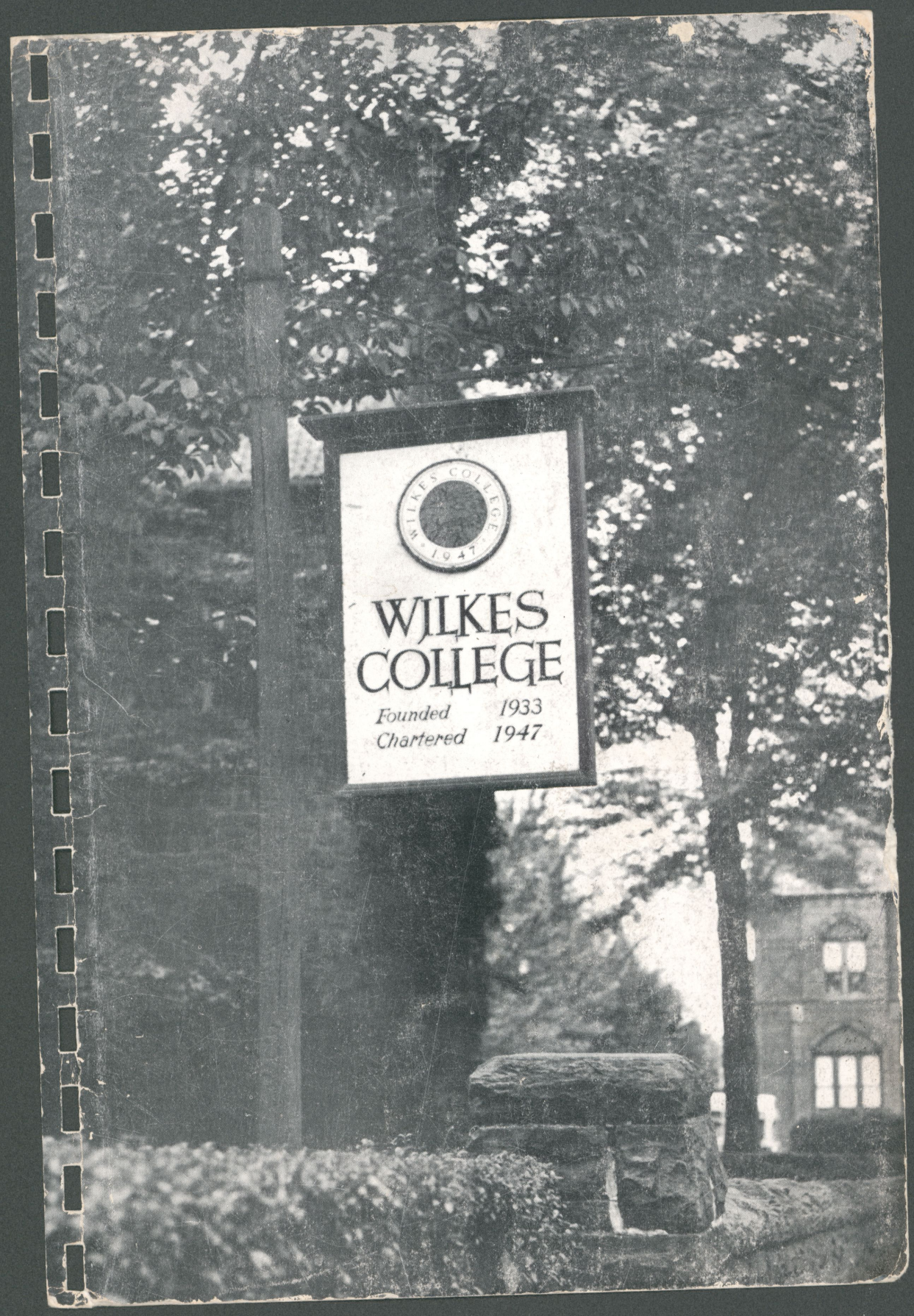
Wilkes College Faculty Women Cookbook, 1973


WILKES COLLEGE
1947
WILKES
COLLEGE
Founded 1933
Chartered 1947

RECIPES FROM WILKES

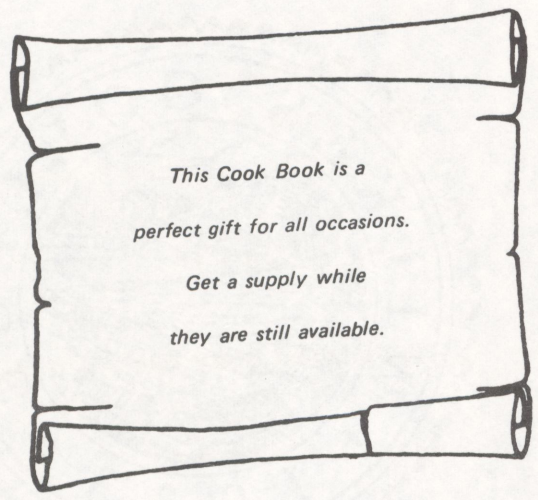
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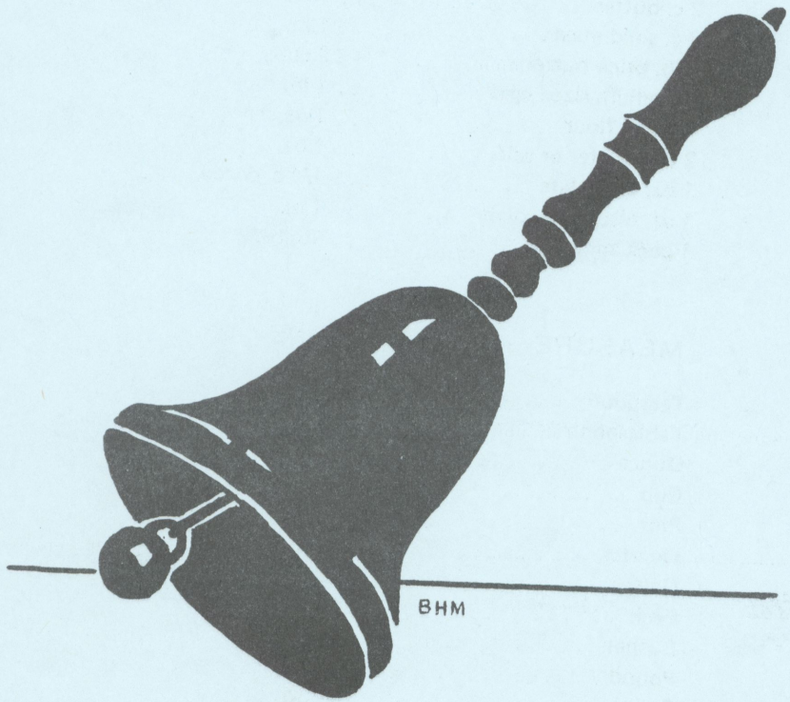
Art work by Betty Hopkins Moses

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WILKES FACULTY WOMEN
– WILKES COLLEGE –
Wilkes-Barre, Pennsylvania

GREAT BEGINNINGS

APPETIZERS • DIPS
FONDUES • SNACKS
GARNISHES



KITCHEN MEASURES

3 tsp.	1 Tbsp.
2 Tbsp.	1 fluid oz.
4 Tbsp.	1/4 cup
6 Tbsp.	3/8 cup
8 Tbsp.	1/2 cup
16 Tbsp.	1 cup
1 cup	8 fluid oz.
2 cups	1 pint
2 pints	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pks.	1 bu.
16 oz.	1 lb.
2 c. liquid	1 lb.
4 c. flour	1 lb.
2 c. granulated sugar	1 lb.
2 2/3 c. brown sugar	1 lb.
3 1/2 c. powdered sugar.	1 lb.
2 c. butter	1 lb.
2 c. solid meat	1 lb.
1 lb. brick butter	2 cups
9 medium sized eggs	1 lb.
4 Tbsp. flour	1 oz.
2 tsp. butter or salt	1 oz.
1 oz. chocolate	1/4 c. cocoa
1 sq. bitter chocolate.	1 oz.
1 peck tomatoes	15 lbs.

MEASURE ABBREVIATIONS

Teaspoon	tsp.
Tablespoon	Tbsp.
Ounce	oz.
Cup	c.
Pint	pt.
Quart	qt.
Gallon	gal.
Peck	pk.
Bushel	bu.
Pound	lb.
Square	sq.

GREAT BEGINNINGS:
APPETIZERS, DIPS, FONDUES,
SNACKS, GARNISHES

CHEESE PUFFS

Barbara Bellucci

Combine:

1/2 c. mayonnaise or salad dressing
1/2 envelope dry onion soup mix
1/4 c. grated sharp cheese

Fold into above mixture, 2 stiffly beaten egg whites. Let stand at least 1/2 hour. Spoon onto 24 party rye bread rounds (about 1 loaf). Sprinkle with paprika. Bake in 400° oven for 10 minutes. Serve hot. The mayonnaise and egg mixture may be prepared early in the day and stored in the refrigerator. Serves 6 to 8.

CHEESE ROLL

Ginny Orlowski

8 oz. cream cheese
4 oz. grated sharp Cheddar cheese
1/2 c. crumbled Bleu cheese
1 Tbsp. butter
1/2 tsp. curry powder
3/4 c. flaked coconut

Combine 3 cheeses in mixing bowl after standing out of refrigerator until softened. Mix until blended well. Chill until firm to handle (overnight). (Wrap in Saran Wrap or waxed paper forming an 8-inch log.) Melt butter, blend in curry powder and coconut. Heat slowly on low flame until coconut is toasted. Sprinkle on waxed paper to drain. Roll cheese log in coconut until well coated, pressing in coconut with hands. Wrap in Saran Wrap and chill until served.

CRABMEAT CANAPÉS

Carol Acheson

Combine all ingredients:

1 (6 1/2 oz.) can Geisha crabmeat, flaked
1 tsp. horseradish
1/4 tsp. prepared mustard
1/2 c. Hellmann's mayonnaise
1/2 tsp. Worcestershire sauce
2 tsp. pale dry sherry

Chill well. Serve on toasted bread cut-outs or crackers.

MINI CLAM PUFFS FOR A PARTY — Ginger Rodechko

Puffs:

1/2 c. butter
1 c. boiling water
1 c. flour
Pinch of salt
4 eggs

Melt butter in boiling water; add all at once, flour, salt, and stir over heat until it forms a ball and leaves the sides of pan. Cool slightly and add eggs, one at a time, beating vigorously until smooth batter is formed. Drop onto greased baking sheet, using 1/2 teaspoon batter for each puff. Bake in hot oven at 400° for 10 minutes. Prick each puff with toothpick and return to oven 3 or 4 minutes to dry out.

Filling:

3 (7 1/2 oz.) cans minced clams
12 oz. cream cheese
1 small clove garlic, crushed
1/2 tsp. Worcestershire sauce
1/2 tsp. salt
1/2 tsp. lemon juice
Dash hot pepper sauce or cayenne pepper

Soften cream cheese and add garlic, Worcestershire sauce, salt, lemon juice and hot pepper sauce or cayenne. Add drained clams. If mixture is too stiff, add a little clam juice. Slit each puff carefully and fill with the clam mixture. Makes about 130 puffs.

CEVICHI (Mexico) — Peta Richkus

Cut up into chunks, 1 pound fish fillet (cod, flounder, etc.) Marinate for 1 hour in 1/2 cup lemon or lime juice. Drain. Add:

Chopped green chilies to taste
1 tsp. oregano (or to taste)
1/2 tsp. Accent
1 large onion, chopped
Salt and pepper
Several chopped tomatoes
1/4 c. oil
Juice of 1 lemon
Few splashes of vinegar

Serve as appetizer or hors d'oeuvres. Serve with crackers.

* * *

The Wilkes Faculty Women, founded in 1949, now have a current membership of about 70 and sponsor many events for the entire faculty and their families.

STUFFED MUSHROOMS (Fast Appetizer) Marsha Kwalwasser

Take medium sized or large mushrooms and cut off stems (stems can be discarded). Hollow out inside and wash well. Take whipped cream cheese and add enough garlic powder so that you have a tangy taste of garlic. Fill mushroom caps with cream cheese mixture until level with rim. Sprinkle with paprika. Dot bottom of each mushroom cap with butter to prevent its sticking to pan. Bake in 350° oven until top of cheese gets slightly brown, approximately 12 minutes.

STUFFED FRESH MUSHROOMS Mrs. Gwen W. Ennis

12 mushrooms
3 Tbsp. margarine
2 Tbsp. chopped onion (fine)
3 Tbsp. chopped celery (fine)
1/2 tsp. salt
Dash pepper
1 Tbsp. lemon juice
1 1/4 c. soft bread crumbs

Begin by crumbling slices of bread to make 1 1/4 cups. Remove stems from mushrooms and chop fine. Melt margarine in skillet. Add chopped stems, onions and celery. Cook over low heat for 5 minutes. Add salt, pepper, lemon juice and bread crumbs. Mix well. Fill mushroom caps using a small spoon. Place stuffed caps in greased baking dish. Bake at 375° for 15 minutes.

PICKLED MUSHROOMS & ONIONS Mary Babcock

1/3 c. red wine vinegar
1/3 c. salad oil
1 small onion, thinly sliced and separated into rings
1 tsp. salt
2 tsp. dried parsley flakes
1 tsp. prepared mustard
1 Tbsp. brown sugar
2 (6 oz.) cans mushrooms, drained

Combine all ingredients, except mushrooms, in small saucepan; bring to boil. Add mushrooms, simmer 5 to 6 minutes. Pour into bowl, cover. Chill several hours or overnight, stirring occasionally. Drain, serve with cocktail picks. Makes 2 cups.

PICKLED CARROTS Florence Weber

2 cans sliced carrots, drained
3/4 c. sugar
1/2 c. minced onions
1/4 c. salad oil
1 c. vinegar
2 Tbsp. water
2 tsp. salt

Mix and let stand overnight in refrigerator. Note: This dish makes a colorful addition to a buffet supper. Serves 8.

NIPPY CARROT NIBBLERS — Carolyn Reif

1 lb. carrots
3 Tbsp. salad oil
3 cloves garlic, minced
1 Tbsp. coarsely chopped onion
1/4 c. vinegar
1 1/2 tsp. salt
1/2 tsp. dry mustard
1 Tbsp. whole pickling spices
1/8 tsp. pepper
1 onion, pared and thinly sliced

Get ready one or several days ahead: 1. Cut pared whole carrots into lengthwise slices, 1/4 inch thick. Cut slices into strips 3 inches long, 3/8 inch wide.

2. In salad oil in skillet, sauté garlic and chopped onion until almost tender, about 5 minutes. Stir in vinegar, salt, mustard, pickling spices tied in cheesecloth, pepper and carrot strips from Step 1.

Simmer, covered, 5 minutes; carrot strips should be crunchy and crisp. Remove spices in cheesecloth. Transfer carrot mixture to shallow dish. Top with onion slices, cover and refrigerate until needed, basting occasionally.

HAM PINWHEELS — Ginger Rodechko

1/4 lb. Roquefort cheese
1/4 c. cream cheese
1/4 c. margarine
4 boiled ham slices

A day or so ahead, combine Roquefort cheese, cream cheese and margarine. Spread some on each ham slice, then roll up as for jelly roll. Wrap in waxed paper, Saran Wrap or foil. Refrigerate until needed.

To serve, slice rolls thinly, crosswise. Arrange 1 pinwheel on each cracker, or place fancy toothpicks through each slice and serve.

SWEDISH MEAT BALLS — Barbara Bellucci

1 lb. ground beef
1/2 lb. ground pork
1 lb. ground veal
2 tsp. salt
1/4 tsp. pepper
1 clove garlic, finely chopped
2 eggs, lightly beaten
4 slices bread
3/4 c. milk
1 med. onion, finely chopped
1/8 tsp. nutmeg
1/8 tsp. allspice

Crumble bread. Add milk and blend to paste-like consistency. Add rest of ingredients and combine well. Roll into balls about 1 inch in size. Put in single layer onto cookie sheets with sides or jelly roll pans. Bake in 400° oven for 15 minutes. Then pour in about 1 cup beef bouillon (or enough to just cover bottom of pan). Bake another 1/2 hour, or until brown and much

SWEDISH MEAT BALLS (Continued)

of bouillon is absorbed. May be made ahead of time and frozen. Serve with brown gravy made from pan juices or any commercial brown gravy.

Use for hors d'oeuvres or main dish. Yields 80 (1-inch) balls.

COCKTAIL MEAT BALLS — Mary Lou Labows

3/4 lb. ground beef
3/4 c. fine bread crumbs
3/4 tsp. salt
1/2 tsp. pepper
1 1/2 Tbsp. minced onion
1 1/2 tsp. horseradish
3 drops Tabasco sauce
2 eggs, beaten

Mix ingredients and form into 1-inch balls. Brown in a little fat. Mix the following sauce ingredients together, pour over the meat balls and cook slowly until sauce is almost cooked away. Put in a chafing dish to serve with toothpicks. This is even better when made a day ahead and then reheated slowly.

Sauce for the Meat Balls:

3/4 c. catsup
1/4 c. wine, sherry or burgundy
1/4 c. cider vinegar
2 Tbsp. brown sugar
1 Tbsp. minced onion
2 tsp. Worcestershire sauce
1 1/2 tsp. salt
1 tsp. dry mustard
1/4 tsp. pepper
3 drops Tabasco sauce
Dash cayenne pepper

BARBECUED MEAT BALLS (Hors d'Oeuvres) — Virginia B. White, Shavertown, Pa.

1 lb. ground beef
1/2 c. bread crumbs
1/2 c. milk
1 egg
1 small onion, minced
1 tsp. salt

Sauce:

1 onion, minced
2 Tbsp. butter or margarine
3/4 c. catsup
3/4 c. water
1/4 c. brown sugar
2 Tbsp. vinegar
2 Tbsp. prepared mustard
1 tsp. salt

Mix beef, bread crumbs, milk, egg, onion and salt. Form into small balls. Place in a greased shallow pan. Bake at 350° for 20 minutes. Sauté onion in butter; add remaining ingredients. Simmer for 15 minutes. Place meat balls in sauce; simmer 15 minutes longer. Serve in chafing dish on toothpicks (hot), or regular dish (warm).

Wilkes-Barre, Pa.

COCKTAIL PARTY DRUMSTICKS Mary Lou Veremeychik

1. Sprinkle small chicken drumsticks with meat tenderizer. 2. Dip in melted butter flavored with a little garlic salt, and then in a combination of 1 cup crushed corn flakes and 1/4 cup grated Parmesan cheese. 3. Place in greased, flat casserole, not touching. 4. Dribble more melted butter over drumsticks and cook for 1 hour, or until tender, at 325°.

Drumsticks may be served with a bowl of the following sauce to dunk them. This sauce can be served hot or cold. (The sauce is optional; drumsticks are delicious as is.)

Drumstick Sauce: Grind in meat chopper:

1 onion
1 Bell pepper
1 c. celery

Cook in 1/2 stick butter until tender. Add pinch of baking soda to 1 pound tomato purée. Combine with:

1 Tbsp. horseradish
1 Tbsp. Worcestershire sauce
1 tsp. prepared mustard
1 small can tomato paste

Mix with ground vegetables. Simmer 10 minutes. Season to taste with salt and red pepper. Add a speck of sugar if mixture seems too acid.

EGGPLANT APPETIZER Betty Ann Mailey

1 large eggplant
1/2 c. olive oil
1 c. diced celery
2 (8 oz.) cans tomato sauce
12 pitted slivered olives
2 Tbsp. sugar
2 Tbsp. drained capers
1/2 tsp. salt
1/2 c. sliced onion
1/4 c. red wine vinegar

Peel and cut eggplant into 1/2 inch cubes. In olive oil in large skillet, sauté eggplant until golden brown. Remove eggplant and set aside. Next, sauté onion and celery until tender. Return eggplant to skillet. Stir in tomato sauce, bring to boiling. Reduce heat and simmer, covered, 15 minutes. Add vinegar, sugar, capers, salt, dash of pepper and olives. Simmer, stirring occasionally, 20 minutes longer. Refrigerate eggplant mixture, covered, overnight.

To serve, put mixture into serving bowl and surround with toast rounds or crackers.

CHAFING DIP

Betty Hopkins Moses

Heat together:
1 (2 1/2 oz.) can deviled ham
1/4 lb. Velveeta cheese
1/2 c. mayonnaise
1/2 tsp. grated onion

Keep warm. Dip in cubes of crusty French bread or rolls.

GUACAMOLE DIP

Carmela Earl

2 avocados
1/8 inch slice onion, minced
1/4 tsp. salt
1 clove garlic
Mayonnaise
4 strips bacon
2 dashes Tabasco sauce
1/4 tsp. chili powder
Pepper

Fry 4 strips of bacon until crisp, crumble and set aside. Mash 2 ripe avocados, then add 1 finely minced slice of onion, 2 dashes Tabasco sauce, salt and pepper, chili powder and 1 finely minced garlic clove. Stir together well, put into small bowl and cover top completely with mayonnaise and crumble bacon bits into the avocado mixture.

SONONA CRABMEAT DIP

Kay Siles

1 c. Hellmann's mayonnaise
1 tsp. instant minced onion
1/4 tsp. Worcestershire sauce
2 Tbsp. fine chopped green pepper
1/4 c. sauterne
2 (6 1/2 oz.) cans crabmeat

Combine all ingredients. Stir lightly. Serve chilled with crisp crackers.

CURRY DIP FOR VEGETABLES

Diane Ushinski

1 c. mayonnaise
1 Tbsp. wine vinegar
1 tsp. garlic salt
1 tsp. grated onion
1 tsp. curry powder

Serve with raw cauliflower, canned green beans, carrots, celery, green pepper and cucumbers.

CLAM DIP

Mrs. Jeanette Roke
Glen Lyon, Pa.

1 small can of "Doxsee" minced clams (about the size of large can of tuna)
1 large pkg. cream cheese
1 med. onion

Wilkes-Barre, Pa.

CLAM DIP (Continued)

1/2 squeezed lemon
1 tsp. Worcestershire sauce
1 Tbsp. mayonnaise
Salt and pepper to taste

Drain off clam broth in a dish and save. In a chopping bowl, add clams and onion; chop finely. In another bowl, mix well the cream cheese, mayonnaise, lemon, Worcestershire sauce, and salt and pepper. Add the chopped clams and onion to mixture, also add a maximum of 2 tablespoons clam broth. Chill for 2 hours, stirring once during that time.

SWISS FONDUE

Ginny Orlowski

1/2 lb. (2 c.) Switzerland Swiss cheese, shredded
1 1/2 Tbsp. flour
1 clove garlic
1 c. Neuchatel wine (or any dry light Rhine wine, Reislag or Chablis type)
1 loaf French bread or 4 hard rolls, cut to bite sized pieces with 1 crust at least
3 Tbsp. kirsch or 2 Tbsp. brandy, applejack, light rum or other non-sweet brandy
Salt, pepper, nutmeg

1. Dredge cheese with flour; rub cooking utensil with garlic. 2. Pour in wine and set over very slow fire. 3. When wine is heated to a point when air bubbles rise (don't boil it), stir with fork and add cheese by handfuls, each to be completely dissolved before another handful is added.

4. Keep stirring until mixture starts bubbling lightly. Add little salt, pepper and nutmeg. 5. Finally add and thoroughly stir in the kirsch or whatever. 6. Remove from fire and set immediately on your preheated table equipment. 7. If it becomes too thick, add a little preheated wine.

CHEESE FONDUE (Beer)

Dolores Caldwell

8 oz. sharp natural Cheddar cheese, grated
8 oz. Swiss (aged 6 months or more), grated
2 Tbsp. flour
1/2 tsp. salt
1/4 tsp. pepper
Garlic
12 oz. can beer
Dash Tabasco sauce

Mix cheeses, flour, salt and pepper in large bowl. Rub fondue pot with garlic. Pour in beer and heat slowly; gradually stir in cheese mixture, a cup at a time, stirring until melted and blended. (Do not allow mixture to get too hot.) Stir in Tabasco sauce. If it becomes too thick, add heated beer.

CHEESE FONDUE — Lois Carpenter

8 oz. sharp Cheddar cheese, shredded
8 oz. natural Swiss cheese, shredded
2 Tbsp. flour
1/2 tsp. salt
1/4 tsp. pepper
Garlic powder to taste

* * *

1 (15 oz.) can beer
Dash Tabasco sauce
French bread, cut into 1-inch cubes

Mix first 6 ingredients in large bowl. Can store in refrigerator until needed. Slowly heat beer in skillet or electric fry pan over medium low heat. Add cheese mixture by handfuls, stirring constantly to melt. Mixture will thicken. Stir in Tabasco sauce. Pour into fondue pot and dip bread cubes. Serves 4-6.

CHILI CON QUESO (Fondue) — Adelaide Bearde, Kingston, Pa.

2 lb. box Velveeta or American cheese
1 can stewed tomatoes
1 small can green chilies, diced
1 tsp. chili powder
1 tsp. each garlic and onion powder

Bring stewed tomatoes to a boil in saucepan. Dice cheese into cubes. Add cheese to tomatoes with other ingredients. Reduce heat to low and stir until cheese is melted and mixture is smooth. (Burns easily, so keep heat low and stir often.)

Serve warm in fondue pot or keep warm over candle in chafing dish - thickens as it cools and may be used cold as a spread for crackers. Serve with small squares of French bread or corn chips.

GORP (A Snack) — Karen Hill

Preheat oven to 350°. Mix in large ungreased pan (9x13 inches, or some similar sized pan:

1 lb. hulled and cleaned raw sunflower seeds (unsalted)
1/2 lb. raw unsalted cashews
1/2 lb. slivered almonds

Roast seeds and nuts until lightly browned, 15 to 20 minutes, checking and mixing occasionally. When lightly browned, remove from oven and add 3/4 cup raisins or currants; mix well and put mixture of GORP into a large serving dish or several small serving bowls.

CASILLI'S GRANOLA

Dolores Casilli

5 c. oatmeal
1 c. coconut
1 c. chopped raw cashews
1 c. wheat germ
1 c. non-fat instant dry milk
1 c. raw unsalted sunflower seeds
1 c. oil
1 c. honey
1 c. raisins

Mix together the first 6 ingredients, then add both the honey and oil, and stir thoroughly. Spread the mixture in a jelly roll pan and place in 325° oven for 15 minutes; stir, then place back in the oven for another 15 minutes, or until golden in color.

Remove Granola from the pan and place in a large bowl and repeat procedure until all the mixture is completely baked. When the entire mixture has been baked, add the raisins. Store in containers with screw top lids. This is an excellent cereal, it can be eaten cold with milk or with other dry cereals, a topping for ice cream or just as a confection.

CHEESE TOASTIES

June Kessler

1/2 lb. sharp Cheddar cheese
1/3 c. green pepper, chopped
1/2 c. stuffed olives
1 hard-cooked egg
1/2 can tomato soup
1 Tbsp. melted butter
1 small onion

Grind cheese, olives, green pepper, onion and egg together. Stir in soup and butter. Cut hamburg buns in halves and butter; spread mixture on each half and broil 5 to 10 minutes. These make a good warm snack after a football game. Serves 6-8.

ORANGE SUGARED PECANS

Ottie Chwalek

1 1/2 c. sugar
1/2 c. orange juice
1 Tbsp. orange peel, grated
2 1/2 c. pecan halves

Combine sugar and juice. Cook to 240°, or soft-ball stage. Remove from heat, add grated orange peel and pecan halves. Stir until syrup begins to look cloudy. Turn onto waxed paper in small clusters or individual halves. Allow to cool. English walnuts may be used instead of pecans, if desired.

If you strew them sparesely, they whet the appetite. If you lay them on too thick, they spoil the matter quite.

FROSTED GRAPES

Tibi Tyburski

Select 2 pounds of Red Emperor grapes or other grapes in season, in large, compact bunches. Cut smaller bunches of grapes from the large ones. In a bowl, beat 2 egg whites until they are frothy. With a brush, coat the grapes lightly with the egg white and arrange them on racks.

Sift sugar over the grapes until they are coated. Leaving the grapes on the racks, chill them or put them in a cool, dry place until the sugar is set. Serve the frosted grapes in a bowl or use them to garnish a platter. (GOURMET Magazine)

* * *

ANOTHER WAY TO COOK . . .

Nada Vujica

". . . I never used a recipe or even read one (not even from packages or cans).

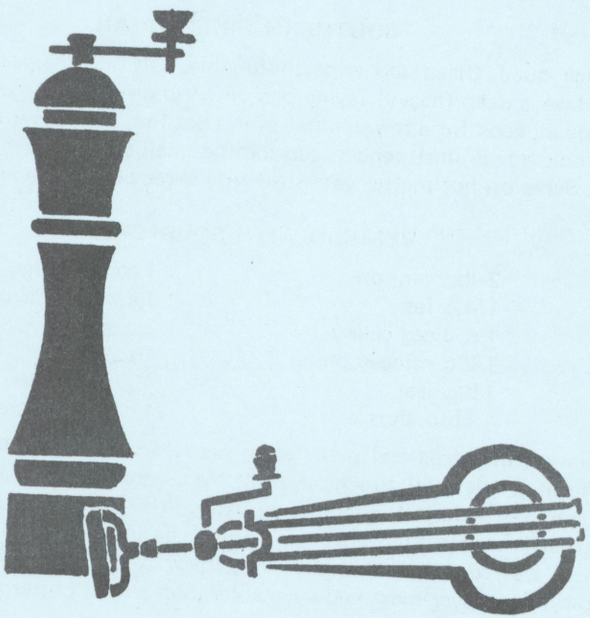
I must have been influenced by my maternal grandmother, with whom I lived as a child. She was Hungarian, lived in the Spanish-Jewish part of Sarajevo, the city of a hundred mosques, and was a great admirer of Viennese pastry. Her sons-in-law and other relatives considered it a special treat to be invited to her home for dinner. We never labeled any food by national heritage, as indeed we never noticed national, racial, or religious origin of the people with whom we came in contact - each one was judged by individual merit. My grandmother, who lived 94 years, never used a recipe - she cooked by 'feelings' and learned by visiting her multi-national friends.

Oh, how I remember those apple-strudels, pigs in blankets, noodle puddings, rose petal preserves, homemade bread . . ."

** EXTRA RECIPES **

MAIN EVENTS

MAIN DISHES
FOREIGN FLAVORS



WILD GAME RECIPES

ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15-20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20-25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL

Dry, pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close-fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison
1/4 c. fat
1 c. diced celery
1/2 c. minced onion
1 bay leaf
4 Tbsp. butter
1 clove garlic
1 c. diced carrots
2 c. water
1 tsp. salt
4 Tbsp. flour
1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables. Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine
1/2 c. sweet or sour cream
1 c. chopped mushrooms
2 Tbsp. butter
2 Tbsp. flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender, add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes

CORNISH HENS

Linda Hobrock

Stuff Cornish hens with following mixture: Prepare Uncle Ben's wild rice according to directions, except substitute dry white wine for 3/4 liquid. Add to cooked rice:

1/4 c. crumbled Blue cheese
2 (4 oz.) cans chopped mushrooms

Bake at 275° for 3 1/2 hours. Cover with tent of tin foil for the first 2 1/2 hours. Baste every 15 minutes with melted mixture of:

1 (10 oz.) jar orange marmalade
1/2 c. white wine or sherry
2 Tbsp. butter

If ends brown, cover with foil. Serves 4.

CHICKEN A L'ORANGE

Mary Lou Labows

1 frying chicken (about 3 lb.), cut up
Salt and pepper
1/4 c. all-purpose flour
1/4 c. shortening
1 c. fresh orange juice
1/2 c. chili sauce
1/4 c. chopped green pepper (optional)
1 tsp. prepared mustard
1/2 to 1 tsp. garlic salt
2 Tbsp. soy sauce
1 Tbsp. molasses
3 med. oranges, peeled and sliced in half-cartwheels

Wash and dry chicken pieces and season with salt and pepper. Dredge with flour. Heat shortening in skillet, add chicken and brown lightly on all sides. Remove chicken to 3-quart casserole. Drain fat from pan. To skillet, add remaining ingredients, except orange slices, and simmer for 2 or 3 minutes. Pour sauce over chicken in casserole. Cover and bake in preheated moderate oven (350°) for 50 to 60 minutes, or until chicken is tender. Just before serving, add oranges. 4 servings.
Very good made ahead and reheated.

* * *

The Wilkes Faculty Women have published this cook book in support of the Eleanor Coates Farley Scholarship, which the club gives annually to a worthy and needy woman student.

Wilkes-Barre, Pa.

HENRY'S CHICKEN

Dolores Casilli

4 chicken breasts, boned and skinned
1 tsp. parsley
1 tsp. sage
1 tsp. rosemary
1 tsp. thyme
1 tsp. oregano
1 tsp. marjoram
1 tsp. salt
1/4 to 1/2 c. butter
1 c. red or white wine or chicken broth

Take the boned breasts and cut into 1-inch cubes. Blend all of the spices and place them in a plastic bag (9x12 inches). Take a handful of the chicken at a time and toss in the shaker bag until coated. Repeat until all of the chicken is coated. Melt the butter in an electric skillet until it just begins to turn gold, 325°. Add the chicken, turning it until all is coated. Cover. In about 5 minutes, add the wine and broth. Keep the skillet no higher than simmer at this point. When the wine has been reduced at least 25%, the chicken is ready.

