOUGHEED ESTATES I, 3911-3921 CARRIGAN COURT, BURNABY, B.C. No Merian From Cach. The Recreation Committee thanks everyone who gave us some of their favorite recipes for this book.

Many thanks, also, to Kelsey Spence for illustrating it for us.

WHAT HAPPENED? (Dorothy Fotherby)

I didn't have potatoes so I substituted rice.

I didn't have paprika so used another spice.

I didn't have tomato sauce so used tomato paste(A whole can — not a half can — I don't
believe in waste).

A friend gave me the recipe.

She said you couldn't beat it.

There must be something wrong with her.

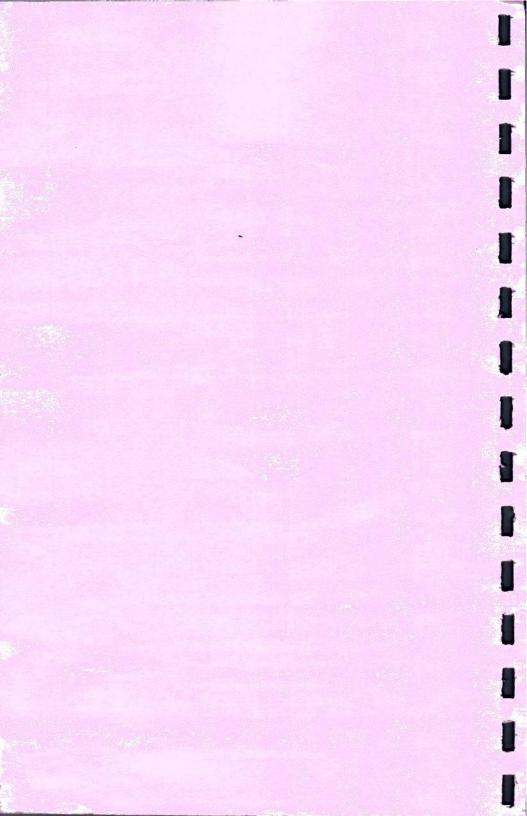
I couldn't even eat it!



INDEX

SALADS AND SOUPS.	Pages 1 - 16
MAIN COURSES	Pages 17 - 40
DESSERTS	Pages 41 - 76
OTHER FAVORITES	Pages 77 - 92

COUNTLESS PEOPLE HAVE EATEN
OUR COOKING AND
HAVE GONE ON TO
LEAD NORMAL LIVES!



SANDY'S CAESAR SALAD (Elaine Stevenson)

1 clove garlic - crushed

3 Tbsp. Anchovy sauce (optional)

2 Tbsp. Dijon mustard

3 dashes Worcestershire sauce

3 dashes Tabaso sauce

1 egg

1 cup olive oil

2 Tbsp. lemon juice

Parmesan cheese

Combine all the ingredients EXCEPT the oil in blender. Add the oil slowly while blending. Store in a jar overnight in the fridge.

Pour over Romaine lettuce. Add croutons and sprinkle with Parmesan cheese before serving.



A GOOD ANSWER IS WHAT WE THINK OF LATER!



MINUTE SALAD DRESSINGS (Kay Whiting)

Each starts with 1 cup Best Foods Mayonnaise.

BLUSHIN' RUSSIAN:

1/3 cup chili sauce or ketchup 2 tsp. sugar

1/3 cup chopped pickles 2 tsp. lemon juice

CREAMY ITALIAN:

1 garlic clove minced 2 Tbsp. lemon juice

1/2 tsp. sugar 1 Tbsp. milk

dash - salt & pepper 1/2 tsp. oregano

CHEESE AND HERB:

1/4 cup grated Parmesan 1 tsp. dried basil

1/2 cup chopped parsley 1 garlic clove minced

2 Tbsp. lemon juice

TRUE BLUE CHEESE:

4 oz., crumbled blue cheese 2 tsp. sugar

1/4 tsp. dry mustard 1/4 tsp. salt

2 Tbsp. lemon juice 3 Tbsp. milk

1 tsp. chopped onion

1/4 tsp. Worcestshire sauce

CREME DE LA FRENCH:

4 tsp. sugar 2 tsp. finely chopped onion

1 tsp. paprika 2 Tbsp. lemon juice

1 Tbsp. milk 1/4 tsp. salt

These also make good 'dips' or potato toppings

MAKE -AHEAD COLESLAW (Kay Whiting)

2 cups shredded cabbage 1 medium onion shredded 1 carrot shredded

Combine these vegetables in a large salad bowl.

DRESSING:

1/4 cup brown sugar 1/2 tsp. dry mustard 1/4 cup salad oil 1/2 tsp. salt

Combine cabbage, onion and carrots in a large bowl.

Mix other ingredients in a saucepan and heat to boiling point. Cool.

Pour over the vegetables. Let stand for at least 8 hours in the fridge. Stir ocassionally.

This crunchy slaw will keep crisp in the fridge for up to 8 days and improve 'with age'. Store in a glass or plastic container.

THE PERSON WHO ROWS THE BOAT HAS NO TIME TO ROCK IT!

BEAN SALAD (Alice Liefke)

Choose 4 different cans of beans from -

Cut Green Beans Yellow Wax Beans Kidney Beans Garbanzo Beans Lima Beans

Drain the beans and put in a large bowl with 1 med. green pepper sliced thinly in rings 1 med. onion thinly sliced.

SAUCE:

1/2 cup sugar

1/2 cup salad oil

1/2 tsp. tarragon

1/2 cup vinegar

1/2 tsp. basil

1/2 tsp. dry mustard

2 Tbsp. chopped parsley

1 tsp. salt





Mix these ingredients together and pour over bean mix. Marinate several hours or over night. Stir often and drain before serving.

Makes 12 servings.

DON'T WORRY MORE ABOUT CLOSET SPACE THAN ABOUT OUTER SPACE!

ONION & TOMATO SALAD (Kathy Spence)

1 large onion2 to 3 tomatoes1 cucumber - if desired1 green pepper - if desired

Slice a large onion thin. Slice the tomatoes - or cut into small wedges.

If adding cucumber and pepper -slice the cuke and cut the pepper into narrow strips.

MARINADE:

2/3 cup vegetable oil1/3 cup vinegar1/2 tsp. sugarSalt and pepper to taste.

Pour marinade over the vegetables and chill in the fridge overnnight. Turn a couple of times to ensure all vegetables marinate.

Lift the vegetables out of the marinade with a slotted spoon and put in serving dish.





A STITCH IN TIME SAVES EMBARRASSMENT!

SAUERKRAUT SALAD (Anna Stebnicki)

- 1 cup diced celery
- 1 cup diced sweet red pepper
- 1 cup diced green pepper
- 1 large onion diced
- 1 tin WINE FLAVORED sauerkraut

Drain the sauerkraut then mix in the dressing.

DRESSING:

1/2 cup vinegar

1/2 cup salad oil

1/2 cup sugar (or less if desired)



Blend and pour over the sauerkraut mix.

Refrigerate: at least a half day before serving. Stir every now and then.

This will keep well in the fridge for some time



DON'T WORRY IF YOU CAN'T GO FAR....
JUST GO SOMEWHERE!

MARINATED CARROT SALAD (Kathy Spence)

1 lb. carrots
1 green pepper - chopped
1 onion sliced thin
1 can cream of tomato soup
1/2 cup salad oil
1/2 cup white sugar
1/2 cup white vinegar

Peel the carrots and cut into even thin slices. Cook until tender. Drain and add the pepper and onion. Set aside.

Mix together the soup, oil, sugar and vinegar. Bring to a boil then let cool.

Pour over the vegetables and let them marinate at least overnight.

The same of the sa

OLD AGE IS WHEN YOU START GIVING GOOD ADVICE INSTEAD OF SETTING A BAD EXAMPLE!

GARLIC FLAVORED CROUTONS (Kay Whiting)

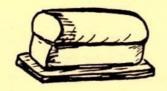
2 Tbsp. butter or margarine

1 garlic clove - sliced

4 or 5 white bread slices - cubed

Saute the garlic in the butter for 2 or 3 minutes. Remove the garlic and discard..

Add the bread cubes. Fry until golden, stirring often. Remove. Cool.



CRUNCHY SLAW

(Kay Whiting)



1 cup finely chopped olives, pickles or green pepper 2 cups finely shredded cabbage 1 cup salted peanuts - coarsely crushed

Mix the above ingredients together in a salad bowl. Blend in enough mayonnaise to coat them all.

If desired add chopped celery too.

CALICO VEGETABLE SALAD (Marian Fraser)

1 pkg. lemon jello
1 3/4 cups boiling water
2 Tbsp. vinegar
1/4 tsp. salt
1/2 cup cooked diced carrots
1/4 cups radish slices
3 Tbsp. chopped green onions
1/2 cup frozen green peas-thawed
but not cooked

Dissolve the jello in the hot water. Add the vinegar and salt and stir thoughly.

When the jello starts to set add and blend in the vegetables and pour into a mold.

When set release from the mold onto a bed of lettuce. Serve with mayonnaise on the side. If desired garnish with radish roses.



WALKING IS NOT A LOST ART-ONE MUST BY SOME MEANS GET TO THE CAR!

COTTAGE CHEESE SALAD (Anna Stebnicki)

1 cup boiling water

1 pkge. jello - lemon or lime

1/2 cup milk

1 Tbsp. vinegar

1/2 cup mayonnaise

12 oz. cottage cheese

1 1/2 Tbsp. grated carrot

1 1/2 Tbsp. chopped celery

1 1/2 Tbsp. chopped green onion

1 1/2 Tbsp. green stuffed olives chopped

Add the boiling water to the jello and stir until it dissolves. Add vinegar.

Mix the milk and mayonnaise and blend well. Add to the jello.

When it begins to set add the cottage cheese annot chopped ingredients.

Refrigerate to set.

A DREAM HOUSE OF THE FUTURE WILL HAVE NO KITCHEN - JUST VENDING MACHINES!

