

**Part Three**

**Desserts and Misc.**

*(Recipe Index)*

***Unicoi Springs  
Favorite Recipes***



***Helen, Georgia  
Year 2000***

# Notes

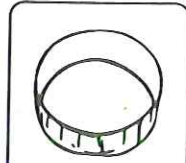
# Desserts



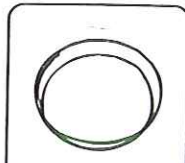
MUSH PUFFAL

4 cups of soft bread  
2 cups of  
1 large glass of

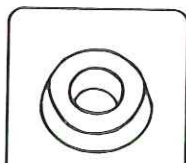
## Common Baking Dishes and Pans



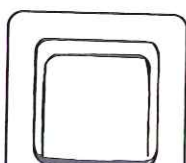
Spring  
Form Pan



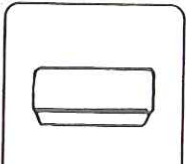
Layer Cake  
or Pie Pan



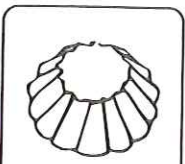
Ring Mold



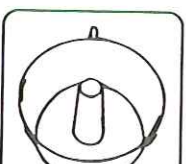
Baking or  
Square Pan



Loaf Pan



Brioche  
Pan



Angel Cake  
Pan



Bundt  
Tube

### Equivalent Dishes

#### 4-CUP BAKING DISH

- = 9" pie plate
- = 8" x 1<sup>1</sup>/<sub>4</sub>" layer cake pan
- = 7<sup>3</sup>/<sub>8</sub>" x 3<sup>5</sup>/<sub>8</sub>" x 2<sup>1</sup>/<sub>4</sub>" loaf pan

#### 6-CUP BAKING DISH

- = 8" or 9" x 1<sup>1</sup>/<sub>2</sub>" layer cake pan
- = 10" pie pan
- = 8<sup>1</sup>/<sub>2</sub>" x 3<sup>5</sup>/<sub>8</sub>" x 2<sup>5</sup>/<sub>8</sub>" loaf pan

#### 8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- = 11" x 7" x 1<sup>1</sup>/<sub>2</sub>" baking pan
- = 9" x 5" x 3" loaf pan

#### 10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- = 11<sup>3</sup>/<sub>4</sub>" x 7<sup>1</sup>/<sub>2</sub>" x 1<sup>3</sup>/<sub>4</sub>" baking pan
- = 15" x 10" x 1" flat jelly roll pan

#### 12-CUP BAKING DISH OR MORE

- = 13<sup>1</sup>/<sub>2</sub>" x 8<sup>1</sup>/<sub>2</sub>" x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- = 14" x 10<sup>1</sup>/<sub>2</sub>" x 2<sup>1</sup>/<sub>2</sub>" roasting pan

### Total Volume of Pans

#### TUBE PANS

7 <sup>1</sup> / <sub>2</sub> " x 3" Bundt tube	6 cups
9" x 3 <sup>1</sup> / <sub>2</sub> " fancy or Bundt tube	9 cups
9" x 3 <sup>1</sup> / <sub>2</sub> " angel cake pan	12 cups
10" x 3 <sup>3</sup> / <sub>4</sub> " Bundt tube	12 cups
9" x 3 <sup>1</sup> / <sub>2</sub> " fancy tube mold	12 cups
10" x 4" fancy tube mold	16 cups
10" x 4" angel cake pan	18 cups

#### SPRING FORM PANS

8" x 3" pan	12 cups
9" x 3" pan	16 cups

#### RING MOLDS

8 <sup>1</sup> / <sub>2</sub> " x 2 <sup>1</sup> / <sub>4</sub> " mold	4 <sup>1</sup> / <sub>2</sub> cups
9 <sup>1</sup> / <sub>4</sub> " x 2 <sup>3</sup> / <sub>4</sub> " mold	8 cups

#### BRIOCHE PAN

9 <sup>1</sup> / <sub>2</sub> " x 3 <sup>1</sup> / <sub>4</sub> " pan	8 cups
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## DESSERTS



### MAMA'S APPLESAUCE CAKE

*Eleanor Duncan*

3/4 c. melted shortening	1/4 tsp. salt
1 1/3 c. sugar	1/2 tsp. cloves
1 c. raisins	1/2 tsp. nutmeg
1 c. chopped nuts	1 1/2 c. unsweetened applesauce, heated
2 2/3 c. cake flour	2 tsp. soda
1 tsp. cinnamon	

Mix all ingredients except applesauce and soda. Heat applesauce. Add soda. Mix with other ingredients. Pour into greased and floured tube pan. Bake at 350° for 45 minutes. Serve slices with whipped cream.

### PECAN APPLE CAKE

*Marion Reeves*

1 box yellow cake mix	4 eggs
1 (3.5 oz.) pkg. instant vanilla pudding	3 medium apples, peeled, cored, and diced
1 c. vegetable oil	1 c. chopped pecans
1/2 c. cold water	Vegetable cooking spray

Preheat oven to 350°. Blend cake mix, pudding, oil, water, and eggs. Beat on medium speed for 2 minutes. Add apples and pecans and combine. Spray tube pan with vegetable cooking spray and pour in batter. Bake for 50 to 55 minutes or until done. Cool for 10 minutes in pan. Take cake out of pan and cool completely; frost.

#### Caramel Frosting:

1/4 lb. butter	1/4 tsp. vanilla
1 c. light brown sugar	2 c. 10X confectioners sugar, sifted
1/4 c. evaporated milk	

Melt butter. Add brown sugar and evaporated milk. Cook two minutes over medium heat, stirring constantly. Remove from heat. Add vanilla and pour over sugar. Beat until smooth. Let cool slightly. Frost cake.

## BABY FOOD CAKE

*Synthia Loner*

2 c. sugar	1/2 c. nuts
1 c. oil	2 small jars baby food (banana, plum, prune, apricot, or apple)
3 eggs	
2 c. self-rising flour	
1/2 tsp. salt	

Glaze:

1 c. confectioners sugar	1/4 c. cream
4 Tbsp. lemon juice	1/2 stick butter
1 c. brown sugar	

Combine sugar and oil in bowl. Add eggs, one at a time. Cream well after each. Sift dry ingredients. Add alternately with baby food. Add nuts. Bake at 350° for 1 hour in greased and floured tube pan.

Glaze: Cook until rolling boil. Spread on cake.

## BANANA NUT CAKE

*Georgie Anne Shaw*

1 c. butter	2 tsp. soda
3 c. sugar	1/4 tsp. salt
4 eggs	2 c. ripe bananas
4 Tbsp. buttermilk	1 tsp. vanilla
3 c. flour	2 1/2 c. pecans

Cream butter and sugar. Add eggs, one at a time, then add buttermilk. Sift together flour, soda, and salt. Add this to the mixture. Mash the bananas and add to batter. Stir in vanilla and nuts. Bake in greased and floured tube pan at 350° approximately 1 1/2 hours or until done.

## BATTER CAKE - FUDGE OR VANILLA

*Sara Hodnett*

1 box yellow cake mix	1 large instant chocolate or vanilla pudding mix
2 eggs	
1 stick melted butter	

Topping:

8 oz. cream cheese	1 box powdered sugar
2 eggs	1/2 c. cocoa

Mix cake mix, eggs, butter, and pudding mix. Spoon into greased 9x13 inch pan. Pat to get even in pan.

Topping: Mix cream cheese, eggs, powdered sugar, and cocoa. Pour over batter and bake at 350° for 40 to 45 minutes.

Can leave off cocoa and use vanilla pudding mix.

## CAKE THAT DOESN'T LAST

*Paula Shank*

3 c. flour	1 tsp. soda
2 c. sugar	1 tsp. salt
3 eggs, beaten	1 tsp. cinnamon
1 1/2 c. cooking oil	1 tsp. vanilla
1 (8 oz.) crushed pineapple	2 c. mashed bananas
1 c. nuts	

Mix dry ingredients in large bowl. Make a well in center. Add eggs, pineapple, nuts, oil, vanilla, and bananas. Stir (do not beat). Pour into greased and floured tube pan. Bake at 350° for 1 hour and 15 minutes.

## CARAMEL CAKE

*Margaret Dickens*

2 c. flour, sifted	2/3 c. milk
1 1/3 c. sugar	3 tsp. baking powder
1/2 c. Crisco	2 eggs
1 tsp. salt	1 tsp. vanilla

Cream together sugar and Crisco. Sift together dry ingredients. Mix all together and beat 2 minutes by mixer. Bake at 375° for 25 minutes. Makes 2 layers.

## CARAMEL FILLING

*Margaret Dickens*

2 1/2 c. sugar, separated	1 egg, slightly beaten
3/4 c. milk	1 tsp. vanilla
1 stick butter	

Place 1/2 cup sugar in iron skillet over low heat. In another saucepan, mix 2 cups sugar, milk, butter, and egg. Stir this mixture over low heat until butter melts. Increase heat and cook until it boils rapidly.

Meanwhile, the sugar in skillet has begun to melt. When it is light brown, pour it into the other boiling mixture, stirring fast and constantly. Cook until soft ball stage is reached. (A few drops in cup of cold water will form soft ball.) Add vanilla and beat until spreading consistency.

## CARROT CAKE

*Yvonne Champion*

2 c. sugar	2 c. carrots, grated
2 c. self-rising flour	2 (8 oz.) cream cheese
4 eggs	1 box 4X sugar
½ c. vegetable oil	1 stick butter
2 tsp. cinnamon	

Mix flour and cinnamon. Cream together sugar and oil. Add to flour mixture. Add eggs, one at a time. Add grated carrots. Makes three layers. Bake at 350°. Mix together cream cheese, powdered sugar, and butter. Smooth over layers and top of cake.

## CHOCOLATE BUNDT CAKE

*Laurie Spiess*

1 c. Miracle Whip salad dressing (not light or fat free)	1 c. sugar
1 c. water	2 Tbsp. cocoa
2 tsp. vanilla	2 tsp. soda
2 c. plain flour	¼ tsp. salt
	Confectioners sugar (optional)

In mixing bowl, combine salad dressing, water, and vanilla. Combine flour, sugar, cocoa, soda, and salt. Add to salad dressing mixture and beat thoroughly. Transfer to greased and floured 10 inch tube pan. (Pan will not be full.) Bake at 350° for 35 to 40 minutes or until toothpick comes out clean. Cool for 10 minutes and remove from pan to wire rack. Dust with confectioners sugar if desired.

## 3 LAYER CHOCOLATE CAKE

*Lavada Dorsey*

2 c. sugar	2 c. self-rising flour
1 c. Crisco	1 c. sweet milk
4 eggs	1 tsp. vanilla flavoring

Mix everything together and bake at 350° in three 9 inch pans until done, 25 to 30 minutes. May use 9x13 inch oblong pan.

Icing:

3 c. sugar	½ c. cocoa
1½ sticks butter or margarine	Dash of salt
¾ c. sweet milk	4 Tbsp. Karo syrup
	2 tsp. vanilla

Put all ingredients into pan and boil 5 minutes. Add 2 teaspoons vanilla. Remove from heat and add ½ or 1 box powdered sugar. Beat with electric mixer until thick enough to spread, approximately 2 to 3 minutes. It will thicken quickly. Spread on 1 layer at a time.

## CHOCOLATE SWIRL CAKE

*Betty Curry*

2 sticks butter (real butter)	¼ tsp. soda
3 c. sugar	1 c. buttermilk
6 eggs (room temperature)	5 oz. can Hershey's syrup
3 c. all-purpose flour	

Sift flour and soda; set aside. Sift sugar and set aside. Mix sugar and butter until fluffy. Add eggs, one at a time. Add flour mixture and milk alternately, ending with flour. Pour half batter into tube pan, then add chocolate syrup to remaining half and swirl. Bake at 325° for 1 hour and 15 minutes.

## FROSTING FOR CHOCOLATE SWIRL CAKE

*Betty Curry*

2 c. sugar	⅔ c. milk
2 Tbsp. cocoa	1 stick margarine

Cook 3 minutes. Beat until begins to thicken and will spread over cake.

## ALL-AMERICAN CHOCOLATE LAYER CAKE

*William and Barbara Morris*

3½ oz. unsweetened chocolate, coarsely chopped	2⅔ c. sifted cake flour
½ tsp. salt	1½ tsp. baking soda
1¼ c. granulated sugar	1 stick + 4 Tbsp. unsalted butter, softened
¼ c. (packed) light brown sugar	4 eggs (at room temperature)
2 tsp. vanilla extract	1 tsp. instant espresso, dissolved in 2 Tbsp. hot water
1½ c. buttermilk (at room temperature)	Milk chocolate shavings
Chocolate Buttermilk Frosting	

Preheat the oven to 350°. Butter three 8 inch round cake pans. Line the bottoms with wax or parchment paper and butter the paper.

In a double boiler, melt the unsweetened chocolate over hot water until smooth, about 5 minutes. Alternatively, melt the chocolate in a microwave oven. Set aside.

In a medium bowl, sift together the cake flour, baking soda, and salt; set aside. In a large mixer bowl, beat the butter with the granulated and brown sugars on medium speed until light and fluffy. Add the eggs, 1 at a time, beating for about 1 minute and stopping to scrape down the bowl sides with a rubber spatula after each addition. Beat in the vanilla, the dissolved espresso, and the reserved melted chocolate.