This is an excellent dish for a buffet, as it keeps very well in a chafing dish. Some of the sauce should accompany the chicken. A perfect compliment to this is Risotto a la Milanese.

CHICKEN SUPREME

Helenanne Sincavage

1 whole chicken or chicken parts
2 med. onions, sliced
1 green pepper, sliced
4-6 potatoes, quartered, or 2 cans small whole potatoes
4-6 carrots, or 1 can small carrots
1 large can corn
1 large can peas
1 large can peas & carrots
1 can cream of mushroom soup
1 can cream of chicken soup
1 can water
Salt and pepper
Oregano
Parsley flakes
Garlic salt
Onion salt
Paprika
Butter or oleo

Sauté onion and pepper rings in butter or oleo in large, deep casserole pan. Cut up chicken, wash and drain. Sprinkle lightly on both sides with all spices. Layer chicken over sautéed onions and pepper. Add soups and water, and all vegetables. Cook slowly in covered casserole at 250° for 2 1/2 to 3 hours.

A complete meal in one dish! Serves 8 to 10.

CHERRIES 'N CHICKEN

Betsy DeCosmo

1/3 c. all-purpose flour
1 1/2 tsp. salt
1/2 tsp. paprika
1/4 tsp. garlic salt
3 chicken breasts (large), split
1/4 c. butter
1 (1 lb.) can pitted dark sweet cherries (2 c.)
1 c. sauterne

Combine flour and seasonings in bag; shake to coat chicken. Melt butter in large skillet. Add chicken; brown slowly, turning once. Add drained cherries; pour sauterne over all. Cover and simmer 35 to 45 minutes, or until tender. Pass extra sauce. Serves 6.

CHICKEN IMPERIAL

Lucy Joseph

2 chickens, cut in halves
1 tsp. salt
3/4 c. melted butter
1 or 2 tsp. curry powder
1 tsp. oregano
1/2 tsp. dry mustard
1/2 tsp. garlic powder
1/4 tsp. paprika
2 or 3 dashes Tabasco sauce
1/3 c. chicken broth

Season chicken halves on both sides with salt. Place halves, skin side down, in shallow baking pan. Blend other ingredients and brush on generously. Bake in moderate oven, turning and basting with pan drippings often. Increase temperature at end to crisp it. Serves 4.

BREAST OF CHICKEN ON RICE

(Serves 4)

Sharon Martin

1 (10 1/2 oz.) can condensed cream of mushroom soup
1 soup can milk
3/4 c. uncooked regular rice
1 (4 oz.) can mushroom stems and pieces
1 envelope (about 1 1/2 oz.) dry onion soup mix
2 chicken breasts, split in halves

Heat oven to 350°. Blend soup and milk; reserve 1/2 cup of the mixture. Stir together remaining soup mixture, the rice, mushrooms (with liquid), and half the onion soup mix. Pour into ungreased baking dish, 11 1/2 x 7 1/2 x 1 1/2 inches.

Arrange chicken breasts on rice mixture. Pour reserved soup mixture over chicken and sprinkle with remaining onion soup mix. Cover and bake 1 hour; uncover and bake 15 minutes longer.

CHICKEN DIVAN — Tricia Nixon Cox

(Recipe Serves 5-6 People)

3 or 4 deboned chicken breasts
2 cans cream of chicken soup
1 tsp. lemon juice
1 c. sharp American cheese, shredded
2 (10 oz.) pkg. frozen broccoli
1 c. mayonnaise
1/2 tsp. curry powder
1/2 c. soft bread crumbs mixed with 2 Tbsp. melted butter

Simmer chicken until tender. Cook broccoli in salted water; drain. Arrange broccoli in greased casserole dish. Place halved chicken breasts on top of broccoli. Combine soup, mayonnaise, lemon juice, curry powder and pour over chicken. Sprinkle cheese and bread crumbs on top. Bake at 350° for 25 minutes.

Prepare rice for 6 people and serve.

ROAST DUCKLING WITH ORANGE SAUCE — Judy Furlow

2 ready-to-cook ducklings (about 5 lb. each)
2 small apples
Celery Dressing (recipe follows)
2 tsp. monosodium glutamate
2 tsp. salt
1 tsp. leaf thyme, crumbled
1 tsp. pepper
1/2 tsp. garlic powder
Mandarin Orange Sauce (recipe follows)

1. Remove neck and giblets from ducklings. Wash ducklings inside and out; dry well. Trim any excess neck skin, then stuff an apple into each neck cavity; skewer neck skin to back. Twist wing tips until they rest flat against skewered neck skin.

2. Stuff each body cavity with half of the Celery Dressing. Lace openings together with skewers and string. Place breast side up on rack in a roasting pan.

3. Combine monosodium glutamate, salt, thyme, pepper and garlic powder in a cup; sprinkle half over each duckling. 4. Roast in very hot oven (450°) for 1 hour; remove from oven. Lower oven temperature to moderate (350°). Pour off all fat from roasting pan. 5. Roast 1 hour longer, or until ducklings are tender. Carve and serve with Mandarin Orange Sauce. Makes 8 servings.

Mandarin Orange Sauce: Drain the liquid from 1 (11 oz.) can Mandarin orange segments; mash fruit in a small bowl. Mix 1 tablespoon cornstarch, 2 teaspoons sugar, and a dash of salt in a small saucepan; stir in 1 cup orange juice and mashed fruit. Cook slowly, stirring constantly, until sauce thickens

ROAST DUCKLING WITH ORANGE SAUCE (Continued)

and boils 3 minutes; stir in a few drops yellow food coloring to tint bright orange. Serve hot. Makes 1 1/2 cups.

Celery Dressing: (Makes 12 cups or enough to stuff 2 (5 lb.) ducklings.)

4 slices bacon, diced
1/4 c. chopped celery
1/4 c. chopped green pepper
1 Tbsp. instant minced onion
20 slices slightly dry white bread, cubed
1/2 tsp. leaf sage, crumbled
1/2 tsp. poultry seasoning
1/4 tsp. leaf thyme, crumbled
Dash garlic powder
1/4 tsp. salt
Dash of pepper
2 eggs
3 c. milk

1. Sauté bacon until crisp in a medium sized frying pan; remove and drain. 2. Stir celery, green pepper and onion into drippings in pan; sauté until soft. Combine with bread cubes, bacon, sage, poultry seasoning, thyme, garlic powder, salt and pepper in a large bowl. 3. Beat eggs slightly in a small bowl; stir in milk. Pour over bread mixture; toss until evenly moist.

PAN ROASTED VEAL

Frances Holden

3 lb. rolled veal roast
1/2 tsp. freshly ground black pepper
2 tsp. salt
1/2 tsp. rosemary
3 Tbsp. butter
1/4 c. brandy
1/4 c. milk
2 Tbsp. minced parsley

Rub meat with mixture of salt, pepper and rosemary. Melt butter in Dutch oven or heavy saucepan. Brown meat in it on all sides, being careful not to prick it. Add brandy, cover and cook over low heat 1 1/2 hours, or until tender. Add milk occasionally. Slice thin and serve with pan juices, skimmed of fat and mixed with parsley. (Pleasures of Italian Cooking)

LAMB

Ellen Jacobs

3 lb. boneless lamb, cut in cubes
1 c. cider vinegar
1/2 c. minced onions
2 minced garlic cloves
2 tsp. salt
1/2 tsp. dried ground chili peppers
2 tsp. ground coriander
1 tsp. ground cumin
1/2 tsp. saffron
1 tsp. powdered ginger
4 Tbsp. oil
1/2 c. water

Marinate lamb in vinegar and spices for 30 minutes to 1 hour. Heat oil in saucepan; brown lamb in it. Add water and remainder of marinade; cook over low heat for 30 minutes, or until tender. Serve with rice.

PARTY HAM RING

Minerva Baiz

1 envelope Knox gelatine
1/4 c. cold water
3/4 c. boiling water
1 c. sour cream
1/2 c. mayonnaise
3 Tbsp. vinegar
1/4 tsp. salt
Dash pepper
2 c. diced ham
1 c. celery
1/4 c. fresh parsley
3 Tbsp. minced onion

Soften gelatine in cold water; add boiling water. Blend in sour cream, mayonnaise, vinegar, salt and pepper. Chill until partially set. Whip until fluffy; add remaining ingredients. Pour into greased mold (2-quart). Chill. Serves 8.

STUFFED HAM

Pat Heaman

1 fully cooked ham
1/2 c. chopped onion
1/2 c. chopped celery
1/2 c. butter or margarine
5 c. soft bread crumbs (10 slices)
1 Tbsp. leaf sage, crumbled
1/2 c. honey
2 Tbsp. lemon juice

Place ham in large deep roasting pan; pour in water to 2-inch depth. Heat to boiling; cover. Simmer 1 hour. Cool slightly, then move ham to large shallow pan. Trim off rind, excess fat, leaving 1/4 inch thick layer. While ham simmers, sauté onion and celery in butter until soft; pour over bread crumbs and sage, tossing lightly to mix. Turn ham fat side up. Make 3-inch deep cuts, 1 1/2 inches apart, into meat lengthwise. Press stuffing mixture into cuts. Bake at 325° for 2 hours. Last 45 minutes, brush on mixture of honey and lemon every 15 minutes.

Alternate Dressing for Ham:

5 slices bread, crumbled
5 slices corn bread, crumbled
2 apples, diced
1 c. raisins
1/2 c. onions
1/2 c. celery
1 stick butter

Mix first 4 ingredients. Sauté onions and celery in butter. Pour into dry ingredients, toss lightly.

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HAM DELIGHT — Mary Babcock

1/2 c. chopped onions
2 c. finely chopped cooked ham
3 slightly beaten eggs
1 c. shredded sharp cheese
2/3 c. finely crushed crackers (about 15)
1 1/2 c. milk
Dash pepper

Combine ingredients; mix well. Pour into 10 x 6 x 1 1/2 inch (or 9-inch square) baking dish. Bake at 350° for 45 to 50 minutes, or until knife inserted in center comes out clean. Serves 6.

BARBECUE PORK — Ellen Jacobs

1/4 c. oil
1/4 c. vinegar
1/2 c. soy sauce
1/4 c. peanut butter
2 tsp. ground ginger
1 or 2 minced garlic cloves
4 Tbsp. tomato catsup

Mix together and use as sauce for broiling or barbecuing pork chops. (Decrease oil for broiling.)

BARBECUE PORK ROAST — Ann Marie Raspen

Barbecue Sauce:

1/2 c. vinegar
1/2 c. water
1/2 c. lemon juice
1/4 c. sugar
2 tsp. paprika
2 tsp. salt
1/2 tsp. pepper
1/2 tsp. garlic salt
1 tsp. onion salt
1 Tbsp. Worcestershire sauce

* * *

2 1/2 to 3 lb. pork roast

Boil sauce separately and pour over roast; roast at 325° for 2 1/2 to 3 hours, basting occasionally.

SAUTERNE PORK CHOP BAKE — Carmela Earl

4 med. pork chops
Flour
Oil or shortening
1/4 tsp. pepper
1 tsp. salt
3/4 c. California sauterne or other white table wine
1/4 c. apple jelly

Coat chops with flour; brown in small amount of oil. Place in casserole and then season. Combine wine and jelly. Pour over chops. Cover and bake in moderate 350° oven for 1 hour.

Accompany with California sauterne, Chenin Blanc or rosé. Serves 4.

PORK 'N APPLES WITH STUFFING — Ginny Orlowski

12 pork tenderloin slices (about 4 lb.)
2 (20 oz.) cans pie sliced apples, drained
1/2 c. brown sugar
6 c. herb seasoned stuffing mix
1/2 c. chopped celery
1/4 c. butter or margarine, melted
3 Tbsp. instant minced onion
1 tsp. salt
1/2 tsp. ground sage
2 c. beef bouillon

Pound tenderloins, trim off fat. In large skillet, cook trimmings until 2 tablespoons drippings accumulate; discard trimmings. Sprinkle meat with a little salt and pepper. In skillet, brown well on both sides. Place in 2 (11 3/4 x 7 1/2 x 1 3/4 inch) baking dishes. Combine apples and brown sugar. Spoon over tenderloin pieces. Combine stuffing mix, celery, melted butter or margarine, onion, salt and sage; toss with beef bouillon until moistened. Press into 1/2 cup measure, unmold onto each pork tenderloin. Cover tightly, seal, label and freeze.

Bake frozen casserole, covered, in 400° oven for about 1 1/4 hours, or until pork is done. (Bake unfrozen casserole in 375° oven for 1 hour.) Makes 2 casseroles, 6 servings each.

GRILLED ROAST — Lois Carpenter

Marinate a chuck roast in French dressing for at least 12 hours (overnight). Periodically, turn and pierce with fork. Cook on barbecue grill approximately 1 hour, or until done to preference.

PEPPER STEAK (Serves 6) — Mary Babcock

1 1/2 lb. round steak, cut into 1/2 inch strips
1/4 c. flour
1/2 tsp. salt
1/8 tsp. pepper
1/4 c. oil
1 (14 1/2 oz.) can tomatoes
1 3/4 c. water
1/2 c. chopped onions
1 small clove garlic, minced
1 Tbsp. beef flavor gravy base or 1 pkg. beef bouillon or 1 cube
1 1/2 tsp. Worcestershire sauce
2 large green peppers, cut in strips

Cut steak into strips. Combine flour, salt and pepper; coat meat, brown in oil. Drain tomatoes and add the tomato liquid, water, onion, garlic and gravy base in skillet. Cover and simmer 1 1/2 hours. Uncover, stir in Worcestershire sauce and add green pepper strips. Cover and simmer 10 minutes. If desired, thicken gravy. Add drained tomatoes. Simmer 5 minutes and serve over hot rice.

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STEAK DIANE

Frances Holden

1 (10 oz.) sirloin steak (or chopped sirloin, heavily marbled)
1 1/2 Tbsp. butter
1 Tbsp. cognac, heated
2 Tbsp. sherry
1 Tbsp. sweet butter
1 tsp. chopped chives

Trim meat well, pound very thin with mallet. Heat butter in chafing dish, platter or heavy skillet. Add steak, cook quickly, turning it once. Keep hot in oven on warmed platter, while finishing sauce. Add cognac and flame. Add sherry and sweet butter, creamed with chives. Scrape browned particles on pan and mix with sauce. Pour all over meat on platter and serve. (New York Times Cookbook)

BRAISED SWISS STEAKS

From The White House

2 Tbsp. corn oil
1 large onion, sliced
1/4 tsp. thyme
6 (8 oz.) steaks, cut from top round
Seasoned salt
Flour
1 c. beef bouillon
1 c. vegetable juice
1 1/2 c. carrots, leeks and celery, cut in julienne (thin) strips
1 tsp. chopped parsley

Simmer onions in 1 tablespoon corn oil until golden. Remove pan from heat and add thyme. Season and sprinkle steaks on both sides with flour, then brown steaks in 1 tablespoon hot vegetable oil on both sides in an iron skillet. Transfer steaks to pan with onions.

Pour vegetable juice and bouillon over steaks. Cover pan and simmer steaks very slowly for 1 hour in the oven or on top of the stove. After 1 hour cooking time, turn steaks over, then cover the steaks with the vegetable julienne and continue the cooking for 30 minutes more.

To serve, arrange steaks on serving platter. Spoon sauce and vegetables over steaks. Sprinkle with parsley. Serves 6.

STEAK PIE

Linda Hobrock
Wyoming, Pa.

1 lb. top round steak
1/4 c. flour
1/2 tsp. salt
1/8 tsp. pepper
2 Tbsp. salad oil
1 1/2 c. hot water
1/2 lb. mushrooms
1 Tbsp. butter
1 Tbsp. soy sauce
1 Tbsp. cornstarch, mixed with cold water
1 large onion, chopped
1 recipe pie crust

STEAK PIE (Continued)

Cut 1 pound top round steak into small cubes. Mix together flour, salt and pepper. Dredge meat in seasoned flour. Melt salad oil in skillet. Brown meat well, add chopped onion. Cook until onion is soft. Stir frequently. Cover with hot water, cover and simmer for 45 minutes. Slice mushrooms; sauté for 5 minutes in butter. Drain off broth from meat and mix with mushrooms. Add soy sauce and cornstarch. Heat and stir until thickened. Taste for seasoning. Add meat and pour into 3 individual casseroles (or 1 large casserole). Set aside to cool. Cover and seal tops of containers with pie crust. Cut steam slits. Bake in hot oven until crust is golden brown, 15 minutes.

OVEN BEEF BURGUNDY

Carol Acheson

2 lb. beef cubes
1 Tbsp. Kitchen Bouquet
1/4 c. cream of rice
6 or 7 carrots
2 c. small whole frozen onions
1 c. thinly sliced celery
4 slices bacon, fried crisp and crumbled
2 Tbsp. bacon drippings
1 (4 oz.) can mushroom crowns, including broth
1 clove garlic, minced
2 tsp. salt
1/8 tsp. pepper
1/8 tsp. ground marjoram
1/8 tsp. powdered thyme
1 c. burgundy wine

Put meat in large (2 1/2 quart or larger) casserole and toss with Kitchen Bouquet to coat. Mix in cream of rice. Cut carrots in quarters lengthwise and in halves crosswise. Add vegetables, bacon and drippings, mushrooms and spices to meat mixture. Pour wine over all, and mix gently. Cover and bake in preheated 325° oven until tender, about 2 1/2 hours. Stir every 30 minutes. Serve with noodles, potatoes or rice.

QUICK PRESSURE COOKER MEAL

Norine Allen

1 lb. stewing beef
4 scraped carrots
1 (15 1/2 oz.) can cut green beans, and 1/2 can juice
3 onions, peeled and sliced
1 (10 1/2 oz.) can tomato soup
3 peeled potatoes
Salt and pepper (season to taste)

Brown beef in fry pan. Put liquid in bottom of pressure cooker; bring to boil. Add meat, vegetables and seasoning. Put cover on, cook under pressure 20 minutes. Cool under cool running water or by placing in pan of cool water. Serves 4.

STUFFED CABBAGE

Marge Molley

Med. size head cabbage
1 lb. ground beef and pork
3/4 c. raw rice
1 tsp. sugar
1 1/2 tsp. salt
Few grains pepper
1/4 c. diced onion

Drop head of cabbage into boiling salted water and cook for 3 minutes only. Drain and separate leaves, trim off hard stem. Mix rest of ingredients together; roll about 2 tablespoons mixture in each leaf. Make each leaf into a little envelope, tucking the sides in well. Cover the rolls with water and pressure cook for 1 hour.

PEGGY'S MEAT LOAF

Peggy Jones

2 lb. ground beef
1 tsp. salt
Dash pepper
2 eggs
1 small chopped onion
1/2 chopped green pepper
2 c. Rice Krispies
1/2 c. milk
1/3 c. ketchup
1 tsp. Worcestershire sauce

Form into loaf, put into greased bread tin and bake in oven at 500° for 15 minutes. Pour 1/2 cup hot water around loaf, cover and continue to bake at 350° for 1 1/2 hours.

HAMBURG A LA CREOLE

Lillian K. Rosenberg

Pan-broil rare, 1 or 2 pounds hamburg.

Sauce: (When onions are soft, add other ingredients.)

3 onions, cooked in 2 tsp. oil (when soft, drain)
1 c. tomato stock
1 green pepper, cut fine
1 pimiento, cut fine
1/2 doz. olives, cut in rings
1/2 doz. mushrooms, cut small (or 1 can)

Simmer sauce $\frac{1}{2}$ hour, pour over hamburg, put in hot oven 10 min., serve at once with hot mashed potatoes, rice or egg noodles.

CALIFORNIA PILAFF

Rhoda Tillman

1 lb. ground beef
1/3 c. finely chopped green pepper
2/3 c. finely chopped onion
1/2 c. uncooked rice
1 1/2 tsp. salt
1/4 tsp. pepper
3/4 c. coarsely chopped ripe olives
3/4 c. tomato paste (6 oz. can)
2 c. hot water

CALIFORNIA PILAFF (Continued)

Crumble beef into frying pan and cook until browned. Place meat in medium sized casserole. Using the drippings left in the pan, sauté green pepper and onion until lightly browned. Add to meat. Sauté rice in same pan, stirring constantly, until lightly browned, and stir into meat mixture. Add seasonings and olives and mix well. Combine tomato paste with water and pour over the top. Bake in 350° oven for 1 hour. Serves 4 to 6.

COMPANY CHILI A LA TEXAS

Carmela Earl

On each plate, place a layer of Fritos, then on top of these pour tomato-cheese sauce:

1 can Campbell's tomato soup
1 small pkg. Velveeta cheese

Heat soup until cheese melts in it. Top with your favorite chili recipe and 1 or 2 tamales. Garnish with a spoonful or 2 of tomato-cheese sauce.

CHILI CON CARNE

Cheryl Fuller

2 lb. lean ground beef
4 Tbsp. chili powder
2 tsp. salt
1 tsp. sugar
1 large onion, chopped med. fine
1 green pepper, coarsely chopped
2 (15 oz.) cans tomato sauce
1 c. water
1 bay leaf
2 Tbsp. pure vegetable oil
2 Tbsp. flour
2 (1 lb.) cans red kidney beans (undrained)

In Dutch oven or large wide saucepan, over moderately low heat, brown beef, crumbling it with a fork. Drain off fat. Sprinkle meat with chili powder, salt and sugar. Mix well. Add onion, green pepper, tomato sauce, water and bay leaf. Cover and simmer, stirring occasionally, for 1 hour. Remove bay leaf.

In a small bowl, stir together oil and flour until smooth; stir in beans. Add to meat mixture. Cover and simmer, stirring occasionally, until thoroughly heated and slightly thickened, about 30 minutes.

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Wilkes College is forty years old this year (1973). It was founded as Buckness University Junior College in 1933 during the great depression years of the 30's.

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MEAT BALLS — Lee Ann Johnson

1 lb. ground steak
1 can mushrooms, drained
1/4 c. cooked rice
1 1/2 c. tomato soup (1 can)

Mix above with 1/2 of the soup, which has in it, 1 tablespoon sugar, salt, pepper, onion, and oregano to taste. Make large meat balls and place them in a shallow baking dish. Pour remainder of sauce over them. Bake, uncovered, 1 hour at 375°. Serves 6.

MEAT BALLS IN ZESTY SAUCE — Arlene Domzalski

1 1/2 lb. ground beef
1 c. bread crumbs
1/4 c. milk
2 tsp. Worcestershire sauce
1 tsp. sage
1 chopped med. onion
1 c. applesauce
1 Tbsp. horseradish sauce
1 (8 oz.) can tomato sauce
1/8 tsp. oregano
1/8 tsp. pepper
1 tsp. lemon juice

Combine first 8 ingredients, form into about 30 meat balls and brown. Add to remaining ingredients and heat in oven until ready to serve.

TORELLI SPAGHETTI SAUCE — Joy Torelli

1 1/2 lb. ground chuck, broken up
2 inch piece pepperoni, chopped
1 med. onion, chopped
1 large bottle Ragú spaghetti sauce
1 small can tomato paste
1/2 c. water
1 small can tomato sauce with mushrooms
Salt, garlic powder to taste
1/4 tsp. pepper
1/4 tsp. oregano
1/4 tsp. red pepper
1 bay leaf, broken in fourths

Sauté beef, onion and pepperoni in heavy pan until brown. Add tomato sauces and water; stir. Add seasonings. Simmer, uncovered, 45 minutes to 1 hour. Remove bay leaf. Serves 4.

SPAGHETTI SAUCE — Betty L. Jahr

2 lb. each: ground beef and pork (lean)
3 Tbsp. oil
1 very large onion, chopped
4 (15 oz.) cans tomato sauce
4 (6 oz.) cans tomato paste
2 Tbsp. Italian seasoning
1 tsp. garlic powder
6 bay leaves
12 sprigs parsley, chopped fine
4 c. water (8 oz.)
Salt and pepper

SPAGHETTI SAUCE (Continued)

Brown beef and pork in oil. Add the rest of ingredients and bring to a boil. Simmer slowly until sauce is nice and thick. Stir often to keep from scorching. Makes about 3 quarts.

Freezes very well. Use as needed.

SPAGHETTI SAUCE — Helenanne Sincavage

2 Tbsp. cooking oil
2 med. onions, diced
1 med. green pepper, diced
2 large cans (35 oz.) whole peeled plum tomatoes (imported)
4 (6 oz.) cans tomato paste
8 cans water (use paste cans and fill each twice, about 3/4 full)
6 bay leaves
6 cloves garlic
1/4 tsp. each: garlic salt, thyme, basil, oregano, onion salt, pepper, parsley flakes (or more if taste so desires)
2 flat Tbsp. salt
2 flat Tbsp. sugar
Meats: (already cooked)
meat balls
sausage

Sauté diced onion and green pepper in cooking oil. At medium heat, add 2 cans whole tomatoes, which have been chopped. Then add 4 cans tomato paste and 8 cans (use same cans) water, about 3/4 full. Mix and add all spices. Cook 1/2 hour at medium heat.

After meat balls have been browned and sausage cooked and browned, add to spaghetti sauce (after draining excess grease in paper towels) and cook, uncovered, over low heat for 1 1/2 hours, stirring occasionally.

(Use large (6 to 8 quart) stainless steel pot for best results.) Serves 12 spaghetti dinners or enough for lasagna and veal Parmigiana.

BAKED FISH — Mary Z. Kerr

2 lb. fish fillets
3/4 c. sharp Cheddar cheese, grated
1 1/2 Tbsp. parsley
6 Tbsp. scallions
3/4 lb. mushrooms, sliced
1/2 c. dry white wine
Juice of 1 lemon
Salt and pepper

1. Brush baking dish with oil. 2. Sprinkle cheese. Cover with fish and season. 3. Layer scallions, mushrooms, wine and lemon. 4. Bake at 400° for 20 minutes. Serves 6.

TUNA BURGERS

Nancy-Kay Kelly
Edwardsville, Pa.

1 1/2 c. tuna fish
2 stalks celery, chopped
1 small onion, chopped
1 c. Velveeta cheese, diced
1/2 c. mayonnaise or salad dressing
Sprinkle of salt and pepper

Mix all ingredients together. Then fill 8 hamburger rolls. Wrap in aluminum foil and put in oven for 15 minutes. Serve hot. Oven: 350°.

BALTIMORE CRAB CAKES

Mrs. Arlene M. Origlia

1 lb. lump crabmeat
2 Tbsp. chopped parsley
Salt and pepper to taste
1 egg white
2 egg yolks
2 tsp. Worcestershire sauce
1 tsp. mustard
1 Tbsp. lemon juice
2 Tbsp. oil
1 1/2 c. (approx.) bread crumbs
Oil for frying
Lemon wedges

Mix crab, parsley, salt, pepper and egg white. Place yolks in small bowl, add Worcestershire sauce, mustard and lemon juice; gradually add oil. Add this mixture to crab. Work with fingers so mixture will stick together. Shape into cakes (from 4 to 8 cakes). Dip into bread crumbs. Heat oil (about 1 inch deep). Fry cakes until golden brown, turn once. Drain, serve with lemon wedges, and Baltimore style with Worcestershire sauce.

CRAB SANDWICHES

Carol Acheson

1 (7 1/2 oz.) can Alaska king crab, flaked
1 c. diced Cheddar cheese
1/4 c. diced celery
1/2 tsp. grated onion
1/2 c. mayonnaise
3 Tbsp. chili sauce
2 Tbsp. pickle relish
6 hamburger buns

Combine all ingredients; mix well. Split and butter buns. Spread with crab mixture. Wrap each in foil. Bake at 325° for 20 minutes. Yield: 6 portions.

SALMON PATTIES

Mrs. Thomas Urban

1 can salmon
1 egg
1 small onion, chopped
1/2 c. flour
1 1/2 tsp. baking powder
1 1/2 c. shortening

SALMON PATTIES (Continued)

Drain salmon and set aside 2 tablespoons of juice. Mix salmon, egg and onion until sticky; stir in flour. Add baking powder to salmon juice; stir into salmon mixture. Form into small patties and fry until golden brown, about 5 minutes, in hot shortening.

Charlotte Sours

QUICHE LORRAINE
(Main Dish or Snack, Like Pizza)

1/2 lb. fried crumbled bacon
1/4 lb. Swiss cheese, grated
3 eggs
2 c. Half & Half
Dash of salt and pepper

Put bacon in 9-inch unbaked pie shell. Sprinkle cheese on top. Mix eggs, Half & Half, and salt and pepper, and pour on top. Do not mix. Bake 40 to 50 minutes at 325°, until golden brown. Mixture may not be completely firm. Remove from oven and let stand 5 to 10 minutes.

Serve with salad, buttered French bread and a white wine. The quiche can be made a few hours in advance and kept in refrigerator.

Felice Salsburg

FETTUCINI AL ALFREDO

1 lb. fettucini noodles
1 stick butter or margarine
1/4 lb. freshly ground Parmesan cheese
1/2 pt. heavy cream
Parsley and pepper

Salt water and boil noodles until they are done "al dente." Drain, place noodles in heavy skillet over medium heat. Add butter, stir until absorbed. Add cream, stir until absorbed. Add cheese, stir until melted. Garnish with parsley and freshly ground pepper. Serve at once. Serves 4-6.

Felice Salsburg

KASHA VARNISHKAS

1 c. medium groats
1 lb. medium bow-ties
4 c. boiling water
1 stick margarine
3 onions, chopped
1 egg, beaten
Salt and pepper

Cook bow-ties in boiling salted water until done to taste. Drain. Sauté onions until golden. Place groats in heavy pot with lid over low heat. Heat groats slowly, stirring. When they are warm, add egg, stir until groats are dry and lumps disappear.

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KASHA VARNISHKAS (Continued)

Add boiling water until groats are covered. Cover with tight lid, reduce heat to very low. Cool 1/2 hour or until water is absorbed. Mix with drained noodles and sautéed onions. Pepper and salt to taste. Serves 4.

HUMMUS BI TAHINI

Peggy Nejib

1 (16 oz.) can chick peas (Garbanzos)
3 Tbsp. Tahini (available at Greek & Arabic stores)
1 to 4 cloves garlic, minced
3 Tbsp. water
6 Tbsp. lemon juice
1/2 tsp. salt
1 tsp. parsley flakes

Drain chick peas, shell off skins. Mash thoroughly. Add rest of ingredients; mix well. Refrigerate a few hours before serving. Pour into flat serving dish. Dribble olive oil over surface lightly and garnish with parsley. Serve with Syrian bread, dipping with small pieces of the bread. (If made in a blender, do not remove the skins from chick peas.)

MOUSSAKA (Eggplant Dish, Egyptian Style)

Pat El-Ashry

2 lb. eggplant
2 green peppers, sliced
2 c. cooking oil (approx.)
1 med. onion, chopped
1 lb. ground lamb
1 (8 oz.) can tomato sauce
1 (6 oz.) can tomato paste
3 c. water
Salt and pepper to taste

Peel the eggplant with a sharp knife. Cut it crosswise into slices 1/4 to 1/2 inch thick. In a bowl, sprinkle the slices with salt. After 15 minutes, gently squeeze the water out of the eggplant. Next, fry it in 1 cup oil (more may be needed as the oil will soak into the eggplant). When the eggplant is dark brown and crisp, drain it on paper towels. In the same skillet, lightly brown the slices of green pepper.

While the eggplant and green pepper are draining, brown the chopped onion and ground lamb in a tablespoon of oil left in skillet. When the lamb is well cooked, pour off all but a tablespoon of grease. Add the tomato sauce, tomato paste, water, salt and pepper. Heat sauce until it begins to bubble. Then layer first the eggplant, then the green pepper back into the sauce. Simmer the sauce until the eggplant is cooked, about 15 minutes. It will be done when you can put a fork through it.

In Egypt, Moussaka is eaten as a main dish, served with Syrian bread (which can be bought from the Middle Eastern Bakery or some chain grocery stores) or it is served as a sauce over long grain rice. Serves 4-6.

ITALIAN EGGPLANT PARMIGIANA — Ruth Ann Orehotsky

1 large eggplant
Salt and pepper to taste
1 c. fine dry bread crumbs
2 eggs, lightly beaten
Cooking oil
1 1/2 c. tomato sauce
(see recipe below)
1 lb. Mozzarella cheese, sliced
1 tsp. crumbled dried basil
1/4 to 1/2 c. Parmesan cheese, grated

Wash eggplant and cut crosswise into rounds 1/4 inch thick. Do not peel. Season with salt and pepper. Dip into bread crumbs, dip into egg, and then again into bread crumbs. You might prefer to first dip into flour, then egg, and then bread crumbs. (Depending on size of the eggplant, more bread crumbs and egg may be necessary.) Place in refrigerator for 30 minutes.

Heat about 1/8 inch of oil in a skillet. Fry eggplant slices until tender and golden on both sides. Add more oil when necessary. Drain on absorbent paper. Line a buttered, shallow baking dish with some of the sauce. Arrange a layer of eggplant slices over the sauce. Cover with a layer of Mozzarella cheese slices, more sauce, and a sprinkling of basil and Parmesan cheese. Repeat in layers until the dish is full. Bake in preheated moderate oven (350°) for 25 to 30 minutes. Makes 6 servings.