CORN SOUP (Joan Harrison)

3/4 lb. shell fish, ground chicken or pork

1 Tbsp. rice wine

1 tsp. minced ginger root

1/2 tsp. salt

2 egg whites

1 Tbsp. water

6 cups chicken broth

2 Tbsp. rice wine or sake

1 tsp. salt

2 cans creamed corn -15 oz. size appproximately

1/4 cup water

2 1/2 Tbsp. corn starch

1 tsp. sesame oil

Place fish or meat in a bowl with 1 Tbsp. rice wine, ginger and salt. Toss lightly and marinate for 20 minutes. If using meat then brown lightly and place aside.

Beat the egg whites with the 1 Tbsp. water until frothy. Place broth, remaining rice wine and the 1 tsp. salt in large pot. Heat to boiling point. Add the creamed corn and return to boiling point.

Dissolve the corn starch in the 1/4 cup of water and add to the boiling soup base stirring constantly. Add fish or meat and simmer for 30 seconds.

Turn off the heat and slowly add egg whites in a thin stream around edge of the pot. Stir once or twice. Add sesame oil. Toss lightly and transfer the soup to a tureen. Serve immediately.

Serves 6.

FRENCH CANADIAN PEA SOUP (May Townsend)

1 cup dried green split peas
1/2 cup tomatoes (optional)
1 bay leaf
1 1/2 quarts water
1 tsp. salt
Dash of pepper
1 onion - peeled and chopped
Beef knuckle or ham bone

Pick over the peas and wash.

Put peas and beef knuckle or ham bone in kettle. Add other ingredients, cover and simmer for 1 1/2 hours stirring often.

If soup gets too thick add more water and simmer for another half hour.

CROUTONS

Melt 2 Tbsp. butter then add 2 cups of toasted bread crumbs. Stir until all the cubes are coated with butter.

IN THE OLD DAYS A FOOL AND HIS MONEY WERE SOON PARTED. NOW IT HAPPENS TO EVERYONE!



MINESTRONE SOUP

(Edna Dawson)

1/2 cup chopped onions
1/4 cup vegetable oil
1/2 cup diced carrots
2 bay leaves
1/4 tsp. celery seed
1 tsp. salt
1/4 tsp. dried basil
pepper to taste
1 medium potato diced

1 cup cubed zucchini
1/2 cup sliced celery
1 or 2 cloves garlic - crushed
6 cups chicken broth
1 can tomato paste - 156 ml.
1/2 cup sliced green beans
1 Tbsp. chopped fresh parsley
1 cup cooked navy beans-optional
1 cup cabbage - coarsely cut

2 oz. (60 g.) uncooked spaghetti - broken into quarters.2 to 3 Tbs. grated Parmesan cheese.

In a large saucepan saute onion, celery and garlic in oil until onion is tender. Add stock, tomato paste, cabbage, green beans, potato, parsley, zucchini, salt, pepper, basil and celery seed.

Bring to a boil and simmer until vegetables are nearly tenderabout 20 minutes. Add navy beans and spaghetti.

Simmer unntil spaghetti is tender - about 10 minutes.

Before serving top each bowl with 1 tsp. cheese



CHICKEN BALL SOUP (Dorothy Fotherby)

2 lb. ground chicken meat 2 Tbsp. chopped parsley 1/2 cup dry bread crumbs 6 cups chicken broth 1 onion chopped fine 2 Tbsp. Parmesan cheese 1 clove garlic minced 1 egg Salt and pepper to taste.



1 diced onion
1 stalk of celery - chopped
1 tomato cut in small pieces

If you cook a chicken to make the broth use the meat for these but it must be ground fine. You can use chicken boullion cubes for the broth. Except for the broth mix all the first group of items together and form into small balls about 1/2" in diameter.

Bring the broth to a boil and add the diced onion, chopped celery and tomato pieces. Add the meat balls to the boiling broth and cook 10 to 15 minutes. If using fresh ground chicken cook until the meat is no longer 'pink'

SEEN IT! DONE IT! CAN'T REMEMBER MOST OF IT!

CHICKEN OR SHRIMP CURRY (Evelyn Bland)

3 Tbsp. butter

1 cup milk

3 Tbsp. flour

3/4 tsp. sugar

3/4 tsp. salt

1 1/2 tsp. curry powder

1/2 tsp. lemon juice

1/8 tsp. ground ginger

1/4 cup minced onion

1 cup chicken broth OR 1 chicken bouillion cube dissolved in 1 cup water

2 cups diced chicken OR 2 cups cooked, cleanned shrimp

1 cup uncooked rice - 3 to 4 cups when cooked

Melt the butter over low heat in a heavy saucepan. Saute onion and curry in melted butter. Blend in flour and seasonings. Cook over low heat until the mix is smooth and bubbly. Remove from heat. Stir in the broth and milk. Bring to a boil stirring constantly. Boil for one minute.

Add shrimp or chicken and lemon juice and heat through.

Spoon the curry mix over the boiled rice and on: top sprinkle an accompaniment of your choice-such as bacon bits, sieved boiled egg, chopped onions or parsley, slivered almonds, etc.

Makes 4 servings.



WON TON FILLING (Kay Whiting)

1 1/2 lb. ground pork
2 small eggs
2 green onions chopped
3 Tbs. soya sauce
3 /4 tsp. sesame oil
1 1/2 tsp. salt
1 1/2 tsp. Hoisin sauce
1 1/2 tsp. sugar
3 tsp. corn starch
1 1/2 tsp. Oyster sauce
1 1/2 tsp. garlic powder
1 pkg. Won Ton wrappers.

Chop the water chestnuts quite small.

Mix all but wrappers together and chill for 30 minutes. The wrappers can be found at most super markets Once the package is open keep moist by covering with a damp towel.

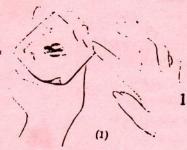
Drop about 1 tsp. of filling in the centre of each wrap and fold and seal as per instructions on next page.

Drop a few at a time in a pot of boiling water. Cook until they float to the top - 6 to 10 minutes. Remove with a slotted spoon, place in a colander and pour cold water over them to stop the cooking...too much cooking will cause them to fall apart. Make sure the water is boiling before you put a new batch in.

Make just a couple at first for 'samples' as you may want to add more 'seasonings'.

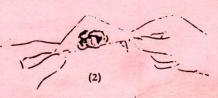
This recipe will make about 75 wontons.

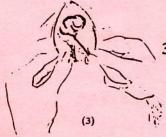
WRAPPING THE WON TONS



 Put a rounded teaspoon of filling in centre of wrapper.

2. Fold one corner up to opposite corner and seal the sides with a 'paste' made from a beaten egg. Apply with your finger.





 Pull the 2 bottom corners forward and down. Press one corner over the other sealing with the egg 'paste'

Your first ones may not look exactly like the ones served in your favorite Chinese restuarant but will once you get the 'hang' of it. They will be 'wrinkled' like them though.

To freeze place them separately on a cookie sheet after they have been cooked. When frozen place them in freezer bags.

Won tons can be used in chicken broth for soup, deep fried or steamed and served with a dipping sauce.

SEAFOOD CASSEROLE (Kay Whiting)

1 tin shrimp- 4 oz. or can be fresh

1 tin crab meat - 4 oz. (or increase mock crab by this amount)

1 cup of mock crab -cut so pieces are about 1 1/2 " in length

2 1/2 cups cooked broad egg noodles

1 cup grated cheese (old Cheddar is best

1 cup milk

1 cup Best Foods mayonnaise

1 tin cream of mushroom soup

Cook the noodles until soft but firm. Drain and place in a fairly large greased casserole.

Mix the soup, milk and mayonnaise together and add. Blend in the seafood and cheese. You may want to keep a bit of cheese to put on top of the casserole before baking.

Bake in a 350 degree F. oven for about 30 minutes or until the ingredients are bubbly hot and the cheese melted.

This can be prepared the day ahead and kept in the fridge until you want to bake it. Left-overs freeze well.

Serves 4 to 6.



HELP KEEP THE KITCHEN CLEAN.

EAT OUT!

VEGETABLE PIE (Kay Whiting)

1 onion sliced thin
1 cup diced green pepper
1 cup cauliflower - broken into small pieces
1 cup broccoli - broken into small pieces
3/4 cup Bisquick
1 1/2 cups milk
3 eggs
1 tsp. salt
1/4 tsp. pepper
1 cup shredded cheese - Old Cheddar is best

Place the vegetables on bottom of greased deep pie plate or casserole. Beat the eggs, milk and seasonings together then add the Bisquick at high speed for ONE MINUTE. Mix in the cheese (leaving a bit to sprinkle over top) then pour all over the vegetables.

Bake in a 350 degree F. oven until the 'crust' starts to brown and an inserted knife comes out clean.



THERE IS NO ESCALATOR TO SUCCESS.

YOU HAVE TO TAKE THE STAIRS!

CHINESE FRIED RICE (Evelyn Bland)

3 cups cold boiled rice

1 stalk celery chopped fine

2 Tbsp. soy sauce

2 eggs

3 green onions chopped

3 to 4 Tbsp. cooking oil

1/2 cup green peas - fresh or frozen

1/2 cup cooked chicken (optional)

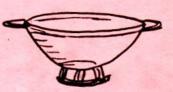
Pepper and Accent to taste

Whip eggs to mix. Heat about 1 Tbsp. oil in large skillet or wok. Add eggs and scramble briefly. Remove from pan. Add remaining oil to pan. Add onions and celery. Stir fry for 30 seconds.

Add rice and mix thoroughly until heated through. Add remaining ingredients and stir well. (Frozen peas should be thawed first but it is not necessary to pre-cook them).

Serve piping hot.

Yield: 4 to 6 servings.



CHINESE PROVERB:
TO AVOID ILLNESS EAT LESS.
TO LIVE A LONG LIFE WORRY LESS.

QUICK MEAT BALLS & SPAGHETTI

(Eleanor LeFeuvre)

1 lb. mild Italian sausages
1/4 cup shredded Parmesan cheese
1/4 cup tomato paste
1 can Italian stewed tomatoes - 19 oz.
1/4 cup chopped parsley
12 oz. spaghetti

Cut sausages into 1/2" slices. Cook them in a skillet over medium heat for about 5 minutes (until browned). Drain off the fat.