On low speed, beat in the dry ingredients alternately with the buttermilk in four parts, beginning and ending with the dry ingredients. Transfer the batter to the prepared pans and smooth the tops with a rubber spatula. Bake in the middle of the oven for 25 to 30 minutes, until the layers are firm to the touch and a cake tester inserted in the center comes out clean. Transfer to a rack to cool for 10 minutes, then unmold. Peel off the wax paper and let cool completely before frosting. (At this point, the cake layers can be well wrapped in plastic wrap and aluminum foil and frozen for up to 1 month.)

To frost, place 1 cake layer on a serving plate. Spread the surface with a generous ½ cup of Chocolate Buttermilk Frosting; top with a second layer and repeat. Add the last layer, upside-down, and spread remaining frosting on the top and sides of the cake. Decorate the top with the chocolate shavings.

Note: To make milk chocolate shavings, use a 3 ounce milk chocolate bar at room temperature. Using a swivel-bladed vegetable peeler and working over a sheet of wax paper, shave off curls from the longer side of the chocolate bar. Refrigerate on the wax paper for about 30 minutes or longer before sprinkling them over the frosted cake.

## CHOCOLATE BUTTERMILK FROSTING

*William and Barbara Morris*

6½ oz. unsweetened chocolate	1 Tbsp. + 1 tsp. vanilla extract
4 c. confectioners sugar	1 stick (4 oz.) + 2 Tbsp. unsalted butter, softened
⅓ to ½ c. buttermilk (at room temperature)	

In a double boiler, melt the chocolate over hot water until smooth, about 5 minutes. Alternatively, melt the chocolate in a microwave oven. Set aside to let cool slightly.

In a large mixing bowl, combine the confectioners sugar with ⅓ cup of the buttermilk and the vanilla. Beat on medium speed until smooth, about 2 minutes. Beat in the melted chocolate. Add the butter and beat until the frosting is light and fluffy, 2 to 3 minutes; if it seems too thick to spread, beat in a little more buttermilk, 1 tablespoon at a time.

## CHOCOLATE PUDDING CAKE

*Sybil Simpkins*

¾ c. sugar	¼ tsp. salt
1 c. flour	½ c. milk
2 Tbsp. cocoa	3 Tbsp. melted butter
2 tsp. baking powder	1 tsp. vanilla

Mix well and pour into 9 inch pan, then combine ½ cup sugar, ½ cup brown sugar, and ¼ cup cocoa. Mix well and sprinkle over batter, then pour 1½ cups water over all. Bake at 350° for 40 minutes. Serve with ice cream or whipped cream.

## FUDGE CAKE

*Ethel Foster*

2 Tbsp. butter	¼ tsp. salt
¾ c. sugar	½ c. milk
3 Tbsp. cocoa	1 tsp. vanilla
1 c. flour	2 tsp. baking powder

Sauce:

½ c. white sugar	1 c. milk
½ c. brown sugar	1 Tbsp. butter
3 Tbsp. cocoa	1 tsp. vanilla

Melt butter and add sugar and cocoa. Mix well. Add dry ingredients alternately with milk and vanilla. Spread in 8x8 inch pan. Mix together the ingredients for the sauce and cook until smooth. Pour over batter. Bake at 350° for ¾ to 1 hour. Serve with ice cream.

## UNICOI KITCHEN CHOCOLATE SHEET CAKE

*Ethel Foster*

2 c. plain flour	½ c. buttermilk
2 c. sugar	1 tsp. soda
2 eggs, beaten	1 tsp. vanilla
1 c. oil	Pinch of salt
1 c. water	3 Tbsp. cocoa

Filling:

3 Tbsp. cocoa	1 tsp. vanilla
6 Tbsp. sweet milk	1 c. pecans, chopped
1 box powdered sugar	

*1 stick margarine*

Mix flour, sugar, and salt in large bowl and set aside. Bring to boil in saucepan the oil, cocoa, and water. Pour over flour and sugar and stir until thoroughly mixed. Add eggs, buttermilk, soda, and vanilla to batter and mix well. Bake in 13x11x2 inch pan 45 minutes at 350°.

Filling for cake: Bring to boil the margarine, milk, and cocoa. Pour over powdered sugar and pecans. Add vanilla and mix. Spread over hot cake and let cool. Start filling a few minutes before cake is done.

### SEVEN LAYER CHOCOLATE CAKE

*Marion Reeves*

1 box yellow cake mix  
3 eggs  
1½ c. milk

½ c. butter  
1 c. all-purpose flour

Frosting:

1 stick butter  
2 c. sugar  
⅓ c. cocoa

½ c. milk or cream  
¼ c. light Karo syrup

Mix and divide into seven coffee cups. Pour into 9 inch greased and floured cake pans and bake 10 to 12 minutes at 300°.

Cook frosting for 2 minutes, boiling hard. Cool and put about 3 tablespoons between each layer. (I double frosting recipe.)

### GERMAN CHOCOLATE CHIP CAKE

*Marion Reeves*

1 box German chocolate cake mix  
1 container coconut pecan frosting  
1 c. water  
½ c. oil

4 eggs  
6 oz. miniature chocolate chips  
1 small can coconut or 1 (6 oz.) bag frozen coconut

Combine first 5 ingredients. Beat 4 minutes. Stir in 6 ounces miniature chips or morsels. Add extra pecans and coconut if desired. Pour in greased and floured Bundt pan. Bake 1 hour at 350°. Cool in pan 10 minutes. Invert and sprinkle with powdered sugar.

### GERMAN CHOCOLATE UPSIDE-DOWN CAKE

*Jewel Callihan*

1 box German chocolate cake  
1½ c. chopped pecans  
1½ c. shredded coconut  
1 stick (½ c.) butter or margarine, softened

1 (8 oz.) cream cheese, softened  
1 box (4 c.) powdered sugar

Grease and flour 13x9 inch pan or Pyrex dish. Combine pecans and coconut, then spread over bottom of greased pan. Prepare cake mix following directions on box. Pour over pecans and coconut. Melt margarine and cream cheese together. Add powdered sugar and mix well. Pour mixture over cake batter. Bake in preheated oven (300° to 325°) for 45 minutes to 1 hour, depending on oven. You might bake in oven at 250° to 300° depending on different ovens.

### GERMAN CHOCOLATE UPSIDE-DOWN CAKE

*Pat Carver*

1 box German chocolate cake mix  
1 c. chopped pecans  
1 c. shredded coconut

1 stick margarine  
1 box confectioners sugar  
1 (8 oz.) cream cheese

Grease pan well. Mix pecans and coconut. Pour in pan. Mix cake mix by directions on box; pour over nuts and coconut. Place butter and cream cheese in saucepan or microwave dish. Heat until warm; stir in sugar. Spoon over cake mixture. Bake 30 or 40 minutes at 350°. *Do not cut cake until cool.*

### GERMAN CHOCOLATE UPSIDE-DOWN CAKE

*Barbara Morris*

1 German chocolate cake mix  
1 c. nuts, chopped  
1 c. coconut

8 oz. cream cheese, softened  
1 stick margarine, softened  
1 box 4X powdered sugar

Mix nuts and coconut and sprinkle in 9x14 inch greased casserole dish or pan. Mix cake mix as directed and pour over nuts and coconut. Whip cream cheese and margarine with wire whisk; stir in sugar and spread over cake mix. Bake at 350° for approximately 45 minutes to 1 hour. Check for doneness as some ovens may take longer.

## AMARETTO CHEESECAKE

Betty Jane Cass

1½ c. cinnamon graham cracker crumbs  
¼ c. margarine, melted  
3 (8 oz.) cream cheese  
1 c. sugar  
4 eggs, beaten  
⅓ c. Amaretto

Heat oven to 350°. Combine crumbs and melted margarine. Press into 9 inch springform pan. Place in freezer. Mix cheese until fluffy. Add sugar and mix well. Add eggs, one at a time. Beat well. Stir in Amaretto. Pour into chilled pan. Bake on middle rack for 1 hour. Allow to cool in oven with door open.

## PEACHES 'N CREAM CHEESECAKE

Peggy Brown

¾ c. self-rising flour  
1 small box vanilla pudding (dry, not instant)  
3 Tbsp. butter  
1 egg  
½ c. milk  
1 (16 oz.) can sliced peaches  
1 (8 oz.) cream cheese  
½ c. sugar  
1½ tsp. sugar  
½ tsp. cinnamon

Combine first 5 ingredients in mixing bowl. Beat on medium with electric mixer until smooth. Pour mix in greased 8 inch round pan. Drain peaches, reserving 3 tablespoons of juice. Arrange peach slices over batter. Beat together cream cheese, ½ cup sugar, and the 3 tablespoons peach juice for 2 minutes. Spoon mix over peaches in center of cake, leaving a 1 inch border around the edge of cake. Mix 1½ teaspoons sugar and cinnamon together; sprinkle on top of cream cheese filling. Bake at 350° for 30 minutes.

## PRALINE CHEESE CAKE

Betty Jane Cass

1½ c. graham cracker crumbs  
3 Tbsp. sugar  
3 Tbsp. melted butter  
3 (8 oz.) pkg. cream cheese, softened  
¾ c. firmly packed brown sugar  
2 Tbsp. all-purpose flour  
3 eggs  
2 tsp. vanilla  
½ c. chopped pecans

Combine graham cracker crumbs and sugar with melted butter; press mixture into a 9 inch springform pan. Bake at 350° for 10 minutes.

Beat cream cheese until smooth; gradually add brown sugar and flour, mixing well after each addition. Stir in vanilla and pecans. Pour into prepared pan.

Bake at 350° for 40 to 45 minutes. Let cool to room temperature on a wire rack. Refrigerate 8 hours. Remove sides of springform pan.

## CARL'S SPECIAL CHEESECAKE

William and Barbara Morris

Crust:

14 Zwieback crackers  
¼ c. butter, melted  
½ c. sugar

Mix three ingredients together. Line bottom of a large cheesecake pan (9½ x 3 inches). A large two piece angel food cake pan works well.

## CHEESECAKE FILLING

3 lb. cream cheese, softened  
6 eggs  
½ c. flour plus 2 Tbsp.  
2 c. sugar  
1½ c. heavy cream  
1 tsp. vanilla  
Juice of 1 lemon

Amaretto or other flavor may be substituted for vanilla. Use a bit more for stronger flavor.

Mix all ingredients well and pour into crust lined cake pan. Place a pan with an inch of water in under the cake while baking. Bake at 350° for 1 hour or until cake begins to brown on top, then turn off oven and let cake remain in oven for 30 minutes with oven door closed. Chill before unmolding. This makes a large rich cake which serves at least 20. It also freezes beautifully.

Some other variations: Kahlua or Tia Maria (coffee liqueurs) may be used, a teaspoon of almond with them gives an interesting flavor.

For *grrreeaatt* chocolate cheesecake, use ¾ cup good English or Dutch cocoa and 4 or 5 melted squares of Baker's semi-sweet chocolate. For the chocolate cheesecake, try Oreos crumbled in the food processor for the bottom.

Other things can be used for the crust - ginger snaps or vanilla wafers, crumbled.

For an almond cheesecake, add 1½ to 2 teaspoons of almond extract to the cheesecake. A good topping for the almond cheesecake consists of 2½ cups of sour cream combined with ½ cup sugar, 1 teaspoon vanilla, and ½ cup of toasted almonds to sprinkle on the topping after it is spread on top of the cheesecake.



## LEMONY NO BAKE CHEESECAKE

Mildred Lacy

- |   |                                     |
|---|-------------------------------------|
| 1 small box lemon gelatin                   | 2 c. prepared light whipped topping |
| ½ c. boiling water                          | 1 graham pie crust                  |
| 1 (8 oz.) pkg. light cream cheese, softened | Cherry pie filling                  |

In small bowl, dissolve gelatin in boiling water; set aside. In medium bowl, with electric mixer, beat cream cheese until smooth; gradually beat in dissolved gelatin. Fold whipped topping into cheese mixture; spoon into crust. Chill 4 hours or until firm. Serve topped with cherry pie filling.

## RICH CHOCOLATE CHEESE CAKE

Betty Jane Cass

- |                                  |  |
|----------------------------------|--|
| 1½ c. chocolate wafer crumbs     | 6 (1 oz.) sq. semi-sweet chocolate, melted |
| ½ c. melted butter               | 1 Tbsp. (plus ¾ tsp.) cocoa                |
| 2 (8 oz.) cream cheese, softened | 1½ tsp. vanilla                            |
| ¾ c. sugar                       | ¼ tsp. ground nutmeg                       |
| 1 (8 oz.) ctn. sour cream        | ½ c. whipped cream                         |

Combine chocolate wafer crumbs, nutmeg, and butter. Press into 9 inch springform pan. Allow to chill.

Beat cream cheese with electric mixer until light and fluffy. Gradually add sugar. Mix well. Add one egg at a time. Stir in sour cream, melted chocolate, cocoa, and vanilla; mix well. Gently fold in whipped cream. Spoon into pan. Bake at 300° for 1 hour. Turn oven off and allow cake to cool in oven 30 minutes. Open door and allow cake to cool 30 minutes. Refrigerate 8 hours. Garnish with whipped cream, chocolate curls, almonds, and cherries.