Tomato Sauce:

1 or 2 onions, sliced thin or chopped
1 clove garlic (large), or 2 small cloves
6 Tbsp. olive oil
2 cans tomato paste
4 c. tomato juice
1 c. water
1 1/2 Tbsp. sugar
1/2 tsp. oregano
1/2 tsp. basil
Salt and pepper

Cook onion and garlic slowly in oil until onion is yellow. Add tomato paste, tomato juice, water and sugar. Season with oregano, basil, salt and pepper. Simmer at least 1 hour, adding more liquid if it boils away.

Use any leftover sauce over poached or scrambled eggs or fish, or add it to a soup or gravy.

* * *

The Wilkes Campus is 23 acres in size, located in an urban setting.

MOUSSAKA A LA GRECQUE — Theodora Berlatsky

3 med. eggplants
1 c. butter
3 large onions, finely chopped
2 lb. ground beef
3 Tbsp. tomato paste
1/2 c. red wine
1/2 c. chopped parsley
1/4 tsp. cinnamon
Salt and pepper to taste
6 Tbsp. flour
1 c. Parmesan cheese
1 qt. milk
4 eggs, beaten
Nutmeg
2 c. Ricotta cheese
1 c. fine bread crumbs

1. Peel eggplants and cut into slices 1/2 inch thick. Brown in 4 tablespoons butter. Set aside. 2. Heat 4 tablespoons butter in same skillet and cook onions until brown. Add ground beef and cook 10 minutes. Combine tomato paste with wine, parsley, cinnamon, salt and pepper. Stir mixture into meat. Simmer, stirring frequently, until all mixture is absorbed. Remove from fire.

3. Melt 8 tablespoons butter and blend in flour. Bring milk to boil and add to butter-flour mixture. Stir until thick. Cool and add eggs, nutmeg and Ricotta cheese. 4. Grease 11x16 inch pan. Sprinkle bottom with some of bread crumbs. Arrange alternate layers of eggplant and meat sauce, and sprinkle each layer with Parmesan cheese and bread crumbs. Pour cheese sauce over top. Bake 1 hour in 375° oven. Cool 20 minutes before serving. Cut into squares and serve.

BOPKA — Gen Wasileski

6 strips bacon
2 med. onions
6 potatoes, grated, drained
7-8 slices dry white bread
3 eggs
Salt and pepper to taste

Fry bacon and onion until soft. Soak bread in cold water; squeeze out as dry as possible. Add bread to potatoes, eggs, salt and pepper. Then add bacon and onion mixture. Stir. Put in large flat baking dish. Bake 1 1/2 hours at 350°. Slice and serve with baked beans and salad.

POTATO PIE (Sieniáht Battata) (Jordanian) — Mr. Shaban Ghannam
From Jerusalem, Jordan
Treasurer of the International Students

Potatoes
Milk
2 or 3 onions
Ground meat
Spices
Butter

Boil potatoes until tender, peel and mash, adding milk, but keep it a bit on the dry side. Cut up 2 or 3 onions, according to

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POTATO PIE (Continued)

amount of meat used, and mix with meat, adding black pepper and salt. Fry until well done. Spread the mashed potato 1/2 to 3/4 inch thick in a lightly greased Pyrex dish; over it spread the fried meat. Then top with another layer of mashed potato. Put butter on top and bake in 400-450° oven for half an hour, until top is brown.

Cut in squares and serve hot. Good served with salad.

KOSI (Lithuanian Potato Cake) Mrs. Thomas Urban

10 med. sized potatoes 1 med. onion

Grate potatoes and onion into large bowl. Add salt and pepper to taste. Pour very hot melted fat into potato mixture, stirring as you pour. Use rendered suet, fat back or 1 stick of margarine. Add 1/2 cup very hot milk. Add 3 large eggs, beaten. Pour into pan or casserole, and bake in hot oven until set and golden brown on top.

GALUSKYS Mrs. Thomas Urban

Filling: Mix 1 pound ground meat with 1 small chopped onion, celery, seasonings to taste (salt and pepper), 3 eggs and cracker or bread crumbs.

Dough:

2 1/2 c. flour
Salt
2 eggs, beaten
Enough water or milk to make dough workable (1/3 to 1/2 c.)

Knead until smooth. Place on floured board and invert bowl over dough and let rest about 15 minutes. Roll out dough on floured board. Cut into squares. Add (uncooked) filling and fold into triangles. Place in boiling salted water and cook 12 to 15 minutes. Place in pan into which you have melted margarine. Keep hot until ready to serve.

PASTITSIO (Greek)

Aphrodite Xeromeritou
From Patras, Greece
Wilkes 1970

1/2 lb. butter
1 lb. mezzani - No. 3 (thick macaroni)
2 lb. ground beef
5 eggs
8 oz. can tomato sauce
Salt and pepper
1/2 c. wine
2 c. grated cheese

PASTITSIO (Continued)

Boil macaroni for 50 minutes; drain. Brown beef with a little butter in frying pan. Add salt, pepper, tomato sauce, wine and 1 cup water. Simmer for 1 hour, until it becomes thick. Melt butter and add with cheese to the macaroni in a bowl. Beat eggs into beef and add to macaroni mix. Put all into a large casserole or Pyrex dish, buttered. Pour sauce over it. Bake in 375° oven for 40 to 50 minutes.

Sauce:

1/2 lb. butter
6-7 eggs, beaten until thick
7 tsp. flour
1 qt. milk, heated to boiling

Brown flour in butter, add hot milk and eggs. Stir until thickened over low heat. When thick, pour over macaroni-meat mixture and bake as directed.

GROUND BEEF A LA MIDDLE EAST

Sandy Kemrer
Blakeslee, Pa.

1 med. eggplant
1 lb. ground beef
1 med. onion
1 bay leaf
1 large can whole tomatoes
Water
Olive oil
Yogurt
Rice

Peel and dice eggplant. Soak in salted water 1-2 hours. Brown beef in olive oil. Drain eggplant. Combine in large pot, eggplant, chopped onion and bay leaf. Add enough water to cover and boil until eggplant is almost tender. Pour off most of the water and remove bay leaf. Add tomatoes and ground beef. Cook over low heat about 20 minutes longer. If possible, refrigerate overnight. It's tastier the second day. Serve on rice with yogurt.

DOLMADAKIA (Greek)

Margarita Tsatsarounou
From Athens, Greece
President of International Students

2 lb. ground meat
2 eggs
3/4 c. rice
1 large onion, chopped very thin
A little chopped parsley
1 c. olive oil
1 jar large grape leaves
Salt and pepper
1/4 lb. butter, melted or cut up

Egg Sauce:
3 eggs
Juice of 2 lemons

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DOLMADAKIA (Continued)

Boil grape leaves about 10 minutes and let cool. Mix ground beef and other ingredients; roll up meat mixture in leaves, a little in each leaf. Put rolls into a pan with water to cover, add butter. Simmer over low heat for 1 hour. Cover pan. Make egg sauce by beating eggs until thick and adding lemon juice. Remove pan from heat and pour sauce over dolmadakia.

SIRLOIN STEAK A LA MEXICANA

Sandy Kemrer
Blakeslee, Pa.

Sirloin steak
Oil
1 can whole tomatoes
1 1/2 hot green chilies
Approx. same amount of chopped onions
Beef stock
Basil
Cumin
Salt

Cut steak in large pieces. Brown in oil. Add tomatoes (not the juice), green chilies and onions. Add beef stock, basil, cumin and salt to taste. Cook over low heat 1 1/2 to 2 hours. Serve with rice and corn. Leftover sauce is delicious over fried eggs or hamburgers.

CHUCK BOURGUIGONNE

Diane Ushinski

2 1/2 lb. cubed sirloin
6 slices bacon, cooked and crumbled
1 can beef broth
1 1/4 c. water
1/2 c. dry red wine
2 large cloves garlic, minced
1 large bay leaf
1/2 lb. (about 8) small whole white onions
4 med. carrots, cut in halves
1/2 lb. sliced fresh mushrooms or 1 can sliced mushrooms, drained
2 Tbsp. flour

In large heavy pan, brown meat in bacon drippings; pour off fat. Sprinkle with salt and pepper. Add bacon, soup, 1 cup water, wine, garlic, bay leaf. Cover and simmer 1 hour; stir now and then. Add onions, carrots and mushrooms. Cover and simmer for 1 hour, or until tender. Remove bay leaf. To thicken, gradually blend 1/4 cup water into flour. Push meat, vegetables to one side. Slowly stir flour mixture into sauce. Cook stirring until thickened. Serves 4 and is very good with cooked rice.

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SAUERBRATEN — Heidi Holm

3 lb. chuck roast
1 can onion soup or onion soup and 1 c. water
Flour
Shortening

Marinade:

Equal parts of vinegar and water to cover meat in a bowl
5 peppercorns
1 carrot, scraped and cut up

Combine all ingredients of marinade. Place meat in a bowl and add marinade. Cover bowl and place in refrigerator for 5 to 7 days. Turn meat twice a day. When ready to prepare, remove meat from marinade, reserve same. Drench meat in flour and brown quickly on all sides in a Dutch oven. Add onion soup and let simmer for 2 1/2 to 3 hours, or until tender. You may add some marinade to the pan. Remove meat to a platter and keep warm. Make gravy by using a flour paste. Serve separate. 5-6 servings.

This recipe was also handed down by word of mouth in my family.

SANTIAGO PORK ROAST — Mrs. Edward B. Stockham, Mountain Top, Pa.

1 (6-7 lb.) loin of pork
1 large onion, thinly sliced in rings
2 bay leaves
2 tsp. salt
1/2 c. lime or lemon juice
3/4 c. soy sauce
3/4 c. sugar
1 tsp. freshly grated ginger or 1/2 tsp. dried ginger
2 cloves garlic, finely minced

1. Place the loin of pork in a roasting pan and scatter the onion rings over it. Combine the remaining ingredients and stir until sugar dissolves. Pour this over meat and cover with plastic wrap. Refrigerate 12 hours or so, turning meat once in awhile.

2. Preheat oven to 325°; remove plastic wrap. 3. Place meat in the oven and bake, basting frequently, about 3 1/2 hours, or until meat is thoroughly cooked. Yield: 8 to 10 servings.

LIVER A LA CHIMENTI — Gen Wasileski

1 1/2 lb. baby beef liver
1 green pepper, chopped
2 onions, chopped
6 bacon slices, chopped
1/4 c. vinegar
3/4 c. brown sugar

LIVER A LA CHIMENTI (Continued)

Brown pepper, onion and bacon bits. Add vinegar and brown sugar. Bring to boil. Put liver in large baking dish and pour over sauce. Bake 45 minutes at 350°.

CHICKEN LIVERS WITH CASHEW NUTS — Joyce Wong

5 chicken livers, cleaned and trimmed
4 canned water chestnuts
15 slices bamboo shoots
10 slices carrots
5 slices onion
3-4 Tbsp. peanut oil
Pinch salt, sugar, Accent
Few drops soy sauce
6-8 Tbsp. chicken stock or water
1 tsp. cornstarch
2 Tbsp. water
10 Tbsp. roasted salted cashew nuts

Place livers in salted boiling water. Cook 3-4 minutes. Drain. Cool. When cold, slice livers, bamboo shoots, water chestnuts and carrots. Cut knicks all along carrot slices. Heat oil in frying pan. Add onion and carrots; fry 1 minute. Add bamboo shoots, chestnuts, livers, and toss and cook for 2 minutes. Add salt, sugar, Accent, soy sauce and chicken stock. Toss about. Blend cornstarch in 2 tablespoons water. Add to vegetables. Boil and simmer 2 minutes. Add cashew nuts and heat through. Serve while it is hot.

YASSA-SENGALESE CHICKEN — Jane Lampe

1 large chicken, cut up
6 med. onions
3 cloves garlic
3/4 c. lemon juice
3/4 c. cider vinegar
Lots of fresh pepper
1 tsp. salt
1/2 c. peanut oil

Mash garlic and 1 onion together; rub over chicken. Chop the rest of the onions, lemon juice, vinegar, salt, pepper (1 tsp.) in large pot and simmer 30 minutes. Meanwhile, brown chicken. Then place chicken in pot, add oil and enough water to barely cover. Simmer slowly for 1 hour. Serve over hot rice. (An unusual "zing-y" flavor, especially nice and light in the summer.) Serves 6.

CHICKEN CUTLET CORDON BLUE — Carmela Earl

4 chicken breasts, boned and halved
Salt and pepper
4 slices Switzerland Swiss cheese
4 slices smoked ham (boiled)
2 Tbsp. flour
1 egg, beaten
4 Tbsp. butter
1/2 c. bread crumbs

CHICKEN CUTLET CORDON BLUE (Continued)

Flatten chicken breasts. Season lightly. Place 1 slice cheese, 1 slice ham on half of chicken breast. Fold over the other half. Press edges together. Roll in flour, dip in egg, cover with bread crumbs. Heat butter in fry pan. Cook cutlets 4-5 minutes on each side. Serves 2 or 3.

Note: Veal cutlets or veal loin chops may be substituted for chicken breasts and prosciutto for boiled ham. This is particularly tasty!

FRIED CHICKEN WITH COCONUT MILK Lisbeth W. Jardine
(Ayam Koenig - Netherlands Antilles)

2 chickens (2 1/2 to 3 lb. each), cut in serving pieces
2 garlic cloves
2 Tbsp. brown sugar
2 tsp. salt
1 tsp. black pepper
1/2 tsp. garlic salt
1/2 c. olive oil
2 small-med. onions
1 tsp. fresh lime juice
1 tsp. curry powder
1 c. coconut milk*
2 bay leaves

Sprinkle chicken pieces with salt, pepper and garlic salt. Brown chicken in 1/4 cup oil (you may need more) in large, heavy skillet. Save drippings. Grind onions and garlic together, chopping fine with a good knife or blender. Add sugar, lime juice and curry powder. Cook this mixture in remaining oil in saucepan until onion is tender, then add coconut milk and bay leaves. Pour over chicken. Cover. Simmer 30 to 40 minutes (or bake in 325° oven). 6-8 servings. Easily reduced to half, using just 1 chicken.

(* Make the coconut milk beforehand: 1 freshly grated coconut (reserve coconut water from draining coconut). Combine 1 cup grated coconut, 1 cup milk, 1 cup water and coconut liquid in a heavy saucepan. Bring just to a boil. Remove from heat and let stand for 1/2 hour; strain before using.)

(Adapted from Recipes From The Caribbean & Latin America, by William J. Kaufman, Gell)

As long as you now have some grated coconut on hand, here's something easy to do with it. It's got quite a kick to it, but it's good.

COCONUT CHUTNEY Lisbeth W. Jardine

1/2 c. grated unsweetened coconut
1 Tbsp. chopped mint leaves
1/4 tsp. cayenne pepper
1/2 tsp. salt
Pinch of ground cumin
Juice of 1 lemon

COCONUT CHUTNEY (Continued)

Combine all ingredients. Note: For the chutney, it is much more satisfactory to use hand-grated coconut rather than chopping it up in a blender.

(Adapted from A Taste of India, by Mary S. Atwood, Avon.)

CURRIED CHICKEN

Marsha Kwalwasser

1/2 c. butter
1 1/2 onions, chopped
2 cloves garlic, chopped
1 or 2 stalks celery, diced
1 bay leaf
1/2 tsp. dry mustard
2 apples, peeled and diced
2 1/2 Tbsp. flour (may need more)
3/4 tsp. mace
1 tsp. curry powder, or to taste
4 c. chicken broth
1 cubed, cooked chicken

Boil chicken in large pot of water for about 3/4 hour. Save broth for later. In a large, heavy pot, heat the butter, add the onion, garlic, celery, bay leaf, mustard and apples; cook 8 minutes, stirring occasionally. Stir in flour, mace, curry and cook 4 minutes longer. Add the broth and simmer, covered, for 1 hour. Taste for seasonings at this point. Rub the mixture through a sieve and return to pot. Add the cubed, cooked chicken and cook about 10 minutes. Serve with hot boiled rice. On the side, serve with mango chutney, chopped peanuts, crumbled bacon strips, sliced hard-boiled egg. 4 servings.

ORIENTAL CHICKEN

Anne Marie Michelini

2 whole chicken breasts, skinned and boned
2 Tbsp. salad oil
1 1/2 c. fresh green beans, thinly sliced lengthwise; or 1 (9 oz.) pkg. frozen French-style
1/4 tsp. ground ginger
1 1/2 c. carrots, thinly sliced diagonally
1 1/2 c. sliced fresh mushrooms
1 (10 3/4 oz.) can Campbell's cream of chicken soup
2 Tbsp. sherry
1 Tbsp. soy sauce

1. Cut chicken into thin strips. 2. Pour oil into wok, preheat at medium heat about 2 minutes. 3. Add beans and ginger; cook 3 minutes, stirring constantly. 4. Add chicken, carrots; cook 10 minutes; stir often. Push up the side, add more oil if necessary. 5. Add mushrooms; cook 1 minute; stir often. 6. Add soup, 1/4 cup water, sherry, soy sauce. Heat, stir often. Serve over rice. Makes about 4 1/2 cups.

CHICKEN CUTLET CORDON BLUE (Continued)

Flatten chicken breasts. Season lightly. Place 1 slice cheese, 1 slice ham on half of chicken breast. Fold over the other half. Press edges together. Roll in flour, dip in egg, cover with bread crumbs. Heat butter in fry pan. Cook cutlets 4-5 minutes on each side. Serves 2 or 3.

Note: Veal cutlets or veal loin chops may be substituted for chicken breasts and prosciutto for boiled ham. This is particularly tasty!

FRIED CHICKEN WITH COCONUT MILK Lisbeth W. Jardine
(Ayam Koenig - Netherlands Antilles)

2 chickens (2 1/2 to 3 lb. each), cut in serving pieces
2 garlic cloves
2 Tbsp. brown sugar
2 tsp. salt
1 tsp. black pepper
1/2 tsp. garlic salt
1/2 c. olive oil
2 small-med. onions
1 tsp. fresh lime juice
1 tsp. curry powder
1 c. coconut milk*
2 bay leaves

Sprinkle chicken pieces with salt, pepper and garlic salt. Brown chicken in 1/4 cup oil (you may need more) in large, heavy skillet. Save drippings. Grind onions and garlic together, chopping fine with a good knife or blender. Add sugar, lime juice and curry powder. Cook this mixture in remaining oil in saucepan until onion is tender, then add coconut milk and bay leaves. Pour over chicken. Cover. Simmer 30 to 40 minutes (or bake in 325° oven). 6-8 servings. Easily reduced to half, using just 1 chicken.

(* Make the coconut milk beforehand: 1 freshly grated coconut (reserve coconut water from draining coconut). Combine 1 cup grated coconut, 1 cup milk, 1 cup water and coconut liquid in a heavy saucepan. Bring just to a boil. Remove from heat and let stand for 1/2 hour; strain before using.)

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1 Tbsp. chopped mint leaves
1/4 tsp. cayenne pepper
1/2 tsp. salt
Pinch of ground cumin
Juice of 1 lemon

COCONUT CHUTNEY (Continued)

Combine all ingredients. Note: For the chutney, it is much more satisfactory to use hand-grated coconut rather than chopping it up in a blender.

(Adapted from A Taste of India, by Mary S. Atwood, Avon.)

CURRIED CHICKEN

Marsha Kwalwasser

1/2 c. butter
1 1/2 onions, chopped
2 cloves garlic, chopped
1 or 2 stalks celery, diced
1 bay leaf
1/2 tsp. dry mustard
2 apples, peeled and diced
2 1/2 Tbsp. flour (may need more)
3/4 tsp. mace
1 tsp. curry powder, or to taste
4 c. chicken broth
1 cubed, cooked chicken

Boil chicken in large pot of water for about 3/4 hour. Save broth for later. In a large, heavy pot, heat the butter, add the onion, garlic, celery, bay leaf, mustard and apples; cook 8 minutes, stirring occasionally. Stir in flour, mace, curry and cook 4 minutes longer. Add the broth and simmer, covered, for 1 hour. Taste for seasonings at this point. Rub the mixture through a sieve and return to pot. Add the cubed, cooked chicken and cook about 10 minutes. Serve with hot boiled rice. On the side, serve with mango chutney, chopped peanuts, crumbled bacon strips, sliced hard-boiled egg. 4 servings.

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Anne Marie Michelini

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2 Tbsp. salad oil
1 1/2 c. fresh green beans, thinly sliced lengthwise; or 1 (9 oz.) pkg. frozen French-style
1/4 tsp. ground ginger
1 1/2 c. carrots, thinly sliced diagonally
1 1/2 c. sliced fresh mushrooms
1 (10 3/4 oz.) can Campbell's cream of chicken soup
2 Tbsp. sherry
1 Tbsp. soy sauce

1. Cut chicken into thin strips. 2. Pour oil into wok, preheat at medium heat about 2 minutes. 3. Add beans and ginger; cook 3 minutes, stirring constantly. 4. Add chicken, carrots; cook 10 minutes; stir often. Push up the side, add more oil if necessary. 5. Add mushrooms; cook 1 minute; stir often. 6. Add soup, 1/4 cup water, sherry, soy sauce. Heat, stir often. Serve over rice. Makes about 4 1/2 cups.

PAELLA ESPANOLA — Helen Worth

1 chicken, cut up
8 small white onions
1/2 c. oil
1 1/2 c. sliced fresh mushrooms
2 pkg. Kraft spaghetti sauce mix
3 1/2 c. tomatoes (1 lb. 12 oz. can)
3 c. water
2 c. uncooked rice
1/4 tsp. saffron
1 c. dry white wine
1 lb. frozen shrimp
1 (10 oz.) pkg. frozen peas
1 dozen small steamed clams

Brown chicken in oil, then brown onions and mushrooms until tender. Add rest of ingredients, except peas and clams. Simmer 40 minutes, until rice and chicken are tender. Add peas and clams. Simmer 10 minutes more. Serves 8 to 10.

PAELLA (Traditional Spanish Dish) — Hilda Marban

3/4 c. Spanish olive oil
1 (2 1/2 to 3 lb.) frying chicken, cut in 2-inch pieces
1 lb. lean pork, cubed
1 tsp. paprika
1 onion, finely chopped
3 cloves garlic
1/2 tsp. whole saffron
1 qt. hearty homemade chicken broth
2 c. long-grain rice
2 tsp. salt
2 Tbsp. finely chopped parsley
1 c. lima beans
1 lb. shrimp, washed (shells left on)
1 large tomato, cut in wedges
1 green pepper, cubed
1 qt. clams, scrubbed

Cook chicken and pork slowly in oil until well browned, 20 to 25 minutes, stirring occasionally with a wooden spoon. Sprinkle the meat with paprika and stir; add onion and cook 5 minutes longer. Crush garlic and saffron well. Stir 1 tablespoon broth into garlic and saffron. Add to meat and add rice. Stir to coat the rice with the oil. Slowly add the remaining broth, salt, parsley and beans. Bring to a boil; simmer slowly, stirring occasionally, until rice is barely tender (15 minutes). Add the remaining ingredients and cook until rice and shrimp are cooked and clams open (8 or 10 minutes). Add extra broth if mixture seems to be too dry.

A tossed green salad is the accompaniment; dessert and Sangria (recipe in beverage section). Serves 10.

* * *

The Eugene Shedden Farley Library, named after Wilkes' first president, has approximately 100,000 books.

Krishna Mitra

LAMB CURRY

1 leg of lamb, cut into shish-kabob style and fat removed
3 large onions, chopped
1/2 stick margarine
4 cloves
2 cinnamon sticks
4 cardamom seeds

Fry meat and onion and spices until light brown. Peel and cut 4 small potatoes in halves; set aside. Add to meat:

1 tsp. turmeric
1 tsp. salt
1 tomato
1/2 tsp. ginger powder
1/2 tsp. sugar
2 Tbsp. yogurt

Mix well. Simmer until spices are dark brown and meat is tender. Then add potatoes.

Mrs. Clifford Balshaw
Dallas, Pa.

LAMB SHANKS MILANESE

4 lamb shanks
2 Tbsp. butter
1 c. dry white wine
2 garlic cloves, minced
Grated rind of 1 lemon
2 Tbsp. chopped parsley

Season shanks with salt and pepper, and roll in a small amount of flour. Heat butter in heavy pan and brown shanks. Add wine, cover and simmer for about 2 hours. Check occasionally and if liquid evaporates too much, add a little water or bouillon. About 5 minutes before serving, combine garlic, lemon and parsley, and sprinkle over the shanks. 4 servings.

This is also delicious made with veal shin bones instead of lamb (ossobuco).

Anne Marie Michelini

SHISH-KABOBS

For 4 or 5 skewers:

2 lb. sirloin steak, cut into 1 1/2 inch cubes
16 fresh large mushroom caps
16 cherry tomatoes (or 4 med. tomatoes, cut in fourths)
4 med. onions, sliced
2 green peppers, cut in squares

Marinade Sauce:

1/2 c. burgundy (or red Chianti)
1 tsp. Worcestershire sauce
Garlic salt to taste (or clove of garlic)
1/2 tsp. Accent

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SHISH-KABOBS (Continued)

1/2 c. salad oil
1/2 tsp. salt
2 Tbsp. catsup
1 tsp. sugar
1 Tbsp. vinegar
1/2 tsp. oregano
1/2 tsp. thyme

Marinate meat for at least 2 hours. Alternate ingredients on skewers. Broil under broiler. Keep turning and basting with marinade sauce for approximately 1/2 hour. May be served with boiled rice, using marinade sauce in broiler pan as sauce for rice and meat. This may also be done on an outside grill, but juices are lost.

SHISH-KABOB

Peggy Nejib
Trucksville, Pa.

Lamb or beef, cut in 1 or 2 inch cubes
1 c. olive oil
1/3 c. lemon juice
1/2 c. wine
Salt and pepper
Oregano
1-2 cloves garlic, chopped
1-2 bay leaves
Tomatoes, quartered
Onions, quartered
Green peppers, cut in 1-inch squares
Mushroom caps

Combine oil, lemon juice and wine, and pour over meat. Sprinkle with salt, pepper, oregano and garlic. Add bay leaves and place tomatoes and onion pieces on top of meat. Cover and refrigerate overnight.

Skewer meat, alternating with tomatoes, onions, green peppers and mushroom caps. Cook skewers over charcoal or in oven broiler, basting and turning until cooked.

SPAGHETTI CARBONARA

Helenanne Sincavage

1 med. onion, diced
1/2 green pepper, diced
2 small cans mushrooms
1/2 lb. diced ham
1 lb. crisp bacon
2 lb. box thin spaghetti (vermicelli)
6 Tbsp. soft butter
6 eggs
1 c. grated Parmesan cheese
1/2 c. heavy cream
Salt and pepper

In a large electric frying pan, sauté onions and pepper and mushrooms in 2 tablespoons butter. Then add diced ham and bacon (250°). Cook thin spaghetti according to directions on the package. (Hint: When noodles are cooked, do not dump out the hot water, but add 1 tablespoon oil, run cold water over the noodles - added to the hot water until water starts to overflow.

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SPAGHETTI CARBONARA (Continued)

Pour hot water off and drain well in colander.) Keep noodles warm. At the same time, crisply fry the bacon. Drain bacon in paper towels. Save half of the bacon drippings and add heavy cream. Bring the cream to a simmer and keep warm until the spaghetti is done.

When spaghetti is done, add to frying pan, coat with 4 tablespoons butter; add cream mixture. Then add bacon and eggs and 1/2 cup Parmesan cheese. Heat complete mixture at 300° until eggs coat the spaghetti. Serve at once, using the remaining Parmesan cheese at table to taste. Serves 8.

VEAL PARMIGIANA

Helenanne Sincavage

3 nice red veal cutlet steaks with small bone in center
1 c. dry cracker crumbs
1/2 tsp. salt
1/8 tsp. pepper
Flour
1 egg, beaten
1/4 c. milk
Cooking oil
12 slices Parmesan cheese or sliced Provolone or Mozzarella, shredded

Clean and scrape meat well. Cut off fat, cut away bone. (Brown bones and add to spaghetti sauce for flavor.) Cut meat into 3 or 4 pieces, depending on size. Pound meat on both sides and salt and pepper lightly.

Combine cracker crumbs, salt and pepper. Combine 1 beaten egg and 1/4 cup milk. Dip veal pieces into flour, then into egg-milk mixture, then into crumb mixture. Spread breaded pieces on platters, cover with aluminum foil and place in refrigerator for 30 minutes.

Heat oil in large frying pan, enough to just cover meat. Add meat and cook slowly over low heat, about 10 to 15 minutes on each side until lightly browned. Once meat is cooked, drain excess grease with paper towels. Have Corning Ware casseroles ready and preheat oven to 350°.

As meat is cooked and drained, cover bottom of casseroles with breaded meat. Place cheese slices on top of all breaded veal, then cover completely with spaghetti sauce. Bake, uncovered, about 25 to 30 minutes. Serve with lasagna or spaghetti. Serves 10 to 12.

LASAGNA

Helenanne Sincavage

4-5 c. spaghetti sauce (from previous recipe)
1 c. sliced mushrooms
1/2 (1 lb.) pkg. lasagna noodles (about 14 noodles)
1 (16 oz.) carton Ricotta cheese (or small curd cottage cheese)
2 eggs

LASAGNA (Continued)

1 lb. Mozzarella cheese, shredded
1/2 c. grated Parmesan cheese
1 1/2 lb. hamburg meat, browned and drained, and/or
1 lb. sweet Italian sausage, cooked, skinned, crumbled

Add mushrooms to spaghetti sauce. Cook lasagna noodles according to directions on package. (Hint: When noodles are cooked, do not dump out hot water, but add 1 tablespoon oil, run cold water over the noodles - added to the hot water until water starts to overflow. Then pour out water, drain noodles well, and cool. Separate noodles and lay out to cool.)

Place 1/3 of cooked noodles evenly over the bottom of a 14x8x4 inch greased baking dish (Pam works well). Beat Ricotta cheese with 2 eggs until smooth and creamy. Cover noodles evenly with 1/2 of Ricotta cheese mixture, 1/2 pound of Mozzarella cheese, 3 tablespoons Parmesan cheese and half of meat mixture. Completely cover with spaghetti sauce (about 1 1/2 cups). Cover with noodles and repeat as before. Top with remaining noodles and completely cover with spaghetti sauce. Sprinkle with remaining Parmesan cheese. Bake 1 hour at 375°. Serve with meat balls and sausage from sauce. Serves 10 to 12.

SICILIAN MEAT ROLL

Dolores Casilli

2 beaten eggs
3/4 c. soft bread crumbs
1/2 c. tomato juice
2 Tbsp. parsley
1/2 tsp. oregano
1/4 tsp. salt
1/4 tsp. pepper
1 clove garlic, minced
2 lb. lean ground beef
8 thin slices boiled ham
1 1/2 c. shredded Mozzarella cheese
3 slices Mozzarella cheese

Combine eggs, bread crumbs, tomato juice, parsley, oregano, salt, pepper and garlic. Stir in ground beef, mixing well. On foil or waxed paper, pat meat to a 12x10 inch rectangle. Arrange ham slices on top meat, leaving a small margin around edges. Sprinkle shredded Mozzarella over the ham. Starting from short end, carefully roll up meat, using foil to lift; seal edges and ends. Place roll, seam side down, in 13x9x2 inch baking pan. Bake in 350° oven for about 1 hour 15 minutes.

Note: The center of this meat roll will be pink due to the ham.

Place Mozzarella cheese on top of the roll, return to oven for a few minutes, until the cheese starts to melt. Makes about 8 servings.

AUNT SUE'S ITALIAN MEAT BALLS

Barbara Bellucci

My husband's Aunt Sue, a superb cook who does all the cooking for her large Italian restaurant, has never fried a meat ball! She bakes them in a hot oven. Her meat balls are lighter and more digestible. They freeze beautifully, since they are not coated with extra oil.

I usually make at least 3 batches at a time and freeze the meat balls with a sufficient number in each plastic bag for one meal. Meat balls can be defrosted ahead of time and simmered in sauce until heated through. They can also be put frozen into a pan of spaghetti sauce and cooked for about 45 minutes.

1 lb. ground beef
3 slices bread (stale or dried)
2 large eggs
1 clove garlic, finely chopped
1 tsp. dried basil (or fresh if available)
2 tsp. dried parsley (or fresh, if available)
1/4 tsp. black pepper
1/4 c. grated Italian cheese

Place bread in bowl and cover with water. After bread has become soaked, squeeze out excess water and discard all water. Break up bread into small pieces, add meat and all other ingredients. Blend well. Roll into 2-inch balls. Place on foil covered cookie sheets (with sides), so that meat balls are not touching. Place in preheated 425° oven for about 30 minutes, or until browned. (Ovens vary, so baking time may differ slightly.) Let meat balls cool for easier removal. If meat is unusually lean, it may be easier to peel away foil than to remove meat balls with a spatula.

SWEDISH MEAT BALLS

Cherry Fuller

2 Tbsp. butter
1/3 c. minced onion
1 egg
1/2 c. milk
1/2 c. fresh bread crumbs
1 1/4 tsp. salt
1 1/2 tsp. sugar
1/2 tsp. allspice
1/4 tsp. nutmeg
1 lb. chuck, ground
1/2 lb. shoulder pork, ground
2 Tbsp. butter
2 Tbsp. flour
1 tsp. sugar
1 1/2 tsp. salt
1/8 tsp. pepper
1 c. water
3/4 c. light cream

In 2 tablespoons hot butter in large skillet, sauté onion until golden brown. Meanwhile, in large mixing bowl, beat egg; add milk and crumbs. Let stand 5 minutes. Add 1 1/4 teaspoons salt, 1 1/2 teaspoons sugar, allspice, nutmeg, meat and onions. Blend well with fork.