In food processor or blender puree the tomatoes and pour into the skillet. Add the tomato paste and bring to a boil. Reduce the heat and simmer about 8 minutes until the 'meat balls' are no longer pink inside and sauce thickens. Stir in the parsley.

Cook the spaghetti in boiling salted water until tender but firm. about 8 minutes. Drain then add the sauce and meat balls and toss to coat. Serve sprinkled with Parmesan cheese.

Yield: 4 servings



CHEDDAR CHILI PIE (Evelyn Bland)

1 lb. lean ground beef
1 1/4 cups corn meal
2 Tbsp. chili powder
1/4 tsp. cayenne powder
Dash of Tabaso sauce
Salt and pepper to taste
1 large onion chopped
1 cup grated Cheddar cheese

1 tsp. cumin
1 1/4 cup skim milk
2 eggs - lightly beaten
2 cloves garlic-chopped fine
1 tin tomatoes - whole 28 oz.
1 tin kidney beans-not drained-15 oz.
1/2 tsp. crushed red pepper
1/2 tsp. fresh ground black pepper

Saute the beef, onion and garlic until the meat is browned. Drain off the fat. Add tomatoes, beans, 3/4 cup corn meal, 1/2 cup cheese and seasonings. Cook over low heat for about 15 minutes - stirring occasionally. Pour into casserole dish.

In the same pan combine the milk, the rest of the corn meal, salt and pepper to taste and stir over low heat until it thickens a little. Then add the remaining cheese and the eggs-stirring unntil smooth. Pour over the ground beef mixture. Bake uncovered at 375 degrees F. for 30 minutes or until the crust is lightly browned.

Serves 8.



SPAGHETTI PIE

(Alice Liefke)

CRUST:

6 oz. spaghetti 2 1/2 quarts boiling water

2 tsp. salt 1 Tbsp. cooking oil

2 Tbsp. butter 2 eggs 1/3 cup grated Parmesan cheese

Cook the spaghetti in the boiling water to which the oil and salt has been added. Cook until soft - about 11 or 13 minutes. Drain. Add eggs, cheese and butter. Mix well. Shape into a crust in a greased 10" pie plate.

FILLING:

1 cup cottage cheese
1 cup grated Mozzarella cheese
1 cup canned tomatoes-cut up
1/2 cup chopped onion
1/4 cup chopped green pepper
1 tin tomato paste - 5 oz.

1 lb. ground beef
1 tsp. sugar
1/2 tsp. salt
1/2 tsp. oregano
1/4 tsp. garlic powder
1 Tbsp. cooking oil

Spread the cottage cheese over bottom crust. Scramble fry the ground meat until no pink is showing....along with the onion and green pepper. Add the tomatoes, tomato paste, sugar, oregano, salt & garlic powder.. Mix well and pour over the cottage cheese

Bake uncovered in 350 degree oven for 30 minutes. Then sprinkle the Mozzarella cheese on top the pie and bake until it melts.

Cut into 6 wedges and serve.

CHINESE BARBEQUED PORK (Kay Whiting)

3 lb. boneless pork roast 1/3 cup sugar 1/3 cup Hoisin sauce 2 Tbsp. Oyster sauce 1/2 tsp. 5-Spice powder

2 Tbsp. rice wine

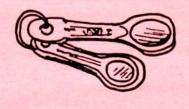
1/2 tsp. salt petre. This is not necessary as it only serves to keep the meat 'red'.

Cut the meat into long strips about 1 1/2" thick and 2" wide.

Combine the other ingredients and marinate the strips for at least 4 hours.

Place strips in single layers in a roasting pan. Bake in a medium oven for about 45 minutes. Every 15 minutes turn them and baste with the marinade.

Cut into thin slices to serve - hot or cold.



IN SPITE OF THE COST OF LIVING -IT'S STILL POPULAR!

GOOD AND EASY CHILI (Jan Whiting)

1 1/2 lb. ground beef

1 can mushrooms

1 pkge. El Paso chili mix

2 cans red kidney.beans 14 oz. or 19 oz.

1 can pork and beans

1 can stewed tomatoes

Brown the meat and drain off the fat.

Mix with other ingredients and put into a slow cooker (or simmer on the stove) for a couple or hours. Stir now and then.



FRIED GREEN TOMATOES (Marian Fraser)

Green tomatoes Margarine Flour Salt & Pepper

Pick tomatoes that have just a tinge of pink. Wash and cut them into slices about 1/2" thick. (If too thin they will fall apart). Dip in flour.



Have a suitable amount of margarine in a skillet for a single layer of tomatoes to brown in. Heat then add a layer of tomatoes and when brown turn them over and brown the other side. Sprinkle with salt and pepper. Each side should take about 5 minutes - enough that the slices become 'soft'... so judge the heat accordingly.

'MORE PLEASE' CASSEROLE (Marian Fraser)

1 1/2 lbs. lean ground beef 1 can cream of mushroom soup

1 cup grated Cheddar cheese

2 tsp. Worcestershire sauce

2 cups cooked elbow macaroni

2 medium onions chopped

1 1-12 cups chopped celery

1 green pepper chopped

1 tsp. garlic powder
1 tsp. chili powder
1 can tomato soup
1 Tbsp. sugar
1 tsp. salt
Pepper to taste

1 can tomatoes - 28 oz.

Brown beef and saute the onions. Add the remaining ingredients and simmer for 20 minutes. Then add the cooked macaroni.

Transfer to a baking dish and bake for 30 minutes in a 350 degree F. oven.

INSTEAD OF LOOKING FOR THE 'PERFECT'
MATE ---CHOOSE ONE WITH FAULTS YOU LIKE!

GREEK FETA BOWS (Eleanor LeFeuvre)

1 cup crumbled feta cheese

1 tsp. dried oregano

2 cloves garlic minced

1/3 cup sliced olives

1 cup cherry tomatoes - quartered

1/2 cup fresh parsley - chopped

2 Tbsp. olive oil

4 cups bow (or medium shell) pasta

Boil the pasta in hot boiling water 6 to 8 minutes or until tender but firm. Drain and return to the pot but keep 1/2 cup of the water.

Heat up the olive oil and add the oregano and garlic for about 30 seconds until the garlic starts to brown.

Add to the pasta with other ingredients. Toss to coat. If required add some of the pasta water to moisten

If desired add more oregano to suit your taste.

Serves 4.



JUST WHEN YOU GET TO THE POINT WHERE MENU PRICES DO NOT MATTER-CALORIES DO!

TUNA CASSEROLE (Evelyn Bland)

2 cups cooked noodles

5 oz. milk

1 can tuna - 7.5 oz.

1 can cream of mushroom

2 oz. package potato chips - crushed

Combine the noodles and tuna. Dilute the soup with the milk and combine with the tuna mixture.

Pour into a 6-cup greased casserole and top with the potato chips.

Bake at 350 degrees F. for 20 to 30 minutes until hot.



EVERYTHING YOU DO DOES NOT HAVE TO BE A MASTERPIECE!

SOMETIMES THE FENCE NEEDS PAINTING!

TASTY CHICKEN WINGS (Kay Whiting)

About 2 lbs. chicken wings 1/2 cup soya sauce 1 cup honey 2 Tbsp. ketchup

Trim the tips off the wings use them to make a broth for future use.

Put the wings in a slow pot cooker or baking dish.

If using 'solid' honey melt it the microwave. Blend with the soya sauce and ketchup then spread this over the wings.

Cook the wings until they turn brown turning them from time to time to ensure they keep marinating during the cooking and brown on each side.

They will brown rather quickly because of the honey.



WATCHING YOUR DIET IS EASIER THAN FOLLOWING IT!



TERIYAKI MARINATED CHICKEN

(Elaine Stevenson)

1/4 cup soy sauce

1/4 cup sake

2 Tbsp. sugar

1/2 tsp. pepper

2 garlic cloves - minced

1 Tbsp. fresh ginger

4 chicken breasts



In a large shallow non-metallic dish combine all the ingredients - except the chicken. Once it is mixed add the chicken coating it with the marinade.

Let stand for 30 minutes at room temperature or up to 2 hours in the fridge. Turn a few times.

Bring to room temperature 30 minutes before cooking. Then transfer marinade to a small saucepan and bring to a boil over high heat for 3 minutes.

Use it to brush the chicken while it cooks bakes in a medium

MISERY LIKES COMPANY BUT IT IS BETTER TO HAVE ARTHRITIS IN ONE LEG THAN TWO!

CHICKEN-MUSHROOM CASSEROLE

(Dorothy Fotherby)

4 chicken breasts
1 onion grated
2 stalks celery
1 cup sliced mushrooms
1/2 can cream soup - chicken or mushroom
1 Tbsp. butter, margarine or cooking oil
Couple of hands full potato chips

Debone the chicken and put in a greased casserole with the grated onion.

Saute the celery and mushrooms and add to the chickenn. Then add the soup (undiluted).

Cover with the crumbled potato chips. Bake 1 hour in a 350 degree F. oven.



IF YOU WANT SOMETHING YOU CAN'T HAVE IT IS WISE TO CHANGE WHAT YOU WANT!

SWEET AND SOUR PORK (Kay Whiting)

Small pork roast
1 Tbsp. soya sauce
1 Tbsp. gin, vodka or rice wine

Cut the meat into small chunks and sprinkle with tenderizer. Marinate in the soya sauce and rice wine overnight or at least a couple of hours.

Bake until the meat is no longer 'pink' inside. Turn the pieces over a couple of times while it bakes so it keeps marinating then drain of any liquid.

1 1/2 cups sugar
1/2 cup ketchup
1/3 cup vinegar
1/2 green pepper chopped
1 clove of garlic crushed
1 tsp. soy sauce
1 tin chunk pineapple
Juice of one lemon



Drain the pineapple and only add the juice to the other ingredients. Bring them all to a boil then let simmer for 10 minutes.