## CHOCOLATE FROSTING

Betty Jane Cass

- |                         |                   |
|-------------------------|-------------------|
| 2 c. sugar              | ½ c. cocoa        |
| ½ c. milk               | 1 stick margarine |
| 1 Tbsp. vanilla extract |                   |

Dump everything (except vanilla) into heavy deep pan and bring to a hard boil, stirring constantly. Boil for 1 to 2 minutes (or until soft ball forms in cup of cold water). Remove from heat and add vanilla. Drip over cool cake layer, one spoonful at a time. Do not cool icing for it will harden very quickly and tear the cake before you finish frosting two layers.

## COCONUT CAKE

Bonitia Choate

- |                      |   |
|----------------------|---|
| 1 yellow cake mix    | 1 can crushed pineapple, drained (but save juice) |
| 2 cream cheese icing |   |
| 1 bag fresh coconut  |   |

Make layered cake according to package. Let cool. Mix 1 cream cheese icing with crushed pineapple and small amount of coconut. Pour saved juice over cake and let sit for 30 minutes. Finish icing and throw more coconut on top.

## COCONUT CAKE

Jane Westmoreland

- |  |                                  |
|--|----------------------------------|
| 1 pkg. yellow cake mix (2 layer size)                              | 4 eggs                           |
| 1 pkg. Jell-O Brand vanilla flavor instant pudding and pie filling | ¼ c. oil                         |
| 1½ c. water  | 2 c. Baker's Angel Flake coconut |
|  | 1 c. chopped walnuts or pecans   |

Blend cake mix, pudding mix, water, eggs, and oil in large mixer bowl. Beat at medium speed of electric mixer 4 minutes. Stir in coconut and nuts. Pour into 3 greased and floured 9 inch layer pans. Bake at 350° for 35 minutes. Cool in pans 15 minutes; remove and finish cooling on racks. Fill and frost with Coconut-Cream Cheese Frosting.

## COCONUT-CREAM CHEESE FROSTING

Jane Westmoreland

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 4 Tbsp. butter or margarine      | 2 tsp. milk                      |
| 2 c. Baker's Angel Flake coconut | 3½ c. sifted confectioners sugar |
| 1 pkg. cream cheese              | ½ tsp. vanilla                   |

Melt 2 tablespoons butter or margarine in skillet. Add coconut; stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool. Cream 2 tablespoons butter with cream cheese. Add milk and sugar alternately, beating well. Add vanilla. Stir in 1¼ cups of the coconut. Spread on tops and sides of cake layers. Sprinkle with remaining coconut.

## COCONUT FUDGE CAKE

*Sybil Simpkins*

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 2¼ c. sugar                 | 1 c. buttermilk                      |
| 1 c. vegetable oil          | ½ c. chopped pecans                  |
| 3 large eggs                | 2 tsp. vanilla                       |
| 3 c. plain flour            | 1 (8 oz.) cream cheese,<br>softened  |
| ¾ c. cocoa                  | 1 c. semi-sweet chocolate<br>morsels |
| 2 tsp. soda                 | ½ c. coconut                         |
| 2 tsp. baking powder        |                                      |
| 1½ tsp. salt                |                                      |
| 1 c. brewed coffee or water |                                      |

Beat 2 cups sugar, oil, and 2 eggs at high speed for one minute. Combine flour and next 4 ingredients. Combine coffee and buttermilk. Add to flour mixture and add oil. Beat at medium speed 3 minutes. Stir in nuts and 1 teaspoon vanilla. Pour half of batter into greased and floured 12 cup Bundt pan. Beat cream cheese at medium speed until fluffy. Gradually add remaining sugar and egg. Beat until just blended. Stir in remaining vanilla, coconut, and morsels. Spoon over batter in pan, leaving ½ inch border around center and edge. Top with remaining batter. Bake at 350° for 1 hour and 10 minutes or until wooden pick inserted comes out clean. Cool for 15 minutes. Remove from pan and cool completely on wire rack. Drizzle with warm glaze.

## CHOCOLATE GLAZE

*Sybil Simpkins*

- |                     |                        |
|---------------------|------------------------|
| 2 Tbsp. butter      | 1 to 3 Tbsp. hot water |
| 1 c. powdered sugar | 2 tsp. vanilla         |
| 3 Tbsp. cocoa       |                        |

Melt butter in saucepan over low heat. Stir in remaining ingredients. Cook 8 minutes.

## UGLY DUCKLING COCONUT CAKE

*Kathy Rice*

- |  |                           |
|--|---------------------------|
| 1 box Duncan Hines yellow<br>butter cake mix | 1 can Eagle Brand milk    |
| 1 (15 oz.) can cream of<br>coconut           | 1 (8 or 10 oz.) Cool Whip |
|  | 1 c. coconut              |

Bake cake mix according to directions. When done, remove from oven and poke holes all over cake with a straw. Mix cream of coconut and condensed milk together and pour over cake. Let set until cool. Mix Cool Whip and coconut together and spread on top. The longer it sits, the better it is.

## SOUR CREAM COCONUT CAKE

*Gail Smith*

- |                              |                           |
|------------------------------|---------------------------|
| 1 box butter flavor cake mix | 1 (12 oz.) frozen coconut |
| 2 c. sugar                   | 2 c. Cool Whip            |
| 1 (16 oz.) sour cream        |                           |

Prepare cake mix according to directions on package, making two layers. When completely cool, split layers. Combine sugar, sour cream, and coconut and blend well. Prepare this the night before making cake and chill in refrigerator. Reserve one cup of frosting mix and spread remainder between layers. Combine the one cup of reserved frosting and mix with Cool Whip. Spread this over cake and top with loose coconut. Put cake in airtight container and refrigerate for three days.

## DUMP CAKE

*William and Barbara Morris*

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1 can pitted sweet cherries         | 1 stick butter or margarine |
| 1 box yellow (or white) cake<br>mix | 1 can crushed pineapple     |
|                                     | ¼ c. brown sugar            |

Place stick of butter in 10 or 12 inch Dutch oven; dump cans of cherries, pineapple, and sugar in and mix a little. Dump box of cake mix over the mixture, evening it a little with a fork. Place Dutch oven on a few coals in fire for slow cooking. Place lid on oven and put a few coals on top. Allow to cook until liquid bubbles up through mix and it thickens, checking occasionally and adding hot coals as needed (about an hour). Spoon out after cooling a little.

This is a recipe for camping, but it may be made by placing the covered Dutch oven in an oven at approximately 275° to 300°.

## AMBROSIA FRUIT CAKE

*Rubye Killebrew*

- |                 |                            |
|-----------------|----------------------------|
| 2 c. sugar      | 1 tsp. baking powder       |
| 1 c. butter     | 1 c. milk                  |
| 4 eggs          | 1 lb. dates                |
| 4 c. flour      | 1 lb. raisins              |
| 3 Tbsp. cocoa   | 1 lb. currants             |
| 1 tsp. cinnamon | 1 lb. candied cherries     |
| 1 tsp. allspice | 2 c. pecans                |
| 1 tsp. nutmeg   | ½ lb. citron or watermelon |

Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Sift together dry ingredients, reserving small amount of flour. Add alternately with milk. Mix fruit and nuts with reserved flour. Add to batter and mix well. Bake at 325° for 45 minutes. Makes 6 (9 inch) layers.

## FROSTING FOR AMBROSIA FRUITCAKE

*Rubye Killebrew*

3 c. sugar  
½ lb. butter  
Juice of 3 oranges

Rind of 2 oranges  
1 large coconut, grated

Combine all ingredients. Cook slowly, stirring constantly, until thick enough to spread between layers. (Cake may be put in freezer.)

## EGGLESS FRUIT CAKE

*Rubye Killebrew*

1 c. sugar  
¼ c. syrup  
2 c. water  
¾ c. butter  
1 lb. raisins

1 c. nuts  
3 Tbsp. cocoa  
Spices to taste (nutmeg,  
cinnamon, cloves, allspice)

Mix all ingredients. Boil 5 minutes. Cool thoroughly. Add 3 cups flour (self-rising). Bake at 350°. Makes 3 layers.

Filling:

2 c. brown sugar  
1 c. white sugar

½ c. butter  
¾ c. sweet milk

Put in saucepan and cook over low heat until thick enough to spread.

## FRUIT CAKE

*Miriam Feeney*

1 stick butter  
½ c. sugar  
¾ c. light brown sugar  
4 large eggs  
½ c. orange juice  
½ tsp. vanilla

1 lb. mixed fruit  
¼ lb. cherries  
1 c. coconut  
2 c. pecans  
2 c. flour

Cream butter. Add both sugars, beating well. Add eggs and mix. Take half of flour and mix with fruit, nuts, coconut, and cherries. Add orange juice and vanilla; mix well, then add butter mixture and mix. Add other flour and mix. Put into a well greased and floured tube pan. Bake 2½ hours at 250°.

## FRANKLIN NUT CAKE

*Mary Ellen Seay*

1 lb. butter  
2 c. sugar  
6 eggs  
4 c. plain flour  
¼ tsp. salt  
1 lb. candied cherries

1 lb. candied pineapple  
2 tsp. vanilla flavoring  
2 tsp. lemon flavoring  
4 c. pecans  
1 c. coconut

Mix first five ingredients. Reserve 1 cup flour for fruits and nuts. Add vanilla and lemon flavorings. Next, add candied cherries and pineapple, also pecans. Add coconut. Use 10 inch tube pan lined with tin foil. Bake 3 hours at 250°.

## HAWAIIAN CAKE

*Sheria Mooney*

2 eggs, beaten  
1 large can crushed  
pineapple  
2 c. sugar

2 c. plain flour  
2 tsp. baking soda  
1 c. chopped nuts  
2 tsp. vanilla

Topping:

1 (8 oz.) pkg. cream cheese  
1 stick oleo

1 tsp. vanilla  
1 box confectioners sugar

Put all cake ingredients together in mixing bowl and mix well. (Do not use mixer.) Pour into greased 9x13 inch cake pan. Bake at 350° for 45 minutes to 1 hour. Let cool.

Topping: Cream oleo and cream cheese. Add confectioners sugar and mix until smooth. Add vanilla and pecans. Spread on cooled cake.

## LEMONADE CAKE

*Janice Englett*

1 box Duncan Hines lemon  
supreme cake mix  
1 small can lemonade,  
thawed  
½ c. Crisco

4 eggs  
1 c. water  
1 small instant lemon  
pudding

Blend all ingredients except lemonade concentrate. Beat with electric mixer for two minutes at medium to high. Pour into greased and floured 10 inch tube pan. Bake at 350° for 45 to 55 minutes or until cake springs back. Remove cake immediately to serving plate. Pierce with fork and pour lemonade (no water added) over warm cake, using ½ or the whole can (according to taste).

## MANDARIN ORANGE CAKE

Rachael B. Payne

- |                               |                        |
|-------------------------------|------------------------|
| 1 box butter cake mix         | 1 can Eagle Brand milk |
| 4 eggs                        | 1 can cream de coconut |
| ½ c. Wesson oil               | 1 pkg. frozen coconut  |
| 1 tall can mandarin oranges   | 1 large Cool Whip      |
| 1 box vanilla instant pudding |                        |

Put cake mix, eggs, oil, oranges (drained), and pudding mix in mixing bowl and beat 4 minutes. Pour into 13x9x2 inch baking pan that is well greased and floured. Bake at 350° for 35 minutes. Remove from oven and punch holes with fork in cake. Stir milk and cream of coconut in cans. Pour over cake. Add coconut and Cool Whip to top; refrigerate overnight.

## PIG PICKING CAKE

Nina T. Gaddis

- |                                      |                  |
|--------------------------------------|------------------|
| 1 box Duncan Hines golden cake mix   | 4 eggs           |
| 1 can mandarin oranges (don't drain) | ¼ c. cooking oil |

Combine all ingredients for 2 minutes. Bake at 350° for 25 minutes in 2 greased and floured pans.

Frosting:

- |                               |   |
|-------------------------------|---|
| 9 oz. container Cool Whip     | 1 large can crushed pineapple (don't drain) |
| 1 box instant vanilla pudding |   |

Mix all ingredients well and ice cake. Keep refrigerated.

## PINA COLADA CAKE

Ruby Killebrew

- |   |                                   |
|---|-----------------------------------|
| 1 butter cake mix                         | 1 (16 oz.) ctn. sour cream        |
| 1 (16 oz.) can cream of coconut           | 1 (12 oz.) frozen whipped topping |
| 1 (14 oz.) can sweetened condensed milk   | 2 c. confectioners sugar, sifted  |
| 1 (20 oz.) can crushed pineapple, drained | 12 oz. frozen coconut             |

Cook cake in 13x9 inch pan by directions on box. Make slits in top of cake with knife. Mix cream of coconut and condensed milk; pour over cake while hot. Let cool. Pour drained pineapple over cake. Mix sour cream, whipped topping, and confectioners sugar. Spread over top of cake. Spread thawed coconut over top. (Cake freezes well.)