SWEDISH MEAT BALLS (Continued)

In same skillet, heat 2 tablespoons butter. Using 2 teaspoons, shape meat mixture into small balls. Drop some balls into skillet, brown well on all sides, and remove to warm casserole; repeat until all meat balls are browned.

Into fat left in skillet, stir flour, 1 teaspoon sugar, 1 1/2 teaspoons salt, and pepper. Slowly add water and cream; stir until thickened.

If desired, return meat balls to gravy; heat well. Or serve balls in covered casserole; pass gravy. Serves 6.

May make day ahead. Refrigerate and just reheat before serving. As a dinner, it goes well with noodles and vegetables.

SHRIMP ÉTOUFFÉ
(A Blender Recipe)

Rebecca Jost

1 1/2 lb. cleaned raw shrimp (3 lb. in shell)
1 med. onion, cut in eighths
2 green onions, cut in 2-inch pieces
3 or 4 cloves garlic
1 stalk celery, cut in 2-inch pieces
1 c. water
1/2 c. butter
2 Tbsp. flour
1 (10 1/2 oz.) can tomato purée
1 Tbsp. Worcestershire sauce
6 drops Tabasco sauce
2 bay leaves
1 tsp. salt
1/2 tsp. thyme
1/4 tsp. pepper
2 hard-cooked eggs, quartered

Defrost shrimp, if frozen. Put onions, garlic, celery and water into blender container, cover and process 1 cycle at chop. Drain through strainer, reserving water. Sauté vegetables in butter until tender. Put reserved water, flour, tomato purée, sauces and seasonings into blender, cover and process at mix until smooth. Add to vegetables and simmer, uncovered, stirring occasionally, for about 25 minutes. Add shrimp and continue cooking 15 minutes until shrimp are tender. Serve with parslsyed rice and garnish with hard-cooked eggs.

RISOTTO MILANESE WITH SHRIMP

Charlotte Lord

Rice:

1 lb. Carolina long grain rice
6 oz. butter
1 Tbsp. chopped onion
1 1/2 qt. hot chicken stock
1/2 c. dry white wine
1 c. freshly grated Parmesan cheese

RICOTTA MILANESE WITH SHRIMP (Continued)

Melt half butter. Cook onion until yellow, not brown. Stir in rice. Add hot stock and wine. Bring to boil, then simmer, uncovered, for 20 minutes. Remove from heat and stir in rest of butter. Add cheese and stir until it melts. Serve immediately.

Sauce:

1 1/4 lb. peeled raw shrimp
2 cloves garlic
Parsley
Very hot olive oil
8 oz. tomato purée

Cook first 4 ingredients until garlic turns brown. Add tomato purée and cook 5 minutes.

SHRIMP TEMPURA — Tomiko Sugiyama

2 doz. large shrimp

Batter:

1 c. soft wheat flour
4 Tbsp. cornstarch
1 egg
3/4 c. water

Sauce:

1 c. lightly seasoned broth or soup stock
1/3 c. Mirin (Japanese sweet rice wine) or sherry
1/3 c. soy sauce

To prepare the batter: Beat the egg yolk and blend in 1/2 of water. Add sifted flour and cornstarch. Mix quickly from the outside to the center of the bowl. Add the remaining water and stir. The batter does not have to be entirely smooth.

To prepare the shrimp: Shell and devein the shrimp. Remove the tendon (which is between the tail) pressing it with the edge of a knife. To keep the shrimp straight while frying, make a few shallow cuts on its inner side and gently straighten it up.

To fry: Use a large deep fryer with plenty of oil - enough to cover the ingredients completely. Dip the shrimp in batter and fry at 350-360° until golden brown.

To prepare sauce: In a pan, mix all the necessary ingredients together and bring to a boil.

To serve: Serve Tempura with a side dish of sauce for dipping. It is usually served with the third dish of grated radish and ginger root to be put into the sauce just before eating.

 Wilkes-Barre, Pa.

meatloaf

From: Peggy Sterner <mmsterner@comcast.net>
To: mike michelini
Subject: meatloaf
Date: Jan 26, 2009 6:25 AM

1 lb chopped beef
1 egg
1cup bread crumbs
1tablespoon worcesterhire sauce or balsamic vineger
3/4 cup ketchup 1/4 cup water
some finely chopped onion and green pepper
also use a pack of Dry Lipton Onion&mushroom soup
Bake at 350 for 11/2hr

ENSOPADO DE CAMARAO * Elizabeth Espinheira

Prepare fresh shrimp, shelled and deveined, by mixing it with salt, garlic, onions, fresh tomatoes, green peppers, catsup, and a small amount of oil and lemon juice. Put on the stove and cook until almost all the water is taken up (at least 15 minutes). If you like, mix with some cooked potatoes and sweet peas. Serve with rice, in a separate dish.

FRITADA DE CAMARAO * Elizabeth Espinheira

This is the casserole which Elizabeth brought to the International Students' Dinner.

Prepare fresh shrimp, as in the "ensopado", in the preceding recipe, adding to it milk of coconut, peas and cooked potatoes. Beat the whites of 4 eggs until stiff. Add the yolks and mix together. Divide in half, and put the shrimp mixture into 1/2 of the beaten eggs. Butter a casserole dish on sides and bottom, and put into it the shrimp-egg mixture. Cover with the other half of the beaten eggs. Bake at 450° for a few minutes, until golden brown, keeping a close watch on it.

To make a nice arrangement, the casserole may be decorated with slices of tomatoes, green peppers, onion rings, etc. It may be served warm or cold.

(* Two delicious Brazilian shrimp dishes contributed by an international student from Brazil.)

STONED SOLE PICNIC Lisbeth W. Jardine
(Horaku-yaki, Fish baked with Pine Needles - Japanese)

The Japanese have many ways of grilling whole fresh fish with salt. They commonly use sea bream of 1 pound each. Any, fresh as possible, whole, white-meated fish would seem to work. Essential is carefully washing and scaling the fish and not damaging the skin. The fish is gutted from the under or back side (that is with the head to the left and the belly facing you). Make an incision just below the pectoral fin and remove entrails, carefully wash the cavity. Sprinkle the entire fish with unadulterated sea salt. Let stand for 1/2 hour, by which time the salt will have dissolved. Wipe off any moisture with a dry cloth, skewer and grill over a barbecue.

1 qt. small, clean pebbles
2 c. fresh white pine needles
1-3 very fresh white fish (approx. 1 lb. each)
6-12 large prawns
12 fresh mushrooms
Tin of water chestnuts
Salt
1 lemon

STONED SOLE PICNIC (Continued)

Use an ovenproof earthenware or glass baking dish that will allow room for the whole fish. Cover the bottom of the dish with pebbles. Over this, lay a thin bed of pine needles. Wash, scale and gut the fish as described above. Do not remove head and tail. Sprinkle fish heavily with salt. Let salted fish set for 30 minutes; wipe off moisture with damp cloth. Make 3 or 4 diagonal cuts on the back side of each fish, i.e., side from which entrails were removed.

While the fish is setting, remove heads of the prawns. Leave shells and tails, but devein them by cutting along the back and pulling out dark vein. Wipe off mushrooms (never wash mushrooms, they absorb water). Have the fish, top side up, on the bed of pebbles and pine needles. Surround it with prawns, mushrooms and water chestnuts; salt liberally. Cover the dish with tin foil. Bake in 400° oven for 20 minutes, or until fish is done. The juices from the fish and vegetables drain through pine needles and pebbles to the bottom of the pan so they do not become soggy.

Serve in baking dish. If pine needles turn brown during baking, add some fresh ones. Serve with lemon wedges. Very good cold the next day.

(* Adapted from Japanese Cooking, by Peter and Joan Martin, Signet)

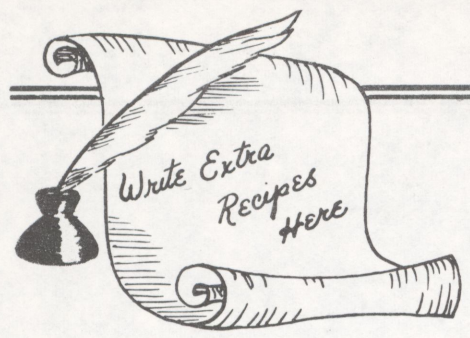
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"Eat all kind nature doth bestow,
It will amalgamate below.
But if once you begin to doubt,
The gastic juices will soon find out!"

Courtesy of Tibi Tyburski
(Author Unknown)

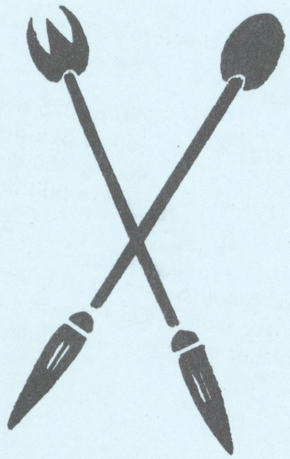
* * *

Ralston Field was named for Dean George Ralston, who has served on the Wilkes administration since 1946. Now Dean of Student Affairs, he was formerly football coach, for 10 years, and director of athletics as well.


Write Extra
Recipes
Here

SIDE SHOWS

SALADS • DRESSINGS
BREAD AND ROLLS
BEVERAGES



COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

* * * * *

Flour should be sifted once before measuring. Fill the cup without packing.

* * * * *

Do not grease the sides of cake pans, grease only the bottoms.

* * * * *

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

* * * * *

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

* * * * *

Eggs should be at least three days old before using in cakes.

* * * * *

SLOW OVEN . . . . . 250 to 325 degrees
MODERATE OVEN. . . . 350 to 375 degrees
HOT OVEN . . . . . 400 to 450 degrees
VERY HOT OVEN . . . . 450 to 500 degrees

* * * * *

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

APPLE COLE SLAW — Adelaide Bearde

2 c. diced unpeeled apples
1 c. crushed pineapple
3 c. grated cabbage

Moisten with mustard flavored mayonnaise; sprinkle with lemon juice and celery seed.

BUNCH O' GRAPES SALAD — Mary Babcock

Lettuce leaves
Pear halves, canned
Cream cheese and parsley
Purple grapes, halved and seeded

Spread outside of pear halves with soft cream cheese. Press halved grapes into cream cheese. Place face down on lettuce leaf with sprig of parsley for stem.

COMPANY ASPIC MOLDED SALAD — Peg Williams

Make tomato aspic, using your favorite recipe or use this simplified recipe:

3 c. tomato juice
1 1/2 pkg. lemon jello

Pour half of aspic in mold; chill until firm. When firm, add filling:

1/2 c. salad dressing or mayonnaise
1 (8 oz.) pkg. cream cheese, softened and whipped
3/4 c. finely chopped celery
1 Tbsp. chopped pimiento
1 Tbsp. finely chopped green pepper
1 tsp. lemon juice
1/2 c. chopped pecans
2 tsp. gelatine

Blend mayonnaise into cheese. Add celery, pepper, pecans and lemon juice. Add gelatine, mixed in 1/4 cup cold water (dissolved over hot water). Spread above combined mixtures over firm aspic. Chill until firm. Pour remaining aspic on top. Chill.

THREE BEAN SALAD — Minerva Baiz

Make at least 24 hours ahead.

1 can drained wax beans
1 can drained green beans
1 can red kidney beans, washed
1 small onion, thinly sliced
1/4 green pepper, finely chopped

Mix well:
3/4 c. sugar
1 tsp. salt
2/3 c. brown cider vinegar
1/3 c. salad oil

Pour liquid over beans; mix well. Marinate at least overnight. To serve, drain off liquid completely. Serves 8.

THREE BEAN SALAD — Dolores Casilli

1 (1 lb.) can cut green beans, drained
1 (1 lb.) can cut wax beans, drained
1 (15 1/2 oz.) can red kidney beans, drained
1/2 c. chopped sweet onion
1 med. green pepper, or 3 fronds celery, slivered
1/4 c. oil
1/3 c. wine vinegar
1/4 tsp. Worcestershire sauce
1/2 tsp. garlic salt
2 Tbsp. sugar
1 handful chopped almonds

In large bowl, toss beans, onion and green pepper or celery. Combine rest of ingredients; pour over beans. Refrigerate 3 hours. 6 servings.

POTATO SALAD — Carol Acheson

Place in large bowl:
4 c. cooked potatoes, diced
1 small onion, diced
3/4 c. diced celery
3 diced hard-cooked eggs
1/2 lb. crumbled crisp bacon

Dressing:

1/2 c. mayonnaise or salad dressing
1 1/2 c. sour cream
1/4 c. vinegar
1 Tbsp. bacon drippings
1 tsp. parsley flakes
1 tsp. prepared mustard
1 1/2 tsp. salt
1/2 tsp. pepper

Combine ingredients for dressing and pour on salad. Toss together gently but thoroughly. Chill well before serving. Serves 6.

Wilkes-Barre, Pa.

POTATO AND EGG SALAD — Betty Ann Mailey

4 large boiled potatoes
4 hard-boiled eggs
2 Tbsp. chopped parsley
Salt and pepper to taste
6 Tbsp. olive oil
3 Tbsp. wine vinegar
1/2 c. chopped celery

Cut potatoes into small cubes; quarter eggs. Place in wooden salad bowl. Add celery and parsley. Blend oil and vinegar separately; add to salad. Sprinkle with salt and pepper. Thoroughly chill in refrigerator before serving. Serves 6.

GERMAN POTATO SALAD — Heidi Holm

3 lb. very small potatoes
1 onion
3 Tbsp. oil
4 Tbsp. vinegar
1 to 1 1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. nutmeg
3-4 Tbsp. lukewarm water

The day before, boil potatoes in their skin. When cooled, peel and keep covered in refrigerator overnight. Next morning, slice potatoes paper-thin into a bowl. Add finely chopped onion and the rest of the ingredients. Mix thoroughly, but be careful not to mush it up. Let stand at room temperature for at least 4-5 hours. Mix occasionally, adjust seasonings and add more water if salad becomes dry. It should be kind of slippery.

This is a family recipe.

SPINACH SALAD — Sharon Martin

About 2 lb. fresh, washed and drained spinach
3/4 lb. bacon, fried and crumbled (less if desired) and/or
2 Tbsp. bacon drippings
1/4 c. red wine vinegar
3 Tbsp. tarragon vinegar
2 garlic cloves, crushed
2/3 c. olive (or salad) oil
1 tsp. Worcestershire sauce
1 tsp. salt
1/4 tsp. pepper

Combine ingredients, except spinach and bacon. Add spinach and toss. Then, adding bacon last, toss lightly. Serves 6-8.

ENDIVE SALAD - GERMAN STYLE — Ruth McHenry

1/2 head curly endive
1/2 lb. bacon
1 large boiled potato
1 med. sized onion
3 Tbsp. vinegar
3/4 tsp. salt
1/2 tsp. pepper

ENDIVE SALAD - GERMAN STYLE (Continued)

1. Cut the bacon in small pieces and fry until crisp. 2. Wash and cut into small pieces, crisp, curly endive. Add the diced onion, salt, pepper and vinegar.

Mash the hot boiled potato with a fork and add to endive mixture, then add this to the hot bacon and fat in the fry pan. Toss and wilt slightly. Serve warm.

LAYERED LETTUCE SALAD — Betty L. Jahr

Place in 9x13 inch pan, in layers:

Bite-sized lettuce
10 oz. pkg. frozen peas, cooked, drained, cooled
3 stalks chopped celery
4 chopped green onions

Dot with little dabs of mayonnaise in between layers. Sprinkle with Parmesan cheese and 1/3 to 1/2 pound cooked, crumbled bacon. Cover with Handi-Wrap until time to serve. Keep in refrigerator until time to serve.

SALATA (Arabian Salad) — Mrs. Umid R. Nejib, Trucksville, Pa.

3 oranges, peeled, thinly sliced crosswise
4 oz. oil cured black olives
2 med. onions, peeled, thinly sliced
2 Tbsp. salad oil
1 1/2 tsp. salt
1/2 tsp. pepper
2 Tbsp. lemon juice
Lettuce leaves

About 1 hour before serving: In bowl, combine orange slices, olives, onion slices, salad oil, salt, pepper and lemon juice. Toss, then refrigerate until well chilled. Just before serving, line salad bowl with lettuce leaves. On them, heap salad. About 6 servings.

AVOCADO SALAD — From The White House

Mash 2 medium-sized avocados. Stir into slightly thickened lemon gelatin base made with:

1 pkg. lemon gelatin
1 1/2 c. hot water
3 Tbsp. lemon juice

Stir in 1 can (No. 2 1/2) grapefruit sections, drained, and 1/2 cup chopped celery. Chill and unmold. Serve with a whipped cream and mayonnaise mixture.

SEAFOOD SALAD — Ottie Chwalek

1 (10 oz.) pkg. fine noodles, cooked and drained
1 can shrimp, cut in pieces
1 can white tuna fish (rinse off oil with boiling water, cut in small pieces)
1 can crabmeat, cut in pieces

Cut very fine:
2 stalks celery
1/2 med. onion
1/2 green pepper
1 pimiento
3 hard-boiled eggs

Mix all ingredients together and add the following dressing.

Mix together:
1 tsp. prepared mustard
1 small can evaporated milk
1 pt. Miracle Whip salad dressing

Refrigerate overnight. Serves 12.
Lobster may be added if you wish. Fresh shrimp, crabmeat and lobster make this even better.

SHRIMP REMOULADE — Carmela Earl

3 hard-cooked eggs
1/2 tsp. mustard
1 tsp. anchovy paste
1 c. mayonnaise
1/3 c. California burgundy or other red table wine
1/4 tsp. onion powder
2 c. small cooked shrimp
1 c. diced celery
2 Tbsp. finely chopped parsley
Lettuce
Paprika

Mash yolk of eggs with mustard and anchovy paste. Blend in mayonnaise, wine and onion powder. Add shrimp, celery and parsley. Chill. Heap in lettuce cups on chilled salad plates. Sprinkle sieved hard-cooked egg whites over top. Dust with paprika. 4-5 servings.

CREAMY LIME-PEAR SALAD — Rose Rainey

1 regular pkg. lime jello
1 large can pears
1 (8 oz.) pkg. cream cheese, softened
1 pt. Cool Whip

Drain pear juice into measuring cup. Add water if needed to get 1 1/2 cups liquid. Boil. Add jello and stir until dissolved. Mash pears and mix with cream cheese. Mix with Cool Whip. Chill in desired pan or form until solid.

HOLIDAY SALAD — Betty Hopkins Moses

1 pkg. lime jello
1 c. hot water

Let thicken, then add:

1 small can crushed pineapple
1 c. cottage cheese
1/2 c. English walnut meats, chopped*
40 tiny marshmallows

Fold in 1 cup whilled cream. Mold.
(* Or may be sprinkled on top.)

JELLO SALAD WITH TOPPING — Nancy-Kay Kelly

1 large can peaches, cut and drain (save juice)
1 med. can crushed pineapple (save juice)

Mix fruit together and set aside. Dissolve 2 packages lemon jello in 2 cups boiling water. Add 1 cup fruit juice, mix well. Add fruit and pour into pan. Place 3/4 cup or more of tiny marshmallows over entire hot jello and let set in refrigerator.

Topping:

1/2 c. sugar
3 Tbsp. flour
1 egg, slightly beaten
1 c. fruit juice
2 Tbsp. butter
1/2 pt. whipped cream

Mix well and cook until thick, the first 4 ingredients. Add butter, cool completely. Then fold in cream; mix and spread over entire top of cooled jello. Refrigerate a few hours or overnight.

Note: As an alternate, apricots can be used, but use orange jello.

MANDARIN ORANGE SALAD — Helen West

Dissolve 1 package orange jello in 1 cup boiling water. Add:

1 small can crushed pineapple with juice
1 can Mandarin oranges with 1/4 liquid
1 pt. orange sherbet

Pour into mold. Serves 6 to 8.

PINEAPPLE CREAM CHEESE SALAD — Arlene Domzalski

1 small can crushed pineapple
8 oz. pkg. cream cheese
1 pkg. Knox gelatine
1/2 c. sugar
1/2 pt. whipping cream, whipped

Place cream cheese in large bowl and soften slightly. Drain pineapple and set aside, saving liquid. Mix gelatine with 2 tablespoons water; set aside. Mix pineapple liquid with 1/2 cup sugar, bring to boil. Remove from heat, mix in gelatine and water mixture; set aside to cool. Fold cream cheese into cooled mixture. Add pineapple, fold in whipped cream. Pour in jello mold. Refrigerate.

ORANGE DELIGHT MOLD — Ottie Chwalek

1 pkg. orange flavored gelatin
1 pkg. lemon flavored gelatin
2 c. hot water
2 (No. 2) cans crushed pineapple (5 c.)
1 (8 oz.) pkg. cream cheese, softened
2/3 c. broken walnut meats
4 c. tiny marshmallows

Dissolve gelatin in hot water. Drain pineapple, reserving syrup. Add water to syrup to make 1 cup; add to gelatin. Chill until partially set. Whip cream cheese and mix with pineapple. Add walnuts and marshmallows to pineapple mixture and fold into getlatin. Turn into mold or 9 1/2 x 5 x 3 inch loaf pan.

Unmold on greens and give a perk-up trim; pineapple-tidbit flower with walnut center; green pepper stem and leaves. Serves 12.

RASPBERRY MOLD — Louise Werner

2 (3 oz.) pkg. raspberry jello
2 c. boiling water
1 (10 oz.) pkg. frozen raspberries
1 (15 oz.) can applesauce

Dissolve jello in water; add raspberries; stir until completely thawed. Add applesauce; chill until partially set. Pour into 2-quart mold or individual molds; chill until firm. Serves 8 to 10.

Pink Dressing: Serve with molded salad. Combine and let stand at room temperature for 1 hour:

1 c. sour cream
1 or 2 Tbsp. maraschino cherry juice
1/2 c. miniature marshmallows

SEA FOAM SALAD

Eilene Kaska

1 c. pear juice
1 pkg. lime jello
2 (6 oz.) pkg. cream cheese
2 Tbsp. cream or milk
1 can pears
1 pkg. Dream Whip or
1 c. whipped cream

Heat pear juice and pour over lime jello. While hot, pour into cream cheese, which has been softened and mixed with cream. Refrigerate. When cool and thick, add the pears, which have been mashed with a fork. Add whipped cream or the Dream Whip (made as directed on package). Refrigerate to set. Serves 8 to 10.

STRAWBERRY SALAD

Norine Allen

2 (3 oz.)pkg. strawberry gelatin
1 (10 oz.) pkg. frozen strawberries
2 large ripe bananas
1 (16 oz.) can crushed pineapple
1 c. sour cream

In a large bowl, combine gelatin, 2 cups boiling water and strawberries; set aside until strawberries thaw. In small bowl, mash bananas with pineapple. Combine with gelatin. Pour into 8-inch mold or baking pan, 13x9 inches. Refrigerate and let set. Spread sour cream on top. Serves 12.

STRAWBERRY PLUS SALAD

Mary Lou Labows

2 (3 oz.) pkg. strawberry (or strawberry-banana) jello
2 c. boiling water
1 (No. 2) can crushed pineapple (including juice)
1 large pkg. frozen strawberries (including juice)
2 mashed bananas
Walnut meats

Dissolve jello in boiling water. Chill. When jello begins to thicken, add rest of ingredients. Pour into mold and chill.

HOLIDAY MOLD

Ginny Orlowski

2 (3 oz.) pkg. orange gelatin
2 c. boiling water
1 c. orange juice
2 tsp. lemon juice
1 c. heavy cream, whipped
12 marshmallows, finely cut
1/2 c. sliced maraschino cherries
1/2 c. crushed pineapple (with syrup)
1/2 c. chopped blanched almonds

HOLIDAY MOLD (Continued)

Combine gelatin and water. Stir until gelatin is dissolved and cool. Add orange and lemon juice; mix well and chill until slightly thickened. Fold in remaining ingredients. Turn into 5 cup mold. Chill until firm.

JELLO-PHILADELPHIA CREAM CHEESE SALAD

Marie DiSibio

Cream:

4 oz. Philadelphia cream cheese
1 small pkg. jello (any flavor)

Cream until jello is creamed. Pour 1 cup hot water over mixture; stir until melted. Pour 1 cup cold water into mixture. Add fruit - Mandarin oranges, pineapple, cherries, etc.

SALAD SUPREME

Dolores Caldwell

2 pkg. orange jello
2 c. boiling water
1 c. cold water
1 c. Tokay grapes, halved and seeded
1 c. pineapple tidbits, drained
1/2 c. nuts

Mix and let jell.

1 c. pineapple juice
1 small pkg. dates, cut up
1/2 c. small marshmallows
1 Tbsp. butter

Cook until marshmallows melt. Add 1 beaten egg; cook 5 minutes longer. Set aside to cool. Spread cooled topping on set jello. Whip 1 package Dream Whip and spread over top.

CRANBERRY-RASPBERRY GELATIN SALAD

Betty Hopkins Moses

Good with chicken or turkey, or casserole dishes made of them.

1 (3 oz.) pkg. raspberry jello
1 c. boiling water
1/2 c. pineapple juice and water
1 small can crushed pineapple
1/2 can whole cranberry sauce or cranberry-orange relish
1/2 c. chopped celery
1/4 to 1/2 c. chopped nutmeats

Dissolve jello in 1 cup boiling water. Drain pineapple and use the juice, adding enough cold water to make 1/2 cup liquid, to stir into the jello. Chill until slightly thickened. Add other

CRANBERRY-RASPBERRY GELATIN SALAD (Continued)

ingredients; pour into ring mold, individual molds, or other, and chill for several hours. Unmold on salad greens; escarole looks especially attractive. 8 to 10 servings.

VELVET SALAD

Arvilla Leach
Forty Fort, Pa.

2 Tbsp. sugar
2 Tbsp. lemon juice
3 Tbsp. pineapple juice
2 egg yolks

Cook in double boiler until thick. Cut up 8 marshmallows and add to egg mixture. Beat 1/2 pint of whipping cream and add to egg mixture. Add 1 large can crushed pineapple, 1/2 pound grapes and 1 bottle maraschino cherries. (Cut grapes and cherries.) Place in refrigerator for 10 hours.

FROZEN PINEAPPLE-MARSHMALLOW SALAD

Kathlene Watters

1 can crushed pineapple
1 cake Philadelphia cream cheese
1/4 c. mayonnaise
1/2 lb. miniature marshmallows
1/2 pt. whipping cream

Drain pineapple and add cream cheese and mayonnaise. Cut marshmallows into mixture (or use miniatures). Add stiffly beaten whipped cream. Mix well and put into loaf pan. Freeze overnight.

THREE-CUP SALAD

Carolyn Reif

1 can crushed pineapple, drained
1 c. Mandarin oranges
1 c. miniature marshmallows
1 c. sour cream
1 c. coconut (optional)

FIVE-CUP SALAD

Carmela Earl

1 c. fruit cocktail
1 c. pineapple
1 c. Mandarin oranges
1 c. coconut
1 c. sour cream

Combine all ingredients and garnish as desired.

COLE SLAW DRESSING — Betty Jahr

1 1/2 c. sugar
1 1/2 tsp. salt
1 tsp. celery seed
1 tsp. garlic salt
1 tsp. onion salt
1 tsp. prepared mustard
1 c. oil

Mix well and add 1 1/2 cups cider vinegar. Shake or blend for several minutes.

PENNSYLVANIA DUTCH SALAD DRESSING — Helen Ralston

Blend together in saucepan until smooth:
1 c. sugar
1 Tbsp. cornstarch

Stir in and blend well, 1 egg. Add 1 cup liquid (1/2 cup water, 1/2 cup vinegar) and blend (proportions may be varied to individual taste). Bring slowly to a boil, stirring constantly. Mixture will not be thick. Fry 3-5 slices of bacon until crisp; crumble, add to dressing along with 1 teaspoon bacon drippings. Chill well.

To serve: Drizzle over endive or lettuce, or use for potato salad.

CREAMY ONION DRESSING — Roberta Hammer

2 Tbsp. mayonnaise
1/4 c. lemon juice
1 c. light salad oil
1 tsp. salt
1/4 tsp. Accent
1/4 tsp. dry mustard
1/4 tsp. paprika
Dash pepper

Blend in blender. Then add 1 bunch of scallions, sliced thin. Keeps well.

ROQUEFORT DRESSING — Mary Babcock

1/2 pt. sour cream
1/2 c. mayonnaise
1 Tbsp. Worcestershire sauce
Onion salt to taste
1 Tbsp. parsley
Pepper to taste
2 to 2 1/2 oz. Roquefort cheese

Mix all ingredients, except the cheese. Crumble cheese and add to mixture. Refrigerate 1/2 day or overnight.

* * *

Wilkes College has a faculty and administration of over 200, and a student body of approximately 2,500, one-third of whom are boarders and two-thirds local, commuting students.

FRENCH SALAD DRESSING — Betty Jahr

1/2 c. oil
1/3 c. catsup
1/3 c. sugar
1/4 c. cider vinegar
1 tsp. salt
1 tsp. paprika

Season with garlic salt to taste or onion salt. Or grate 1 small onion. Beat well. If using blender, blend several minutes. It is also good with some Blue cheese added.

CREAMY ITALIAN DRESSING — Kay Siles

1 c. Hellmann's mayonnaise
2 Tbsp. wine vinegar
1 Tbsp. lemon juice
1 Tbsp. Mazola corn oil
1 Tbsp. water
1 tsp. Worcestershire sauce
1/2 tsp. oregano leaves
1 Tbsp. sugar
1 small clove garlic, minced

Combine all ingredients. Makes 1 1/3 cups. Lasts 3-4 days. Chill well.

THOUSAND ISLAND DRESSING — Betty Jahr

1 c. mayonnaise dressing
1/4 c. chili sauce
1 hard-boiled egg, chopped fine
1 Tbsp. chopped onion
1 Tbsp. sweet relish
1 Tbsp. Worcestershire sauce
1 tsp. paprika

Combine ingredients and keep in refrigerator.

POPPY SEED DRESSING — Adelaide Bearde
(Serve on Fruit Salads)

3/4 c. sugar
1 tsp. salt
1 tsp. dry mustard
1/3 c. vinegar

Mix together. Add 1 cup salad oil slowly and beat constantly until thick. Add 1 1/2 tablespoons poppy seeds and beat a few minutes. Refrigerate. Store in covered jar in refrigerator.

FRESH STRAWBERRY DRESSING — Betsy DeCosmo

3/4 c. sliced strawberries
2 Tbsp. light corn syrup
1/2 c. mayonnaise

In small bowl, stir corn syrup with strawberries, mashing berries slightly. Add mayonnaise and blend well. Chill about 1 hour. Serve with fruit salad. Makes about 1 1/4 cups.

GRANDMA JAHR'S DINNER ROLLS

Betty L. Jahr

2 c. milk
1/2 c. sugar
1 egg, beaten
2 cakes fresh yeast (small)
1 Tbsp. salt
2 Tbsp. butter
About 7 c. sifted all-purpose flour

Scald milk, add sugar, butter and salt. Dissolve yeast in 2 tablespoons of the sugar. Add to scalded milk mixture, which has cooled to lukewarm. Add egg and gradually add flour. When enough flour is worked in, put on bread board and knead well until dough is smooth and soft. Let raise until double in a well greased and covered bowl. Punch down. Let raise until double after shaping and putting into well greased pans. Bake at 375° until golden brown. Delicious!

HOT ROLLS

Eva E. Schuler
Dallas, Pa.

1 pkg. active dry yeast
7 c. all-purpose flour
2/3 c. shortening
2/3 c. sugar
2 eggs
2 c. warm water
1 tsp. salt

Mix yeast with 1/3 cup of the flour. Cream shortening, sugar and eggs. Add warm water and the yeast-flour mixture. Stir in remaining flour and salt. Let rise in warm place until double. Place dough in refrigerator for several hours or overnight. When chilled, shape as desired. Cover and let stand in warm place about 2 hours. Bake in 450° oven for 10 to 15 minutes. Extra easy and never fail recipe.

ONE LOAF BREAD RECIPE

Eva E. Schuler

1 scant Tbsp. butter
1 scant Tbsp. shortening
3/4 c. warm milk
1 tsp. salt
1 Tbsp. sugar
1 cake yeast dissolved in 1/4 c. warm water
3 c. flour

Mix well, milk, butter, shortening; add salt and sugar. Add dissolved yeast, then flour. Knead well. Place in bowl, cover and set in warm place and let rise until double in bulk. Punch down. If sticky, add more flour. Form into one loaf; let rise again until doubled and bake until golden brown, about 45 minutes.