Half an hour before serving pour the sauce over the meat and bring it to boiling temperature in the oven or a wok. Then add the pineapple and just heat through.

Add more ketchup or sugar and red food coloring to the sauce if desired.

CORN & SAUSAGE CASSEROLE

(Kay Whiting)

1 lb. pork sausages
1 can creamed corn
1 egg
1/4 cup of milk
1 Tbsp. flour
1 tsp. baking powder
1/4 cup choppped green pepper



Brown the sausages in a skillet. Remove and wipe off surplus fat.

Beat the egg, add the milk and creamed corn and blend. Add the flour and baking powder, mix and then add the green pepper.

Pour into a greased casserole then place the sausages on top. Bake in a medium oven until well heated through and the sausages no longer 'pink' inside.



EVEN IF YOU ARE ON THE RIGHT TRACK YOU'LL GET RUN OVER IF YOU JUST SIT THERE!

MRS. DEEK'S PORK & BEANS (Joan Harrison)

1 lb. white navy beans
1 tsp. Worcestershire sauce
1 chopped onion
1/2 cup brown sugar
1 tsp. prepared mustard
1 cup ketchup
1/2 lb. bacon - cut into small pieces

Soak the beans overnight then simmer until quite soft. Place in a baking dish or slow pot cooker.

Mix the other ingredients together then blend with the beans.

Bake or cook until beans are soft and the bacon is cooked. You can add more ketchup or sugar during this process to suit your taste.



IF AT FIRST YOU DON'T SUCCEED DON'T TAKE ANY MORE CHANCES!

CORN FRITTERS (Kay Whiting)

1 1/4 cups flour
2 tsp. baking powder
2/3 cup milk
1 LARGE egg - separated
1 can corn Niblets - drained

Beat together the milk and egg yolk.

Mix together the flour and baking powder.

Add to the milk and egg along with the corn.

Beat the egg white until it forms 'peaks'. FOLD into the other ingredients.

Drop by tablespoons full into hot fat..

Cook until golden brown - turning so both sides brown - and the fritters are no longer 'doughy' inside.

Remove with a slotted spoon onto a paper towel than remove to a serving plate..





DON'T PLAY LEAP FROG WITH A UNICORNI

LAZY HOLUBTSI

(Marian Fraser)

1 small cabbage
3/4 cup uncooked rice (not minute rie)
3/4 to 1 lb. ground beef
2 tins cream of tomato soup
2 soup tins of water
Salt and pepper to taste



Cook the rice in salted water. Fry the ground beef sprinkled with salt until it is no longer 'pink' inside

Mix with the cooked rice. Shred the cabbage and put half on bottom of fairly large casserole. Put the browned beef on top and then the remaining cabbage.

Mix the soup with the water and pour over top.

Bake covered for 30 minutes in a 350 degree F. oven. Stir then bake for an additional 25-30 minutes or until the cabbage is tender. Stir whenever it appears to be 'dry' on top.

If desired you may serve with DILL SAUCE:
1 cup thick sour cream
1 Tbsp. finely chopped onion
1/2 tsp. dill
Simmer the onion in the cream for about 10
minutes uncovered. Then add dill and salt
and pepper to taste. If too thin add 1 tsp.
flour diluted in cream..

IRISH POTATOES (Kay Whiting)

3 medium potatoes
2 Tbsp. milk
2 Tbsp. butter
1/4 cup chopped o nions
1/4 tsp. salt
2 cups chopped cabbage

Peel and cook the potatoes. Drain and save the water to cook the cabbage in.

Mash the potatoes adding the milk.

In a skillet melt the butter and saute the onions until they are tender. Add the potatoes and cooked cabbage and mix thoroughly.

Serve hot in a serving dish. Score the top of the potatoes with a fork and add pats of butter also to the top.





LAUGHTER IS A TRANQUILIZER WITH NO SIDE EFFECTS!

COLBY VEGETABLE FRITTATA

(May Townsend)

3 Tbsp. butter
1 cup sliced mushrooms
1 cup chopped onions
1/2 tsp. salt
1 cup shredded cheese
6 eggs beaten
2 cups assorted chopped vegetables
(e.g.) broccoli, cauliflower, zucchini

Melt the butter in a non-stick fry pan. Saute the onions and mushrooms until tender and any liquid is evaporated.

Combine the beaten eggs and salt. Add the vegetables and half the cheese. Pour into the frying pan.

Reduce heat to low. Cover and cook 15 to 20 minutes until top is set and underside is lightly browned. (Cooking time will vary with the size of the frying pan). Sprinkle with the remaining cheese.



IF YOU WANT TO GET SOMETHING FOR YOUR MONEY - BUY A PURSE!

PUMPKIN LOAF (Marian Fraser)

1 cup butter or margarine

3 cups sugar

3 eggs - beaten

1 can pumpkin

1 tsp. vanilla

3 cups flour

1 tsp. baking powder

1 1/2 tsp. salt

1 tsp. soda

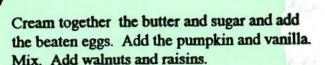
1 cup raisins

1 cup walnuts - chopped

1 tsp. cinnamon

1/2 tsp. nutmeg

1 tsp. cloves



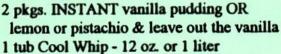
Mix the flour, baking powder, soda, salt and spices together. Add to the other mixture.

Pour into 2 greased loaf pans. Bake at 350 degrees F. for 60-65 minutes.

IT'S HARD TO DEFINE GOOD LUCK. IT ALMOST ALWAYS SEEMS TO BE SOMETHING YOU EARNED!

DIRT CAKE (Shannon Allinott)

1/4 cup butter
250 gr. cream cheese
1/2 cup icing sugar
1 tsp. vanilla
3 1/2 cups milk
2 pkgs. INSTANT vani



1/2 cup chopped pecans - optional

350 grams or 20 oz. chocolate wafers i.e. Oreos - crumbled

8 " diameter flower pot

Flowers of choice & stems wrapped in aluminum foil or saran wrap.

Mix the cheese, butter and sugar together. Set aside. In another bowl mix together milk and pudding mixes. Fold in the nuts and cream cheese mixture.

If you use a terra cotta pot first put it through a complete cycle in the dishwasher. In the bottom of the pot put 1/3 of the crumbled cookies then 1/2 the pudding. Next 1/3 more of the cookies and the rest of thee pudding. Cover with the rest of the cookie crumbs Chill for several hours before serving.

When ready to serve it 'plant' the flowers with the stems wrapped into the 'dirt' on top of the pudding.

This makes a fun centrepiece and guests will be surprised to find it is actually their dessert.

ABBOTSFORD TWO BY FOURS (Kay Whiting)

BASE:

6 Tbsp. butter

1 tsp. vanilla

1/4 tsp. salt

1/2 cup sugar

Itsp. baking powder

1 1/2 cup flour

2 egg yolks

Cream the butter, add the sugar and vanilla and mix. Add the beaten egg yolks and blend in. Mix the baking powder with the flour and stir well. Press into an 8"x8" baking pan. Bake for 10 minutes in a 375 degree F oven. Remove to spread the filling on top.

FILLING:

1 cup dates

1/2 cup hot water

2 Tbsp. sugar

1/2 tsp. salt

Cook the dates in the hot water until they are soft and a bit mushy. Add the sugar and cinnamon. Spread over the base and return to the oven until the base begins to 'brown'.

Ice with butter icing.



INDIVIDUAL CHEESECAKES (Pat Crowther)

8 oz cream cheese - 250 gr.

1/2 cup sugar

2 eggs -beaten

1 can pie filling - cherry, blueberry, etc.

2 doz. vanilla wafers

2 doz. medium sized paper baking cups

Cream the cheese and sugar together. Add the beaten eggs and blend. (It will have small lumps)...

Line muffin tins with the paper baking cups. Place one vanilla wafer on the bottom of each onee. Pour about half full with the mix.

Bake about 20 minutes in a 350 degree F. oven (until golden brown on top). They will puff up while baking but this will recede as they cool.

After cooling fill each cup with the filling. Refrigerate several hours before serving. These freeze well and can be served right from the freezer.

Some fillings are 'juicier' than others and in this case should be served on a small plate with a salad fork after the paper cup is removed.







ALMOND FLORENTINES (Kay Whiting)

1 cup butter (do not use margarine)
1 cup brown sugar
1 cup sliced almonds
Graham wafers



Oil a 15"x10" jelly roll or cookie sheet with sides. Cover the bottom with the graham wafers. They should abut but do not need to fit snugly as the sugar-butter mix goes underneath anyway during the baking process.

Melt the butter and brown sugar and cook over medium heat for 5 minutes. DO NOT BOIL. If doing in the microwave just cook until the mix bubbles and stir a couple of times. If cooked too long it will start to caramelize and can't be spread.

Add the flaked almonds and pour over the wafers using the back of a spoon to help distribute the almonds.

Bake for 7 minutes in a 375 degree F. oven. Open the oven door and let them cool a bit.

Cut into squares while still warm. Try to follow the edges of the wafers and the 'dividing' line in the double ones. Remove from the pan while still warm and lay squares on flat plates to cool completely. Otherwise they will stick to the pan.

If for any some reason they have not carmelized and are 'soft and soggy' when cooled return them to the oven for a few minutes.

FAVORITE WHITE CAKE (Elaine Stevenson)

1 cup white sugar

2 eggs

1/2 cup milk

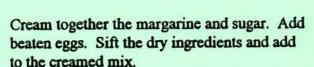
1 tsp. vanilla

1 3/4 cups flour

3 tsp. baking powder

1/2 cup margarine

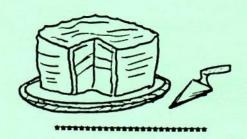
1/2 tsp. salt



Mix well then add the vanilla and milk and blend well.

Pour into greased, floured 9" layer cake pans.

Bake at 375 degrees F. until done.



YOU KNOW YOU ARE GETTING OLDER WHEN 'HAPPY HOUR' IS A NAP!