## PINEAPPLE CAKE

Yvonne Moore

- |                        |  |
|------------------------|--|
| 1 c. plain flour       | 5 eggs                                       |
| 1 c. self-rising flour | 1½ tsp. vanilla                              |
| 2 c. sugar             | 1 large can crushed pineapple in heavy syrup |
| 1 c. Crisco            |  |
| 1 c. milk              |  |

Glaze:

- |                   |                    |
|-------------------|--------------------|
| 1 c. sugar        | ½ c. buttermilk    |
| 1 stick margarine | 1 Tbsp. corn syrup |

Sift flour together. Cream sugar and Crisco. Add eggs, one at a time. Add flour and milk alternately. Add vanilla. Bake in 3 (9 inch) layer pans, greased and floured, at 330° for 30 to 35 minutes.

Glaze: Mix together in saucepan and boil 6 minutes, stirring constantly. Spread pineapple and syrup and glaze between layers and on top. Put glaze around sides.

## PINEAPPLE COCONUT CAKE

Margaret Dickens

- |   |                |
|---|----------------|
| 2 c. flour                                | ¼ c. oil       |
| 2 c. sugar                                | 2 eggs         |
| 2 tsp. soda                               | ¼ tsp. salt    |
| 1 large can crushed pineapple (undrained) | 1 tsp. vanilla |

Mix ingredients and beat 3 minutes. Pour into lightly greased 13x9x2 inch pan. Bake at 350° for 30 to 40 minutes.

Topping:

- |                      |                   |
|----------------------|-------------------|
| 1 c. evaporated milk | 1 tsp. vanilla    |
| 1½ c. sugar          | 1 c. chopped nuts |
| ¾ stick margarine    | 1 c. coconut      |

Mix together first four ingredients and bring to boil. Add nuts and coconut and cook 5 minutes. Pour over cake as soon as cake is out of oven.

## COCONUT-CREAM CHEESE POUND CAKE

Ethel Foster

3 c. plain flour	1 pkg. frozen coconut
3 c. sugar	1 tsp. vanilla
6 eggs	1 tsp. coconut flavoring
1 (8 oz.) cream cheese	½ tsp. salt
½ c. Crisco	1 tsp. soda
1 stick butter or margarine	

Combine cream cheese, Crisco, and butter. Add sugar and beat well. Add eggs, one at a time, beating after each addition. Sift flour with soda and salt and add one cup at a time. Add vanilla, coconut, and coconut flavoring and mix well. Bake at 325° for 1½ hours.

## BUTTERMILK POUND CAKE

Louise Knight

½ lb. margarine	1 c. buttermilk
½ c. shortening	3 c. sugar (2¾ c. will do)
3 c. plain flour	5 eggs
½ tsp. salt	1 tsp. vanilla
¼ tsp. baking powder	1 tsp. almond

Cream butter and shortening, then sugar; add eggs, one at a time, beating well after each. Sift together dry ingredients and add alternately with milk to creamed mixture; add flavoring. Pour into greased and lightly floured tube pan. Bake at 325° for 1 hour and 20 minutes.

## POUND CAKE

Debra Wright

2 c. granulated sugar	2 c. plain flour, sifted
1 stick soft margarine	6 large eggs
1 c. shortening	2 tsp. vanilla

Cream sugar, margarine, and shortening until fluffy. Add flour, alternating with eggs and adding flour last. Add vanilla and stir well. Pour into greased and floured tube pan. Do not preheat oven. Place cake in cold oven. Bake at 300° for 50 to 60 minutes.

## POUND CAKE

Jack Wade

3 c. plain flour, sifted	1 c. milk
½ lb. margarine	½ tsp. baking powder
½ c. Crisco	¼ tsp. salt
3 c. sugar	1 tsp. vanilla
6 eggs	1 tsp. lemon

Sift flour, baking powder, and salt. Cream margarine, Crisco, and sugar. Add eggs, one at a time. Add flour alternately with milk, ending with flour. Add flavorings. Bake at 325° for 1½ hours.

## POUND CAKE

Irene Walters

3 c. sugar	1 c. heavy cream (not whipped)
½ lb. butter, softened	2 tsp. vanilla flavor
2 eggs	
3 c. sifted cake flour, sifted twice	

Cream together sugar and butter. Add eggs, one at a time, beating well after each addition. Mix in half the flour. Add the whipping cream, then the other half of the flour. Beat for 5 full minutes. Add vanilla flavor. Pour batter into 10 inch tube pan. Set in cold oven and turn heat to 350°. Bake 1 to 1½ hours until a sharp knife inserted in cake comes out clean. Cool in pan 5 to 10 minutes. Remove cake from pan and cool thoroughly. Wrapped in aluminum foil, this cake keeps several days.

## CRISPY POUND CAKE

Mardell Puckett

3 c. plain flour	½ c. Crisco
3 c. sugar	1½ tsp. lemon or almond flavoring
9 eggs	
2 sticks butter	

Combine all ingredients in large mixing bowl. Blend until smooth. Beat on medium speed of electric mixer 10 to 15 minutes or until very fluffy. Spoon batter into greased 10 inch tube pan. Bake at 275° for 1 hour and 25 minutes or until done.

## GOLDEN POUND CAKE

Annette Howe

1 box Duncan Hines butter  
recipe golden cake mix  
 $\frac{3}{4}$  c. oil  
 $\frac{1}{2}$  c. sugar

4 eggs  
1 Tbsp. vanilla  
1 c. buttermilk

Blend all ingredients in large mixing bowl. Beat approximately 2 minutes with electric mixer. Grease and flour tube or Bundt pan. Pour in cake batter and bake at 350° for 45 to 60 minutes. (Test at 45 minutes.) Cool before removing from pan.

## EASY POUND CAKE

Willene Josey

$\frac{1}{2}$  lb. oleo  
 $\frac{1}{2}$  c. Crisco  
3 c. plain flour  
3 c. sugar

5 eggs  
1 c. Carnation milk  
1 tsp. vanilla  
1 tsp. lemon

Cream oleo and Crisco together. Slowly add sugar and cream until soft and fluffy. Add eggs and mix well. Add flour and milk, alternating, and end with flour. Mix in vanilla and lemon, stirring well. Put in greased and floured tube cake pan. Bake 1½ hours in 325° oven.

## A+ POUND CAKE

Lavada Dorsey

3 c. plain flour  
 $2\frac{3}{4}$  c. sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. baking powder  
1 c. sweet milk

5 large eggs  
1 c. Crisco  
 $\frac{3}{4}$  stick Blue Bonnet  
margarine  
1 to 2 tsp. vanilla

Beat all together 10 minutes. Pour into large tube pan that has been greased and floured. Bake at 350° for 1 hour and 15 minutes, depending on oven. Let cool 5 to 10 minutes before removing from pan.

## FIVE FLAVOR POUND CAKE

Eleanor Duncan

3 c. sugar  
1 c. Crisco shortening  
5 eggs, well beaten  
3 c. cake flour  
 $\frac{1}{2}$  tsp. baking powder  
1 c. milk

1 tsp. vanilla flavoring  
1 tsp. lemon flavoring  
1 tsp. butter flavoring  
1 tsp. coconut flavoring  
1 tsp. rum flavoring

Mix sugar and Crisco in mixer until well blended. Add eggs; mix well. Add flour and baking powder alternately with milk, starting and stopping with the flour. Add flavorings and beat at No. 6 speed for 3 to 4 minutes. Bake in greased and floured tube pan at 325° for one hour and 30 minutes. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack.

## SIX FLAVORED POUND CAKE

Louise Knight

2 sticks margarine  
 $\frac{1}{2}$  c. Crisco  
5 large eggs  
3 c. sugar  
1 c. milk  
3 c. all-purpose flour, sifted  
 $\frac{1}{2}$  tsp. baking powder

$\frac{1}{2}$  tsp. salt  
1 tsp. coconut flavoring  
1 tsp. butter flavoring  
1 tsp. lemon flavoring  
1 tsp. almond flavoring  
1 tsp. rum flavorings

Cream butter and Crisco. Add sugar and cream together. Add eggs. Add flour and milk alternately. Add flavorings. Bake at 325° for 1½ hours.

## BROWNIE POUND CAKE

Betty Puckett

$\frac{1}{2}$  c. shortening  
2 sticks butter or margarine  
3 c. flour (plain)  
3 c. sugar  
5 eggs  
 $\frac{1}{2}$  c. plus 1 Tbsp. cocoa

1 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $1\frac{1}{4}$  c. 2% milk  
1 tsp. vanilla  
2 c. chopped pecans  
2 Tbsp. plain flour

In large bowl, cream shortening, butter, and sugar with electric mixer. Add eggs, one at a time, beating well after each. In a separate bowl, sift 3 cups flour, cocoa, baking powder, and salt. Add sifted ingredients and milk to creamed mixture, alternating each and beginning and ending with flour. Add vanilla. Combine pecans with 2 tablespoons flour and add to mixture. Put in a well greased tube pan and bake at 350° for 1½ hours or until wooden toothpick inserted in cake comes out clean. Remove from oven and cool 10 minutes. Turn out of pan and top with Grandma's Chocolate Topping.

## GRANDMA'S CHOCOLATE TOPPING

Betty Puckett

1 stick butter	1 tsp. vanilla
4 Tbsp. cocoa	1 c. chopped pecans
6 Tbsp. buttermilk	
1 (16 oz.) box powdered sugar	

In medium saucepan, bring butter, cocoa, and buttermilk to a boil. Remove from heat. Stir in sugar until smooth. Add vanilla and pecans. Blend thoroughly and pour over cake.

## CHOCOLATE POUND CAKE

Betty Curry

3 c. sifted flour	1/2 c. unsweetened cocoa
1/2 tsp. baking powder	1 c. butter
1/2 c. soft shortening	3 c. sugar
5 eggs	1 1/4 c. milk
1 tsp. vanilla	

Preheat oven to 350°. Grease and flour tube pan. Sift flour, cocoa, and baking powder together; set aside. Beat butter, shortening, and sugar at medium speed until fluffy. Add eggs, one at a time, beating after each addition. At low speed, beat in flour mixture alternately with milk, beginning and ending with flour mixture. Add vanilla and blend. Pour into tube pan and bake for 1 hour and 15 minutes (test after one hour). Cool cake for 10 minutes before turning out.

## CHOCOLATE CHIP POUND CAKE

Mildred Talmadge

1 box Duncan Hines Moist Deluxe butter recipe mix	1 c. water
1 (3.4 oz.) pkg. Jell-O vanilla instant pudding	1/2 c. vegetable oil
1 (3.4 oz.) pkg. Jell-O chocolate instant pudding	4 eggs
	1 (6 oz.) semi-sweet chocolate chips
	1 c. chopped pecans

Mix cake mix, pudding mixes, water, and oil. Beat 2 minutes at medium speed. Add all 4 eggs (all at one time) and beat in. Stir in chocolate chips and nuts. Pour into tube cake pan and bake for 1 hour at 350°. Cake pan must be greased and floured.

## CHOCOLATE CHIP POUND CAKE

Carole White

1 box yellow cake mix with pudding in mix	3/4 c. water
1/2 c. sugar	4 large eggs
1 (3.9 oz.) box instant chocolate pudding	1 c. sour cream
3/4 c. vegetable oil	1 (6 oz.) pkg. semi-sweet chocolate chips
	1 tsp. vanilla

Preheat oven to 350°. In a large bowl, combine cake mix, sugar, and pudding mix, stirring with a wire whisk until smooth. Add eggs, oil, water, and sour cream, stirring until smooth. Stir in vanilla and chocolate chips. Put in tube pan and bake for 1 hour or when toothpick is clean when tested. Let set in pan 15 minutes or longer to cool.

## SCRUMPTIOUS CHOCOLATE POUND CAKE

Dot Jackson

3 c. cake flour	3 c. sugar
1/4 tsp. baking powder	5 eggs
1/2 c. cocoa	1/4 c. sweet milk
2 sticks margarine	1 tsp. vanilla
1/2 c. shortening	

Sift together flour, baking powder, and cocoa in bowl. Cream together margarine, shortening, and sugar, then add eggs, one at a time, beating well after each addition. Add milk and flour mixture alternately until well mixed. Stir in vanilla. Bake at 300° for 1 1/2 hours. Makes 1 large pound cake.

## COCONUT POUND CAKE

Lavada Dorsey

2 1/2 c. sugar	1 tsp. baking powder
1 1/2 c. Crisco	1 c. sweet milk
Dash of salt	2 tsp. coconut flavoring
6 eggs	1 can Angel Flake coconut
3 c. plain flour	

Cream Crisco and sugar. Sift together the flour, salt, and baking powder. Add the flour, milk, and eggs to the Crisco, small amount at a time. Add flavoring. Fold in coconut. Put into a greased and floured tube pan (large). Bake in 325° oven for 1 hour or until done. Start in cold oven.

When cake is cool, spread with Seven Minute Frosting and coconut with coconut. Sometimes I split cake in half with a thread and ice between layers.

Seven Minute Frosting:

1½ c. sugar	5 Tbsp. water
3 Tbsp. Karo syrup	4 egg whites
Dash of salt	1 tsp. vanilla flavor

Let mixture get hot, stirring occasionally. Beat with electric mixer 7 minutes. Take off heat. Add vanilla. Spread on cake, then coconut.