WHOLE WHEAT BREAD — Karen Hill

Combine in large bowl:

3 c. warm milk
1/2 c. honey
1/4 c. dark molasses (unsulphered)
3 pkg. or cakes baker's yeast

Let yeast soften 5 minutes, then add:

1/4 c. oil (soy, safflower, peanut or combination of all 3)
5 c. unsifted stone-ground whole wheat flour
1 Tbsp. salt

Important: Mix about 100 strokes. Add:

2 more c. whole wheat flour
1/3 c. wheat germ (optional)
1/4 c. soy flour or soy bean powder (optional)

Add 1 cup unbleached white flour and use more as needed for kneading. Knead about 10 minute, until dough no longer is sticky, but is smooth. Put in oiled bowl, oil the dough, cover and let rise in a warm draftless place (85°) until doubled in size (at least 1 hour). When doubled, knead down, cover and let rise until doubled again. Knead down, divide into 3 equal parts and make into loaves. Put loaves into greased loaf pans, let rise until dough comes to top of loaf pans. Bake at 350° for 50 minutes. Remove from pans, cool on wire racks. Makes 3 loaves.

Suggestion: Store one in refrigerator and freeze the other two.

OATMEAL BREAD — Carol Acheson
(From Whole Earth Cookbook)

1 cake yeast
1/4 c. lukewarm water
4 c. skim milk, boiling
2 c. rolled oats
1/2 c. oil
1/2 c. molasses
1 Tbsp. salt
5 c. gluten and/or unbleached flour
7 c. whole wheat flour

Dissolve the yeast in the warm water. Add the skim milk to the oats and oil, and let stand for 30 minutes. Add the molasses, salt and dissolved yeast. Add enough of the flour to make a soft dough.

Put dough into a buttered bowl, cover and let rise until double. Turn out on a floured board and knead until elastic, about 10 minutes. Divide into 3 loaves and place in 9-inch loaf pan and let rise again. Brush the tops with melted butter and bake in 400° oven for 40 to 50 minutes, or until golden brown.

OATMEAL BREAD (Continued)

Variation: Add 1/2 cup honey, 1 cup raisins, and 1 cup chopped nuts before adding the flour.

FRENCH BREAD BRAIDS — Pat Pisaneschi

In bowl, dissolve together:
2 1/4 c. warm water — 1 pkg. dry yeast

Add:
1/4 c. melted shortening — 1 Tbsp. sugar
1 Tbsp. salt

Add gradually to form stiff dough, 7 to 7 1/2 cups flour. Knead 5 to 8 minutes on floured surface; put in greased bowl, cover and let rise until double (1 to 1 1/2 hours). Punch dough down and let rise 30 minutes.

Divide dough into 3 parts and each part into 3 portions. Roll each portion between hands into a strip about 14 inches long. Braid 3 strips together and place braid on greased baking sheet. Repeat for remaining parts. Let rise until light, 45 to 60 minutes. Brush tops of loaves with beaten egg and sprinkle with sesame or poppy seeds. Bake at 425° for 15 minutes, then at 350° for 20 to 25 minutes. (A double recipe is easy to make, and the loaves freeze well.)

IRISH SODA BREAD — Cheryl Fuller

2 1/2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
2 Tbsp. sugar
1/2 c. seedless raisins
2 tsp. caraway seeds (optional)
3 Tbsp. apple cider vinegar
1/2 c. butter or margarine
3/4 c. milk

Heat oven to 400°. Stir flour with next 4 ingredients. Cut in butter until mixture resembles coarse corn meal. Stir in raisins and caraway seeds. Mix together vinegar and milk. Make a well in center of flour mixture; add liquid all at once, stirring vigorously with fork until dry ingredients are moistened. Turn out onto lightly floured board, knead gently 8 to 10 times, shape into round ball. Place in a greased 8-inch pie plate. Cut across from side to side; brush top with a little milk for a nice glaze. Bake 15 minutes at 400°, lower temperature to 375° and bake 30 minutes more, or until cake tester inserted in center comes out clean. Remove from pan, cool on wire rack for 1 hour. Serve warm. Serves 8 to 10.

INDIAN FRY BREAD — Carmela Earl

4 c. flour
1 tsp. salt
2 Tbsp. baking powder
1 Tbsp. melted butter
2 c. milk or water

Sift flour with baking powder and salt. Combine milk and butter. Mix dry mixture and liquid ingredients together to form a soft dough ball. Spread 1 cup flour onto a board. Take small portions of dough, pat them about 1/8 inch thick and 4 inches in diameter. Punch small hole in center. Cook in hot oil about 1/4 inch deep. Fry golden brown on both sides. Be careful not to burn. Makes 8 to 10. Delicious with jams, jellies, fruit or hot soup on a cold day.

SWEET POTATO BREAD — Charlotte Sours

2 med. sweet potatoes, peeled, boiled and mashed
4 rounded Tbsp. shortening
1 Tbsp. sugar
3 Tbsp. milk or water
1/2 tsp. salt
2 c. flour
4 tsp. baking powder

Mix ingredients thoroughly. Shape into 2 small loaves. Pat down and semi-cut or roll into small biscuits. Bake at 425° for 15 to 20 minutes.

PUMPKIN TEA LOAF — Frances Kaslas

2 c. flour
1/2 tsp. soda
1 1/2 tsp. baking powder
1 3/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. ginger
1/2 c. molasses
1 c. cooked or canned pumpkin
1/2 c. shortening
1 tsp. vanilla
1/2 tsp. grated orange rind
3/4 c. sugar
2 eggs
1 c. chopped walnuts

Sift together the first 7 ingredients. Combine pumpkin and molasses. Cream next 4 ingredients. Add eggs, beating well; add dry ingredients alternately with pumpkin mixture. Stir in walnuts; turn into a greased and floured 9x5x3 inch pan. Bake at 350° for 55 to 65 minutes. Cool 10 minutes before removing from pan.

Frosting:

3 Tbsp. butter
1 c. confectioners sugar
1/4 tsp. vanilla
1 Tbsp. orange juice

PUMPKIN TEA LOAF (Continued)

Cream all frosting ingredients together. Frost loaf when cold.

BANANA BREAD — Arvilla Leach

1/2 c. shortening
1 c. sugar
2 eggs
1 c. crushed bananas
2 c. flour
1 tsp. soda
1/4 c. chopped nuts

Cream shortening and sugar, and add other ingredients in order. Bake in greased loaf pan about 1 hour at 350°. (Baking time will depend upon ripeness and amount of banana used - I usually use 2 very ripe medium bananas.) Test bread for doneness with a straw.

CRANBERRY-BANANA BREAD — Rose Rainey

1/4 c. butter or margarine, softened
1 1/4 c. granulated sugar
1 egg, beaten
2 c. sifted regular flour
1 1/2 tsp. double-acting baking powder
1 tsp. salt
1/4 tsp. baking soda
2/3 c. mashed ripe bananas
1 1/4 c. fresh or frozen cranberries, coarsely chopped
1/2 c. chopped California walnuts

Make this bread one day; serve the next. 1. With spoon, blend butter with sugar; add beaten egg and beat until smooth. 2. Sift together flour, powder, salt and soda; add to creamed mixture all at once, mixing with spoon until flour is moistened. 3. Fold in bananas, cranberries and walnuts. 4. Pour into greased 9x5x3 inch loaf pan. Bake at 350° for 65 to 70 minutes, or until cake tester, inserted in center, comes out clean. Cool in pan 10 minutes, remove and cool on wire rack.

Serve sliced next day. It freezes well: Cool, wrap and freeze up to 2 months. Thaw about 2 hours before serving, or heat in 250° oven for 15 minutes.

CHERRY LOAF — Ann Marie Raspen

1/2 c. shortening
2 c. flour
1/4 tsp. salt
1 tsp. vanilla
8 oz. maraschino cherries, cut fine
1/2 c. cherry juice
1 c. sugar
1 tsp. baking powder
2 eggs
1/2 c. chopped walnuts

CHERRY LOAF (Continued)

Mix in order. Grease and flour loaf pan. Bake for 1 hour at 350°.

STOLLEN — Claire Faut

1 1/4 c. milk
1 c. shortening
1 c. sugar
1 Tbsp. salt
1 pkg. yeast
1/4 c. water
6 to 7 c. flour
4 eggs, beaten

Bring milk to a boil, add shortening, sugar, salt and cool. Sprinkle yeast on 1/4 cup water; after 5 minutes, stir. Combine with cooled milk. Add half the flour; add eggs. Beat well. Add enough flour for soft dough. Knead about 10 minutes. Place in greased warm bowl. Let rise about 2 hours. After double in bulk, pinch down. Add:

1/2 c. candied fruits
1 c. raisins
1 Tbsp. lemon rind
1/2 c. blanched almonds, or
1/4 tsp. almond extract

Knead; divide in half. Make oval, 8 to 9 inches in diameter. Brush with melted butter. Fold in half (almost), brush again. Let rise about 1 hour. Bake at 375° for 25 to 30 minutes. Makes 2 loaves.

BOHEMIAN KOLACHY — Betty L. Jahr

1 c. margarine (1 stick)
1 c. small curd cottage cheese
2 c. flour
1/4 tsp. salt

Mix well with hand and chill overnight, or at least 6 hours. Roll out on a floured board to 1/4 inch thickness. Cut with donut cutter (center removed). Place apart on cookie sheet. Make an indentation with finger and fill with prune or apricot filling. Bake at 350° for 15 to 20 minutes, until light brown. When cool, dust with powdered sugar. Makes about 18 to 20.

SCOTCH SHORTBREAD — Catherine H. Bone

1 c. butter
1/2 c. powdered sugar (4X)
2 1/3 c. flour

Cream butter and sugar. Knead in the flour. Knead the mixture well. Place in an 8-inch square pan. Smooth out and prick with fork. Bake in 300° oven for 40 minutes. Cut in squares while hot.

Wilkes-Barre, Pa.

SCOTCH SCONES

Catherine Bone

4 c. flour
1 tsp. salt
1/2 c. sugar
4 tsp. baking powder
1 c. shortening (lard or Crisco)
2 c. milk

Mix as for pie crust. Add milk. Roll out 1/2 inch thick. Cut and bake on a griddle about 5 minutes on each side. Turn only once. If sour milk or buttermilk is used, add 1 teaspoon of baking soda with baking powder.

CHEESE FRENCH TOAST

Frances Kaslas

3 eggs
2 1/2 c. milk
12 slices day-old bread
6 Tbsp. butter
1 1/4 c. shredded American cheese
1/2 tsp. salt

Beat eggs slightly. Add milk and salt; blend thoroughly. Melt butter in skillet. Place soaked bread slices in skillet and cook until a delicate brown on one side. Turn, sprinkle cheese over top of each slice, cook until underside is a delicate brown and cheese melts. Serve hot with butter and syrup if desired. Serve crisp bacon or sausage as accompaniments for luncheon or supper.

ORANGE CRUMB FRENCH TOAST

Dolores Casilli

For a truly delicious different breakfast or Sunday supper, try this!

2 eggs
1/4 tsp. salt
2/3 c. orange juice
3/4 c. fine dry bread crumbs
1 tsp. grated orange peel
8 slices white bread
3 Tbsp. shortening
1 c. maple flavored syrup
1/4 c. orange juice
1 tsp. grated orange peel
Butter or margarine

Combine eggs, salt and the 2/3 cup orange juice; beat together thoroughly. Combine bread crumbs with the first teaspoon grated orange peel. Dip bread slices in the orange-egg mixture, then in the crumb mixture, turning slices to coat evenly. Brown on both sides in shortening on a hot griddle. Meanwhile, combine syrup with the 1/4 cup orange juice and second teaspoon of grated orange peel; simmer 5 minutes. Serve French toast with the hot orange syrup and butter. 4 servings.

Wilkes-Barre, Pa.

DAVID EYRE'S PANCAKE — Laura Turner

1/2 c. flour (unsifted)
1/2 c. milk
2 eggs, lightly beaten
Pinch nutmeg
4 Tbsp. butter or margarine
2 Tbsp. confectioners sugar
Juice of 1/2 lemon

Preheat oven to 425°. Combine flour, milk, eggs and nutmeg. Beat lightly; leave batter a little lumpy. Melt butter in 12-inch skillet with heatproof handle. When very hot, pour in batter. Bake in oven 15 to 20 minutes, or until pancake is golden brown. Sprinkle with sugar and return briefly to oven. Sprinkle with lemon juice, then serve with jelly, jam or marmalade, if desired. Delicious without. 2-4 servings.

DONNA'S INSTANT SPICED TEA — Ann Wilks

2 c. sugar
2 c. Tang
1/2 c. instant tea
1 (3 oz.) pkg. lemonade mix
1 3/4 tsp. cinnamon
3/4 tsp. ground cloves
3/4 tsp. allspice

Blend all ingredients together. Use about 1 tablespoon of spiced tea mix to 1 cup hot water. Store in well sealed container. Great for instant company refreshment.

SPICED TEA — Lois Carpenter

1/2 large jar Tang
2 c. instant tea
1 c. sugar*
1 pkg. Wyler's lemonade mix*
2 tsp. ground cloves
2 tsp. ground cinnamon

(* Mix, or use instant tea with lemon and sugar added.)
Mix ingredients together and store in glass jar. Use 2 teaspoons per cup of hot water (3 teaspoons per mug).

MULLED FRUIT JUICE — Norine Allen

1 pkg. Pillsbury raspberry Funny Face drink mix
4 c. low calorie cranberry juice cocktail
2 c. water
1/2 c. unsweetened pineapple juice
1 med. orange, sliced and studded with cloves

Combine first 4 ingredients in saucepan. Heat thoroughly. Serve hot, garnished with orange slices. Serves 12.

HOLIDAY PUNCH — Arvilla Leach

3 c. Sugar Sugar (recipe below)
4 c. cranberry juice cocktail
3 c. lemon juice
2 c. orange juice
2 c. pineapple juice (unsweetened)
2 qt. ginger ale

Cool Sugar Syrup, add fruit juices. When ready to serve, pour over ice in punch bowl. Add ginger ale. Garnish with sprigs of mint. Makes about 50 servings.

Sugar Syrup:

1 c. sugar
1 c. water

Combine and stir over heat until sugar is dissolved. Bring to boiling point; let boil without stirring about 7 minutes. Cool. Pour into jar, cover and keep in refrigerator. Makes 1 cup.

PRETTY PINK PUNCH — Mrs. Frank O'Connell

Chill:
1 large bottle cranberry juice
2 cans pineapple juice
2 qt. bottles ginger ale

When ready to serve, pout into punch bowl and add 2 packages frozen strawberries. Float sliced oranges on top. No ice will be needed.

SPARKLING FRUIT PUNCH — Betty Hopkins Moses

Combine in punch bowl:
1 (6 oz.) can frozen orange juice concentrate
1 (6 oz.) can frozen lemonade concentrate
3 c. cold water

Stir until well blended. Mix in:

2 drops red food coloring
1 (12 oz.) bottle ginger ale, chilled

Add 1 (16 oz.) package frozen whole strawberries, just thawed. Float scoops of orange sherbet on top and serve immediately.

WINE PUNCH

Barbara Bellucci

1 bottle 7-Up
1/2 bottle Sangria
1/4 c. sugar to taste
2 lemons
2 oranges

Mix all ingredients. Double the recipe for a full punch bowl (3 quarts).

CHAMPAGNE PUNCH
(Makes 8 Cups)

Ottie Chwalek

1 c. orange juice
1 c. maple blended syrup
1/2 c. lemon juice
1/2 c. brandy
1/2 c. maraschino cherry syrup
1 bottle champagne (4/5 qt.)
1 orange, thinly sliced
1 lemon, thinly sliced
1 lime, thinly sliced

In a large bowl, combine orange juice, maple blended syrup, lemon juice, brandy and maraschino cherry syrup. Stir well. Let stand at room temperature 1 hour to allow flavors to mingle. Chill.

Just before serving, add 1 bottle champagne (4/5 qt.) and pour over ice in punch bowl. Garnish with thin slices of orange, lemon and lime.

This is good without the champagne, too. The yield is 3 1/2 cups. Orange, lemon or lime sherbet may be added also.

SANGRIA

Hilda Marban

1 bottle dry light red wine
1 bottle dry white wine
1/2 c. cognac
Fresh peach, strawberry or orange and lemon slices
Sugar to taste
2 c. club soda
Ice cubes

Combine all ingredients and serve very cold. Serves 10.

BERG'S SWEDISH GLOGG
(Old Family Recipe, Traditional Christmas Punch)

Mrs. James P. Berg
Mountaintop, Pa.

1/5 gal. Taylor's Tawney port
1/5 gal. Paul Masson's rubicon
1 pt. Christian Brothers brandy
4 cloves
8 cardamoms

Wilkes-Barre, Pa.

BERG'S SWEDISH GLOGG (Continued)

1 iron grid
1/2 c. almonds, blanched and shredded
1 to 2 c. seedless raisins
1 can candied orange peel
2 pieces cinnamon bark
1/2 to 1 c. lump sugar
1 long-handled ladle

A day or two before use, prepare the foundation of the glogg. Place the whole cloves, whole cardamoms, almonds, raisins, orange peel and cinnamon in a kettle with enough of the port or rubicon to cover. Bring to a boil. Cool and store for 24 to 48 hours.

On the day of use, add the rest of the wine to a large kettle and heat to slightly below boiling point. Place an iron grid with the lump sugar over the kettle. Pour the brandy over the sugar into the kettle. Light the fumes of the near-boiling mixture and ladle this flaming mixture over the sugar until it has all caramelized and dripped into the glogg. Put out the flame with a pot lid. Serve the glogg hot with raisins and almond slivers.

The leftover spiced fruit may be used in other recipes. Some people use this as a party punch and do the "flaming stage" in the living or dining room.

DANDELION WINE

Pat Pisaneschi
Wapwallopen, Pa.

2 qt. dandelion blossoms
4 qt. boiling water
3 lb. sugar
3 sliced lemons
3 sliced oranges
1 small yeast cake

Pour boiling water over blossoms and let stand 24 hours. Strain and add sugar, lemons and oranges to juice; boil together 15 minutes. Let cool and add yeast. Let stand (preferably in crock) for about 10 days; strain and bottle.

This may taste like rotten orange juice when ready to bottle, but don't throw it out - it improves with age!

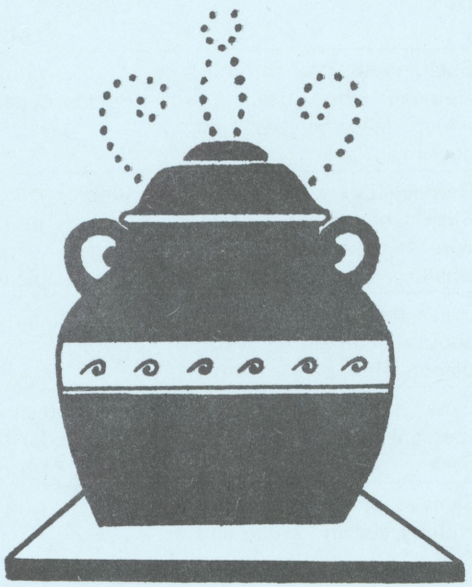
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Wilkes buildings are named for families of Wyoming Valley, such as Weckesser, Stark, Chase, McClintock, Hollenbeck, Catlin, Bedford, Dorothy Dickson Darte, Zebulon Butler, Franklin, Slocum, Daniel O. Roberts, Waller, Miner, Pickering, Parrish, Chapman, Weiss, Kirby and Doane Halls, the Conyngham Art Gallery, and Annette Evans Alumni Building.

** EXTRA RECIPES **

POT LUCK

CASSEROLES
VEGETABLES



TO QUICK–FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or cross-wise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

CHEESE AND PASTA IN A POT

Ginger Rodechko

2 lb. lean beef, ground
Vegetable oil
2 med. chopped onions
1 garlic clove, crushed
1 (14 oz.) jar spaghetti sauce
1 (1 lb.) can stewed tomatoes
2 (3 oz.) cans sliced broiled mushrooms
12 oz. shell macaroni
1 (16 oz.) jar dairy sour cream
1 (1/2 lb.) pkg. sliced Provolone cheese
1 (1/2 lb.) pkg. Mozzarella cheese, sliced thin

Cook ground beef in a little vegetable oil in a large frying pan (electric) until brown, stirring often with a fork. Drain off any excess fat. Add onions, garlic, spaghetti sauce, stewed tomatoes and undrained mushrooms. Mix well. Simmer 20 minutes, or until onions are soft. Meanwhile, cook macaroni shells according to package directions; drain and rinse with cold water. Take half of the shells and divide them into 2 (2 1/2 quart) casserole dishes. Cover the casserole dishes with half the tomato-meat sauce. Spread half the sour cream over sauce into both dishes. Top with slices of Provolone cheese.

Repeat layering, ending with slices of Mozzarella cheese on top. Cover casseroles. Bake at 350° for 35 to 40 minutes. Yields 2 (2 1/2 quart) casseroles, each of them will serve 6. Make one for dinner and freeze the other one for the following week. Be sure to defrost well before baking.

FAMILY CASSEROLE

Eva E. Schuler
Dallas, Pa.

1 lb. ground beef
1 c. chopped onion
1 1/2 tsp. salt
3/4 tsp. chili powder
1 (No. 303) can tomatoes
1 pkg. frozen mixed vegetables
1 Tbsp. Worcestershire sauce
1 tsp. Accent
1/4 lb. noodles (med. size)
1 c. grated cheese

Early in day, brown meat, add onions, salt, chili powder, Worcestershire sauce and tomatoes. Sprinkle Accent over vegetables. Combine with meat mixture and uncooked noodles. Put in 2-quart casserole and refrigerate. About 1 1/2 hours before serving time, heat oven to 350°. Let casserole stand at room temperature at least 15 minutes. Bake, covered, 1 hour. Uncover, sprinkle grated cheese over mixture and bake 15 minutes longer, uncovered. Add water if necessary.

HUNGRY JACK BEEF CASSEROLE

Adelaide Bearde

1 lb. ground beef
1 tsp. salt
16 oz. can pork 'n beans
3/4 c. barbecue sauce
2 Tbsp. brown sugar
1 Tbsp. instant minced onion
1 can Hungry Jack flaky biscuits
1 c. shredded Cheddar cheese

Preheat oven to 375°. Brown beef; drain. Stir in next 5 ingredients; heat until bubbly. Pour into 2-quart casserole. Cut biscuits in halves to form 20 half-circles. Place cut side down around edge of casserole. Sprinkle with cheese. Bake 25 to 30 minutes, until biscuits are brown.

HAMBURGER CASSEROLE

Margaret Henson

1 1/2 lb. hamburger
1 pkg. frozen mixed vegetables
2 (8 oz.) cans Hunt's tomato sauce with mushrooms

Fry hamburger and let drain on paper towel. Prepare vegetables. Mix hamburger, tomato sauce and vegetables in casserole dish and place in 375° oven for 15 to 20 minutes. Serves 3-4.

BURGER TRITTINI

Mary Lou Labows

2 lb. round beef, ground
1/2 c. minced onion
2 (6 oz.) cans tomato paste
2 (8 oz.) cans tomato sauce
2 tsp. dried basil
2 tsp. dried parsley flakes
Salt
2 tsp. granulated sugar
1 tsp. oregano
Dash garlic salt
1/4 tsp. pepper
2 (3 oz.) cans mushroom slices, drained
2 (10 oz.) pkg. frozen chopped spinach, thawed
1 lb. creamed cottage cheese
1 (8 oz.) pkg. Mozzarella cheese

About 1 hour before dinner: 1. In large skillet, sauté ground round and onion until meat loses its pink color and onion becomes transparent. Add tomato paste, tomato sauce, basil, parsley, 1 teaspoon salt, sugar, oregano, garlic salt and pepper. 2. Set aside 15 canned mushroom slices, add rest of slices to meat mixture. Simmer over low heat, uncovered, 10 minutes, stirring often, or until thickened. Then, with cooking spoon, mark off mixture into 5 equal portions.

3. Meanwhile, squeeze out as much liquid as possible from thawed spinach. Then in medium bowl, with fork, combine spinach, cottage cheese and dash of salt. Mark this mixture off into 5 equal portions too; set aside.

Wilkes-Barre, Pa.

BURGER TRITTINI (Continued)

4. With sharp knife, slice 12 (2 1/2 x 1/2 x 1/2 inch) strips from Mozzarella cheese. Dice rest of cheese. 5. Heat oven to 375°. In 13x9x2 inch baking dish, arrange alternately in lengthwise strips, 3 portions of spinach mixture and 2 portions of meat mixture, covering bottom of dish. Sprinkle on diced Mozzarella cheese, then, on top of diced cheese, arrange alternately, in lengthwise strips, 3 portions of meat mixture and 2 portions of spinach mixture.

6. Now, with the Mozzarella cheese strips, make 4 crosswise rows on top of meat mixture, using 3 strips placed end to end for each row. Garnish with reserved mushroom slices. Bake 25 to 30 minutes, or until bubbling hot. Serve at once. Makes 10 servings. For 4 to 5 servings, halve all ingredients except Mozzarella cheese. Bake in 12x8x2 inch dish for 15 to 20 minutes.

GROUND BEEF CASSEROLE

Mary Beth Benecke

Preheat oven to 350°. Place the following ingredients in layers in 2-quart baking dish with tight fitting lid:

1 c. uncooked rice

1 c. canned whole kernel corn, drained

Sprinkle with salt and pepper. Pour over 1 (8 oz.) can tomato sauce and 1/2 can water.

1/2 c. finely chopped onion
1/2 c. finely chopped green pepper

1 lb. uncooked ground beef

Sprinkle with salt and pepper. Pour over second can tomato sauce and 1/4 can water. Cover meat with 4 strips of bacon, cut in halves. Cover dish and bake at 350° for 1 hour. Uncover and bake about 30 minutes longer, until bacon is crisp. Serves 4.

BEEF CASSEROLE

Louise Werner

2 lb. cubed beef (round steak preferable)
1 can cream of mushroom soup
1 can mushrooms (liquid too)
1 envelope onion soup mix
1 c. red wine (burgundy, Chianti, etc.)

Put into casserole. Set oven at 250°. Bake for 6 hours, covered. Serve with noodles or rice. Serves 5 or 6.

GROUND BEEF CASSEROLE

Leota Nevil

Fry 1/4 pound ground beef and salt well. Cut into bite-sized pieces. Cook 1/3 cup macaroni for 10 minutes. Heat 1 pound of canned stewed tomatoes, to which 1 1/2 teaspoon sugar has been added. Combine, stir and serve. Serves 2.

BEEF 'N BEAN CASSEROLE

Joy Torelli

6 slices bacon, cooked and cut in pieces
2 med. onions
1 lb. ground chuck
1 large can lima beans
1/2 tsp. Worcestershire sauce
2 cans tomato soup
1/2 tsp. salt
Pinch of pepper

Sauté onions and beef. Add all other ingredients. Some water may be necessary for good sauce consistency. Simmer 20 to 30 minutes. Serves 4.

TURKEY TETRAZZINI

Betty Hopkins Moses
Bear Creek, Pa.

8 oz. fine noodles (or thin spaghetti), cooked, drained and rinsed
1 (or 2) c. shredded cheese
1 chopped onion, sautéed
1/2 green pepper, chopped
4 oz. can pimientos, chopped
1/2 c. sautéed cut almonds
3 c. cooked, cubed turkey (or chicken)
1 can cooked peas (1 3/4 c.)
1 can mushroom soup
1 to 2 c. chicken or turkey broth (enough to give a juicy consistency)
Buttered crumbs for topping

Mix, spread in a shallow, greased 9x13 inch casserole, and top with crumbs. Bake at 375° for 30 to 40 minutes, until golden brown. Serves 10 to 12. A delicious and festive dish for luncheon or dinner.

CHICKEN CASSEROLE

Jean Orgen

2 c. diced, cooked chicken
1 c. cooked rice
1 can cream of chicken soup
3 chopped hard-boiled eggs
1 tsp. chopped onion
1 c. diced celery
1 tsp. lemon juice
3/4 c. mayonnaise
1/2 tsp. salt

Mix well. Place in buttered dish. Cover with corn flakes or Special K and slivered almonds. Bake at 350° for 30 to 40 minutes. Serves 4 to 6.

CHICKEN CASSEROLE SUPREME

Linda Hobrock
Wyoming, Pa.

1 pkg. (4-serving size) Betty Crocker noodles Romanoff
1 (10 1/2 oz.) can cream of mushroom soup
2 c. cut-up cooked chicken
1 (10 oz.) pkg. frozen chopped broccoli, thawed and drained
1/2 c. pitted ripe olives, cut into wedges

Heat oven to 350°. Prepare noodles Romanoff as directed on package, except use 1/2 cup milk. Stir in soup, chicken, broccoli and olives; pour into 2-quart casserole. Cover and bake 25 to 30 minutes, or until broccoli is tender. 4 to 6 servings.

French rolls and a tossed green salad round out the meal.

TUNA NOODLE CASSEROLE

Jean Barone

6 oz. (about 3 c.) medium noodles
1 (6 1/2, 7 or 9 1/4 oz.) can tuna, drained
1/2 c. mayonnaise
1 c. sliced celery
1/3 c. chopped onion
1/4 c. diced green pepper
1/4 c. chopped pimiento
1/2 tsp. salt
1 can cream of celery soup
1/2 c. milk
1 c. (1/4 lb.) shredded sharp cheese

Combine cooked noodles, tuna, mayonnaise, vegetables and salt. Blend together soup and milk, heat through. Add cheese, heat and stir until melted. Add to noodle mixture. Sprinkle with toasted almonds. Bake, uncovered, at 425° for 20 minutes. Serves 6. Can be made ahead and can be frozen.

SEAFOOD CASSEROLE

Gwen W. Ennis

2 lb. bite size sole or flounder fillet
2 cans frozen shrimp soup
1 c. cooked lobster meat
2 Tbsp. grated Parmesan cheese
1 Tbsp. butter
2 Tbsp. sherry
1/2 Tbsp. flour
4 oz. can sliced mushrooms

Put fish and lobster in buttered shallow casserole. Pour thawed soup over fish. Add flour, sherry and mushrooms. Sprinkle cheese over all. Dot with butter and bake in 375° oven for 30 minutes.

BRUNCH EGG CASSEROLE — Mrs. Paul R. Werner
(Bacon, Eggs, and "Toast" - All in One Delicious Dish)

In bottom of greased 10 x 6 x 1 3/4 inch baking dish, combine 2 cups plain croutons and 4 ounces (1 cup) shredded sharp Cheddar cheese. Combine:

4 slightly beaten eggs
2 c. milk
1/2 tsp. salt
1/2 tsp. prepared mustard
1/8 tsp. onion powder
Dash pepper

Mix until blended. Pour over crouton mixture in casserole. Cook 6-8 slices bacon until crisp; drain and crumble. Sprinkle over top of casserole and bake in 325° oven for 35 to 40 minutes, or until the eggs are set. If desired, garnish with bacon curls.

Simple and delicious. May be served for lunch or supper, too. Makes 8 servings.

BAKED PINEAPPLE — Betty L. Jahr

1 large (No. 2 1/2) can crushed pineapple
1 c. brown sugar
1/2 c. butter or margarine
6 slices white bread (remove crusts and cut into small squares)

Mix brown sugar and butter into a crumbly mixture. Add pineapple and bread cubes, and mix lightly. Bake in a casserole at 325° for 1 hour, or until the pineapple starts to bubble.

A good pot-luck dish. Excellent with ham or pork.

PINEAPPLE CARROTS — Betsy DeCosmo

2 (1 lb.) pkg. small carrots, pared
1/2 c. sugar
4 tsp. cornstarch
1 can (about 6 oz.) pineapple juice
2 Tbsp. butter
2 Tbsp. chopped mint leaves

Cook carrots, covered, in boiling salted water in large frying pan for 25 minutes, or until tender; drain. Remove carrots from pan. Mix sugar and cornstarch in same pan, stir in pineapple juice. Cook, stirring constantly, until sauce thickens and boils 3 minutes. Stir in butter until melted, and mint. Place carrots in sauce. Heat slowly until bubbly. Spoon into heated bowl. Garnish with mint leaves.

BEETS WITH PINEAPPLE

Mary Babcock

2 Tbsp. brown sugar
1 Tbsp. cornstarch
1/4 tsp. salt
1 (8 3/4 oz.) can pineapple tidbits
1 Tbsp. butter or oleo
1 Tbsp. lemon juice
1 (1 lb.) can sliced beets, drained (2 c.)

Combine brown sugar, cornstarch and salt in a saucepan. Stir in pineapple with syrup. Cook, stirring constantly, until mixture thickens and bubbles. Add butter or oleo, lemon juice and beets. Cook over medium heat about 5 minutes, until heated. Serves 4-5.

BAKED BEANS

Helenanne Sincavage

1 (3 lb. 4 oz.) can vegetarian beans
1 med. onion, diced
1 small green pepper, diced
1 c. chili sauce
1 c. pickle relish
2 Tbsp. white vinegar
2 Tbsp. molasses
6 oz. bottle ketchup (Heinz)
1/2 tsp. Worcestershire sauce
1 1/2 Tbsp. mustard
1/4 tsp. oregano
1/4 tsp. parsley flakes
1/4 tsp. garlic salt
1/4 tsp. onion salt
1/4 tsp. salt
1/4 tsp. pepper
1/2 lb. crisp bacon

In large mixing bowl, combine all ingredients, except the bacon. Pour mixture into a large greased casserole. Cover top with crisply fried bacon strips. Bake at 350° for 1 hour. Serves 8 to 10.