HOT FUDGE CAKE (Evelyn Bland)

6 Tbsp. baking cocoa -divided
3/4 cup white sugar
1 cup packed brown sugar
2 Tbsp. vegetable oil
1 3/4 cups hot water
Whipped cream or ice cream
(optional)

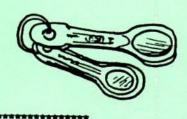
1 cup flour 1/2 cup milk 1/4 tsp. salt 1 tsp. vanilla 2 tsp. baking powder

In medium bowl combine flour, white sugar, 2 Tbsp. cocoa, baking powder and salt. Stir in the milk, oil and vanilla until smooth. Spread in an ungreased 9-inch pan.

Combine brown sugar and remaining cocoa and sprinkle over the batter. Pour the hot water over all. DO NOT STIR.

Bake at 350 degrees F. for 35 to 40 minutes/ Serve warm. Top with whipped cream or ice cream if desired.

Yield: 9 servings



SECONDS DO COUNT - ESPECIALLY WHEN YOU ARE ON A DIET!

RAISIN SQUARES (Vivian Rowell)

1/2 cup cold water 1 cup dark raisins 1 tsp. baking soda

Bring water and raisins to a boil in a small sauce pan. Remove from the heat and stir in the soda. Set aside and let cool.

1/2 cup butter or margarine
2/3 cup white sugar
1 egg lightly beaten
1 tsp. vanilla
1 1/3 cup flour
1 tsp. baking powder
1/8 tsp. salt (optional)

In a bowl mix butter and sugar. Add the egg and vanilla and beat together. Stir in the raisin mixture.

In a separate bowl sift in the rest of dry ingredients. Add to the moist mixture and mix together.

Spread into a greased 9"x9" baking dish. Bake at 350 degrees F. for 35-40 minutes. Test centre to see if done. Remove from the oven and let cool.

Sprinkle some icing sugar on top.







FRUIT SALAD PIE (Kay Whiting)



CRUST:

1/4 cup sugar 1/3 cup melted butter1 1/2 cups graham cracker crumbs

Mix these ingredients together and press into a 9 inch pie plate including the sides. Refrigerate at least a couple of hours.

FILLING:

1 box lemon jello 1 can fruit salad 1 cup hot water 2 tsp. lemon juice 1 cup whipping cream

Mix the jello with the hot water, lemon juice and juice from the fruit salad (should be about 2/3 cup). When it begins to set fold in the fruit salad and the cream that has been whipped. Pour into the crust and refrigerate at least 2 hours before serving.





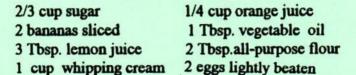
LITTLE THINGS MEAN A LOTI WHAT GOOD IS A BATHTUB WITHOUT A PLUG!

FLUFFY FRUIT SALAD (Evelyn Bland)

2 cans crushed pineapple - 20 oz. each

2 cans mandarin oranges - 11 oz. each

2 cans fruit cocktail - 17 oz. each



Drain the fruit reserving 1 cup of pineapple juice and put this in a sauce pan. Add to it the sugar, flour, eggs, oil, orange and lemon juice. Bring to a boil stirring constantly. Boil for 1 minute-remove from heat and let cool.

In a salad bowl combine the pineapple, fruit cocktail, oranges and bananas. Fold in the cooked sauce and the cream (whipped). Chill for several hours before serving.

Yield: 12-16 servings.



MAN IS THE ONLY ANIMAL THAT BLUSHES - OR NEEDS TO!

ONE-BOWL DATE BARS (Edna Dawson)

1/2 cup granulated sugar

1/2 tsp. baking powder

1/2 cup All-purpose flour

1/2 cup melted butter or margarine

1/2 tsp. salt

1 egg

1 cup chopped dates

1/4 cup chopped walnuts

Beat the egg then add sugar and beat well. Add melted margarine and mix in. Then add the dates and nuts. Add the dry ingredients stirring to blend evenly.

Pour into a buttered 8" x 8" baking pan. Bake in a slow oven - 350 degrees F. - for 30 minutes or until done.

Cool. Cut into squares. Roll the squares in icing or granulated sugar if desired.







YOU KNOW YOU ARE OLD WHEN YOU LOSE ALL YOUR MARVELS!

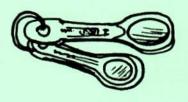
RAISIN DELIGHT (Barb Stephenson)

3/4 cup brown sugar
1 cup raisins
1 Tbsp. butter
Boil these ingredients together until the raisins are soft and plump.

1 Tbsp. butter juice and rind of one orange
1 cup flour 2 tsp. baking powder
1/2 cup sugar 1/2 cup milk
1/8 tsp. salt

Cream the butter then blend in the sugar. Sift together the flour, baking soda and salt and add alternately with the milk. Pour this batter into a quart baking dish,

Add the orange juice and rind to the raisin mixture and then pour the mix over the batter. The batter will be very thick and the raisin mixture very thin. Bake at 350 degrees. During the baking the batter will rise to the top of the baking dish and the raisins will be at the bottom.



IF AT FIRST YOU DON'T SUCCEED -SKY DIVING IS NOT FOR YOU!

CRANBERRY MUFFINS (Evelyn Bland)

1 1/4 ups All-purpose flour
3/4 cup sugar
1/2 tsp. salt
1/4 cup cooking oil
1 cup fresh or frozen cranberries
1 cup whole wheat flour
1 egg
2 tsp. cinnamon
2 tsp. baking powder
1 1/4 cups skim milk
1 tsp. grated lemon rind
1 Tbsp. lemon juice
1 tsp. soda

In a large bowl mix the flours, sugar, salt, soda, baking powder and cinnamon.

In another bowl whisk together the egg, milk, oil, lemon rind and juice. Stir into the flour mix stirring just until the dry ingredients are moistened. Fold in the cranberries. Spoon into greased muffin tins or paper-lined muffin tins.

Bake at 400 degrees F. for 20 minutes or until browned and firm to the touch. Let stand in pan 5 minutes, then remove to rack to cool.

Store in an airtight container. Makes 12 large muffins.



'CRUSTLESS' PUMPKIN PIE (Anna Stebnicki)

3 eggs
1 can evaporated milk - 16 oz.
1/3 cup honey
1/3 cup Bisquick
2 cups pumpkin - canned or fresh shredded
1/2 tsp. cinnnamon
1/2 tsp. nutmeg
1/2 tsp. ginger
OR 1 1/2 tsp. pumpkin + pie spice
instead of 3 above spices

Beat the eggs. Add the milk and honey. Blend well. Add the pumpkin and spices and mix. Next add the Bisquick and blend in.

Bake in a large, deep greased pie plate at 350 degrees F. for 55-60 minutes or until an inserted knife comes out clean.



WHAT MOTHER NATURE GIVETH FATHER TIME TAKES AWAY!



JOHNNY CAKE AND/OR CORN MEAL MUFFINS

(Barb Stephenson)

I cup milk

1/2 tsp. salt

1/2 cup molasses

2 Tbsp. sugar

2 1/2 tsp. baking powder

1 egg

1 cup commeal

1/3 cup shortening or butter

1 1/2 cup flour



Cream together the beaten eggs and sugar. Add molasses and mix then stir in milk. Sift together the flour, salt and baking powder and blend. Then add the corn meal. When baked in a square pan this is called Johnny Cake and is served warm with honey or maple syrup..

The batter is quite thin but the corn meal swells during baking so do not fill the pans too full if making muffins.

BACON CORN BREAD - Omit the molasses and use only 1 Tbsp. sugar. Add 1/4 lb. bacon which has been fried crisp and cut into small pieces. Sprinkle a bit on top before baking.

APPLE CORN BREAD - Increase the butter to 1/2 cup. Place apple slices on top before baking and sprinkle with sugar and cinnamon. Serve with cream or a pudding sauce.

APPLE - OAT - CRISP (Barb Stephenson)

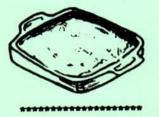
4 cups sliced apples
1/3 cup flour
1/3 cup melted butter
2 or 3 tsp. lemon juice
1/2 cup brown sugar
1 cup rolled oats
1 tsp. cinnamon

Put apples in a greased dish. Sprinkle lemon juice over them.

Combine the dry ingredients then add the melted butter and mix until crumbly. Then sprinkle over the apples.

Bake at 375 degrees F. for about 30 minutes or until the apples are soft.

If the apples are a little tart add sugar to them by just sprinkling with the topping.



IF SOMEONE OFFERS YOU THE WORLD ON A PLATTER - TAKE THE PLATTER!

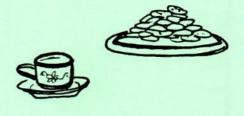
HERMITS (Dorothy Fotherby)

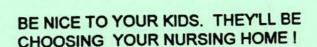
1 cup shortening	2 cups brown sugar
2 eggs	2/3 cup chopped nuts
1/3 cup milk	2 tsp. baking powder
1/2 tsp. cloves 1/2 tsp. soda	2/3 cup raisins
	1 1/2 tsp. cinnamon
1/2 tsp. nutmeg	1/2 tsp. salt
2.2/3 cups flour	up. out

Cream the shortening and sugar and add eggs. Beat until light. Add sifted dry ingredients alternately with the milk. Beat well. Stir in nuts and raisins.

Drop by teaspoonful onto a greased pan 2 inches apart.

Bake in a 350 degree F. oven for 12 to 15 minutes.





HAYSTACKS (Elaine Stevenson)

1 cup butter

1/2 cup cocoa

1 tsp. vanilla

3 1/2 cups brown sugar

1/2 cup milk

1 cup walnuts

1 cup coconut

3 cups oatmeal

In a saucepan bring to a boil the butter, sugar, cocoa, vanilla and milk. Boil for 4 minutes stirring constantly.

Remove from the heat and add the walnuts. coconut and oatmeal.

Drop by teaspoons full onto wax paper and let cool.







INSTEAD OF PRAYING FOR A LIGHTER LOAD - PRAY FOR A STRONGER BACK!