## LEMON SOUR CREAM POUND CAKE

*Mable League*

1 c. butter or margarine, softened	¼ c. milk
½ c. shortening	3 c. plain flour
3 c. sugar	½ tsp. baking powder
5 eggs	2 tsp. lemon flavoring
8 oz. sour cream	1 tsp. vanilla

Cream butter and shortening; gradually add sugar, beating well at medium speed. Add eggs, one at a time, beating after addition. Combine sour cream and milk; stir until smooth. Combine flour and baking powder; add to creamed mixture alternately with sour cream mixture, beginning and ending with flour. Mix just until blended after each addition. Stir in lemon and vanilla flavorings.

Pour into greased and floured tube pan. Bake at 325° for 1 hour and 40 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 to 15 minutes before removing.

## GEORGIA PEACH POUND CAKE

*Marion Reeves*

1 c. plus 2 Tbsp. butter	3 c. all-purpose flour
2¼ c. sugar, divided	1 tsp. baking powder
4 eggs	½ tsp. salt
1 tsp. vanilla extract	2 c. chopped fresh peaches

Preheat oven to 350°. Grease a 10 inch tube pan with 2 tablespoons of butter. Sprinkle pan with ¼ cup sugar. Cream remaining butter; gradually add remaining sugar, beating well. Add eggs, one at a time, beating well after each addition. Add vanilla and mix well. Combine 2¾ cups flour, baking powder, and salt; gradually add to creamed mixture, beating until well blended. Dredge peaches with remaining ¼ cup flour. Fold peaches into batter. Pour batter into prepared pan. Bake for 1 hour and 10 minutes. Remove from pan and cool completely.

## FRESH PEAR CAKE

*Ethel Foster*

1¼ c. cooking oil	1 tsp. soda
2 c. sugar	3 c. raw pears, grated or chopped
2 eggs, beaten	1 to 1½ c. chopped nuts
3 c. plain flour, sifted	1 tsp. vanilla
1 tsp. salt	

Do not use mixer. Mix in order given. Bake in tube pan at 325° for 1 hour and 15 minutes.

Topping for cake:

1 c. light brown sugar	1 c. milk
1 stick margarine	1 tsp. vanilla

Combine in small saucepan. Cook 2½ minutes, stirring constantly. Spoon over cake.

## PINEAPPLE POUND CAKE

*Betty Curry*

1½ c. Crisco oil	1 small can crushed pineapple
2 c. sugar	1 c. chopped nuts
4 eggs	
2½ c. self-rising flour	

Icing:

½ stick butter	1 c. light brown sugar
1 small can milk	1 tsp. vanilla

Mix all ingredients together until well blended. Bake at 325° for one hour.

Icing: Cook until mixture starts to thicken.

## PUMPKIN CAKE

*Rubye Killebrew*

1 pkg. yellow cake mix	⅔ c. milk
1 stick butter or margarine, softened	1 tsp. cinnamon
3 eggs	1 c. chopped pecans
¾ c. sugar	1 large can pumpkin pie mix

Mix and crumble 1 package yellow cake mix, ½ stick butter (softened), and 1 egg. Reserve one cup. Put remainder in 13x9 inch greased pan.

Mix 1 large can pumpkin pie mix, ⅔ cup milk, ½ cup sugar, and 2 eggs and pour over crumb mix.



Mix and crumb 1/2 stick butter, 1/4 cup sugar, 1 teaspoon cinnamon, and reserved crumb mix. Pour over pumpkin mix. Add 1 cup pecans. Bake at 350° for 50 to 60 minutes. Top with Cool Whip.

## PUMPKIN CAKE ROLL

*Sandra Collins  
Perry, GA*

3 eggs	1/2 tsp. nutmeg
1 c. sugar	1/2 tsp. salt
2/3 c. pumpkin	1 c. powdered sugar
3/4 c. flour	2 (3 oz.) pkg. cream cheese (6 oz.)
1 tsp. baking powder	4 Tbsp. butter
2 tsp. cinnamon	1/2 tsp. vanilla
1 tsp. ginger	

Beat 3 eggs on high speed for 5 minutes. Gradually beat in 1 cup sugar. Stir in 2/3 cup pumpkin, 3/4 cup flour, 1 teaspoon baking powder, 2 teaspoons cinnamon, 1 teaspoon ginger, 1/2 teaspoon nutmeg, and 1/2 teaspoon salt. Pour in greased jellyroll pan. Top with 1 cup chopped nuts. Bake at 375°F for 15 minutes. Turn out on 10X sugar-covered towel. Roll, cut, unroll, and spread with filling.

Filling - Beat smooth:

1 c. powdered sugar	4 Tbsp. butter
6 oz. cream cheese	1/2 tsp. vanilla

Spread over cake, reroll, and chill. Slice and serve.

## RED VELVET CAKE

*Annie Ruth Seagraves*

3 c. cake flour	1/2 tsp. salt
2 c. sugar	3 Tbsp. cocoa
1 stick butter	1 tsp. baking soda
4 eggs	1 tsp. vanilla
1 c. oil	3 tsp. vinegar
1 c. buttermilk	2 oz. red food color

Cream sugar, oil, and butter. Add eggs. Combine food coloring and cocoa; stir together with creamed mixture. Add buttermilk alternately with the sifted dry ingredients. Blend in vanilla. In a small bowl, stir baking soda into vinegar and add to the first mixture quickly. Make 3 layers. Bake at 350° for 30 minutes.

## RED VELVET CAKE ICING

*Annie Ruth Seagraves*

3 Tbsp. flour	1 c. butter
1 c. milk	1 tsp. vanilla
1 c. sugar	1/2 c. sifted 4X sugar

Combine flour and milk. Heat, stirring constantly, until thick; cool completely. Cream sugar, butter, and vanilla until fluffy; beat in flour mixture. Add 4X sugar; spread between layers and on top of cake.

## SPICE CAKE

*Betty Jane Cass*

2 1/2 c. "Gold Medal" self- rising flour	1 c. milk
1 1/2 c. sugar	1 egg, beaten
3/4 c. shortening (I use stick margarine and 1/4 Crisco)	1 tsp. allspice
	1 tsp. cinnamon
	1 tsp. nutmeg

Heat oven to 370°. Grease tube pan or 9x13x2 inch pan. Sift dry ingredients into large bowl. Cut in shortening and margarine. Set aside 1 cup dry mixture. Stir in milk and egg to remaining mix. Stir just until moist. Pour into greased pan and sprinkle dry mix over top of batter for topping. Bake 40 minutes. Place on rack to cool and serve while hot.

## TURTLE CAKE

*Jean Dawson  
Cave Spring, GA*

1 box German chocolate cake mix	2/3 c. evaporated milk
1 (14 oz.) bag Kraft caramels (paper removed)	1 (6 oz.) pkg. chocolate chips
3/4 c. butter	1 1/2 c. chopped (coarse) walnuts or pecans

Melt caramels with milk in heavy boiler over low heat, stirring constantly until smooth. Add butter. Mix cake according to directions on box. Pour half of batter into greased and floured large oblong baking pan. Bake approximately 8 minutes. Remove from oven and sprinkle with chocolate chips and 1 cup nuts. Spread caramel mixture evenly over nuts. Spoon rest of batter over caramel. Sprinkle top with remaining nuts. Put back in oven and bake approximately 20 more minutes. More nuts and caramel may be used.

## CARTER CAKE

Paula Shank

- |   |   |
|---|---|
| 1/2 c. butter                               | 1 small box instant vanilla pudding           |
| 1 c. dry roasted peanuts or pecans, chopped | 1 small box instant chocolate pudding         |
| 1 c. flour                                  | 2 1/2 c. milk                                 |
| 1 (8 oz.) cream cheese                      | 2/3 c. dry roasted peanuts or pecans, chopped |
| 1 c. confectioners sugar                    |   |
| 1 c. smooth peanut butter                   |   |
| 1 (8 oz.) whipped topping                   |   |

Cream butter until softened. Mix in 1 cup chopped nuts. Add flour. Pat mixture in 9x13 inch pan and bake at 350° for 20 minutes. Cool.

Combine cream cheese, confectioners sugar, peanut butter, and 1 cup whipped topping. Spread evenly over cooled crust. Combine pudding mixes and milk. Spread over cream cheese layer. Spread remaining Cool Whip on top. Sprinkle with 2/3 cup chopped nuts.

## GRAHAM STREUSEL COFFEE CAKE

Doris Simpkins

- |                                 |                    |
|---------------------------------|--------------------|
| 1 pkg. yellow or white cake mix | 1/4 c. cooking oil |
| 1 c. water                      | 3 eggs             |

In large mixing bowl, combine cake mix, water, oil, and eggs. Beat on low with mixer until moistened. Beat on medium for 1 1/2 minutes more. Pour half of mixture into greased 13x9x2 inch baking pan. Sprinkle with half of topping mix. Carefully spread remaining batter over topping, then spread with remaining topping. Bake at 350° for 35 to 40 minutes or until toothpick comes out clean. Cool slightly and then drizzle with powdered sugar icing.

## TOPPING AND ICING FOR GRAHAM STREUSEL COFFEE CAKE

Doris Simpkins

- |  |                           |
|--|---------------------------|
| 1 1/2 c. graham cracker crumbs (21 crackers) | 3/4 c. packed brown sugar |
| 3/4 c. chopped pecans                        | 1 1/2 tsp. cinnamon.      |
|  | 2/3 c. margarine, melted  |

Icing:

- |                            |       |
|----------------------------|-------|
| 1 c. sifted powdered sugar | Water |
| 1 tsp. vanilla             |       |

In medium mixing bowl, combine cracker crumbs, chopped nuts, brown sugar, and cinnamon. Stir in melted margarine. Set aside.

In small mixing bowl, stir sugar, vanilla, and enough water to drizzling consistency. Drizzle over cake.

## BUTTER COOKIE CAKE

J.B. Christopher, Sr.  
Ocnee, GA

- |   |                                |
|---|--------------------------------|
| 1 box Duncan Hines Moist Deluxe butter recipe golden cake mix | 6 eggs                         |
| 1 (12 oz.) pack Murray butter cookies                         | 2 sticks Blue Bonnet margarine |
| 1 c. sugar  | 1 (12 fl. oz.) evaporated milk |
|   | 2/3 c. water                   |

Pulverize butter cookies in a blender or food chopper. Melt Blue Bonnet. Place ingredients in large mixing bowl and mix well. Use Baker's Joy to grease pans. Pour in from 1/4 to 1/2 inch into pans (to get desired thickness of layers). One-fourth inch of batter in the 9 inch pan will produce about 10 layers. Cook at 340°F. to 350°F. for 18 to 22 minutes or until done. Use extra layers for a sampler.

## CHOCOLATE ICING

J.B. Christopher, Sr.  
Ocnee, GA

- |                                    |                          |
|------------------------------------|--------------------------|
| 1/4 c. Hershey's cocoa             | 3 eggs                   |
| 1 (12 fl. oz.) can evaporated milk | 1 tsp. vanilla flavoring |
| 4 1/2 to 5 c. sugar                | 1 1/4 sticks Blue Bonnet |

Mix cocoa and sugar to prevent cocoa lumps. Add evaporated milk, eggs, and vanilla flavoring and mix in medium size bowl. After mixing, add melted butter (Blue Bonnet) to bowl and mix well. Pour into a boiler that will be large enough to have about 1 1/2 inches of extra space for expansion of the icing while boiling. Turn heat to medium and bring to a low boil; stir often. After bringing to a low boil, continue to stir and low boil for 3 to 5 minutes.

## POPEYE'S BISCUIT PUDDING CAKE

*J.B. Christopher, Sr.  
Oconee, GA*

- |                                    |   |
|------------------------------------|---|
| 4 biscuits                         | 1 tsp. vanilla flavoring                        |
| 1 (12 fl. oz.) can evaporated milk | ½ pack Murray butter cookies                    |
| 1½ (+) c. sugar                    | ¾ c. Duncan Hines butter recipe golden cake mix |
| 1 stick Blue Bonnet margarine      | 3 eggs  |
| ⅙ c. water                         |   |

Chip up biscuits in food chopper. Pulverize butter cookies. Melt butter. Place all the ingredients into a mixing bowl and mix well. Spray cooking pan with Baker's Joy. Pour ½ to ¾ inch deep into desired pan and place in preheated oven set at 340°F. for 25 to 40 minutes (according to thickness of batter in pan) and cook until done (golden brown).

## COCONUT MILK GLAZING

*J.B. Christopher, Sr.  
Oconee, GA*

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 (13.5 fl. oz.) can coconut milk | ¼ stick Blue Bonnet margarine |
| 2 c. sugar                        | 1 tsp. vanilla flavoring      |
| ¼ c. evaporated milk              |                               |

Place ingredients in a boiler and heat on moderate heat. Boil for 5 to 8 minutes. Use as glazing on Popeye's Biscuit Pudding Cake or on each layer of Butter Cookie Cake (let it soak in) before icing, such as with chocolate icing. Only slightly glaze cake layers or the cake will be too juicy (won't make it taste bad, but may fall apart if too juicy).