BROWN BAKED BEANS

Arvilla Leach

2 c. dried beans
1/2 lb. salt pork*
1/2 c. molasses
2 tsp. salt
1 c. boiling water
1 tsp. mustard
1/3 c. catsup
1 onion, chopped

Soak beans overnight in cold water; drain. Add boiling water to cover and simmer until skins are tender; drain. Put slice of salt pork in bottom of bean pot, add beans and lay remaining pork on top. Mix dry seasonings; add molasses, catsup and boiling water. Pour over beans. Add enough water to almost cover. Bake, covered, at 350° for about 3 hours.

(* I usually use leftover ham instead of salt pork.)

JOE'S FAMOUS BEANS

Dr. Joseph Bellucci

4 strips bacon
3/4 c. ketchup
1 heaping tsp. prepared mustard
3 Tbsp. brown sugar (or more, to taste)
16 oz. can baked beans

Cut bacon into 1/2 inch pieces and fry until crisp in a large heavy frying pan. Add the can of baked beans to the contents of pan (bacon and drippings). Stir in ketchup, mustard and brown sugar. Cover; let simmer for at least 1 hour, stirring occasionally to prevent sticking. Enjoy!

BAKED MASHED POTATOES

Betty L. Jahr

6 med. potatoes, pared, cooked and drained
1 tsp. salt
1 c. dairy sour cream
1 (3 oz.) pkg. cream cheese
1 Tbsp. butter
Salt to taste

Mash potatoes until light and fluffy. Add seasonings, cream and cheese, and beat until blended. Turn into a buttered casserole. Dot with butter and sprinkle with paprika. Bake at 350° for 30 minutes. Serve immediately.

CHEESE-POTATO MOUND

Ginger Rodechko

Prepare the day before.

2 c. sliced, cooked potatoes (about 4 med. sized ones)
1/4 c. flour
3 Tbsp. margarine
1 1/2 tsp. salt
1/8 tsp. pepper
1 c. milk
1 Tbsp. minced onion
1 Tbsp. snipped parsley
3/4 c. grated processed sharp Cheddar cheese

Early in the day, or the day before, grease 1-quart casserole, line bottom with waxed paper. In saucepan, melt margarine. Stir in flour, salt, pepper, then milk; cook, stirring until smooth and very thick. Stir in potatoes, onion, parsley; pack firmly into casserole. Refrigerate several hours (or overnight, if desired).

About 45 minutes before serving, heat oven to 400°. Loosen sides of casserole with spatula, turn potato mound onto an ovenproof platter, peel of paper. Sprinkle with cheese. Bake, uncovered, 25 minutes, or until lightly browned and thoroughly heated. Garnish with parsley and radish roses. Yield: 2 or 3 servings.

SPECIAL SWEET POTATOES — Mary Babcock

1 (1 lb.) can whole sweet potatoes, drained
1/2 c. brown sugar
1 Tbsp. cornstarch
1/4 tsp. salt
1 c. orange juice
1/4 c. raisins
2 Tbsp. dry sherry
2 Tbsp. chopped walnuts
1/2 tsp. shredded orange peel (optional)

Arrange sweet potatoes in baking dish. In a saucepan, mix brown sugar, cornstarch and salt; blend in orange juice. Add raisins. Cook over high heat, stirring constantly, until mixture is boiling. Add remaining ingredients, pour over potatoes. Bake, uncovered, at 350° for 25 to 35 minutes. Serves 4.

MODIFIED RATATOUILLE — Mary Beth Benecke

1/4 c. olive oil or peanut oil
1 med. onion, cut thinly
1 clove garlic, peeled and finely minced
1 med. green pepper, cut in slender strips
1 med. sized zucchini or yellow squash, cut in 1/2 inch pieces
1 med. tomato, cut in wedges
1 tsp. oregano
Salt and pepper to taste of individual

In large skillet, heat oil over medium heat. Sauté onions until they are slightly soft, then scrape a place free in skillet and add green pepper, garlic, salt, pepper and oregano. Cook until fairly soft. Add squash and cook until it is soft. Add tomato wedges and heat just enough to warm them. Serve immediately. Serves 4.

GREEN BEAN, LIMA AND PEA CASSEROLE — Rosalie Staley Nutaitis

Sauté 1 chopped onion and 1 chopped green pepper in butter. Cook 2 packages each of frozen green beans, limas and green peas, according to package directions. When done, drain. Add 1/2 pint sour cream, onions and green peppers. Put mixture in greased casserole and top with Parmesan cheese. Bake in 350° oven until hot (about 30 minutes). Serves 6 to 8.

GREEN BEAN CASSEROLE — Sally Connor

2 pkg. frozen French green beans, cooked, drained
1 can cream of mushroom soup
1 c. milk
1 can French fried onion rings

GREEN BEAN CASSEROLE (Continued)

Grease a 1 1/2 quart baking dish. Combine beans, soup and milk in dish. Top with onion rings. Bake at 350° for 45 minutes.

GREEN BEAN BAKE

Betsy DeCosmo

2 (9 oz.) pkg. frozen whole green beans
1 clove garlic, sliced
1 c. dairy sour cream
1/4 tsp. pepper
2 Tbsp. butter
1 c. bread crumbs (2 slices)

Cook green beans and garlic, following label directions; drain. Place in 4-cup baking dish. Stir together pepper and sour cream, and spoon over beans. Melt butter in small saucepan; add crumbs and toss to coat well. Sprinkle over sour cream. Bake in moderate oven (350°) for 20 minutes.

ASPARAGUS WITH SAUCE

Jean Barone

2 (No. 2) cans large green asparagus, cut in 1-inch pieces
4 hard-boiled eggs, chopped
Parmesan cheese
1/2 c. dried buttered bread crumbs

Sauce:

4 Tbsp. butter
1/2 tsp. black pepper
Asparagus juice plus coffee cream for 2 c.
1 c. soft bread crumbs
4 Tbsp. flour
1 tsp. salt

Place a layer of asparagus in bottom of buttered casserole. Add some sauce and grated eggs. Repeat until dish is filled. Cover with dry crumbs and cheese. Bake 30 minutes at 300°. Serves 8.

AUNT NELL'S SAUCE FOR CAULIFLOWER Betsy DeCosmo

2 Tbsp. water
2 Tbsp. vinegar
1 Tbsp. butter
1 egg
1 Tbsp. sugar
4 Tbsp. cream (or milk or canned milk)

Heat first 3 ingredients in saucepan until butter melts. Beat together egg and sugar, and add to saucepan. Add cream (or milk). Cook all together, but only until thickened, as it curdles easily.

BROCCOLI CASSEROLE

Mrs. Dolores Caldwell
Mountaintop, Pa.

1 bag Pepperidge Farm stuffing mix
2 pkg. frozen broccoli spears, par-cooked and cut in pieces
8-12 oz. yellow Cheddar cheese, shredded
2 cans cream of mushroom soup (undiluted)

Grease 2-quart casserole dish. Layer: Stuffing, soup, broccoli, cheese; repeat, ending with stuffing. Dot with butter and sprinkle about 1/4 cup water over the top of stuffing. Bake at 350° for 1/2 hour, covered; 15 minutes, uncovered.

BAKED BROCCOLI

Charlotte Sours

3 boxes frozen chopped broccoli
6 slices lean bacon
1 1/2 c. white sauce (1 c. milk, 1/2 stick margarine)
Bread crumbs
1/2 stick margarine

Cook broccoli in salt water; drain. Fry bacon crisp; drain. Easy white sauce can be made in blender by heating cup of milk and margarine together. Pour into blender, where 1 1/2 slices of bread have been broken up. Blend at top speed for a few seconds. Otherwise, make 1 1/2 cup medium white sauce.

Toss into baking dish with broccoli. Add bacon. Break up a slice of bread on top for crumbs and dot with other half stick of margarine. Bake at 350° oven until crumbs are brown. 6-8 servings.

BROCCOLI CASSEROLE
(Serves 8)

Mrs. Paul R. Werner

1/4 c. chopped onion
6 Tbsp. butter or margarine
2 tsp. flour
1/2 c. water
1 (8 oz.) jar Cheez Whiz
2 pkg. chopped broccoli, thawed and squeezed to remove as much water as possible
3 eggs, well beaten
Cracker crumbs

Brown onion in 4 tablespoons margarine; add flour and water. When thick, add Cheez Whiz. Combine this sauce with broccoli and eggs. Pour into greased casserole and top with buttered crumbs, using remaining 2 tablespoons margarine. Bake 45 to 50 minutes at 350°.

This, all my guests have always requested and enjoyed.

RICE-BROCCOLI CASSEROLE — Ruth W. Jessee

2 c. cooked rice (do not use instant)
1 pkg. frozen chopped broccoli
1/4 c. chopped onion
1/2 c. chopped celery
3 Tbsp. butter or margarine
1 can cream of chicken soup
1/2 c. milk
1 can water chestnuts
1 (8 oz.) jar pasteurized cheese spread (We use Cheez Whiz)

Cook enough rice to yield 2 cups. Thaw broccoli and drain. Sauté onions and celery in butter. Blend in soup, milk, chestnuts, rice, broccoli, and 1/3 jar soft cheese. Turn into glass baking dish, 10x7x2 inches. Cover with remaining cheese, which has been softened by setting jar in hot water. (I do this before adding cheese to the mixture.) Bake at 350° for 40 minutes.

HAM AND BROCCOLI BAKE — Ginny Orlowski

1 (8 oz.) jar process cheese spread (1 c.)
2 cans condensed cream of chicken soup
1/2 c. milk
1/2 c. chopped onion
4 Tbsp. butter or margarine
2 (10 oz.) pkg. frozen chopped broccoli
4 c. diced cooked ham
2 c. packaged precooked rice
1/2 tsp. Worcestershire sauce

In large bowl, blend cheese spread, soup and milk. Cook onion in butter or margarine until tender. Cook broccoli according to package directions until almost tender; drain. Add onion, broccoli, ham, uncooked rice and Worcestershire sauce to soup mixture. Blend into cheese mixture. Turn into 2 (1 1/2 quart) casseroles. Cover tightly. Seal, label and freeze. Bake frozen casserole, covered, in 400° oven for 1 1/2 hours. Uncover and cook 30 minutes more. (Bake unfrozen casserole in 350° oven for 35 to 40 minutes.) Makes 2 casseroles, 4 to 5 servings each.

FRANKFURTER EGGPLANT PARMIGIANA — Mrs. Henry R. Casilli

1 large onion
1 clove garlic, minced
1/4 c. vegetable oil
1 med. eggplant
1 large can tomatoes, or 3 1/2 c. fresh tomatoes
2 Tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1/4 to 1/2 tsp. oregano
1 lb. frankfurters, cut in 1-inch pieces
3/4 c. grated Parmesan cheese

FRANKFURTER EGGPLANT PARMIGIANA (Continued)

Sauté onion and garlic in hot oil until soft, but not brown. Peel and dice eggplant and sprinkle with flour. Add to onion and cook 5 minutes, stirring until eggplant is slightly browned. Add tomatoes, salt, pepper and oregano; simmer, covered, 20 minutes, stirring frequently. Add frankfurters and cook 10 minutes. If too thick, add a little hot water, 1 tablespoon at a time. Pour into 1 1/2 to 2-quart casserole and sprinkle with Parmesan cheese. Put under broiler or bake in hot oven (425°) until cheese is melted and slightly browned. Makes about 6 servings.

BAKED VEGETABLES OF THE VINES Lisbeth W. Jardine (American Indian)

2 onions, peeled and chopped
2 cloves garlic, peeled and crushed
1/3 c. olive or peanut oil
2 cucumbers, zucchini or yellow crookneck squash, washed and sliced
2 green peppers, cut into strips about 1-inch wide
1 large eggplant, washed and sliced
2 large tomatoes, sliced
1 Tbsp. salt
1/4 tsp. fresh ground black pepper
1 tsp. oregano
1/4 tsp. whole cumin seed
1/4 tsp. powdered dill
3 Tbsp. more of oil

1. In a flameproof oven casserole, sauté the onions and garlic in 1/3 cup oil until golden. Remove half of the onions and set aside. 2. Mix together in a cup, salt, pepper and herbs. 3. Lay sliced cucumbers or squash on top of the onion mixture in the casserole; sprinkle with 1/3 of mixed seasoning and 1 tablespoon oil. 4. Add layer of sliced eggplant, sprinkle with 1/3 seasonings and 1 tablespoon oil. 5. Add layer of green peppers, sprinkle with remaining seasonings and 1 tablespoon oil.

6. Cover casserole and bake for 1 hour in 350° oven.
7. Remove from oven, add layer of sliced tomatoes, top with remaining onions, return to oven and bake, uncovered, for 15 minutes. 6-8 servings.

(From The Art of American Indian Cooking, by Yeffe Kimball & Jean Anderson, Avon)

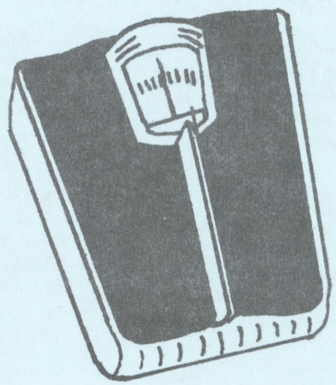
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A distinctive attraction of the Eugene S. Farley Library are four special collection rooms, the Eleanor Farley Room and the Admiral Stark Room on the second floor, and the Gilbert McClintock Room and the Polish Room on the third floor.

** EXTRA RECIPES **

GOOD LOSERS

LOW CALORIE FOODS



IF YOU COUNT CALORIES

APPETIZERS, PICKLES, RELISHES

Shrimp Cocktail (½ c.)	100	Dill Pickle (1 large)	15	Pickle Relish (1 T.)	14
Crab Paste (1 t.)	10	Sour Pickle (1 large)	15	Mustard Pickle Relish (1 T.)	25
Melon Balls, frozen (1 c.)	160	Sweet Pickle (1 med.)	20	Relish Cheese Spread (1 oz.)	70
Pate de fois gras (1 T.)	84	Cucumber Pickles (6 slices)	29	Chili Sauce (1 T.)	15

SOUPS, SALADS, VEGETABLES

Bean Soup (1 c.)	191	Cole Slaw (1 c.)	102	Asparagus (6 spears)	21
Beef Soup (1 c.)	100	Gelatin, with fruit (sq.)	139	Green Beans (1 c. cooked)	25
Chicken Soup, cream (1 c.)	200	Mixed greens, with		Broccoli (½ c.)	22
Clam Chowder, milk (1 c.)	200	French Dressing (½ c.)	50	Corn (1 ear)	85
Vegetable Soup (1 c.)	82	Waldorf (½ c.)	140	Peas, canned	170

MEAT, SEAFOOD, POULTRY

Hamburger, reg. (3 oz.)	245	Catfish (3 oz.)	168	Chicken (small leg, fried)	64
Roast, lean only (3 oz.)	110	Lobster Newburg (½ c.)	185	Baked Chicken (2 slices)	158
Beef steak, round (4 oz.)	288	Pink Salmon, canned (3 oz.)	122	Stewed Chicken (½ breast)	207
Pork Chops, lean (1.6 oz.)	120	Fried Clams (10)	250	Turkey, roasted (1 slice)	100
Pork Roast, lean (2.2 oz.)	160	Tuna, canned (3 oz.)	169	Creamed Turkey (1 c.)	430

BREAD, ROLLS, PASTRY

Cinnamon Bread (1 slice)	130	Hamburger Roll (1)	150	Apple Turnover (1)	275
Cracked Wheat Bread (1 slice)	60	Parker House Roll (1)	125	Cream Puff (1)	296
French Bread (1 sm. slice)	54	Plain Roll (1)	118	Cherry Pie (1 piece)	340
White Bread (1 slice)	60	Sweet Roll (1)	178	Apple Pie (1 piece)	331
Whole Wheat Bread (1 slice)	55	Whole Wheat Roll (1)	98	Lemon Meringue (1 piece)	302

CAKES, COOKIES, DESSERTS

Angel Food Cake (sm. slice)	110	Fig Bar (large)	87	Strudel (1)	200
Cheesecake (1 piece)	275	Macaroon (1)	55	Apple Dumpling (1)	345
Chocolate Cake, plain (1 pc.)	150	Oatmeal Cookie (1 large)	114	Chocolate Pudding (½ c.)	175
Pound Cake (1 slice)	130	Peanut Cookies (1)	50	Prune Whip (½ c.)	100
Sponge Cake (1 piece)	117	Vanilla Wafer (1)	25	Vanilla Pudding (½ c.)	138

CANDY, JELLY, PRESERVES

Divinity (1 sq.)	100	Blackberry Jelly (1 T.)	50	Blackberry Jam (1 T.)	55
Fudge (1 oz.)	118	Currant Jelly (1 T.)	50	Plum Jam (1 T.)	59
Peanut Brittle (1 oz.)	125	Grape Jelly (1 T.)	54	Preserves (1 T.)	55
Popcorn Ball	100	Lemon Jelly (1 T.)	40	Strawberry Jam (1 T.)	55
Taffy (1 piece)	50	Apple Butter (1 T.)	33	Orange Marmalade (1 T.)	56

CASSEROLES, BEVERAGES, MISCELLANEOUS

Beef Stroganoff (med. serv.)	450	Lemonade (1 c.) frozen	75	1 scrambled egg	100
Beef & Vegetable Stew (1 c.)	252	Tea with 1 t. sugar	16	1 T. mayonnaise	100
Chicken Paprikash (sm. serv.)	445	Coca-Cola (8 oz.)	107	1 T. peanut butter	100
Hungarian Goulash (½ c.)	165	Orange Soda (8 oz.)	95	Spaghetti w/ meat sauce (1 c.)	350
Spanish Rice (¾ c.)	130	Grape Juice (1 c.)	165	French Dressing (1 T.)	60
Crab Imperial (1 serving)	150	V-8 juice (1 c.)	98	Vanilla Ice Cream (¼ pt.)	150

GOOD LOSERS:
LOW CALORIE FOODS

SHRIMP SLAW (Very Low-Cal) — Carmela Earl

1 (4 1/2 oz.) can (or 2 cans, more if desired) shrimp, drained
3/4 c. diet French dressing
1/2 c. plain yogurt
2 Tbsp. lemon juice
6-7 c. fine shredded cabbage, or 1 small head
1/2 c. coarsely chopped parsley
5 green onions, chopped (1/2 c.)
1/2 c. pitted ripe olives, sliced

Two hours before serving, stir with fork in large bowl, French dressing, yogurt and lemon juice until smooth. Add remaining ingredients and toss until evenly coated. Refrigerate until serving. 6-8 servings.

SLIM GOURMET - TUNA ITALIANO — Dolores Casilli

1 Tbsp. oil
1 onion, sliced
2 cloves garlic, minced
2 small eggplants, cut in cubes
1 (1 lb.) can tomatoes (Italian style)
2 (6 1/2 oz.) cans water-pack tuna
2 tsp. oregano or basil
1/2 tsp. salt
1/4 tsp. pepper
4 Tbsp. grated Romano cheese

Heat the oil in a non-stick skillet. Sauté the onion and garlic until soft. Add eggplant, tomatoes, oregano or basil, salt and pepper. Cover and simmer over low heat for 30 minutes. Drain the tuna and fork-flake into chunks in the bottom of a shallow 2-quart baking dish. Spoon the tomato-eggplant mixture on top of the tuna and sprinkle with cheese. Bake in 250° oven for 30 minutes. 4 servings, 275 calories each.

TRIM TUNA FLORENTINE — Dolores Casilli

1 pkg. frozen spinach
2 cans water-packed tuna
1 1/2 Tbsp. flour
1 c. skim milk
Salt and pepper
4 Tbsp. extra sharp grated Cheddar cheese

Prepare spinach according to directions. Drain and place in a 2-quart casserole. Flake tuna on top of spinach. Combine flour, milk, salt and pepper in a saucepan, and cook and stir until simmering. Pour over tuna and top with grated cheese. Heat under the broiler until cheese is brown and bubbly. Serves 4, 200 calories each.

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SCALLOPED TUNA

Mary Lou Labows

Six servings, 253 calories, 7 grams carbohydrate, 18 grams protein, 17 grams fat per serving.

2 (7 oz.) cans tuna
3 Tbsp. all-purpose flour
1/2 tsp. salt
1/4 tsp. pepper
1 1/2 c. nonfat milk
1/2 c. finely diced celery
1 (9 oz.) box frozen cut green beans, cooked

Drain tuna, reserving 2 tablespoons oil. Break tuna into pieces. Heat 2 tablespoons oil and blend in flour and seasonings. Gradually add milk and cook, stirring, until thickened. Add tuna and vegetables and mix well. Turn into shallow 1 1/2 quart baking dish and bake at 350° for 30 minutes.

CHICKEN TETRAZZINI

Ginger Rodechko

1 Tbsp. olive oil
1/2 lb. fresh mushrooms, sliced
2 Tbsp. nonfat dry milk
1 1/2 Tbsp. cornstarch
2 envelopes or tsp. instant chicken broth
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. onion powder
Pinch of nutmeg
2 c. cold water
3 c. cooked breast of chicken or turkey, cut into 2-inch pieces
6 oz. broad egg noodles, cooked to tender stage (14 to 20 minutes, about 3 c.)
2 Tbsp. grated Romano cheese
Paprika
Chopped onion

1. Heat olive oil in skillet; sauté mushrooms just until tender. 2. Combine dry milk, cornstarch, chicken broth, salt, pepper, onion powder and nutmeg with cold water in a large saucepan. Cook over medium heat until mixture bubbles and thickens. 3. Arrange noodles in 2-quart baking dish. Spread mushrooms and onions in a layer over the noodles; top with a layer of chicken. Pour sauce over all; sprinkle with grated cheese and paprika. 4. Bake in moderate oven (350°) for 30 minutes, or until bubbly. Serves 6. (Low calorie - 227 calories per serving)

CURRIED CHICKEN EGGS

Ginny Orlowski

4 hard-cooked eggs
4 oz. cooked chicken
1-3 Tbsp. chicken broth
1/4 to 1/2 tsp. curry powder
1 tsp. horseradish

CURRIED CHICKEN EGGS (Continued)

Slice eggs in halves. Combine yolks with remaining ingredients in blender (chop speed) until well blended. Fill egg halves, sprinkle with paprika.

EGGPLANT PARMIGIANA — Dolores Caldwell
(Low Calorie - 126 calories per serving; Serves 6)

1 large eggplant, cut in 1/4 inch slices
1 Tbsp. olive oil
3 Tbsp. grated Parmesan or Romano cheese
1/2 tsp. salt
1/4 tsp. pepper
Pinch garlic powder
1 tsp. oregano
1 (8 oz.) can tomato sauce
3 oz. part-skim Mozzarella cheese, thinly sliced
1/4 c. seasoned Italian bread crumbs

1. Bring large kettle of water to boiling; remove from heat. Drop in eggplant slices and let stand 5 minutes. Drain slices; blot dry with paper towel. 2. Heat oil in skillet, brown eggplant on both sides. 3. Combine Parmesan cheese, salt, pepper, garlic powder and oregano with tomato sauce. Spread small amount of mixture over bottom of 9-inch square shallow baking dish. Arrange eggplant in layers with Mozzarella cheese. Pour remaining sauce mixture over top and top with bread crumbs. 4. Bake at 350° for 30 minutes, or until bubbly.

SANDWICHES — Marge Molley

One package Stella D'oro diatetic angel puffs.

Filling: (1) Low calorie cream cheese (Neufchatel), softened with crushed pineapple; (2) Tuna fish (packed in water), mixed with diet mayonnaise.

DIETER'S CHEESE CAKE — Lois Carpenter

2 (8 oz.) pkg. low calorie cream cheese, softened
3/4 c. low calorie sugar
4 eggs, separated
1/2 pt. sour cream
Margarine
Graham cracker crumbs

Blend cheese, sugar and egg yolks thoroughly. Add sour cream. Beat egg whites until stiff. Add to mixture, folding in. Grease pan with margarine and sprinkle with graham cracker crumbs. Pour filling into crust. Bake 35 minutes in 350° oven. Cool. Serves 8.

PUMPKIN TORTE
(116 Calories per Serving)

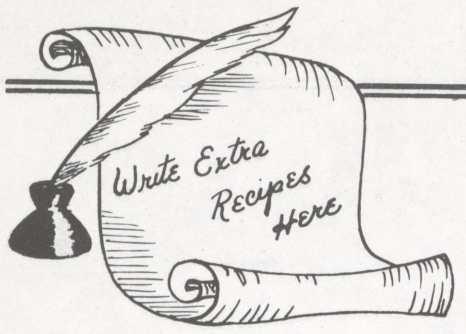
Ann Marie Raspen

1 envelope unflavored gelatine
1/4 c. sugar
Dash salt
1/2 c. cold water
1 1/2 c. canned pumpkin
1 tsp. pumpkin pie spice
1 envelope from 2 1/2 oz. pkg. low calorie dessert topping mix
20 gingersnaps

In small saucepan, combine gelatine, sugar and salt; add water. Stir over low heat until gelatine dissolves. Stir in pumpkin and spice; chill until partially set.

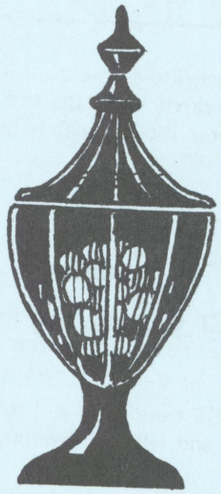
Prepare topping mix, following package directions; fold in pumpkin mixture. Spread 1 tablespoon mixture on each cookie. Stack 4 or 5 together; chill 15 minutes. On serving plate, stand stacks on edge, making roll. Frost with remaining frosting. Refrigerate several hours, or overnight. Garnish with 1 gingersnap, crushed, if desired. To serve, slice diagonally. Makes 10 servings.

** EXTRA RECIPES **


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Recipes
Here

SUGAR AND SPICE

CAKE • CANDY
COOKIES



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
FONDANT, FUDGE	234 - 238°	SOFT BALL
DIVINITY, CARAMELS	245 - 248	FIRM BALL
TAFFY	265 - 270	HARD BALL
BUTTER SCOTCH	275 - 280	LIGHT CRACK
PEANUT BRITTLE	285 - 290	HARD CRACK
CARAMELIZED SUGAR	310 - 321	CARAMELIZED

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

BLACK BOTTOM CUPCAKES

Adelaide Bearde

Combine:

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

Add to above mixture and mix well:

2 c. water
2/3 c. vegetable oil
2 Tbsp. vinegar
2 tsp. vanilla

Filling:

8 oz. cream cheese
1/3 c. sugar
1 egg
Dash salt

Mix well and add a 12-ounce package chocolate chips. Fill cupcake papers half full with batter. Drop heaping teaspoon of cream cheese mixture in middle and bake at 350° for 25 minutes.

DARK CHOCOLATE CAKE

Kathlene Watters

2 c. flour
2 c. sugar
3/4 c. cocoa
2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1/2 c. oil
2 eggs
1 c. hot milk
1 c. hot coffee

Add ingredients in order and mix as you add. Bake at 375° in a greased and floured 9x13 inch pan for 45 minutes.

AUNT ANNA'S CHOCOLATE CAKE

Dolores Caldwell

1 1/3 c. flour
1 c. sugar
1 c. buttermilk
1 tsp. soda (in milk)
1 egg
Salt
2 sq. unsweetened chocolate, melted
1/4 c. butter, melted
1 tsp. vanilla

Mix flour and sugar. Add buttermilk-soda mixture; beat in egg. Add salt and vanilla; add melted chocolate and shortening. Grease and flour a 9-inch square cake pan. Bake at 350° for 25 to 30 minutes. Use a chocolate-confectioners sugar frosting. Serves 9.

HERSHEY BAR CAKE — Rhoda Tillman

5 Hershey milk chocolate bars (10¢ size) or 1 (7-8 oz.) bar
1 (5 1/2 oz.) can chocolate syrup
1 c. butter or margarine
2 c. sugar
4 eggs
1/2 tsp. baking soda
1 c. buttermilk
2 1/2 c. sifted cake flour
1 tsp. vanilla

Melt chocolate bars in syrup over hot, not boiling, water. Cream butter and sugar until light and fluffy. Add eggs, one at a time, creaming well after each addition. Mix baking soda with buttermilk and add alternately with the sifted flour. Blend in chocolate mixture and vanilla complete. Pour into a greased and floured 10-inch tube pan. Bake at 350° for 1 hour 20 minutes. Cool in pan 10 minutes. Turn out on rack to finish cooling. Sprinkle with confectioners sugar.

CHOCOLATE BUTTERMILK CAKE — Jane Lampe

2 c. sifted flour
2 c. sugar
1 c. butter
1/4 c. cocoa
1 c. water
1/2 c. buttermilk
2 beaten eggs
1 tsp. baking soda
1 tsp. vanilla

Sift flour and sugar in bowl; combine butter, cocoa, water in pan and cook to boiling. Pour over sugar-flour and mix thoroughly. Add buttermilk, eggs, soda, vanilla; mix well. Bake in a jelly roll pan or 2 pie plates at 400° for 20 minutes.

Icing:

1 lb. powdered sugar
1/2 c. butter
1/4 c. cocoa
6 Tbsp. milk
1 tsp. vanilla

Prepare icing 5 minutes before cake is done. Combine cocoa, butter, milk in a pan; cook to boiling, then remove from heat. Add sugar and vanilla; mix thoroughly and spread on hot cake.

A rich, delicious, quick-to-make cake that stays fresh for days!

* * *

Dr. Eugene S. Farley, Wilkes' first president, held office for 34 years, from 1936 to 1970, then served as chancellor for 2 years more, retiring in 1972.

BLACK CHOCOLATE CAKE — Ann Marie Raspen

Cook and boil 1 minute:

4 sq. chocolate
2 c. milk
1/2 lb. margarine

Add to hot mixture, 2 cups sugar. Cool 1/2 hour. Add:

2 eggs, beaten
2 c. flour
2 tsp. baking soda
2 tsp. vanilla

Bake at 350° for 45 minutes to 1 hour.

HIDEAWAY CHOCOLATE CAKE — Ginny Orlowski

2 c. flour
1 1/2 c. sugar
1 Tbsp. instant coffee powder
1 tsp. baking soda
1/2 tsp. salt
3 sq. melted semi-sweet chocolate
2 eggs
1 c. sour cream
1/2 c. water
2 1/2 tsp. vanilla

Sift flour, soda and salt; set aside. In large bowl, combine sugar, instant coffee powder, eggs, sour cream, chocolate and water, beating until well blended. Add dry ingredients, vanilla and combine at medium speed (electric mixer) for about 3 minutes. Pour half of batter into well greased 9-inch tube pan. Spoon filling in middle of batter, forming a ring, avoiding sides of pan with filling. Cover filling with remaining batter. Bake in 350° oven for 40 to 45 minutes. Cool, remove from pan and frost when cooled completely with canned frosting.

Filling:

1 1/2 c. milk
3 Tbsp. sugar
2 Tbsp. cornstarch
1/4 tsp. salt
1 egg
1/2 c. coconut (flaked)
1/4 c. sour cream
1 tsp. vanilla

Combine ingredients in a heavy saucepan. Boil until thickened. Cool completely before filling batter.

SALAD DRESSING CAKE — Mrs. John E. Bynon

4 c. flour
2 c. sugar
8 Tbsp. cocoa
2 c. water (cold)
4 tsp. baking soda
2 c. salad dressing

Bake at 375° for 45 minutes approximately.

CHOCOLATE CAKE

Edith Gearhart

1 c. sugar
6 Tbsp. melted butter
2 eggs
1 c. flour with 1 tsp. baking powder
Vanilla flavoring
3 Tbsp. cocoa (large)
1 c. sour milk
1 small tsp. soda, dissolved in milk
Add a little more flour if batter seems too thin

Bake in 2 layers. Use chocolate filling between layers (pudding may be used). Use chocolate frosting over all. Delicious!

SCHMICA DOODLE CAKE

Mrs. Edward Stockham
Mountain Top, Pa.

1/2 c. butter, softened (1/4 lb.)
2 c. sugar
3 eggs, lightly beaten
1 c. milk
3 c. flour, sifted
2 tsp. baking powder
1/2 tsp. vanilla

Combine ingredients in the order listed. Then add 2 packages chocolate chips (total 12 oz.). Sprinkle sugar and cinnamon on top before baking (1 teaspoon cinnamon and 2 Tbsp. sugar). Bake in greased 10x14x2 inch pan. Bake at 350° for 45 minutes (about), testing for doneness after 30 minutes.

DUTCH CAKE

Eva E. Schuler

1/2 c. margarine, creamed with 1 c. sugar
2 eggs
2 c. presifted flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla
1/2 pt. sour cream

Blend all ingredients together. Using ungreased tube pan, place half of mixture around pan; not necessary to spread evenly. Sprinkle with 1/2 cinnamon mixture. Then repeat with rest of dough and second half of cinnamon.

Cinnamon Mixture:

3 tsp. cinnamon
1/2 c. sugar
1/2 c. ground or chopped walnuts

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CHRISTMAS NUT CAKE

Esther Farrar

Cream together:
1 1/2 c. sugar
1/2 c. shortening

Mix together:
2 c. flour
1/2 tsp. soda
1 tsp. cream of tartar

Add 1 cup milk alternately with flour mixture to creamed mixture. Then add:

4 egg whites, stiffly beaten
1 c. chopped walnuts
1 tsp. vanilla

Fold egg whites into mixture. Bake in 9-inch square pan at 350° for 30 to 35 minutes. Frost with a creamy frosting made with 2 egg yolks. Decorate with walnut halves.