BLUEBERRY CLOUD (Kay Whiting)

1/2 cup milk 3 cups fresh blueberries

1 cup sugar 30 regular sized marshmallows

1/2 cup water 2 Tbsp. lemon juice 4 Tbsp. corn starch 1/3 cup melted butter

1 cup whipping cream 1 1/2 cups graham crumbs

If you use frozen blueberries THAW AND DRAIN THOROUGHLY. There will still be a lot of moisture in them so use an additional Tbs. of corn starch.

Combine the marshmallows and milk in a sauce pan. Cook over low heat until the marshmallows melt. Let cool until thick and occasionaly stir.

In another saucepan combine sugar and corn starch. Stir in the water and cool until slightly thickened and stirring constantly. Add blueberries and lemon juice. Cook about 2 minutes longer to thicken. Cool.

Combine the crumbs and butter. Set aside 1/4 cup. Press remaining crumbs on bottom of a square 9 inch pan.

Whip the cream and fold into the cooled marshmallow mix. Cover and refrigerate at least an hour until it sets. Spread the cooled blueberry mix over top and sprinkle on the remaining crumbs. Refrigerate several hours or overnight and keep in the fridge until served. This freezes very well.

SEX-IN-A-PAN

(Alice Liefke)

BASE:

1/2 cup butter or margarine 1 cup All-purpose flour 1/4 cup sugar

In a medium bowl combine the flour and sugar. Cut in the butter until mixture resembles fine crumbs. Press into a 10-inch (25-m) springform pan. Bake in a 325 degree oven 25 minutes. Cool.

FIRST LAYER:

1/2 cup icing sugar 1 tub Cool Whip (500 ml) 2 pkgs. cream cheese (250 g.)

The cheese should be at room temperature. Mix with icing sugar until smooth. Stir in Cool Whip. Spread on baked base.

SECOND LAYER::

1 pkge. instant chocolate pudding mix - 4 portion size-113 g. 1 pkge. instant vanilla pudding mix-4 portion size-92 g. 3 cups milk

Pour milk into large bowl. Add pudding mixes and beat until well blended—about 2 minutes. Spoon over cream cheese layer.

THIRD LAYER:

12 chocolate wafers coarsely crumbled 1 carton whipping cream whipped - 250 ml.

Spread whipped cream over pudding mix. Sprinkle with chocolate wafer crumbs. Chill several hours or overnight.

Makes 16 to 18 servings. This dessert is quite rich.

OATMEAL COOKIES (Barb Stephenson)

1 cup shortening

1 cup brown sugar

1 cup white sugar

2 cups rolled oat

2 eggs

1 tsp. baking powder

1 1/2 cups flour

1 tsp. vanilla

Cream the shortening and sugar. Add the beaten eggs and vanilla and mix Then add the soda, flour and rolled oats and thoroughly mix.

Form into logs and chill. Cut into 1 inch slices and bake 10 minutes at 350 degrees F.

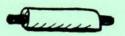




NOTHING CURES INSOMNIA LIKE THE REALIZATION IT IS TIME TO GET UP!

SHORTBREAD COOKIES (Kim Riley)

1 1/2 cups flour 1/2 cup corn starch 3/4 cup icing sugar 1/2 lb. butter



Cream the butter and icing sugar. Mix the flour and cornstarch and add.

Knead well.

Roll out dough and cut in desired shapes.

Bake at 350 degrees F. for 10 minutes. in an ungreased pan. Do not overbake



LAST MINUTE DESSERT (Kay Whiting)

Ice cream Mince meat

Put 2 Tbsp. mince meat for every serving in the microwave for a few seconds until it is heated through. Spoon some on each serving of ice-cream.

It's mince meat pie without the crust!

CREAM PUFFS (Alice Liefke)

1 cup water 1/2 cup butter 1/2 tsp. salt 1 cup flour 4 eggs

In a saucepan bring the water, butter and salt to the boiling point...stirring constantly.

Remove to low heat and gradually add the flour beating rapidly until the mixture leaves sides of pan and forms a ball. Remove from heat and let cool.

Beat in the eggs one at a time until thick.

Drop by tablespoons full onto an ungreased pan. (I spray Pam on then wipe it off).

Bake 30 minutes at 425 degrees F.

To serve make a slit in the side and fill the cream puff with whipped cream or other filling.



APPLE CRISP (Barb Stephenson)



Enough sliced apples to generously cover the bottom of a greased medium sized baking dish.

1/2 cup brown sugar
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 cup water
Mix these ingredients together annd
pour over the apples.

1/2 cup margarine1/2 cup white sugar1 cup flourCream together margarine and sugar.Add the flour, blend and 'crumble' on top.

Bake in a 350 degree F. oven 1 hour.





DON'T WORRY ABOUT MIDDLE AGE. YOU'LL OUTGROW IT!

ORANGE ZUCCHINI CAKE (May Townsend)

"Cake mixes are fine if you are in a desperate hurry for a cake, but for flavour, texture and aroma there is nothing like a homemade cake 'made from scratch'.

1 cup butter or margarine
1 Tbs. grated orange rind
2 cups light brown sugar
3 cups sifted All-purpose flour
1 tsp. cinnamon
1 tsp. nutmeg
1/4 tsp. cloves
4 eggs

3 tsp. baking powder 1/2 tsp. salt

1 cup shredded unpared zucchini 1/3 cup fresh orange juice

In large mixing bowl cream butter, orange rind, nutmeg, cinnamon, cloves and brown sugar until light and fluffy.

Beat the eggs in one at a time. Mix in the zucchini. Sift together flour, baking powder and salt. Blend into creamed mix alternately with the juice.

Turn into a greased 10" tube pan or two layer cake ppans. Bake in a 350 F. oven 55 to 65 minutes or until cake tester comes out clean.

Cool 10 minutes, remove from pan and cool completely. Spread top with white glaze and garnish with orange rind and shredded zucchini.

WHITE GLAZE:

1 1/2 cups sifted icing sugar 1/2 tsp. vanilla 1 Tbsp. soft butter or marge 2 to 3 Tbsp. milk Beat all ingredients in bowl until smooth.

REFRIGERATOR CAKE Dorothy Fotherby)

1 cup chopped nuts

2 eggs beaten

1 cup sugar

1/2 cup butter

1/2 bag marshmallows cut into pieces

3 Tbsp. cocoa

17 double Graham Wafers

Break the wafers up and combine with the nuts and marshmallow pieces. Set aside.

In a saucepan combine the sugar, butter, eggs and cocoa. Beat well. Place over low heat and cook until it bubbles for about a minute - stirring constantly. Pour over the mix of wafers, nuts and marshmallows and combine well.

Place in a greased pan and when cool ice with chocolate icing. Place in the refrigerator to set.



IF YOU NEVER BUDGE DON'T EXPECT A PUSH!

LEMON SLICES

(Evelyn Bland)

SHORTBREAD BASE:

1/2 cup butter

1 cup flour

2 Tbsp. sugar.

Cream the butter well and add the sugar creaming all the time. Fold in the flour one tablespoon at a time. Line an 8"x8" and bake at 350 degrees F. for 10-15 minutes.

LEMON FILLING:

3 Tbsp. corn starch

3/4 cups sugar

1 cup water

2 eggs (separated)

4 Tbsp. lemon juice

1 tsp. butter

Cook the first 3 ingredients about 20 minutes stirring constantly. Add the other ingredients (except the egg whites) and pour this filling over the cake.

Make a meringue of eggs whites and add 4 Tbsp. icing sugar. Pile lightly on top of filling.

Sprinkle with shredded coconut and bake 30 minutes at 350 degrees F.





BUTTER TART SLICE (Evelyn Bland)

BASE:

1/2 cup butter or margarine - cut in chunks

2 Tbsp. icing sugar or brown sugar

1 1/2 cups flour

TOPPPING:

1/4 cup melted butter

2 eggs

1 Tbsp. vinegar

1 cup raisins

1 1/2 cups brown sugar - lightly packed

1 tsp. vanilla

Steel knife: Combine butter, flour and icing sugar.

Process until well blended - about 20 seconds.

Press into a lightly greased 9" square pan. Bake at 350 degrees F. for 10 minutes.

Steel kmife: Process all ingredients for topping EXCEPT the raisins - until well mixed.. Add the raisins and blend in with 1 or 2 quick on/off turns. Pour over the baked base. Bake about 30-35 minutes longer until lightly browned.

Cool and cut into squares. May be frozen.

This recipe is done on a Food Processor but could be adapted to hand mixing.

SUCCESS IS NOT FOREVER -NEITHER IS FAILURE!

VELVET BUTTER TARTS (Alice Liefke)

1 cup raisins
1 egg - well beaten
2 Tbsp. butter
1 tsp. vanilla
1 cup brown sugar

Pour boiling water over the raisins. Let sit for 10 minutes then drain.

Mix the other ingredients together and add drained raisins.

Pour into unbaked tart shells. Bake at 425 degrees F. for 10 to 12 minutes.

Makes 16 tarts.







A KEY CHAIN IS SOMETHING THAT PERMITS YOU TO LOSE A LOT OF KEYS AT THE SAME TIMME!

MOCK APPLE PIE (Dorothy Fotherby)

16 soda crackers broken
2 cups water
1 1/2 cups sugar
1 1/2 tsp. cream of tartar
3/4 tsp. cinnamon
Pastry for 8-inch double crust



Sprinkle broken crackers in 8" pastry-lined pie plate. Boil water, sugar, cream of tartar and cinnamon together for 5 minutes. Pour over crackers. Add top crust and make a few slits in top.

Bake in very hot oven - 450 degrees F. - 10 minutes. Reduce heat to 350 degrees F. and bake 20 - 25 minutes until done.

Serve warm.



THE HARDEST THING TO LEARN IN LIFE IS WHICH BRIDGE TO CROSS AND WHICH TO BURN!

CHOCOLATE YOGURT PUDDING (Evelyn Bland)

1 cup sugar
1 envelope unflavored gelatin
2 cups yogurt
1/3 cup cocoa
1 1/3 cup milk
1 tsp. vanilla
1/4 tsp. cinnamon or nutmeg

In a medium saucepan stir together sugar, gelatin and cocoa. Stir in milk. Let stand 5 minutes to soften the gelatin.