## BLUEBERRY DESSERT

*Mable League*

- |                             |                             |
|-----------------------------|-----------------------------|
| ½ c. sugar                  | 2 eggs                      |
| ½ c. margarine              | ½ c. sugar                  |
| 2½ c. graham cracker crumbs | 1 tsp. vanilla              |
| 1 (8 oz.) cream cheese      | 1 can blueberry pie filling |
|                             | Whipped topping             |

Cream together ½ cup sugar and margarine. Add cracker crumbs and pack in bottom of 9x12 inch pan. Beat together eggs, cream cheese, ½ cup sugar, and vanilla. Spread over crumb mixture. Bake at 350° for 20 minutes. Let cool and spread blueberry filling over top. Refrigerate several hours and top with whipped topping before serving.

## BLUEBERRY CRUNCH

*Gwen Reynolds*

- |   |                       |
|---|-----------------------|
| 1 large can crushed pineapple (undrained) | 1 box yellow cake mix |
| 3 c. blueberries (fresh or frozen)        | 2 sticks butter       |
|   | 1 c. nuts             |
|   | 1 c. sugar            |

Grease a large baking dish; put in pineapple and spread blueberries on top. Pour ½ cup sugar over berries and cover with dry cake mix. Sprinkle nuts on top and pour remaining sugar over nuts. Melt butter and pour over top. Bake at 350° for 40 minutes.

## BLUEBERRY PIE

*Sara Hodnett*

- |                             |                              |
|-----------------------------|------------------------------|
| 1 c. sugar or 24 pkg. Equal | 3 Tbsp. corn starch          |
| ⅛ tsp. salt                 | 1 c. water                   |
| 1 qt. berries               | 1 Tbsp. butter               |
| 1 tsp. vanilla              | 1 deep dish pie shell, baked |

Mix sugar, salt, corn starch, vanilla, water, and 1 cup berries. Cook 2 or 3 minutes until thick, then add rest of berries. Let cool and then put in crust. Spread Cool Whip on top. Let stand in refrigerator overnight.

## BLUEBERRY-CHERRY PIE

*Marnie Braswell*

- |                           |                             |
|---------------------------|-----------------------------|
| 2 c. flour                | 9 oz. cream cheese          |
| 1 c. butter               | 10½ oz. Cool Whip           |
| 1 c. nuts                 | 1 can cherry pie filling    |
| 1 box confectioners sugar | 1 can blueberry pie filling |

Mix the first 3 together and put in a 13x9 inch pan. Bake at 350° until light brown, 30 minutes. Mix 1 box confectioners sugar with 9 ounces of cream cheese and 10½ ounces Cool Whip. Put this over above cooled layer. Top with 1 can cherry pie filling and 1 can of blueberry pie filling.

## BLUEBERRY DELIGHT

*Annette Howe*

- |                              |                       |
|------------------------------|-----------------------|
| 6 egg whites                 | ½ c. chopped nuts     |
| ¾ tsp. cream of tartar       | ½ tsp. vanilla        |
| 2 c. sugar                   | 1 large Cool Whip     |
| 2 c. broken saltine crackers | Blueberry pie filling |

Beat egg whites until foamy. Add cream of tartar and sugar slowly, beating with electric mixer until firm. Fold into egg whites 2 cups broken saltines, nuts, and

vanilla. Bake in 9x13 inch buttered dish for 20 minutes at 325°. Cool completely. Spread large tub of Cool Whip on cooled egg white mixture. Spread pie filling on top of Cool Whip.

If you prefer, may use different pie filling (cherry or strawberry).

## EASY FRESH FRUIT PIE

*Ray Miller*

(Peaches or strawberries)

2 c. fresh fruit	3 Tbsp. Argo starch
1 (3 oz.) pkg. Jell-O (peach or strawberry)	1 frozen pie shell (deep 9 inch)
1½ c. sugar	½ tsp. vanilla flavoring
1½ c. water (cold)	

Combine dry ingredients (i.e., starch, sugar, and Jell-O). Mix with 1½ cups water until corn starch dissolves. Use fork to prick holes in frozen pie shell. Cook pie shell at 375° for about 11 minutes or light brown.

Bring filling to a rolling boil. Reduce heat and continue to stir until mixture begins to thicken. Take off heat. Fold in fresh fruit. Add ½ teaspoon vanilla flavoring. Pour ingredients into pie shell. Place in refrigerator for 2 to 3 hours before serving.

## GARDEN OF EDEN APPLE PIE

*Barbara Brown*

5 to 6 large tart apples	⅛ tsp. cinnamon
¾ c. sugar	1 tsp. nutmeg
2 tsp. flour	1 Tbsp. butter

Pare, core, and slice apples. Lay slices in pie plate lined with Cheese Pastry. Mix sugar, flour, salt, cinnamon, and nutmeg. Sprinkle over each layer of apples; dot with butter and cover with crust. Press edges together and slash top. Bake at 450° for 10 minutes or until edges are brown. Reduce oven to 350° and bake about 30 minutes or longer.

## GARDEN OF EDEN APPLE PIE - CHEESE PASTRY

*Barbara Brown*

½ c. shortening	1 c. shredded cheese
2 c. flour	6 to 8 Tbsp. cold water
¾ tsp. salt	

Cut shortening into sifted flour and salt until mixture resembles peas in size. Mix in cheese lightly with fork. Add enough water to hold together. Roll and put into 9 inch pie pan. Brush bottom crust with melted fat to prevent soaking.

## SOUR CREAM APPLE CRUMB PIE

*Zora Turner*

6 apples, pared and sliced	1 c. sour cream
½ c. raisins	1 egg, beaten
6 Tbsp. sugar	1 tsp. vanilla
2 Tbsp. flour	Pinch of salt

Crumb Topping:

½ c. flour	1 tsp. cinnamon
¼ c. white sugar	⅓ c. butter
¼ c. brown sugar	Nutmeg

Fill unbaked 9 inch pastry shell with apples and raisins. Stir together sugar and flour and fold in sour cream, egg, vanilla, and salt. Spoon this over raisins and apples. Bake at 350° for 40 minutes or until pie is golden brown.

Combine flour, sugars, cinnamon, and nutmeg. Blend in butter until mixture is crumbly. Spoon crumbs over top of pie and return to oven for 15 minutes or until lightly browned.

## BUTTERMILK PIES

*Susan Whitt*

2 c. sugar	2 Tbsp. flour
6 Tbsp. butter, melted	¼ tsp. salt
4 eggs	¾ c. buttermilk
1 tsp. vanilla	

Mix sugar and eggs; add butter, vanilla, flour, and salt and mix well. Add buttermilk. Bake at 350° for 40 minutes or until brown. Makes 2 shallow pies.

## BUTTERMILK PIE

*Annette Howe*

6 eggs	1 c. pecans (or more)
1 stick margarine, melted	1 c. coconut
2¼ c. sugar	1 c. buttermilk
4 Tbsp. self-rising flour	2 (9 inch) unbaked pie crusts

Beat eggs until foamy. Mix all ingredients in large bowl. Pour into 2 (9 inch) unbaked pie crusts. Bake at 350° approximately 45 minutes or until golden brown. Do not overbake.

## CREAM CHEESE BROWNIE PIE

Laurie Spiess

Preparation time: 15 minutes. Cooking time: 40 to 45 minutes. Cooling time: 3 hours.

- |   |   |
|---|---|
| 1 Pillsbury refrigerated pie crust from 15 oz. pkg., softened as directed on pkg. | 3 eggs  |
| 1 (8 oz.) pkg. cream cheese, softened   | 1 (15.1 oz.) pkg. Pillsbury thick n' fudgy hot fudge swirl deluxe brownie mix |
| 3 Tbsp. granulated sugar  | ¼ c. vegetable oil  |
| 1 tsp. vanilla  | 2 Tbsp. water   |
|   | ½ c. chopped pecans   |

Heat oven to 350°. Prepare pie crust as directed on package for one-crust filled pie, using 9 inch pie pan.

In medium bowl, combine cream cheese, sugar, vanilla, and one of the eggs; beat until smooth. Set aside. Reserve hot fudge packet from brownie mix for topping. In large bowl, combine brownie mix, oil, 1 tablespoon of the water, and remaining 2 eggs. Beat 50 strokes with spoon.

Spread ½ cup brownie mixture in bottom of crust-lined pan. Spoon and carefully spread cream cheese mixture over brownie layer. Top with remaining brownie mixture; spread evenly. Sprinkle with pecans. Bake at 350° for 40 to 50 minutes or until center is puffed and crust is golden brown. If necessary, cover edge of crust with strips of foil after 15 to 20 minutes of baking to prevent excessive browning. Pie may have cracks on surface.

Place hot fudge from pan in small microwaveable bowl. Microwave on HIGH for 30 seconds. Stir in remaining tablespoon water. Drizzle fudge over pie. Cool three hours or until completely cooled. Store in refrigerator. Makes 8 servings.

## CHEESE CAKE PIE

Sheria Mooney

- |                             |                               |
|-----------------------------|-------------------------------|
| 2 pkg. (8 oz.) cream cheese | 2 Tbsp. lemon juice (bottled) |
| 3 eggs                      | 1 tsp. vanilla                |
| ¾ c. sugar                  |                               |
- Praline Sauce:
- |                         |   |
|-------------------------|---|
| ⅓ c. water              | 1 c. chopped nuts (pecans or English walnuts) |
| ⅓ c. brown sugar        |   |
| 1 c. Karo (white) syrup |   |

Beat cream cheese until creamy. Add sugar and eggs, 1 at a time. Add flavorings. Pour into 9 inch graham cracker crust. Bake at 325° for 30 minutes. It will not look done, but it is. Cool and refrigerate overnight. Put Praline Sauce or other topping (fruit) as served.

Praline Sauce: Bring water to boil. Add sugar and syrup; boil 2 to 3 minutes. Add nuts. Cool and refrigerate. (Sauce is also good served over ice cream.)

## FLUFFY 2-STEP CHEESECAKE PIE

Irene Walters

- |                                       |   |
|---------------------------------------|---|
| 1 (8 oz.) pkg. cream cheese, softened | 1 (6 oz.) graham cracker crumb crust        |
| ⅓ c. sugar                            | 1½ c. Comstock Thank You cherry pie filling |
| 1 (8 oz.) tub Cool Whip               |   |

Beat cream cheese and sugar in large bowl with wire whisk or electric mixer on high speed until smooth. Stir in Cool Whip; spoon into crust. Refrigerate 3 hours or until set. Spoon pie filling evenly over top of pie. Store leftover cheesecake in refrigerator.

## CHOCOLATE PIE

Jane Westmoreland

- |                            |                               |
|----------------------------|-------------------------------|
| 1¼ c. sugar                | 2 c. water                    |
| 3 Tbsp. cocoa (heaping)    | ½ stick margarine or butter   |
| 3 eggs, separated          | 1 tsp. vanilla                |
| Dash of salt               | 1 (9 inch) baked pastry shell |
| ½ c. flour, lightly packed |                               |

Mix sugar, flour, and cocoa together. Add enough of the water to make a paste. Beat in egg yolks well. Heat remaining water with butter and salt until butter is melted. Add water mixture to first mixture and cook until thick. Add vanilla. Cool and pour into 9 inch pie shell. Cover with meringue and brown.

## CHOCOLATE PIE

Jeanette Ward

- |                     |                         |
|---------------------|-------------------------|
| 1 c. sugar          | 2 egg yolks             |
| 2 Tbsp. plain flour | 1½ c. milk (evaporated) |
| 3 Tbsp. cocoa       | Dash of salt            |
| 2 Tbsp. butter      | 1 tsp. vanilla          |

Mix all ingredients and cook until thick. (I cook in microwave and it doesn't stick.) Remove and add butter and vanilla. Pour into baked pie shell. Add beaten eggs and bake at 375° till brown.

*Whites*

## CHOCOLATE PEANUT BUTTER PIE

*Grover Vickery*

1¼ c. sugar  
½ c. flour  
2 c. water  
3 eggs  
3 Tbsp. cocoa

½ stick margarine  
½ c. peanut butter  
1 tsp. vanilla  
1 deep dish baked pie shell

Combine sugar, flour, cocoa, and enough water to make a paste; add eggs. Put butter and rest of water in saucepan and melt. Add this to paste and salt. Cook until mixture is thick, stirring constantly. Add peanut butter and vanilla. Place in baked pie shell. May add meringue if desired.

## CHOCOLATE PECAN PIE

*Sheria Mooney*

1 stick margarine  
4 eggs  
3 c. sugar  
5 Tbsp. cocoa

1 large can evaporated milk  
2 tsp. vanilla  
1½ c. chopped pecans  
2 (9 inch) unbaked pie shells

Mix all ingredients together. Pour into unbaked pie shell. Bake at 350° for 30 to 40 minutes. Makes 2 pies.

## GERMAN CHOCOLATE PIE

*Sybil Simpkins*

4 oz. (½ c.) German's sweet cooking chocolate  
¼ c. butter  
2 large eggs  
1½ c. sugar  
3 Tbsp. cornstarch  
⅛ tsp. salt

1 (12 oz.) can evaporated milk  
1 tsp. vanilla  
1 (10 inch) unbaked deep dish pie shell  
1 (3½ oz.) can coconut  
½ c. chopped pecans

Preheat oven to 350°. Melt chocolate and butter in saucepan over low heat. Remove from heat and set aside. In medium bowl, beat eggs until light and fluffy. Add sugar, cornstarch, and salt, beating until smooth. Blend in chocolate mixture. Gradually add milk and vanilla, mixing until smooth. Pour into pie shell; set aside. In small bowl, mix coconut and pecans. Sprinkle over filling. Bake 50 to 60 minutes until puffed and lightly browned. If top browns too quickly, cover loosely with foil last 15 minutes.