PISTACHIO CAKE

Mrs. Dolores Caldwell
Mountain Top, Pa.

1 yellow cake mix
4 eggs
1/2 c. oil
1/2 c. water
1/2 c. orange juice
1 pkg. pistachio pudding
1 Tbsp. almond flavoring
Few drops green food coloring

Grease but do not flour a Bundt pan. Mix and beat 5 minutes. Pour 2/3 of mixture in pan. Then mix 5 ounces Hershey chocolate syrup with remaining batter and pour over the batter in the pan. Bake at 350° for 55 to 60 minutes. Remove from pan immediately and sprinkle with powdered sugar.

CAKE

Ruth W. Jessee

1 stick butter, melted in 8-inch pan
1 c. graham cracker crumbs

Sprinkle in layers:
1 c. flaked coconut
1 c. chopped chocolate bits
1 c. butterscotch chips
1 c. chopped nuts

Pour over 1 cup Eagle Brand milk. Bake in 375° oven.

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GRAHAM CRACKER CAKE

Ginger Rodechko

1 tsp. vanilla
2 Tbsp. butter
1/3 c. shortening
1/2 tsp. salt
3/4 c. sugar
2 eggs, separated
3/4 c. sifted flour
2 1/2 tsp. baking powder
1 1/3 c. ground graham crackers
3/4 c. milk

Blend first 4 ingredients. Add sugar gradually and cream well. Add egg yolks and beat well. Sift together flour and baking powder, and mix with graham cracker crumbs. Then add dry ingredients, alternately with milk, to egg mixture. Fold in stiffly beaten egg whites. Bake in 2 greased 8-inch layer pans or 1 (9-inch) round pan for 30 minutes at 375°. Frost with white icing.

NAPA VALLEY CAKE

Carmela Earl

1 (1 lb. 2 1/2 oz.) pkg. yellow or white cake mix
1/2 c. California cream sherry
1/2 c. sugar
1 tsp. instant coffee
Sifted powdered sugar

Line bottom of 13x9 inch pan with foil or paper; grease and flour well. Prepare cake mix according to package directions, and pour into prepared pan; bake.

Remove cake and cool on rack for about 10 minutes. In saucepan, combine sherry with sugar and instant coffee. Bring to boil and cook about 3 minutes, until syrupy. With sharp knife, cut deep slits over surface of cake or pierce with fork; pour sherry syrup slowly over cake, allowing it to penetrate. Sift powdered sugar generously over top. Sprinkle additional sugar on just before serving.

FRUIT CAKE

Ruth McHenry

Mix:
1 c. Eagle Brand milk
1/2 c. shredded coconut

Add and mix:
1 lb. cut dates
1 lb. pecans (whole)
12 oz. candied cherries
1/2 lb. candied pineapple

Line a bread pan with foil. Pack mixture tightly into pan, so it will stick together. Bake 45 minutes in 350° oven. Remove from oven, take off foil. Makes 1 aluminum bread pan full. Slice thinly to serve.

APPLE CAKE

Kay Siles

Peel, core and slice 3 or 4 tart apples. Combine 3 tablespoons sugar and 3/4 teaspoon cinnamon. Sift together:

3 c. flour
1 Tbsp. baking powder
1/4 tsp. salt
2 c. sugar

Gradually stir in:
1 c. Mazola oil
4 lightly beaten eggs
1/4 c. orange juice
1 Tbsp. vanilla

Beat mixture until smooth. Pour half of mixture into well buttered 9-inch tube pan. Arrange half of apples slices on top of batter and sprinkle them lightly with half of sugar and cinnamon mixture. Add remaining batter. Top with remaining apples slices and sprinkle with rest of sugar and cinnamon. Bake at 325° for about 1 1/2 hours. Let cake cool in pan for 15 minutes. Invert on cake rack and cool completely.

PEACH CAKE

Eva E. Schuler
Dallas, Pa.

2 c. flour
2 c. sugar
2 tsp. soda
2 eggs
1 large can peaches, cut up or mashed
Nutmeg and cinnamon to suit taste

Bake in 9x13 inch pan at 350° for 30 to 40 minutes.

Icing:

1 stick oleo
2/3 c. Milnot
3/4 c. sugar

Cook until thick (about 10 minutes). Pour over cake while cake is still hot.

STRAWBERRY CAKE

Sharon Martin

Tall Angel Food cake (prepare your own or use a store-bought one)
1 c. boiling water
1 small pkg. strawberry jello
1 pkg. frozen strawberries
1/2 pt. whipping cream
2 Tbsp. sugar
Red food coloring

Cut 1 inch from the top of the Angel Food cake all around. Lift off the top (lid) and save until later.

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STRAWBERRY CAKE (Continued)

Using a fork, scoop out a trough about 1 inch deep completely around the bottom part. Save the pieces. Caution: Be sure the sides of trough are sturdy.

Add the cup of boiling water to the package of strawberry jello, then add the frozen berries. (Save several large berries for decoration, if desired.) Stir the scooped-out cake mixture, after breaking it up into 1/4 inch pieces, into the jello, strawberry and water mixture. Spoon mixture into the trough of cake. Then place the 1-inch lid on top.

Frosting: Whip 1/2 pint whipping cream to desired consistency. Stir in 2 tablespoons sugar after cream is whipped. Add just enough food coloring to make it pink. Spread on cake. For decoration, place several whole strawberries on top. Store, uncovered, in refrigerator for at least an hour before serving.

BANANA CAKE

Mrs. Thomas Urban
Kingston, Pa.

4 c. flour
1 c. shortening
2 c. sugar
1 1/4 tsp. salt
4 large bananas
1 1/2 tsp. baking soda, mixed with 1 Tbsp. lukewarm water
2 1/2 tsp. baking powder
4 eggs, separated (add one at a time)
1 tsp. vanilla
1 c. sour milk

Mix shortening, sugar and egg yolks. Mix dry ingredients together. Add vanilla. Then alternate dry ingredients and sour milk in the batter. Mash bananas, then mix in batter. Beat egg whites until they form peaks. Mix through batter gently. Nuts may be added. Bake at 350° in floured and greased pan for 50 to 60 minutes.

DATE NUT CAKE

Martha Martinez

1 c. dates, cut up
1 1/4 c. boiling water

Pour water over dates; let stand until cold. Cream:

1 c. sugar
3/4 c. shortening
2 eggs

Add and mix:
1 tsp. vanilla

Water from over dates (as much as pours off easily)

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DATE NUT CAKE (Continued)

Add and mix:
2 c. sifted flour
2 tsp. soda
1 Tbsp. cocoa
1/2 tsp. salt

Pour into 9x13 inch pan. Cover with mixture of:

1/2 c. sugar
1/2 c. chocolate chips
1/2 c. chopped nuts

Bake at 350° for 30 minutes.

SPICY FRUIT RING

Mary Lou Labows

Cream:
1/2 c. butter
1 1/2 c. sugar

Add 3 eggs separately; beat well. Sift:

1 c. flour
1/2 tsp. salt
2 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. ground cloves

Add sifted ingredients to creamed butter and sugar alternately with 1/2 cup milk. Add the following, stirring carefully:

1/2 to 3/4 c. dates
1/2 c. raisins
1 c. finely chopped nuts
3/4 c. applesauce
1 c. dry oatmeal

Grease and flour 1 1/2 to 2-quart mold. Bake at 350° for 45 to 50 minutes. Cool at least 10 minutes before taking from mold; loosen edges. Frost when cool with thin icing of lemon or orange flavoring.

HARVEST CAKE

Laura Turner

4 c. diced fresh apples (6 or 7 med. MacIntosh)*
2 c. sugar
3 c. flour
2 tsp. soda
1 tsp. cinnamon
1 tsp. salt
1 tsp. nutmeg
2 eggs
1 c. cooking oil (liquid Crisco or Wesson)
1 tsp. vanilla
1 c. chopped walnuts

Mix together apples and sugar. Let stand for 1 hour. Sift together flour, soda and spices. Beat eggs; add oil and vanilla. Add apple and sugar mixture to eggs. Combine flour mixture

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HARVEST CAKE (Continued)

with eggs, etc. Stir in nuts. Bake in greased and floured Angel Food cake pan in 350° oven for 1 hour, or until done.

(* You can cheat and use 3 cups, and it is just as good.)

ORANGE CAKE — Ruth Ann Orehotsky

1/4 lb. butter (1 stick)
Rind of 1 orange
2 c. flour
1 c. sour cream
1 tsp. vanilla
1 c. sugar
2 eggs
1 tsp. baking soda
1 c. currants

Sift dry ingredients. Add other ingredients. Bake in tube form for nearly 1 hour at 350°.

Sauce: Juice of 2 oranges cooked together with 3/4 cup sugar until syrupy. Pour over finished cake in tube when hot. Let stand until cool. Turn out.

FROSTED LEMON GOLD CAKE — Peggy Jones

Bake in moderate oven (350°) in an ungreased 10x4 inch tube pan.

2 1/4 c. sifted cake flour
1 1/2 c. sugar
1 Tbsp. baking powder
1 tsp. salt
1/2 c. Crisco oil
6 eggs, separated
3/4 c. cold water
2 tsp. fresh lemon juice
1 tsp. grated lemon rind
1/2 tsp. cream of tartar

Sift flour, sugar, baking powder and salt into a large bowl. Make a well and add in order, the Crisco oil, egg yolks, water, lemon juice and rind. Beat with large spoon until smooth. Add cream of tartar to egg whites and beat until very, very stiff. Pour egg yolk mixture gradually over the whipped egg whites, carefully folding with a rubber scraper just until blended. Do not stir. Pour into pan. Bake at 350° for 60 minutes, or until the top springs back when lightly touched.

After removing cake from oven, turn pan upside down. When cold, loosen sides with knife and remove from pan. Frost with following frosting.

FROSTED LEMON GOLD CAKE (Continued)

Lemon Fluff Frosting:

1/2 c. butter (room temp. 1 hour)
Dash salt
4 c. confectioners sugar
3 Tbsp. fresh lemon juice
2 tsp. grated lemon rind

Use full amount of lemon juice and rind called for in cake and frosting recipes - even more, especially the lemon rind.

Cream ingredients together well.

CZECH MOCCA CAKE
(A la Aunt Henrietta)

Sasha Moravec

No. 1:
1 c. sugar
2 eggs
6 egg yolks
1 Tbsp. vanilla essence
Grated lemon peel from 2 lemons

No. 2:
8 egg whites, stiffly beaten
1 3/4 c. flour
1 Tbsp. baking powder

No. 3:
1 Tbsp. instant coffee, dissolved in 4-6 Tbsp. hot water
4 Tbsp. rum or punch

No. 4 - Filling:
1/2 lb. sweet cream butter
1/2 lb. confectioners sugar
2 eggs
4 Tbsp. dry instant coffee

No. 5:
20 peeled almonds
8 maraschino cherries

(No. 1 & 2) Mix ingredients in No. 1 with an electric mixer at high speed for 15 minutes. Then gradually add ingredients in No. 2 to ingredients in No. 1. Mix them together by hand very lightly. Fill a round 8-inch pan (greased and dusted with flour) with the combined ingredients and bake at 325° for 1 hour.

(No. 3 & 4) When the baked cake has completely cooled, cut it along the sides into 3 layers. Sprinkle every layer in criss-cross fashion with cool mocha coffee (4-6 Tbsp.) and similarly with rum or punch. Spread cream filling over each layer, leaving enough for the top and the sides of the cake.

(No. 5) Decorate with finely cut and freshly roasted almonds and maraschino cherries.

COFFEE CAKE

Arvilla Leach
Forty Fort, Pa.

3 c. flour
1 1/2 c. sugar
2 tsp. baking powder
1 1/4 tsp. baking soda
1/4 lb. butter (1 sq.)
1 1/2 c. sour cream
4 eggs, separated
1/2 tsp. vanilla

Topping:

2 Tbsp. butter, melted
1/2 c. brown sugar
1 tsp. cinnamon
1 c. chopped walnuts

Cream butter, add sugar; blend together. Add egg yolks and blend. Add dry ingredients alternately with sour cream. Add vanilla. Fold in beaten egg whites. Pour half of batter in greased tube pan, sprinkle half of topping, then add rest of cake batter. Sprinkle rest of topping on top of batter. Bake at 350° for 1 hour.

Topping: Melt butter, add other ingredients; mix.

JEWISH COFFEE RING

Cherry Fuller

1/2 c. Spry or Crisco
1 c. sugar
2 c. flour
1 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
2 eggs
1 c. sour cream
1 tsp. vanilla

Cream shortening and sugar. Add eggs, vanilla, sour cream and sifted dry ingredients.

Topping:

1 c. chopped nuts
2 tsp. cinnamon
1/4 c. sugar

Put half batter in greased 10-inch tube pan. Sprinkle nut mixture. Put remaining batter over top of cake. Bake for 45 minutes in 350° oven.

CIAMBELLONE DI MANDORLE
(Northern Italian Almond Ring)

Regina Meschini
West Pittston, Pa.

6 c. sifted all-purpose flour
6 tsp. baking powder
1/2 tsp. salt
1 1/2 c. sugar
9 eggs, large (separate yolks and whites)

CIAMBELLONE DI MANDORLE (Continued)

1 1/2 c. butter or margarine (3 sticks)
1/2 bottle lemon extract
Grated rind of 1 large orange
1/2 glass (4 oz.) brandy or cognac brandy
1 1/2 c. ground blanched almonds

Topping for Ring:
1 egg white, beaten until foamy
1/2 c. ground blanched almonds

(Recipe makes 2 rings.) Sift flour, add baking powder, sugar and salt. Sift again. Cut butter or margarine into 1/2 inch pieces and add to flour mixture. Work in with pastry blender until mixture is fine crumbs. Add ground almonds. Mix well with a wooden spoon. This mixture should be in a large mixing bowl. Set aside.

Beat egg yolks until creamy (about 5 minutes) and stir in the grated orange rind, stir in the lemon extract and the brandy or cognac brandy. Set aside.

Beat egg whites until foamy and add to egg yolk mixture and stir until blended. Add to flour mixture and mix with a wooden spoon. Mixture should be soft, not hard. Grease 2 tube pan with butter or margarine, and add 1/2 of the mixture in each. Brush tops with egg white (1 egg white beaten until foamy). Sprinkle with ground almonds. Bake in 350° oven for 30 minutes. Cool and remove from pans.

Ginny Orlowski

BOILED FROSTING

1/2 c. sugar
2 Tbsp. flour
1 egg
1 tsp. vanilla
1 c. milk

Stir together thoroughly. Heat on low heat, stirring constantly, until thick like pudding. Cool completely and whip with electric mixer until smooth. Add:

7 Tbsp. margarine
7 Tbsp. Crisco
4 c. confectioners sugar

Whip at medium-high speed until light and fluffy. Frosts a 13x9 inch cake, 1 dozen cupcakes, or double layer cake.

WHIPPED CREAM FROSTING

Florence Weber

Cook until thick like custard:
1 c. milk
5 Tbsp. flour

Cool. Cream together:

1/2 c. butter
1/2 c. shortening
1 c. granulated sugar
1 Tbsp. vanilla

Blend with the first mixture and beat at high speed until frosting is the consistency of whipped cream.

Note: The custard must be stirred constantly while cooking to avoid scorching. This frosting stays fresh for several days. Serves 1 cake.

SOUTHERN GAL'S ICING

Rita M. Aikman
Dallas, Pa.

1 c. sour cream
2 c. powdered sugar
2 pkg. frozen coconut

FUDGE

Patricia Reese

Full boil for 10 minutes:
4 c. granulated sugar
1/4 lb. butter
1 large can cream
1 pinch salt

Remove from stove and add:
2 small or 1 large pkg. chocolate chips
1 pt. jar Marshmallow Whip
1 Tbsp. vanilla
1 c. peanut butter

Spread in 9x13 inch greased pan. Cool. Makes about 5 pounds.

FRENCH CHOCOLATE FUDGE

Mrs. Arlene M. Origlia

3 (6 oz.) pkg. chocolate bits
Pinch salt
1 (15 oz.) can condensed milk
1 1/2 tsp. vanilla
1/2 c. nuts

In double boiler, let chocolate bits melt. Stir in condensed milk, salt, vanilla and nuts. Stir only until smooth. Turn mixture into waxed paper lined 8-inch square pan. Refrigerate about 2 hours. For mocha variation, make as directed, but use 1 1/2 tablespoons instant coffee instead of vanilla.

NUT CREAM DROPS

Eva C. Schuler

1 1/2 c. sugar
3/4 c. Pet milk, mixed with 1/4 c. water
2 Tbsp. white syrup
Pinch salt
1 tsp. vanilla
1/2 c. nuts

Mix sugar, milk and syrup. Boil slowly until small amount forms ball when dropped into cold water. Remove from heat. Cool 10 minutes. Add vanilla and salt. Beat until creamy. Add nuts. Drop on waxed paper.

PEANUT BUTTER - SCOTCH CRUNCHIES

Barbara Bellucci

6 oz. pkg. butterscotch morsels
1 c. peanut butter
Can of chow mein noodles

Melt morsels over low heat; stir in peanut butter. Remove from heat; stir in noodles. Drop from teaspoon onto waxed paper or on cookie sheet. Decorate with bits of candied fruit or candy if desired. Chill. Will keep several weeks in a container in a cool place; several months in freezer. Makes about 1 pound.

BOURBON BALLS

Arlene Origlia

2 c. finely rolled vanilla wafers
1 c. sifted confectioners sugar
1 c. chopped walnuts
1/4 c. cocoa
3 Tbsp. dark corn syrup
6 Tbsp. bourbon whiskey (more if desired)
Dash of salt

Combine all ingredients and mix thoroughly. Roll into balls, using about 1 teaspoon of mixture for a ball. Store in covered container for several days. Before serving, roll the candies in more sifted confectioners sugar, cocoa or in instant chocolate flavor mix. Makes about 50 balls.

Simple and simply delicious! This recipe was solicited by a member who had enjoyed them.

RUM & BRANDY BALLS

Barbara Bellucci

Mix:
7 1/4 oz. box vanilla wafers, crushed
1/6 c. rum
1/6 c. brandy
1/4 c. honey
2 c. walnuts, finely chopped

Form into balls. Let dry 1 hour. Roll in granulated sugar. Wrap in Saran Wrap or foil.

CHOCOLATE WALNUT KISSES

Judy Furlow

1 c. butter
1 pkg. dried milk (5 3/4 oz.)
Chocolate kisses (30)
Confectioners sugar
1/2 c. sugar
1 tsp. vanilla
2 c. sifted flour
1 c. finely chopped walnuts

In large bowl of electric mixer, let butter stand at room temperature until softened. Remove paper from kisses. Preheat oven to 375°. At medium speed, beat butter, 1/2 cup sugar and vanilla until light and fluffy. At low speed, beat in flour, dried milk and nuts until well combined.

Shape dough around each chocolate kiss to make a ball, being sure to cover candy completely. Place on ungreased cookie sheet. Bake for 12 minutes. Let stand 1 minute. Cool slightly and roll in confectioners sugar.

CORN FLAKE KISSES

Betty Hopkins Moses

1 egg white
1/2 c. sugar
1/4 tsp. salt
1/2 tsp. vanilla
1/2 c. coconut or chopped nuts
1 c. corn flakes

Beat the egg white in a bowl large enough to hold all the ingredients; beat in the sugar gradually; beat in the salt and vanilla.

Fold in the coconut and corn flakes. Take up heaping teaspoonfuls of the mixture and push onto a well oiled baking sheet. Bake in a slow oven (300°) until the surface is dry, or about 20 minutes.

The kisses should not brown. Remove from the pan with a spatula while the kisses are still warm.

MERINGUE KISSES

Genevieve Thatcher

1 1/4 c. sugar
1/2 c. egg whites (approx. 4)
1/4 tsp. baking powder
1/2 tsp. vanilla

Be sure egg whites are room temperature. Place egg whites on a large china platter and beat with a wire whisk. When fairly stiff, gradually add sugar, about a 1/4 cup at a time. Continue beating. Add vanilla and baking powder. Spoon onto aluminum foil on cookie sheet. Bake at 200° for an hour.

* * *

Dr. Francis J. Michelini joined the Wilkes Faculty in 1955 and became the second president of the college in 1970.

CHOCOLATE MACAROONS — Betty Hopkins Moses

2 egg whites
1/2 c. sugar
1/4 tsp. salt
1/2 c. coconut
6 oz. pkg. chocolate bits, melted

Beat the egg whites; beat in sugar gradually; add the salt. Then add the melted chocolate bits. Bake on a sheet of waxed paper on baking sheet, 12 minutes at 325°. Remove from paper when taken out. Makes 36.

WELSH COOKIES — Lee Ann Johnson

Mix together as you would for pie crust:
4 c. flour
1 tsp. nutmeg
1/4 tsp. soda
1/2 tsp. salt
2 tsp. baking soda
1 c. shortening (1/2 lard, 1/2 butter)
1 1/2 c. sugar

Add:
2 eggs
1/2 c. milk
1 c. currants

Roll out on floured board; cut with round cutter. Fry on griddle or electric frying pan until lightly browned on both sides.

This recipe was brought by my great-grandmother from Wales.

WELSH COOKIES — Bonnie Probert

1 lb. butter or margarine
3 eggs
1 tsp. nutmeg
1 tsp. cream of tartar
1 tsp. salt
1 tsp. baking soda
2 tsp. baking powder
6 to 7 c. flour
1/4 c. milk
2 c. sugar
1 lb. raisins

Combine ingredients and roll out 1/2 inch thick. Cut with glass. Bake (fry) on a griddle until brown. Makes 5 dozen.

SUGAR 'N SPICE COOKIES — Peg Williams

Mix together thoroughly:
3/4 c. soft shortening
1 c. sugar
1 egg
1/4 c. molasses

Sift together and stir in:

SUGAR 'N SPICE COOKIES (Continued)

2 c. sifted flour
2 tsp. soda
1/4 tsp. salt
3/4 tsp. cloves
1 tsp. cinnamon
3/4 tsp. ginger

Mix thoroughly. Form into balls the size of small walnuts. Place about 2 inches apart on greased baking sheet. Bake 10 to 12 minutes in quick moderate oven (375°). Roll in confectioners sugar while still warm. Great for picnics.

CHOCOLATE SNICKERDOODLES

Pat Pisaneschi

1 c. shortening
1 1/2 c. sugar
2 eggs
2 sq. melted chocolate
2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. soda
1/2 tsp. salt

Cream shortening and sugar; beat in eggs. Add chocolate. Add sifted dry ingredients and mix well. Chill dough (if necessary) and form balls, the size of walnuts. Roll balls in a mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Bake on ungreased cookie sheets 12 minutes at 400°. Remove from cookie sheets immediately. (The kids love to help make as well as eat these!) 5-6 dozen.

CEREAL COOKIES

Esther Farrar

Beat together:
2 sticks butter
2 c. flour
1 c. sugar
2 eggs
Salt
Soda

Then add:
1 can coconut
2 c. dry cereal
1 c. chopped nuts
1 c. raisins

Bake at 350° for 10 minutes.

GOLDEN CARROT COOKIES

June Kessler

Mix thoroughly:
1 c. butter
3/4 c. sugar
2 eggs
1 c. mashed, cooked carrots (or shredded raw carrots)

Sift together and stir in:
2 c. sifted flour
1/2 tsp. salt
2 tsp. baking powder
3/4 c. coconut (shredded)

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GOLDEN CARROT COOKIES (Continued)

Drop 2 inches apart on lightly greased sheet. Bake at 400° for 8 to 10 minutes (until almost no imprint of finger remains when touched). Frost cooled cookies with Orange Butter Icing:

1/2 c. butter (soft)
3 Tbsp. orange juice
1 1/2 Tbsp. grated orange rind
3 c. sifted confectioners sugar

Makes 4 dozen (2-inch) cookies.

GERMAN ANISE DROPS

Jean Ogren

2 eggs
1 c. sugar
1 tsp. anise seeds
1 1/4 c. all-purpose flour

Beat eggs and sugar together 20 minutes, speed 3. Add anise and flour gradually. Place by half-teaspoon on greased cookie sheet. Let stand overnight or 8 hours. Bake at 325° for 12 minutes, or until light yellow on bottom. Makes 3 dozen.

TANNIES

Betty Hopkins Moses

1 c. brown sugar, well packed
1/4 c. butter or margarine

Melt in saucepan, stirring together until merged. When cooled slightly, add:

1 egg (unbeaten)
1/4 tsp. vanilla
3/4 c. flour with 1 tsp. baking powder and 1/4 tsp. salt

Then add 1/2 cup chopped pecans or walnuts. Spread in greased 8x8 inch pan; bake at 350° for 20 minutes. Makes 9 to 16 squares.

WHOOPIE PIES (Pennsylvania Dutch)

Adelaide Bearde

(Two chocolate cookie patties pressed together with filling)

1 c. shortening
2 c. sugar
2 eggs (2 egg yolks)
1 c. sour milk
1/2 tsp. salt
1 c. hot water
2 tsp. baking soda
1 c. cocoa
4 c. flour
2 tsp. vanilla

Cream shortening and sugar. Add rest of ingredients and mix well. Drop by spoonful on greased cookie sheet. Bake at 350° for 7-8 minutes.

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WHOOPIE PIES (Continued)

Filling: Put all ingredients in a bowl and beat until smooth and creamy:

2 egg whites, beaten
1 tsp. vanilla
3/4 c. Crisco
2 Tbsp. flour
2 Tbsp. milk
10X sugar (add sugar until smooth and creamy)

Put filling on flat side of cookie and press together with other cookie.

GINGERSNAPS — Edith Gearhart

2/3 c. shortening
1 egg
1 Tbsp. vinegar
4 1/2 c. flour
1 Tbsp. ginger
1/2 c. sugar
1 c. molasses
2 Tbsp. cold water
1 Tbsp. soda

Cream shortening and sugar, add beaten egg, then molasses, vinegar and cold water. Sift flour and soda and ginger, and add to first mixture. Stir in as much of flour as you can. Knead in remainder. Roll out, cut in desired shapes and bake 10 to 12 minutes in moderate oven (350-375°). Delicious either thick or thin. Cut thick ones in shapes and sprinkle with sugar before baking.

ORANGE COOKIES — Helen E. West

1 c. sugar
1/2 c. shortening
1 egg
1/2 c. sour milk
1/2 tsp. baking soda
2 c. flour
1 1/2 tsp. baking powder
1/2 orange (juice and grated rind)
1/2 tsp. salt
1/2 tsp. orange extract

Drop from a teaspoon. Bake at 350°. Makes 50 to 60. Use other half of orange and rind in a thin confectioners icing.

ORANGE MARMALADE BARS — Lorna Darte

First Layer:
1 c. butter
1 c. sugar
1 egg yolk
1 tsp. vanilla
1 tsp. baking powder
1/8 tsp. salt
2 c. sifted flour

ORANGE MARMALADE BARS (Continued)

Cream butter and sugar together until fluffy. Add egg yolk and vanilla. Sift dry ingredients together and add them to the butter mixture. Spread this batter in a pan about 9x14 inches, and bake at 350° for 20 minutes. Remove from oven and cover with the second layer mixture.

Second Layer:

1 egg white (left over from first layer)
3 eggs
1/2 c. sugar
1/4 c. flour
1 tsp. baking powder
2 c. coconut
1 c. walnuts, finely chopped
1 c. orange marmalade

Beat eggs until light, then gradually beat in the sugar, flour, and baking powder. Stir in the remaining ingredients and, after spreading on the baked first layer, bake again in a 325° oven for about 30 to 35 minutes. Remove and cool on a cake rack, then spread with the orange marmalade frosting.

Frosting:

2 Tbsp. softened butter
2 c. powdered sugar
1/4 c. orange marmalade
1 tsp. orange extract

Spread on cooled cookies. Cut.

PINWHEEL COOKIES

Lillian K. Rosenberg

Cream:

1 c. sugar
1 c. butter

Add 2 egg yolks and beat well. Add:

1/2 c. milk
1 tsp. salt
1 tsp. vanilla
3 c. flour

Divide mixture and add 2 squares of melted chocolate to one half. Roll each part separately and put the chocolate on top of the white and roll like jelly roll. Put in refrigerator for 2 hours. Slice (not too thin) and bake on sheet moistened with milk, in hot oven (400°) for 5 to 7 minutes. Makes dozens.

FROSTED PUMPKIN COOKIES

Mary Lou Labows
Mountain Top, Pa.

2 c. sifted flour
1 tsp. baking soda
1/2 tsp. salt
1 c. sugar
1 egg
1 tsp. vanilla
1 tsp. baking powder
1 tsp. cinnamon
1 c. shortening
1 c. canned pumpkin
1/2 c. chopped nuts (optional)

Sift together flour, soda, baking powder, cinnamon and salt. Cream together shortening and sugar. Add pumpkin and egg; beat well. Add sifted flour mixture all at once and stir gently to form a smooth batter. Add nuts and vanilla. Drop by teaspoonful onto greased baking sheet. Bake in preheated oven at 350° for 10 to 12 minutes. Cool and frost. 3-4 dozen.

Frosting:

3 Tbsp. butter
4 Tbsp. milk
1 c. powdered sugar, sifted
3/4 tsp. vanilla
1/2 c. brown sugar, packed

Combine butter, milk and brown sugar in saucepan. Heat to boiling; boil 2 minutes, stirring constantly. Cool slightly, stir in powdered sugar and vanilla.

FUDGE BROWNIES

Dolores Casilli

4 oz. unsweetened chocolate
1 c. butter or regular margarine
1 1/2 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
2 c. sugar
4 eggs
1 1/2 tsp. vanilla
2 c. coarsely chopped walnuts

Preheat oven to 350° and lightly grease 10x15 inch jelly roll pan. Place butter and chocolate in small bowl. Set the bowl in 1 inch hot water in a saucepan and heat over low heat until melted. Remove and let cool. Sift flour with baking powder and salt. Set aside. In a large bowl with electric mixer at medium speed, beat eggs and sugar until light. Beat in chocolate mixture and vanilla. With wooden spoon, blend in flour mixture and nuts. Spread evenly in pan. Bake 25 to 30 minutes, or until cake tester comes out clean. Cool on wire rack 10 minutes. Cut into 2 1/2 inch squares - 2 dozen.

FRUIT SALAD BARS

Betty Hopkins Moses

If you like cookies full of fruit and nuts, these are for you! They're delicious and nutritious, too.

1/4 c. shortening
3/4 c. granulated sugar
2 eggs
1 tsp. vanilla
1 (8 1/4 oz.) can crushed pineapple, drained
1/2 c. mashed banana
2 c. sifted all-purpose flour
1 1/2 tsp. baking powder
1 tsp. salt
1/4 tsp. nutmeg
1 c. coarsely chopped walnuts
1 c. sliced, pitted dates
Lemon Glaze

Cream shortening, sugar, eggs and vanilla together well. Turn pineapple into strainer and drain well, pressing out all excess syrup with back of spoon. Add drained pineapple and banana to creamed mixture. Resift flour with baking powder, salt and nutmeg; stir into mixture. Add walnuts and dates. Spread in greased 10x15x1 inch pan. Bake at 350° for 25 to 30 minutes. Cool to lukewarm, then spread with Lemon Glaze. Cool thoroughly before cutting. Makes 3 dozen bars or squares.

Lemon Glaze: Combine 1 1/2 tablespoons melted butter, 1 1/2 tablespoons lemon juice, 1 tablespoon water, dash of salt, and 2 cups sifted powdered sugar; blend until smooth.

JAM JEWELS

Carol Acheson

1 c. softened butter or margarine
1 (8 oz.) pkg. cream cheese
2 c. sifted all-purpose flour
Assorted jams or jellies

Work butter in a bowl until creamy; add cream cheese and mix together until blended. Mix in flour and beat until smooth. Cover dough and chill 3-4 hours.

Heat oven to 350°. Divide dough into small portions and roll each into about a 1-inch ball. Place balls on ungreased cookie sheets and flatten slightly with the fingers. Make a depression in the center of each cookie with the thumb. Fill the depression with small amount of jam or jelly. Bake 12 to 15 minutes, or until lightly browned. Yield: 4 dozen.

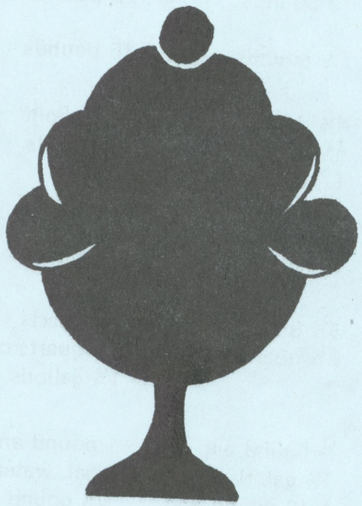
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Wilkes' 17 women's dormitories are the former homes of prominent Wilkes-Barre citizens. There are 6 men's dormitories, including the large, new men's dormitory.