Cook over medium heat, stirring constantly, until mixture comes to a boil and gelatin is completely dissolved.

Cool for a few minutes, then add yogurt, cinnamon or nutmeg, vanilla and stir just until well blended.

Pour pudding into dessert dishes. Cover and refrigerate until firm - about 5 hours.

Garnish.



DATE MUFFINS (Evelyn Bland)

1/2 cup boiling water

1 egg

1 1/2 cup flour

1/2 cup mashed banana

1/2 tsp. baking soda

1 tsp. vanilla

1/4 tsp. salt

1 cup chopped dates

1/4 cup soft margarine

3/4 cup brown sugar

1/4 cup chopped nuts (optional)

1 tsp. baking powder

Pour boiling water over dates and soda and set aside.

Cream together margarine and sugar. Beat in egg and vanilla. Mix dry ingredients and add to the egg mixture. Stir in banana and nuts. Finally, add the date mixture. Stir until just blended.

Fill muffin cups 2/3 full and bake 20-25 minutes at 350 degrees F. in an oven that has been preheated.

Makes about 12 muffins.







PEANUT CARAMEL SQUARES (Kay Whiting)

BASE:

1/2 cup butter or margarine
1/2 cup sugar
2 Tbsp. custard powder
1 egg yolk
1 1/4 cup flour
1 tsp.baking powder
1/4 tsp. salt



Cream sugar and butter together until fluffy. Add the egg yolk and blend in then mix in the custard powder. Combine the flour, salt and baking powder and stir in forming a firm dough. Press into an 8 or 9 inch square pan. Bake 15 minutes- or until golden brown and an inserted knife comes out clean - in a 375 degree oven. Then put on the topping.

TOPPING:

1/2 cup brown sugar 1 Tbsp. corn syrup: 1/3 cup butter 1/2 cup salted peanuts - crushed

Mix the syrup, sugar and butter together. Stir over low heat until the butter melts, the sugar dissolves and the mix just starts to bubble. If doing in a microwave heat 30 seconds, stir and then heat another 30 seconds. Remove from heat and add the peanuts.

Spread the topping over the base and return to the oven for about 5 minutes - or until the topping starts to bubble once again. Cool and cut into squares.

BASIC MICROWAVE CHEESECAKE

(Alice Liefke)

BASE:

1/4 cup butter
1cup graham cracker crumbs
2 Tbsp. sugar



Microwave the butter in a 90-inh round baking dish 45-60 seconds on. 190% (high) or until melted. Stir in crumbs and sugar and press crumb mixture in bottom of dish. Microwave on 100% (high) 1 1/2 minutes or until hot - rotating after one minute.

FILLING:

2 pkgs. cream cheese (250 gr. each)

2/3 cup sugar

1/3 cup milk

2 Tbsp. lemon juice

4 eggs -beaten

Microwave cheese in a large bowl at 50% (medium) 1 minute. Add sugar and milk. Beat well. Blend in juice and eggs. Microwave at 100% (high) 5-10 minutes or until very hot stirring every two minutes.

Pour filling over crust. Microwave 7-15 minutes at 50% (medium) or until set in the centre.

Cool. Refrigerate at least 8 hours.

MICROWAVES VARY IN POWER SO ADAPT TIMES TO SUIT YOURS.

Continued on next page for Toppings......

MICROWAVE CHEESE CAKE TOPPINGS

SOUR CREAM: Cool cheese cake 20-30 minutes.
Spread 1 cup sour cream evennly over top.
Refrigerate at least 8 hours or overnight.

FRESH FRUTT: After chilling top cheese cake with 1-2 cups fresh strawberries, raspberries, sliced peaches or blueberries.

CHERRY: After cooling but before chilling spread 1 cup cherry pie filling over top of cake.

GLACE: Combine 1/3 cup apricot, raspberrry or other preserves with 1 Tbsp. lemon juice.

Drizzle over cheese cake before chilling.

CHOCOLATE CREAM: Melt three 1 oz. squares chocolate by microwaving at 50% (medium) 2 1/2 minutes or until soft. Cool then stir in 2/3 cup sour cream. Do not mix but swirl over top. Refrigerate.

FRUIT AND NUT: Melt 3 squares chocolate - 1 oz. as above then stir in 1/2 cup dried frut and 1/2 cup toasted almonds. Add 2-3 Tbsp. orange liqueur. Spread over cheese cake and refrigrate.

KIWI FRUIT AND ORANGE: Pipe 2/3 cup whipped cream into rosettes. Garnish with slices of peeled kiwi fruit and orange.



ZUCCHINI PIE (Joan Harrison)

7 cups peeled and chopped zucchini
1/2 cup water
1 cup sugar
2 Tbsp. corn starch
1 1/2 tsp. cinnamonn
1/4 tsp. salt
1/4 cup lemon juice

Pastry for a two crust pie. 1/4 to 1/2 tsp. sugar for top.

Place the zucchini and water in a saucepan. Bring to a boil and cook uncovered, stirring often, about 10 minutes until zucchini is tender and most of the water is gone. Volume will reduce about half.

Mix the cup of sugar, cornstarch, cinnamon and salt in a bowl. Stir into the zucchini along with the lemon juice. Cook and stir until thick. Remove from hheat. Set pan in old water to cool for 10 minutes.

Pour filling into the bottom unbaked pie shell. Add top crust and seal edges. Cut vents in top. Sprinkle with remaining sugar.

Bake 55 minutes in a 375 degree F. oven



READY-THE-NEXT-DAY PICKLES (Betty Mackie)

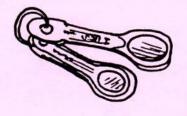
2 quarts cucumbers - sliced thin but not too thin.
3 medium onions- sliced thin
1/4 cup pickling salt (ordinary salt works alright)
2 trays of ice cubes

Peel the cucumbers before you slice them. Layer them in a large bowl with the onions - salting between each layer. Add the ice cubes and leave for 3 hours then drain.

1 1/2 cups vinegar
2 1/2 cups sugar
1/2 tsp. celery seed
3/4 tsp. mustard seed
3/4 tsp. tumeric
1/8 cup pickling spice (in a little cloth bag)

Bring these ingredients to a boil in a large pot. Add the drained cucumbers and onion and bring to a boil again. Remove the pickling spice and put the pickles in jars or plastic containers with covers.

The tumeric will turn the pickles yellow. They will keep a few weeks in the fridge. They are good the next day but better as they age another day or two.



LOW-CAL YOGURT DIP (Marian Fraser)

1 cup low-fat yogurt - plain

1 Tbsp. minced onion

1 Tbsp. chopped parsley

1 tsp. dry mustard

1/3 cup lite mayonnaise

1 tsp. dill weed

1 tsp. SEASONING salt

2 slices bacon - well cooked and crumbled

Mix the yogurt and mayonnaise together. Add the dry mustard and stir.

Add the balance of the ingredients.

Chill at least 2 hours before serving to give the seasonings a chance to blend.







ONE GOOD THING ABOUT BEING A
PESSIMIST IS YOU ARE NEVER
DISAPPOINTED!

MEXICAN TACO DIP (Jan Whiting)

1 can bean dip (refried beans) 7 3/4 oz.

1 Tbsp. lemon juice

1/4 cup mayonnaise

1 black pitted olives 14 oz.

2 green onions

2 ripe avocadoes

1/2 carton sour cream - small

1/2 package taco seasoning

2 cups chopped tomatoes

1/2 cup grated cheese

Spread bean dip on bottom of pie plate. Mash the avocadoes with lemon juice and spread on top. Mix together the mayonnaise, sour cream and seasoning and spread on top of the avocadoes. Chop the olives and place over this. Then the tomatoes and green onions. Top with the cheese.

Bake at 350 degrees F. until the cheese melts and the mix is heated through.

Serve with taco chips.



ABOUT THE ONLY THING YOU CAN DO ON A SHOE STRING IS TRIP!

OVEN BAKED 'FRENCH FRIES' (Dorothy Fotherby)

1 large potato Paprika 2 Tbsp. vegetable oil

aprika Salt

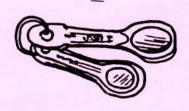
Leave the 'skin' on the potatoes. Cut in half lengthwise. Then cut each half into strips. Soak in cold water for 20 minutes. Drain and blot dry with a paper towel.

Place in a bowl and sprinkle with the oil and paprika then stir well to coat each strip.

Arrange in single layers on a pan sprayed with cooking oil. Bake for 20 minutes in a 475 degree oven - or until 'done' and brown on top.

Turn the stips frequently so all sides brown. Sprinkle with salt to taste before serving.

If desired you can vary the seasonings in the oil or sprinkle them over top before serving.



BEST EVER FRUIT CAKE (Dorothy Fotherby)

1 cup butter 1 cup sugar

1 or 2 quarts whiskey 4 large eggs

1 tsp. salt 1 cup brown suga

1 tsp. baking powder

1 cup brown sugar

lemon juice

1 tsp. baking soda 1 cup dried fruit

BEFORE YOU START sample the whiskey for quality. Good isn't it? Now go ahead. Select a large mixing bowl, measuring cups, etc. Check the whiskey again. It must be just right. To make sure it's of the highest quality pour one level cup full in a glass and drink it as fast as you can. REPEAT.

With electric mixer beat the butter in large fluffy bowl. Add 1tsp. sugar and beat again. Meanwhile make sure the whiskey is the finest quality. Try another tup-open second quart if necessary. Add 2 argel eggs, 1 tups tried druit. Beat until high. If druit sticks to the beaters pry loose with a drewscriver. Sample whiskey again checking for tonscististy.

Next sift 3 tups salt or anything else-it really doesn't matter. Sample whiskey again. Sift 1/2 pind lemon juice. Fold in chopped butter and strained nuts. Add one babblespoon brown sugar or whatever color you can find and wix mel.

P

Grease oven and turn cake to 350 gredees. Now pour the entire mess in. Turn cake down to 350 dredees and pour the oven and whole mess into the cake. Check the whiskey again and GO TO BED.