## CARIBBEAN FUDGE PIE

*Rubye Killebrew  
Truett McConnell College recipe*

¼ c. margarine, softened  
¾ c. brown sugar  
3 eggs  
12 oz. chocolate chips, melted  
2 tsp. instant coffee

1 tsp. rum extract  
¼ c. flour  
1½ c. pecans, chopped  
1 unbaked pie shell  
Whipped cream for topping

Heat oven to 375°. Cream margarine and sugar until fluffy. Add eggs, melted chocolate, instant coffee, and rum extract. Mix well. Stir in flour and 1 cup pecans. Pour in pie shell and sprinkle rest of pecans on top. Bake 25 minutes.

## JAPANESE FRUIT PIE

*Rubye Killebrew  
Truett McConnell College recipe*

1 c. sugar  
2 eggs  
8 tsp. melted butter  
1 tsp. vanilla

1 c. chocolate chips  
1 c. coconut  
1 c. chopped pecans  
1 unbaked pie shell

Mix well. Pour in pie shell and bake 30 to 45 minutes in 325° oven.

## COCONUT PIE

*Louise Knight*

1¼ c. sugar  
¾ stick margarine  
1 heaping Tbsp. self-rising flour

3 whole eggs  
½ c. buttermilk  
½ can coconut  
1 tsp. vanilla

Cream butter and sugar. Add other ingredients. Pour into unbaked pie shell. Bake in 350° oven for 30 to 40 minutes.

Meringue: Beat 3 egg whites until frothy. Add 6 tablespoons sugar, a little at a time. Continue beating until it stands in peaks.

## FRENCH COCONUT PIE

*Wilbertine Sims  
U #212*

1½ c. sugar  
1 can coconut  
3 eggs

1 stick butter, melted  
4 tsp. lemon juice  
1 tsp. vanilla

Mix all ingredients. Pour in unbaked pie shell. Bake at 350° for 45 to 60 minutes.

## FRENCH COCONUT PIE

*Betty Jane Cass*

3 eggs  
1½ c. sugar  
¼ c. buttermilk  
1 stick margarine, melted

1 small can coconut  
Dash of salt  
1 tsp. vanilla

Cream eggs and sugar together. Add other ingredients and mix well. Pour into unbaked pie crust and bake 1 hour at 325°.

## EASY CREAM CHEESE CRUST

*Betty Jane Cass*

1 (3 oz.) pkg. cream cheese, softened  
½ stick margarine, melted

1 c. Gold Medal all-purpose flour

Combine cream cheese and margarine. Blend well. Stir in flour and form dough in ball with hands. Place between 2 sheets of waxed paper and roll out. Remove one sheet of paper. Press down to fit bottom and sides of plate. Flute top of crust. Fill with French coconut mixture and bake 1 hour at 325°.

## COCONUT PINEAPPLE PIE

*Doris Killebrew*

4 eggs  
2 c. sugar  
1 stick margarine

1 small can pineapple (crushed, undrained)  
1 small can coconut

Mix first 4 ingredients until blended. Fold in small can coconut. Pour into 2 unbaked pie shells. Bake 45 minutes at 350°.

## CUSTARD PIE

*Mary Ann Owen*

2 c. milk  
3 eggs, separated  
½ c. sugar  
3 tsp. flour

1 tsp. vanilla  
Pinch of salt  
Nutmeg (if desired)

Mix sugar and flour together. Add to beaten yolks and beat at least 5 minutes. Add milk and salt and beat thoroughly. Add beaten egg whites and vanilla. Pour in unbaked 9 inch pie shell and sprinkle with nutmeg (if desired). Bake at 400°

for 10 minutes, then at 300° for 30 minutes or until inserted silver knife comes out clean.

## KEY LIME PIE

*Marion Reeves*

4 egg yolks  
6 egg whites  
1 can sweetened condensed milk

½ c. lime juice  
¾ c. sugar  
½ tsp. cream of tartar

Beat egg yolks until lemon colored. Blend in condensed milk slowly. Add lime juice and mix well. Add cream of tartar to egg whites and beat until foamy. Continue beating, adding sugar, one tablespoon at a time, until egg whites peak. Fold six tablespoons of the meringue into the filling mixture. Pour into a nine inch baked pie shell. Top with meringue and bake in a slow oven at 330° until golden brown.

## KEY LIME PIE

*Becky Thompson*

2 (14 oz.) cans sweetened condensed milk  
2 egg yolks, beaten

¾ c. Key lime juice  
1 (9 inch) graham cracker crust

Mix eggs and milk; add lime juice. Pour in crust. Bake at 350° for 8 minutes. Do not brown. Chill 2 hours and top with whip cream.

## IMPOSSIBLE PIE (EGG CUSTARD)

*Mary Ann Owen*

2 c. milk  
1 c. sugar  
½ c. plain flour

4 eggs  
⅓ c. butter or margarine  
1 tsp. vanilla

Butter a 10 inch pie plate. Put all ingredients in blender and mix. Pour in pie plate and bake at 350° until lightly browned, about 45 minutes. May add coconut for variety. (Pie crust is made as pie bakes.)

## GOOD AND RICH PIE

*Willene Josey*

5 Hershey's bars with nuts  
18 large marshmallows  
½ c. sweet milk

1 c. whipped cream  
1 baked pie shell

In double boiler, put Hershey's bars, marshmallows, and sweet milk. Stir and cook until thick. Take off stove and let cool, then fold in whipped cream. Pour into pie shell; cover with additional whipped cream or Cool Whip. Put covered pie in refrigerator.

## LEMON PIE

*Margaret Dickens*

<b>4 eggs, separated</b>	<b>1 Tbsp. margarine</b>
<b>1 c. sugar</b>	<b>½ c. water</b>
<b>2 Tbsp. plain flour</b>	<b>½ c. sugar for meringue</b>
<b>Juice of 2 lemons</b>	<b>1 baked pie shell</b>

Beat egg yolks and add sugar and flour, then add lemon juice, margarine, and water. Cook, stirring constantly, until thick. Pour into baked pie shell. Beat egg whites, adding ½ cup sugar, a tablespoon at a time, beating until stiff. Spread on pie filling and bake at 300° until browned.

## LEMON PARTY MERINGUE PIE

*Mable League*

<b>1 (3½ oz.) pkg. lemon pudding and pie filling</b>	<b>2 Tbsp. freshly squeezed lemon juice</b>
<b>⅔ c. sugar</b>	<b>2 Tbsp. margarine</b>
<b>2¼ c. water, separated</b>	<b>9 inch pie shell, baked</b>
<b>3 eggs, separated</b>	<b>6 Tbsp. sugar for meringue</b>

Combine pie filling mix, sugar, and ¼ cup water in saucepan. Blend in beaten egg yolks, then add remaining 2 cups water. Cook and stir until mixture comes to a full boil and is thickened, about 5 minutes. Remove from heat and cool 5 minutes, stirring twice. Add lemon juice and margarine; blend well.

Pour into baked pie shell. Beat egg whites until foamy, gradually adding 6 tablespoons sugar. Continue beating until meringue stands in stiff peaks. Spread over pie filling and bake at 300° until lightly browned. Cool about 4 hours before serving.

## EASY LEMON PIE

*Irene Walters*

<b>2 pkg. vanilla instant pudding (sugar free)</b>	<b>1 (8 or 12 oz.) Cool Whip</b>
<b>3 c. milk</b>	<b>2 graham cracker pie crusts</b>
<b>1 small tube Crystal Light (lemon)</b>	

Mix pudding and milk. Add Crystal Light. Fold in Cool Whip. Pour into 2 graham cracker pie crusts. Refrigerate.

## LEMON PIE

*Marnie Braswell*

<b>1 lemon (juice and rind)</b>	<b>2 c. water</b>
<b>1 c. sugar</b>	<b>½ tsp. salt</b>
<b>3 eggs, separated</b>	<b>4 tsp. cornstarch</b>
<b>1 Tbsp. butter</b>	

Mix lemon, 1½ cups water, butter, and egg yolks; bring to boiling point. Add sugar and salt. Make a paste with ½ cup water and cornstarch. Add to lemon mixture. Cook until thick. Pour into 9 inch baked pie crust. Top with meringue.

## LEMON CHIFFON PIE

*Mary Ellen Seay*

<b>1 graham crust</b>	<b>½ c. lemon juice</b>
<b>16 oz. Cool Whip</b>	<b>1 can Eagle Brand milk</b>

Fold Eagle Brand with Cool Whip gently. Add juice, small amount at a time. Pour into pie shell and cool. Keep in refrigerator.

## LEMONADE PIE

*Sylvia Crumbley*

<b>1 (6 oz.) can frozen lemonade, thawed</b>	<b>1 large (16 oz.) Cool Whip</b>
<b>1 can sweetened condensed milk</b>	<b>Juice of ½ lemon</b>
	<b>2 graham cracker crusts</b>

Combine lemonade, milk, Cool Whip, and lemon juice. Pour half of mixture in one crust and remainder in the other crust. Refrigerate. Freezes well too.

## PEANUT BUTTER PIE

*L.E. Moore*

<b>½ c. sugar</b>	<b>8 oz. cream cheese</b>
<b>½ c. peanut butter</b>	<b>1 Tbsp. sweet milk</b>

Mix all ingredients with mixer. Put in 8 ounces Cool Whip last. Pour in 9 inch graham cracker crust.



## PEANUT BUTTER PIE

*Irene Walters*

1 (8 oz.) pkg. cream cheese  
1/2 c. crunchy peanut butter  
4 oz. Cool Whip  
1/2 c. milk

1 c. powdered sugar  
1 graham cracker crust  
Nuts for topping

Whip cream cheese. Add peanut butter and sugar. Continue whipping while slowly adding milk. Fold in Cool Whip. Pour into graham cracker crust. Sprinkle with nuts on top. Freeze. Remove from freezer a few minutes before serving.

## PEANUT BUTTER PIE

*Kathy Rice*

(No bake)

1 (8 oz.) cream cheese (soft)  
3/4 c. powdered sugar  
1/2 c. creamy peanut butter  
6 Tbsp. canned milk

1 (8 oz.) Cool Whip  
1/4 c. chopped pecans  
Caramel topping

Cream cheese and add sugar and peanut butter until smooth. Gradually add milk. Fold in Cool Whip. Pour into a 9 inch baked graham cracker crust. Add chopped pecans. Drizzle caramel topping over pie.

## BROWNIE PECAN PIE

*Ethel Foster*

1/4 c. plain flour  
1/4 c. cocoa  
1 c. sugar

1/2 stick butter  
1/2 c. chopped pecans  
*2 eggs, beaten*

Mix together and pour into unbaked pie shell crust. Bake at 350° for 30 minutes and turn oven down to 325° for 15 to 20 minutes.

## PECAN PIE

*Bobbie Mullinax*

1 small vanilla pudding (not instant)  
1 c. white Karo syrup  
1 egg

3/4 c. evaporated milk  
1 c. pecans  
1 unbaked pie shell

Mix all ingredients and pour into pie shell. Bake at 375° for 40 minutes.

## PECAN PIE

*Mary Ellen Seay*

1 c. sugar  
1 c. dark Karo  
2 Tbsp. flour  
3 eggs

1 tsp. vanilla  
1 stick margarine  
2 c. chopped pecans

Mix flour with sugar. Beat in eggs. Add syrup gently. Melt margarine. Add to mixture. Mix well. Add vanilla and nuts. Pour into pie shells. Bake 45 minutes at 350°.

## PECAN PIE

*Virginia Walsingham*

1 stick melted margarine  
4 eggs  
1 1/2 c. white Karo syrup

1 c. sugar  
2 c. pecans

Melt margarine and let cool. Beat eggs. Add margarine, sugar, syrup, and nuts. Bake 40 to 50 minutes. Bake at 400° for 10 minutes and at 350° for 30 to 40 minutes. Makes two pies.

## PECAN CUSTARD PIE

*Ethel Foster*

2 eggs, beaten  
1/2 c. white sugar  
2 Tbsp. butter, melted  
3 Tbsp. flour  
1 c. white Karo

1 c. milk  
3/4 c. pecans  
1 tsp. vanilla  
Dash of salt

Combine all ingredients and pour in 9 inch unbaked pie shell. Bake at 375° for 40 minutes to 1 hour.

## PECAN PIE

*Janice Englett*

2 eggs  
1/2 c. sugar  
2/3 c. dark Karo syrup

2 Tbsp. melted butter  
1 c. chopped pecans  
1 (9 inch) pie crust

Beat eggs and add sugar, syrup, butter, and pecans. Pour into unbaked pie shell. Bake 1 hour at 300°.

## PECAN PIE

*Sheria Mooney*

Unbaked pie shell  
1 c. sugar  
3 eggs  
½ c. light or dark corn syrup  
¼ c. melted butter  
1 c. chopped pecans

Preheat oven to 375°. Beat eggs slightly. Stir in sugar, corn syrup, and melted butter. Stir in pecans and pour into crust. Bake near center of oven 40 to 45 minutes until slightly firm and golden brown. Center of pie, if gently shaken, will be soft, but will become firm when cool.