** EXTRA RECIPES **

HAPPY ENDINGS

DESSERTS



Food Quantities for Serving 25, 50 and 100 Persons at Picnic

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

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Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

CUSTARD SAUCE

Tibi Tyburski

2 c. milk
2 egg yolks
1/3 c. sugar
1 Tbsp. cornstarch
1/4 tsp. salt
2 tsp. vanilla, rum or sherry flavoring

Scald milk in double boiler. Pour over egg yolks, sugar, cornstarch and salt that have been beaten together. Return to double boiler and cook over low heat until thickened. Add flavoring. Serves 6.

HOMEMADE VANILLA ICE CREAM

Ann Wilks

Beat 5 large eggs until light. Add pinch salt. Add slowly, 1 cup plus 2 tablespoons sugar; beat, beat, beat, beat. In another bowl, combine:

1 can sweetened condensed milk
1 pt. Half & Half coffee cream
1 qt. plus 1 c. milk
2 tsp. vanilla

Pour latter mixture into freezer container. Scrape egg mixture on top. Then freeze. (Hand-crank or electric freezer) Makes 1 gallon.

EASY BAVARIAN

Margaret Henson

Dissolve 3 oz. package jello (any red flavor). Add 1/4 cup sugar in 1 cup boiling water; add 1 cup cold water. Chill until slightly thickened. Blend into gelatin, 1 1/2 cups thawed Cool Whip.

Chill in 1-quart or 6 to 8 individual molds until firm. Unmold and garnish with additional thawed Cool Whip.

MOUSSE AU CHOCOLAT

Felice Salsburg

1/2 lb. dark sweet chocolate (Maillaird)
4 eggs
1 Tbsp. strong coffee

1. Melt chocolate with coffee over boiling water, stirring often. 2. Separate eggs. 3. Beat in yolks, one at a time, into melted and cooled chocolate. 4. Beat whites until stiff and fold into mixture, gently. 5. Put in large bowl or individual cups and chill in refrigerator several hours. For extra rich mousse, add 1/2 pint well beaten heavy cream (sweetened, flavored with vanilla) after Step 4.

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APRICOT-RICE PUDDING — Tibi Tyburski

1 c. canned or stewed dried apricots
1 c. cooked rice
1 egg
1/2 c. brown sugar
1 c. milk

Put apricots in bottom of greased baking dish. Cover with rice. Beat egg until light and add sugar. Scald milk and pour over egg mixture slowly. Add to rice and apricots. Place dish in pan of hot water and bake in moderate oven (350°) until a silver knife, when inserted, will come out clean. Serve with Custard Sauce. Serves 6.

NOODLE PUDDING — Teddi Berlatsky

1/4 lb. butter, divided into thirds
8 oz. cooked wide noodles
1/4 lb. cream cheese
1 c. cottage cheese
1 c. sour cream
1 egg
1/2 c. sugar

Start oven at 350°. Place 1/3 butter in baking dish and place in oven to melt. Melt 1/3 butter and mix with other ingredients. Remove dish from oven. Cool slightly and add noodle mixture. Combine and sprinkle on pudding:

2 Tbsp. sugar
2 Tbsp. bread crumbs
Last 1/3 butter
1 tsp. cinnamon

Bake 45 minutes to 1 hour.

CHERRY PUDDING — Edith Gearhart

2 Tbsp. butter
1/2 c. sugar
1 egg
1 1/2 c. flour
2 level tsp. baking powder
3/4 c. milk
1 c. cherries

Steam for 1 hour.

OLD-FASHIONED SUET PUDDING — Edith Gearhart

1 c. suet, chopped fine with 2 Tbsp. flour
1 c. baking molasses
1 Tbsp. cinnamon
1/2 tsp. cloves
1 tsp. baking soda
1 lb. raisins
1 tsp. nutmeg
1 c. sweet milk
3 c. flour, sifted
1/2 lb. currants

OLD-FASHIONED SUET PUDDING (Continued)

Dressing:

1/2 c. butter
1 1/2 c. pulverized sugar
1/4 tsp. vanilla (after is it creamed)
2 Tbsp. cold water (1/2 tsp. at a time)

Steam 4 hours. If desired, flavor with brandy.

FROSTY STRAWBERRY SQUARES — Betty Hopkins Moses

1 c. presifted flour
1/4 c. brown sugar
1/2 c. chopped walnuts
1/2 c. melted butter or margarine

Combine above ingredients, sprinkle onto baking sheet and bake in 350° oven for 20 minutes, stirring occasionally. Sprinkle 2/3 of crumbs into 13 x 9 1/2 x 2 inch baking pan. Combine in mixing bowl and beat vigorously for 10 minutes, or until stiff peaks form:

2 egg whites
1 c. sugar
2 c. sliced strawberries (fresh or frozen)
2 Tbsp. lemon juice

Fold in 1 cup heavy cream, whipped (or Dream Whip plus sour cream). Pour over crumbs in pan. Sprinkle with remaining crumbs. Cover with aluminum foil and freeze for 6 hours or more. Cut into squares and serve topped with a whole strawberry, if desired.

A refreshing dessert for warm weather.

EASY TIME HOLIDAY SQUARES — Helen Worth

1 1/2 c. sugar
1 c. butter
4 eggs
2 c. flour
1 Tbsp. lemon extract or juice
1 can cherry pie filling
Confectioners sugar

Gradually add sugar to butter in large bowl. Cream at medium speed until light and fluffy. Add eggs, one at a time, and beat well (medium speed) after each egg. At low speed, add flour and lemon extract. Pour batter into well greased 15x10x1 inch jelly roll pan (cake pan can also be used). Spread pie filling over batter. Bake at 350° for 45 to 50 minutes. While warm, sift sugar over cake. 20 servings.

LEMON SQUARES — Martha Martinez

No. 1:

2 c. flour
1 c. soft butter
1/2 c. powdered sugar

Mix until crumbly, pat into 9x13 inch pan. Bake at 325° for 20 minutes, until golden brown.

No. 2:

4 eggs, slightly beaten
2 c. sugar
3 Tbsp. lemon juice
1 Tbsp. flour

Mix this together and pour over the crust. Bake another 20 minutes at 325°.

PINEAPPLE SQUARES — Marge Molley

1 c. sugar
3/4 c. Crisco
1 tsp. salt
2/3 c. milk
3 c. flour
2 tsp. baking powder
2 eggs
1 tsp. vanilla

Mix Crisco, sugar and flour (like pie crust). Add baking powder, salt and vanilla. Add beaten egg yolks and milk. More flour may be needed to make a ball with the dough. Divide dough in half. Place half of it on cookie sheet. Cover with desired filling. Place rest of dough on top of filling. Cover with beaten egg whites and nuts (if desired). Bake at 350° for 45 minutes.

Pineapple Filling:

1 can crushed pineapple
1/2 c. sugar
3 Tbsp. cornstarch

Bring to boil; boil 1 minute.

APPLE SQUARES — Arlene Domzalski

3 eggs
1 c. oil
1 1/2 c. sugar
2 c. flour
1/2 c. chopped nuts
4 med. apples, diced
1/4 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. vanilla

Beat the eggs 1 minute. Add sugar gradually, oil and dry ingredients. Fold in apples and nuts. Mix all together. Bake in 9x13 inch greased pan at 350° for 40 to 45 minutes. Sprinkle powdered sugar on top.

APPLE CRUNCH

Helen West

Butter a pie plate and cut 4 large apples in bottom of plate. Sprinkle apples with sugar and cinnamon. Mix together:

1 c. flour
1 tsp. baking powder
1 c. sugar
1/2 tsp. salt

Stir in:
1 unbeaten egg
1/2 c. melted shortening

Spread mixture over apples and bake 35 to 40 minutes in 350° oven. Serve warm with a scoop of vanilla ice cream. Serves 6.

APPLE MACAROON DESSERT

Mrs. Clifford Balshaw
Dallas, Pa.

4 or 5 apples
1 c. sugar
Cinnamon
4 Tbsp. butter
1 egg
1/2 c. flour

Peel, core and slice apples. Place apple slices in buttered pie plate. Sprinkle over apples, 1/2 cup sugar and as much cinnamon as desired.

Make a batter by creaming butter and 1/2 cup sugar. Beat egg with fork and add. Add flour and a pinch of salt, and mix thoroughly. Spread over apples. Bake in preheated 350° oven for about 45 minutes.

APPLE PARADISE

Ruth W. Jessee

4 eggs
2 c. sugar
10 Tbsp. flour
1 tsp. vanilla
2 tsp. baking powder
2 c. diced apples
1 c. nutmeats
1/2 tsp. salt

Beat eggs. Add sugar. Sift flour, baking powder and salt together and add to mixture of egg and sugar. Add apples, nuts and vanilla. Bake 40 minutes at 350°. Serve with whipped cream. Serves 12.

HUNGARIAN APPLESAUCE
(Dessert)

Theodora Berlatsky
Kingston, Pa.

8 med. cooking apples
1 c. water
2 Tbsp. flour
1 1/2 c. sugar
1 tsp. nutmeg
1/4 tsp. salt
1/2 c. sour cream

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HUNGARIAN APPLESAUCE (Continued)

Wash, peel and core apples. Quarter and place in saucepan with water. Cover and cook until apples are tender. Mix flour with 1/4 cup sugar. Add to apples and cook until thickened. Stir in remaining sugar, nutmeg, salt and sour cream. Serves 6-8. Warm or cold.

Mary Z. Kerr

DATE DESSERT

1 c. chopped dates
1 c. chopped nuts
2 eggs, well beaten
1 c. sugar
1 tsp. baking powder
1/8 tsp. salt
1 Tbsp. flour
1 c. whipped cream

1. Mix all ingredients, except cream. 2. Spread on well greased pan. 3. Bake at 300° for 45 minutes. 4. Crumble into tall glasses and top with whipped cream. Serves 6.

Lucy Joseph

CHERRY DELIGHT

1 1/4 c. flour
1 c. sugar
1 can unsweetened cherries (2 1/2 c.)
1 tsp. salt
1/2 tsp. baking soda
1 c. brown sugar
1 c. quick-cooking oatmeal
1/2 c. shortening

Combine 1/4 cup flour and sugar in saucepan. Blend in cherry juice. Cook until mixture thickens, stirring constantly. Remove from heat, add cherries. Sift 1 cup flour, salt, soda. Blend in brown sugar and oatmeal. Cut in shortening. Press half of mixture into ungreased 8x8 inch pan. Pour on cherry mixture. Cover with rest of oatmeal mixture. Bake at 350° for 25 to 30 minutes. Serve with cream. Serves 9.

Charlotte Sours

CURRIED FRUIT

1 large can peach halves
1 large can pineapple sliced
1 large can pear halves
5 cherries with stems

Drain fruit well. Arrange in casserole. Melt 1/3 cup butter, 3/4 cup light brown sugar. Add 4 teaspoons (or less) curry powder. Spoon over fruit. It's thick.

Bake, uncovered, at 325° for 1 hour. Can make a day early and reheat 30 minutes.

RASPBERRY CREAM PUFFS — Ginger Rodechko

1/2 c. boiling water
1/4 c. margarine
1/8 tsp. salt
1/2 c. sifted all-purpose flour
2 eggs (unbeaten)
1 qt. vanilla ice cream
1 pkg. frozen raspberries, thawed

1. Start heating oven to 370°. Bring water, margarine and salt to boil. Add flour, all at once; then beat over low heat until mixture leaves sides of pan and forms compact ball. 2. Remove from heat; continue beating to cool mixture slightly, about 2 minutes.

3. Add eggs, one at a time, beating well after each addition. After last egg has been added, beat until mixture has satin-like sheen. 4. Onto greased baking sheet, drop 5 or 6 mounds of batter, 2 inches apart, swirling top of each mound. 5. Bake until well browned and puffy, about 50 minutes. Remove from oven, immediately cut 1 or 2 slits in side of each puff; return to oven for 10 minutes.

6. Cool on cake rack. 7. When puffs are cool, split them; fill with vanilla ice cream. Carefully pack puffs in individual Saran Wrap pieces and store in freezer.

About 30 minutes before serving, place frozen puffs on dessert plates, let stand in food compartment of refrigerator 20 to 30 minutes. Serve topped with thawed, frozen raspberries, slightly mashed with fork. Yields 5 or 6 puffs.

BLUEBERRY TORTE — Charlotte Sours

24 graham crackers, crumbled (easy to do in blender)
1/2 c. melted butter
1/4 c. sugar

Mix ingredients; put in flat pan, approximately 8x10 inches. Cream:

2 eggs
8 oz. cream cheese
1/4 c. sugar
1/2 tsp. vanilla

(I do this in blender, too.) Pour over crust. Bake at 350° for 8 to 10 minutes. Cook 2 cans blueberries with 1/4 cup sugar and 2 tablespoons cornstarch. Stir until it thickens. Or, use 1 can blueberry pie filling. Pour berries over cheese mixture. Cool, top with whipped cream, if desired.

MOCHA BROWNIE TORTE
(Serves 10 to 12)

Sharon Martin

1 (15.5 oz.) pkg. fudge brownie mix
1/4 c. water
2 eggs
1/2 c. finely chopped nuts
1 1/2 c. chilled whipping cream
1/3 c. brown sugar, packed
1 Tbsp. powdered instant coffee
Shaved chocolate

Heat oven to 350°. Grease and flour 2 round layer pans (9 x 1 1/2 inches). Blend brownie mix (dry), water and eggs. Stir in nuts. Spread in pans. Bake 20 minutes. Cool 5 minutes in pans, remove from pans and place on wire racks to cool thoroughly.

In chilled bowl, beat cream until it begins to thicken. Gradually add sugar and coffee; continue beating until stiff. Fill layers with 1 cup of the whipped cream mixture. Frost with remaining whipped cream mixture. Sprinkle with chocolate. Chill at least 1 hour.

ANGEL FOOD - JELLO DESSERT

Nancy-Kay Kelly
Edwardsville, Pa.

3 small pkg. strawberry jello
4 c. water (2 boiling, 2 cold)
1 large pkg. frozen strawberries
1 small pkg. frozen strawberries
1 small Angel Food cake, broken into small pieces
1 large whipped topping (Cool Whip or Dream Whip)

Mix jello and strawberries together. Let jell (usually a few hours). When jelled, pour a small amount into jello mold, then cover with some Angel Food cake pieces. Add more jello mixture on top, then more cake. Keep rotating mixture and cake until mold is filled. Chill until firm. Remove from mold, cover with whipped topping and serve.

ANDREW JACKSON'S BURNT CREAM
(Creme Brulée Hermitage)

Sharon Martin

6 egg yolks
10 Tbsp. powdered sugar
2 tsp. almond extract
2 c. heavy cream
6 egg whites
5/8 c. granulated sugar
Garnish of marmalade or preserved fruit (preferably raspberries)

Preheat oven to 300°. Beat egg yolks with half the powdered sugar, and continue to beat until creamy. Add almond

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ANDREW JACKSON'S BURNT CREAM (Continued)

extract to cream and bring almost to a boil. Now gradually add the egg mixture, beating all the while.

Bake in an earthen dish, which should be placed in a metal pan partially filled with water. Bake for about 1 hour, or until the custard is set. Remove from oven and set aside to cool.

While brulée cools, beat the egg whites until they make peaks, and then gradually add the granulated sugar, continuing to beat until all is absorbed and peaks are fluffy. Pile the meringue on the surface and then carefully sprinkle the rest of the powdered sugar all across the top.

Place dish back in oven, which has been preset and raised to 325°. Let bake for 10 or 12 minutes. Serve immediately while still hot, garnished with marmalade or raspberry preserves (or other fruits or berries). R. Francois, Treasury of White House Cooking, 1972, G. P. Putnam and Sons.

BAHLAVA (Greek)

Martha Martinez

1 lb. phylo sheets
1 lb. finely chopped walnuts
1 tsp. powdered cloves or cinnamon
1 lb. melted butter

1. Combine nuts and spice. 2. Brush bottom of 9x13 inch pan with melted butter; lay on a sheet of phylo and brush with melted butter; repeat until half of sheets are used. 3. Distribute nut mixture evenly over the last pastry sheet. 4. Add the remaining sheets, one at a time, brushing each with the melted butter.

5. With a sharp knife, cut into diamond shapes. Bake at 350° until golden brown - about 35 to 45 minutes. Prepare syrup while pastry is baking. 6. Combine 2 cups sugar and 1 cup water; boil until sugar is completely dissolved. Add the juice of 1 lemon. 7. When bahlava is cooked, pour syrup very slowly over it. You may not want to use all the syrup as that makes it very sweet.

Suggest you try half the syrup amount. More syrup can always be added. Note: Phylo or Filo sheets are available at local Greek delicatessen.

CHRISTA'S PRUNE KUCHEN

Claire Faut

Mix together:
3 Tbsp. cornstarch
1 1/3 c. flour
1/2 tsp. baking powder

Add and mix 1/3 cup sugar. Make hole in center and put in:

CHRISTA'S PRUNE KUCHEN (Continued)

2 egg yolks
1/2 tsp. vanilla
Grated lemon rind
4 oz. butter

Mix together with hands to smooth out dough. Cool. Press into spring form pan with hands or back of spoon. Curl up on the sides. Put in pitted fresh Italian prunes or plums. Dust with sugar and sprinkle with small amount of bread crumbs (optional). Bake at 375° for 35 to 40 minutes.

DROP DOUGHNUTS

Sharon Stephenson

2 c. sifted flour
1/3 c. sugar
3 tsp. baking powder
1 tsp. salt
1 tsp. vanilla
1/2 tsp. nutmeg or allspice
1/4 c. salad oil
3/4 c. milk
1 egg

Sift dry ingredients into bowl. Add, with egg, to dry ingredients. Drop by teaspoon into hot fat or oil (375°). Fry about 3 minutes, or until golden brown. Roll in cinnamon and sugar, or leave plain. Makes 2 dozen.

Pour oil and milk in a cup. Stir with fork until well mixed.

INSTANT DOUGHNUTS
(Made by 4-Year Olds in Nursery School)

Betsy DeCosmo

Use refrigerated biscuits of any kind (buttermilk, country style, etc.). Preheat about 3/4 inch of oil in electric skillet. Cut holes in biscuit centers with any small, round object, such as a bottle cap. Drop biscuits in oil and brown for about 1 minute on each side. Cut-out holes may be cooked too.

Good plain or sprinkled with sugar. Eat while hot.

STRAWBERRY FONDUE

Angela Szumilo

12 oz. frozen strawberries
2 Tbsp. orange liqueur,
or 1 Tbsp. orange extract
1 tsp. cornstarch

Blend and cook until shiny and thick. It is delicious with bananas, apples or Angel Food cake.

FONDUE BANANA FRITTER BITES

Carmela Earl

Prepare Fritter Batter for Fruits (recipe follows). Fill metal fondue pot half full with cooking oil. Heat on stove to 350°. Place pot on fondue stand over direct high flame and maintain

FONDUE BANANA FRITTER BITES (Continued)

temperature. Cut bananas (or strawberries) crosswise into 1-inch slices. Spear slice with fondue fork. Dip into Fritter Batter for Fruits. Drain and hold in hot oil until golden brown on all sides, 2-3 minutes. Cool slightly; dip into confectioners sugar. Remove from fork, eat and fry another.

Fritter Batter for Fruits (for 36-40 Fritters):

1 c. sifted flour
3 Tbsp. sugar
1 1/2 tsp. baking powder
1/2 tsp. salt
2 eggs, beaten
1/3 c. milk
1 tsp. oil or melted butter

Stir first 4 ingredients in bowl. Add remaining ingredients. Stir in until smooth or whiz all ingredients in blender at low speed until smooth.

CHOCOLATE FONDUE

Angela Szumilo

1/4 c. Bosco (chocolate)
1/4 c. peanut butter
3 Tbsp. milk

Mix together and put into fondue pot. Heat and serve with maraschino cherries, Mandarin oranges or Angel Food cake.

CHOCOLATE FONDUE

Marge Molley

1 c. chocolate bits
1/2 c. peanut butter
3/4 c. milk

Melt chocolate over low heat. Blend in peanut butter and gradually add milk. Use as dip for pieces of fruit.

WINE CUSTARD FONDUE

Ginger Rodechko

Fruits for dipping: Apples, strawberries, bananas, oranges, grapes, preserved kumquats, pineapple cubes or slices, stuffed prunes, dates, figs and apricots.

In fondue pot, combine 1 (3 oz.) package egg-custard mix and 1 (3 1/2 oz.) package vanilla pudding and pie filling mix. Stir in 1 1/2 cups milk and 1/2 teaspoon grated orange rind. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil. Boil 1 1/2 minutes. Reset control to low. Stir in 1 cup dry or sweet white wine (at room temp.). Makes 2 1/2 cups. Serves 6-8.

PIE CRUST — Mrs. Thomas Urban
(Makes 2 Large or 3 Small Shells)

2 1/2 c. flour
1 c. shortening
1 tsp. salt
1 tsp. sugar
1/4 tsp. baking powder
1/3 c. cold water (or more, until workable)

Blend all ingredients, except water, with pastry blender. Then add water, stirring with fork. Collect with hands and press together. Roll out on floured board.

FROSTY LIME PIE — Dolores Casilli

This pie makes an excellent dessert after a heavy meal or a lovely dessert for the bridge club.

1 (9-inch) baked pie shell
1 1/2 c. applesauce
1 (3 oz.) pkg. lime jello
1/2 to 1 c. sugar
1 c. very cold evaporated milk
1 Tbsp. lime or lemon juice

Heat applesauce to boiling. Add jello; stir until dissolved. Mix in 1/2 to 1 cup sugar, depending on how sweet you like your dessert. Cool until almost stiff. Whip milk with lime or lemon juice until stiff. Pour onto gelatin mixture, beat in slowly. Place in baked pastry shell. Chill at least 1 hour. 8 servings.

PUMPKIN PIE — Bonnie Probert

Filling for 2 pies:
2 c. pumpkin
1 tsp. nutmeg
1 Tbsp. cinnamon
1/2 tsp. salt
2 Tbsp. cornstarch
2 Tbsp. flour
1 c. sugar
3 or 4 eggs
1 or 2 Tbsp. butter
3 c. milk

Bake at 425° for 45 minutes.

OLD VIRGINIA STYLE PECAN PIE — Hilda Marban

3 eggs
1/2 c. sugar
1 c. dark syrup
1/4 c. melted margarine
1 c. pecans, chopped
1 unbaked pastry shell

Beat eggs, add sugar, syrup and melted margarine. Line unbaked pie shell with pecans and pour mixture over them. Bake 45 minutes to 1 hour at 350°. Serves 6.

LEMON DESSERT PIE — Sharon Stephenson

3 egg yolks, well beaten
1/2 c. sugar (less 1 Tbsp.)
4 Tbsp. lemon juice
Rind of 1 lemon
1/2 pt. cream
1 egg white
1 Tbsp. sugar
Graham cracker crumbs

Add sugar to eggs; add lemon juice and rind. Put in refrigerator until set well. Whip 1/2 pint cream. Beat 1 egg white and add 1 tablespoon sugar.

Mix all together and pour into refrigerator tray or square pan that has been lined with graham cracker crumbs. Sprinkle few remaining crumbs on the top. Freeze (not long). Serves 6.

"GRASSHOPPER" PIE — Pat Heaman

Crust: Mix together and mold into 9-inch pie pan and chill:

1/3 c. melted butter
1 1/4 c. crushed chocolate cookie wafers

Filling:

2/3 c. scalded milk
2 oz. green creme de menthe
1 oz. white creme de cacao
1/2 pt. whipping cream
24 marshmallows

Add marshmallows to milk and melt slowly in double boiler, stirring often. Cool to room temperature. Whip cream and fold into above with creme de menthe and creme de cacao. Pour into crust and chill at least 6 hours before serving.

DEEP DISH PEACH PIE — Rosalie Staley Nutaitis

4 c. ripe peaches
1 c. brown sugar
2 Tbsp. flour
1 or 2 Tbsp. butter
3/4 c. boiling water
1 tsp. lemon juice
Pastry

Line bottoms and sides of 2-quart dish with pastry. Mix flour with sugar, add to butter and boiling water in saucepan. Bring to boil and cook until thickened. Remove from heat, add lemon juice. Add sliced peaches and pour into pastry lined dish. Sprinkle generously with cinnamon. Criss-cross pie with pastry strips. Bake at 400° for 50 minutes, or until done. (The caramel sauce is also good over white cake for a quick dessert.)

TAFFY TARTS

Roberta Hammer

1 pkg. pie crust mix
1 egg
1 c. light brown sugar, packed
3 Tbsp. melted butter
Pinch salt
1 tsp. vanilla flavoring

Heat oven to 350°. Prepare mix following label directions. Roll out dough about 1/8 inch thick. Cut into 4-inch squares. Arrange in each of 14 (2 1/4 inch) muffin pans (or mini-tins), pressing gently to sides and bottom. Trim edges so pastry comes just to top of rim. Chill. Beat egg until white and yolk are just blended. Add sugar and beat until just mixed. Stir in remaining ingredients. Spoon into shells.

Bake at 350° for 30 to 35 minutes, or until crust is golden. Cool slightly. Remove to rack to cool completely. Just prior to serving, top with heavy cream, whipped, sugared and flavored with vanilla. Artificial whipped cream breaks down.

CHERRY TART

Nancy-Kay Kelly

2 1/2 c. sifted flour
1 c. sugar
1 c. soft shortening
2 eggs
2 to 3 Tbsp. milk
1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla
1 c. sour cream
2 cans cherry pie filling

Cream shortening and sugar; add eggs. Sift dry ingredients and add alternately with sour cream combined with milk. Save 1 cup dough for topping.

Spread rest of dough on greased cookie sheet. Spread with pie filling. Drop on top by spoon, the remaining dough. Bake at 350° for 35 minutes, or until top dough is brown.

FRENCH APPLE PASTRY

Dolores Caldwell

Mix like pie dough:
2 1/2 c. flour
1 tsp. salt
1 c. Crisco

Add to above mixture, 1 egg plus enough milk to make 2/3 cup. Divide dough in half and roll half for bottom of cookie sheet. Sprinkle 1 cup Rice Krispies on dough. Cover with 3 pounds diced apples. Mix 1 cup sugar and 1 teaspoon cinnamon and sprinkle over apples.

Roll remainder of dough for top crust and cover apples. Beat egg white stiff and brush on top. Bake at 400° for 30 to 40 minutes. While still warm, drizzle icing:

FRENCH APPLE PASTRY (Continued)

1 c. confectioners sugar
3-4 Tbsp. water

Note: Dough is easier to work with if chilled; roll on waxed paper.

MAX'S SUPER CHEESE PIE — Eilene Kaska

Crust: Mix and press into 9-inch pie pan:

1 1/3 c. graham cracker crumbs
1/3 c. melted margarine
1/2 tsp. cinnamon
1/2 c. brown sugar

Chill.

Filling: Beat until smooth and creamy:

12 oz. cream cheese (soft)
1/2 c. granulated sugar
2 eggs
1/2 tsp. vanilla

Pour into chilled shell and bake at 350° for 30 minutes. Cool about 20 minutes, spread with 1/2 pint sour cream. Chill and serve. Serves 8.

PINEAPPLE WHIPPED CREAM PIE — Rita Aikman

1/2 lb. Nabisco wafer crumbs
1/2 c. butter
1 1/2 c. powdered sugar
2 eggs, beaten
1 c. cream, whipped
1 large can well drained crushed pineapple

Put layer of crumbs in pie pan. Cream butter and sugar until fluffy, add 1 egg at a time and beat smooth. Pour this over cookie mixture. Whip cream, add pineapple and put on butter mixture. Sprinkle crumbs on top. Set in refrigerator overnight.

CHEESE PIE — Pat Pisaneschi, Wapwallopen, Pa.

2 c. graham cracker crumbs
1/2 c. sugar
1/2 c. melted margarine

Mix together and press into bottom and up sides of 9-inch spring form pan to form crust (or use large regular pie pan, or line cake pan with foil, leaving rim so pie may be lifted from pan for serving after chilling).

LEMON CHEESE CAKE PIE

Virginia B. White
Shavertown, Pa.

3 (3 oz.) pkg. cream cheese
(or one 8 oz. pkg.)
2 Tbsp. butter
1/2 c. sugar
1 whole egg
2 Tbsp. flour
2/3 c. milk
1/4 c. lemon juice
1 graham cracker crust
(8 inch)

Cream the cheese and butter; add sugar and whole egg. Beat well. Add flour, milk and lemon juice. Pour into unbaked graham cracker shell. Sprinkle with graham cracker crumbs or sprinkle with cinnamon. Bake 35 minutes at 350°. Chill and serve.

Recipe can be doubled for larger and thicker cheese cake pie, and put in a square baking dish.

ITALIAN CHEESE CAKE

Frances Kaslas

Bake in 350° oven for 1 1/2 hours.

1 lb. cream cheese
1 1/2 lb. Ricotta cheese
1 pt. sour cream
6 eggs
6 Tbsp. flour
1 tsp. vanilla
2 c. sugar

Cream Ricotta and cream cheese well. Add sugar gradually and cream. Add eggs, one at a time. Beat well. Add sour cream alternately with flour. Add vanilla. Place in spring pan, which contains graham cracker crust. Place spring pan in shallow pan of hot water. Bake 1 1/2 hours. Shut oven off and cool in oven for 1 hour. Do not peek. Chill overnight.

CHERRY-O-CREAM CHEESE PIE

Rhoda Tillman

9-inch vanilla wafer crust
(recipe is on Nilla vanilla
wafer box)
8 oz. pkg. cream cheese
1 can Eagle Brand sweetened
condensed milk
1/3 c. lemon juice
1 tsp. vanilla
1 lb. 5 oz. can cherry pie
filling

Beat cream cheese until light. Add sweetened condensed milk and stir until mixed. Blend in lemon juice and vanilla. Turn into crust. Refrigerate 2 hours. Garnish with pie filling. Serves 8.

** EXTRA RECIPES **

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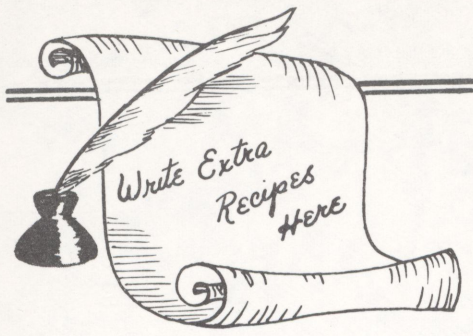
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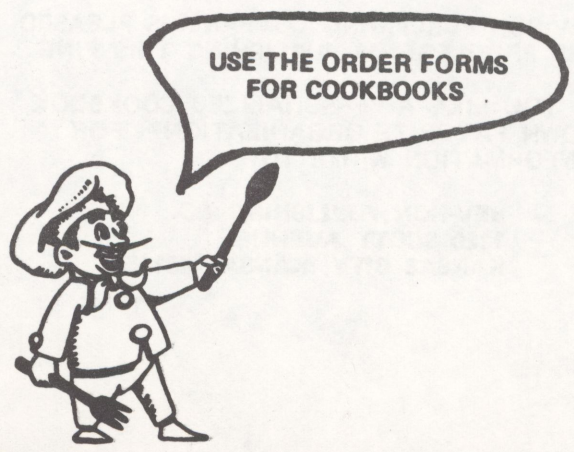
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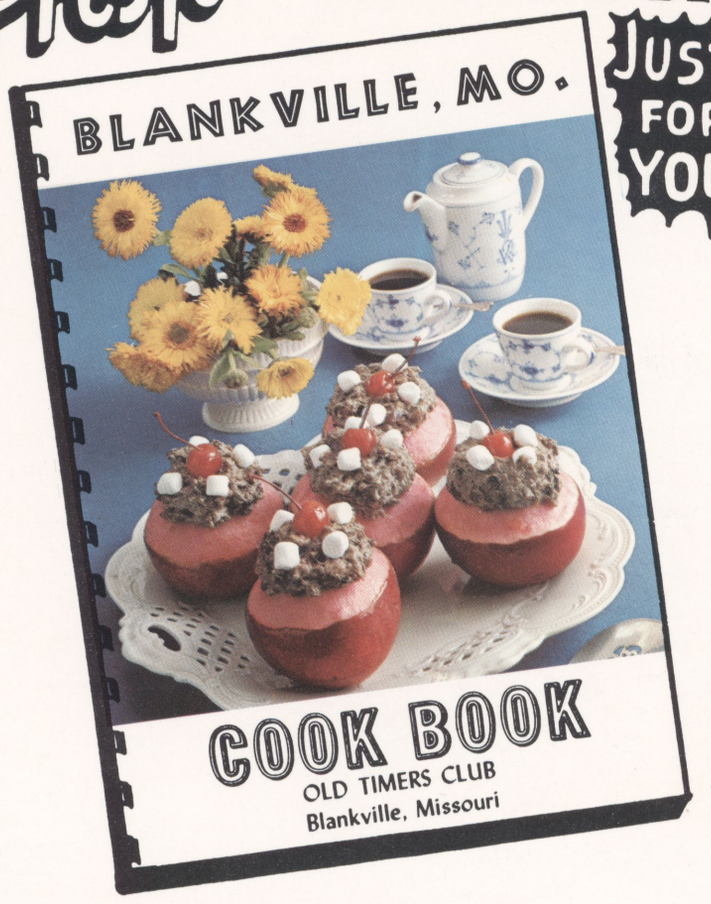
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