COOL RISE CINNAMON BUNS

(Alice Liefke)

DOUGH:

1/4 cup sugar

1 tsp. salt

3/4 cup hot water

1 cgg

2 3/4 to 3 cups flour

1 pkge. (IT) instant yeast - 8 grams

1/4 cup soft margarine

oil or margarine

Measure out the flour and set aside. Combine 1 cup, flour, yeast, sugar and salt in a large bowl. Blend in the margarine until well combined. Add the water and beat with a wooden spoon 2 to 3 minutes until smooth.

Add egg and 1 cup flour. Beat well. Gradually stir in enough of the remaining flour to make a soft dough.

Turn onto a floured board and knead 5-10 minutes until smooth and elastic. Cover with plastic wrap and a towel. Let rest 20 minutes.



Continued on next page.....

COOL RISE CINNAMON BUNS - continued

TOPPING:

1/2 cup brown sugar 2 Tbsp. margarine 2 tp 3 tsp. cinnamon 1/3 cup raisins 2 Tbsp. flour



Combine the sugar, cinnamon and flour then blend in the margarine. Punch down the dough to a rectangle about 13"x6" and no thinner than 1/4" thick. Sprinkle topping over the dough then the raisins on top.

Roll up tightly starting with the widest end for large rolls or the shortest end for extra-large rolls. Pinch the edge and cut into 1 1/2" pieces with a sharp floured knife. For large rolls 9 pieces - for extra large 4 pieces.

Place in a greased 8x8 inch pan. Brush with oil or margarine (from dough ingredients). Cover with plastic wrap and refrigerate for several hours or over night. (The rolls should double in size).

Heat the oven to 350 degrees F. While it is heating let the pan of rolls stand over hot water. Bake about 25 minutes in the centre of the oven - rotating pan once browning begins. Remove from the oven and then while still warm remove from pan and ice if desired.

ICING: 1/4 cup icing sugar 1 tsp. milk
Drizzle on top
CHEESE TOPPING: 3 oz. cream cheese

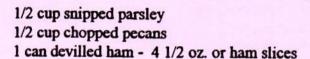
2 Tbsp. icing sugar

Beat well then beat in one egg white. Top before baking.

CHEESE LOG (Anna Stebnicki)

1/2 cup creamed cottage cheese 1 package cream cheese - 8 oz.

2 tsp. Italian salad dressing



Blend the first 3 ingredients together then spread the mix on a foil-lined cookie sheet. It should be about a 9" x 7" rectangle and about 3/8" thick. Cover and chill overnight left on the cookie sheet.

101

Spread the ham on the chilled cheese. Mix the parsley and nuts together. Sprinkle half of it over the ham. Beginning at the narrow end roll up like a jelly roll. Lift the foil lining to start the log rolling Roll the outside of the log in the remaining parsley and nuts. Cover and chill for at least 3 hours.

Slice and serve with assorted crackers. Or leave in the log shape and let each person cut slices from it themselves.

THERE IS NOTHING LIKE HAVING THE POWER GO OFF TO PUT THE 'GOOD OLD DAYS' INTO PERSPECTIVE!

ANTIPASTO

(Kay Whiting)

1/2 lb. cauliflower
3 green peppers
1/2 cup olive oil
1/4 cup vinegar
1 jar stuffed green olives - 8 oz.
1 jar pickled small onionns - 8z.
1 tin sliced black olives - 14 oz.
30 oz. ketchup



Cut the cauliflower into small florets and parboil.

Drain add vinegar, peppers that have been choppped, olive oil and ketchup. Drain the onion and olives. If desired cut the onions and green olives in half crosswise. Mix with the other ingredients and simmer for 10 minutes. Stir often to prevent 'scorching'.

ADD:

2 tins tuna (drained) 7 oz. each
2 tins shrimp (drained) 7 oz. each
- or equivalent in fresh shrimp
1 can mushroom 10 oz. (drained).
Add to the above and simmer another 30 minutes.

This freezes well.

NOTE: The flavor comes mostly from the ketchup and tuna so you can scrimp on the shrimp as they mostly add to the appearance and add clams instead.

'MAKE YOUR OWN' BISCUIT MIX

(Anna Stebnicki)

THIS CAN BE USED FOR ANY RECIPE CALLING FOR 'BISQUICK'



9 cups sifted flour
1 1/2 Tbsp. salt
1/4 cup baking powder
2 cups shortening or margarine

Blend the dry ingredients together. Then work in the shortening until the mixture resembles corn meal. It is then ready for use.

Store in a sealed container in the fridge.

Makes about 13 cups.

SOME RECIPES USING THIS MIX

(Anna Stebnicki)

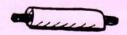
BAKING POWDER BISCUITS

Measure 1 cup of mix into a bowl

Make a well in the centre and add 1/4 cup
milk.

Turn dough out on a baking board. Knead well 6 times. Roll or pat out to 1/2" thickness. Cut into 2" rounds with a floured cutter.

Place on baking sheet and bake 15 minutes at 450 degrees F. 1 Makes 6 bisuits.



RECIPES FOR BISCUIT MIX



(Continued from previous page)

OUICK MUFFINS

Blend together 1 1/2 cups mix with 1 1/2 Tbs. sugar. Combine 1/2 cup milk and 1 beaten egg and add to the mix. Stir vigorously and quickly until just mixed. Batter will look lumpy.

Fill lightly greased muffin tins 1/2 full..

Bake in 425 degree F. oven for 20 minutes.

Makes 6 muffins.

MARSHMALLOW GINGERBREAD

2 cups mix
1/2 cup sugar
1/2 sour milk
1/2 cup dark molasses
1 tsp. cinnamon
1/4 tsp. nutmeg
1/2 tsp. cloves
1 tsp. ginger
1/4 tsp. soda
1 egg



Beat until all ingredients are blended. Pour into a lightly greased 8"x8"x2" pan. Bake about 40 minutes in a 350 degree F oven.

As soon as it comes from the oven place whole or cut marshmallows onn top.

Return to the oven until they melt.

HUMMUS (Alice Liefke)

1 can chick peas - 15 oz. (Garbanzo)
1/2 cup raw sesame seeds
1 Tbsp. olive oil
1/4 cup lemon juice
1 clove garlic - crushed
Salt to taste

Mix all the ingredients together in a blender for one minute.

Yield: 1 1/2 cups

Serve on pita bread, crackers, etc.

DAIRY DELICIOUS DIP (Evelyn Bland)

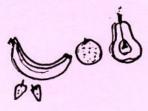
1/2 cup sour cream
1/4 cup sugar
1 package cream cheese - 8 oz.
1/4 cup packed brown sugar
1 to 2 Tbsp. maple syrup

In a small mixing bowl combine cream cheese, sour cream, sugars and syrup (to taste)

Beat until smooth. Chill. Serve with fresh fruit.

Yield: 2 cups





SHIRLEY TEMPLES (Kay Whiting)

Orange Juice - chilled - best from frozen concentrate
Tonic water - chilled - or soda water or 7-Up
Grenadine - available in most super markets where
mixers are kept

Maraschino cherries

Fill a large glass about 2/3 full of orange juice. Fill the other 1/3 with the soda water leaving room for a couple of ice cubes. Stir.

Add about 1 Tablespoon of grenadine syrup. depending upon the size of the glass.

DO NOT STIR. Leave this decision to the person to whom the drink is served.



Place a maraschino on top and serve with a straw. Most children really like this festive drink.

Note: The grenadine is very sweet so the amount can be changed to suit your taste. It can be stored unrefrigerated but it comes in a 946 ml. bottle and you may like to divide it up amongst some friends.





BRUSCHETTA (Shannon Allinott)

1/2 cup salad dressing or mayonnaise
1 cup grated Mozzarella cheese
2 medium tomatoes - halved, seeded & diced
1/4 cup chopped ripe pitted olives
1/4 cup grated fresh Parmesan cheese or 2 tsp. dry
1 tsp. whole oregano
1/2 tsp. pepper
1/4 tsp. sweet basil

1 baguette 1/3 cup butter or margarine

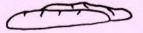


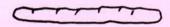
Mix first 8 ingredients in a bowl. Cut the baguette into 1-inch slices. Butter on one side. Arrange butter side up on baking sheet.

Divide the prepared mix among the slices and spread.

Bake in 350 degree F. oven for 15 minutes until hot and cheese is melted. Serve warm.

Makes about 24 to 27 appetizers.





IF YOU WANT TO LEAVE FOOTPRINTS IN THE SAND DON'T DRAG YOUR FEET!

CHEESE AND TOMATO RAREBITS (Kay Whiting)

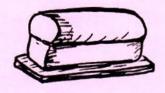
4 oz. mature cheese - grated
1/2 oz. butter
Salt and pepper'
1 tsp. dry mustard
Dash of Worestershire sauce
1 tbsp. flour
2 tomatoes - skinned and chopped
4 rashers of bacon
4 slices of toast

Put the cheese, butter, salt and pepper, mustard and Worcestershire sauce into a sauce pan and heat gently until the cheese melts.

Stir in the flour and tomatoes then spread over the toast. Place in the oven - set on broil - and grill about 5 minutes or until golden brown..

Grill the bacon at the same time or separately and place one rasher on each slice of toast to serve.

Garnish with a sprig of parsley if desired.



SLUSH (Dorothy Fotherby)



1 large frozen pink lemonade

1 26 oz. vodka

l large frozen yellow lemonade

7 cups water or pineapple juice

Mix well and pour into a large bucket such as an ice cream bucket. Freeze.



Stir well before using and mix with 7-Up. You have to add the vodka if you want 'slush'.
Otherwise it will just freeze.



STRAWBERRY SALSA (Shannon Allinott)

2 cups fresh strawberries Couple dashes Tabasco 1/4 cup red peppers 1/4 cup green peppers 1/4 cup green onions 1/2 bottle Low Fat Catalina dressing

Chop the strawberries, peppers and onionns. Add dressing and Tabasco sauce. Mix well.

Serve as a dip for chips or on crackers.