## PECAN PIE

*Annie Ruth Seagraves*

2 eggs  
½ c. sugar  
¾ c. white Karo syrup  
2 Tbsp. butter  
¼ tsp. salt  
2 Tbsp. flour  
1 c. nuts  
1 tsp. vanilla

Beat eggs; add sugar and beat until creamy. Add butter, salt, and flour and beat until thoroughly mixed. Add Karo syrup, then add vanilla and nuts. Cook in 8 or 9 inch pie pan for 25 to 30 minutes at 350°.

## PECAN PIE

*Ronnie Brantley*

½ c. margarine  
1 c. white sugar  
3 eggs  
1 c. white Karo  
¼ tsp. salt  
1 Tbsp. vanilla  
2 c. nuts  
2 pie crusts (unbaked)

Melt margarine. Add sugar, then eggs. Mix well after each egg. Add Karo syrup and blend well. Add salt, vanilla, and nuts. Pour into 2 regular pie crusts. Bake at 325° for 45 minutes.

## SOUTHERN CHESS PECAN PIE

*Betty Jane Cass*

1 c. brown sugar, packed  
½ c. granulated sugar  
1 Tbsp. flour  
2 eggs  
2 Tbsp. milk  
1 tsp. vanilla  
½ c. butter, melted  
1 unbaked pie shell

Preheat oven to 375°. Mix together sugars and flour. Thoroughly beat in eggs, milk, vanilla, and butter. Fold in nuts. Pour into unbaked pie shell and bake 40 to 50 minutes. Serve slightly warm with whipped cream. Makes 6 to 8 servings.

## OATMEAL PIE

*Mildred Talmadge*

2 eggs  
⅔ c. sugar  
⅔ c. corn syrup  
2 Tbsp. flour  
⅔ c. "quick" oatmeal  
⅔ c. chopped pecans  
⅔ c. mini chocolate chips  
1 tsp. vanilla  
½ c. butter  
1 deep dish pie crust

Mix sugar and flour. Stir into beaten eggs and corn syrup. Add melted butter and vanilla. Stir in oatmeal, pecans, and chopped chips. Pour into deep dish pie crust. Bake 30 to 40 minutes in a 350° oven or until firm. Let cool before serving.

## FRESH PEACH PIE

*Laurie C. Spiess*

1 Pet deep dish crust  
½ stick oleo or butter  
2 eggs  
3 c. peaches, peeled and cut up  
1 c. sugar  
2 Tbsp. flour  
1 tsp. vanilla

Melt oleo and cool. Beat 2 eggs, 1 cup sugar, and 2 tablespoons flour. Add melted oleo and vanilla. Beat good. Pour over peaches. Bake at 350°. The pie crust should be at room temperature. Pie should be done when crust is brown.

## PINTO BEAN PIE

*Betty Jane Cass*

1 can plain pinto beans  
2½ c. sugar  
2 tsp. vanilla  
1½ c. chopped pecans  
4 eggs  
2 sticks melted butter  
1½ c. flaked coconut  
3 unbaked pie shells

Blend beans and juice in a food processor until smooth. In separate bowl, mix sugar, eggs, melted butter, and vanilla. Add blended beans, coconut, and nuts. Pour into 3 unbaked pie shells and bake for 1 hour at 300°F. Chill. Good with whipped cream.

## PINTO BEAN PIE

*Kathy Rice*

½ c. cooked pinto beans,  
mashed while hot  
1 stick butter or margarine  
1 tsp. vanilla  
1⅓ c. sugar  
½ c. coconut  
2 eggs, well beaten  
½ to 1 c. chopped pecans

Warm 1 can pinto beans on stove. When hot, mash good. Do not drain. Mix margarine and sugar until creamy. Blend in all other ingredients. Pour into unbaked pie crust. Put pecans on top. Bake at 350° until done (ovens vary) 30 minutes to 1 hour.

## PINEAPPLE CHEESE PIE

*Bill and Barbara Morris*

Filling:

<b>2 c. crushed pineapple</b>	<b>2/3 c. sugar</b>
<b>3 Tbsp. flour</b>	<b>2 eggs</b>
<b>4 Tbsp. butter</b>	<b>1/2 tsp. lemon juice</b>

Mix flour and sugar together. Whip eggs. Melt butter and add lemon juice. Add to pineapple. Add pineapple to flour and sugar and pour into bottom crust. (Bake crust a few minutes first.) Lay strips of crust on top in lattice shape. Bake at 400° until crust is light brown and inserted knife is dry.

Crust:

<b>1 1/2 c. flour</b>	<b>1/2 tsp. salt</b>
<b>5 Tbsp. shortening</b>	<b>1/2 c. grated Cheddar cheese</b>
<b>1/2 tsp. baking powder</b>	<b>3 Tbsp. cold water</b>

Or, use prepared pie dough sticks, mixing in the 1/2 cup grated cheese before rolling out.

## PUMPKIN PECAN PIE

*Jean Dawson  
Cave Spring, GA*

<b>1 egg</b>	<b>1/2 tsp. ground cinnamon</b>
<b>1 c. canned pumpkin</b>	<b>1/4 tsp. ground ginger</b>
<b>1/3 c. sugar</b>	<b>1/8 tsp. ground cloves</b>

Mix until well blended. Spread evenly in bottom of unbaked 9 inch pie shell.

<b>2 eggs, slightly beaten</b>	<b>2 Tbsp. melted margarine or butter</b>
<b>2/3 c. corn syrup (light or dark Karo)</b>	<b>1/2 tsp. vanilla</b>
<b>2/3 c. sugar</b>	<b>1 c. pecan halves</b>

Mix first 5 ingredients well. Add pecan halves. Mix well. Carefully spoon over pumpkin layer. Bake in 350° oven for 60 minutes or until filling is set around edges.

## OLD-FASHIONED SUGAR PIE

*Carolyn Anderegg*

<b>1 1/2 c. raisins</b>	<b>2 tsp. vanilla extract</b>
<b>1 c. butter or margarine</b>	<b>2 or 3 tsp. ground cinnamon</b>
<b>1 c. sugar</b>	<b>1 c. flaked cocoanut</b>
<b>1 c. brown sugar</b>	<b>1 c. chopped pecans</b>
<b>6 eggs</b>	<b>2 (9 inch) pie crusts</b>

Line crusts with double thickness of aluminum foil and bake at 450° for 10 minutes. Remove foil and cool crusts on wire racks. Put raisins in saucepan and cover with water; bring to a boil. Remove from heat and set aside.

In a mixing bowl, cream butter and sugars. Beat in eggs; add vanilla and cinnamon. Beat until smooth. Drain raisins. Add raisins, nuts, and cocoanut to creamed mixture. Bake at 350° for 30 to 35 minutes or until set. Cool on racks. Each pie serves 6 to 8.

## YELLOW SQUASH PIE

*Mary C. Anderson  
Cleveland, GA*

<b>2 c. grated uncooked yellow summer squash</b>	<b>1/2 c. soft butter</b>
<b>3 eggs</b>	<b>1 Tbsp. flour</b>
<b>1 1/2 c. sugar</b>	<b>1 tsp. lemon flavoring</b>
	<b>1 tsp. coconut flavoring</b>

Beat all together and pour into deep dish uncooked pie shell. Bake at 350° for 45 minutes.

## STRAWBERRY PIE

*Joyce Andrews*

<b>1 c. sugar</b>	<b>Few drops of red food coloring</b>
<b>1 c. water</b>	<b>1 baked crust</b>
<b>3 Tbsp. cornstarch</b>	
<b>6 tsp. strawberry Jell-O</b>	

Mix cornstarch, sugar, water, Jell-O, and food coloring. Cook until thick. Cool real good. Put into pie crust. Add 1 pint of whole strawberries. Cover with Cool Whip.

## HOMEMADE PASTRY

*Joyce Andrews*

<b>2 c. self-rising flour</b>	<b>Water (enough to hold pastry together)</b>
<b>3/4 c. Crisco</b>	

Mix flour and Crisco. (I cut shortening in with 2 knives, then add small amount of water to mix.) Flour hands. Knead. Roll out pastry. Cut in strips or use large piece to cover dish or pan.

## LEMON DELIGHT

*Peggy Brown*

1 c. flour	1/2 c. Cool Whip
1/2 c. butter, melted	8 oz. cream cheese
1/2 c. chopped nuts	1 c. powdered sugar
2 small instant lemon pudding	3 c. milk

Mix butter, flour, and nuts together. Work like pie dough and put in 9x13 inch baking dish. Bake at 375° for 15 minutes. Beat Cool Whip, cream cheese, and powdered sugar together and put on crust after it has cooled. Mix lemon pudding with milk and let set a few minutes to thicken, then pour over cream cheese mix. Top with Cool Whip.

Can use any flavor pudding mix.

## CHERRIES IN A CLOUD

*Missie Surrency*

1 can cherry pie filling	2 c. sugar
1 (16 oz.) whipped topping	1 tsp. cream of tartar
6 egg whites	1 c. chopped pecans
2 c. crushed soda crackers	

Beat egg whites with cream of tartar until frothy. Mix crushed crackers to egg whites. Add sugar until very stiff. Fold in nuts and spread in greased 9x13 inch Pyrex dish. Bake at 350° for 45 minutes. Let cool completely. Spread with whipped topping and cover with cherry pie filling. Refrigerate 3 or 4 hours.

## FRUIT COBBLER

*Jane Westmoreland*

1 stick butter or margarine	3/4 c. milk
1 c. sugar	Fruit of your choice
1 c. flour	

Melt margarine or butter in baking dish. When melted, mix sugar, flour, and milk, then pour over margarine. Do not stir. Add fruit and as much water as needed. Do not stir.

## EASY PEACH COBBLER

*Jackie Campbell*

1 c. flour	1 stick butter
1 c. sugar	1 large can peaches
1 c. milk	

Preheat oven to 350°. Melt butter in baking dish; mix flour, sugar, and milk. Stir well. Add mixture to butter in dish. Do not stir. Pour peaches in mix. Do not stir. Bake until golden brown.

## SWEET POTATO COBBLER

*Sandra Collins  
Perry, GA*

2 sweet baking potatoes	1 stick margarine
1 1/4 c. sugar	2 c. flour
1 c. water	1 tsp. salt
Dash of salt	2/3 c. shortening
Dash of nutmeg	4 Tbsp. cold water
1 Tbsp. flour	

Peel potatoes and slice thin. Put into baking dish. Mix 1 1/4 cups sugar, 1 cup water, dash of salt, dash of nutmeg, and 1 tablespoon flour. Pour over potatoes. Cut 1 stick margarine over this. Cover with crust and bake 45 minutes at 350°F.

Flaky Pastry: Measure 2 cups flour and sift with 1 teaspoon salt. Add shortening (at room temperature) and blend with pastry blender or forks. Add water. Roll 1/8 inch thick.

## BUTTERMILK FRUIT TOPPING

*Lois Mouser*

1 1/2 c. cold buttermilk	1 (8 oz.) ctn. low or no fat whipped topping, thawed
1 pkg. sugar free instant vanilla pudding	Fresh fruit

Mix buttermilk and pudding mix. Beat on low for 2 minutes. Fold in whipped topping. Chill for 1 hour. Serve over fruit. Yield: 4 1/2 cups.

Also good over angel food cake.

## APPLE CRISP

*Dot Jackson*

10 lb. apples, sliced  
8 oz. sugar  
¼ c. lemon juice  
1 lb. 4 oz. margarine

12 oz. flour  
12 oz. rolled oats (uncooked)  
2 lb. light brown sugar

Mix apples, sugar, and lemon juice. Arrange in sprayed 12x20 inch pan. Set aside. Mix margarine, flour, rolled oats, and brown sugar. Pour in pan, covering apple mixture. Bake 45 to 50 minutes at 350°. Yield: 50 servings.

## APPLE ROLL-UPS

*Ethel Foster*

1 can Butter-Me-Not biscuits  
(10 count)  
2½ apples, peeled, cored,  
and quartered  
2 c. orange juice

1 c. sugar (may use less)  
½ stick real butter  
1 tsp. vanilla  
2 tsp. cinnamon

Wrap each quarter apple in biscuit, securing ends. Place in a 9x13 inch dish. Sprinkle with cinnamon. Combine butter, sugar, and orange juice in bowl and microwave until butter melts. Stir in vanilla. Pour over biscuits. Bake at 325° for 45 minutes. Spoon juice over biscuits.

## BANANA SPLIT DESSERT

*Betty Jane Cass*

2 c. crushed graham crackers  
½ c. butter or margarine  
2 c. sifted powdered sugar  
2 eggs  
5 bananas  
1 (15 oz.) can crushed  
pineapple

1 (8 oz.) frozen whipped  
topping, thawed  
Semi-sweet chocolate,  
shredded  
⅓ c. chopped nuts  
Cherries

Mix crumbs and ½ melted butter. Press into 13x9x2 inch dish. In small mixer bowl, beat ½ cup butter. Add powdered sugar. Beat until fluffy. Beat in eggs; spread egg mixture over crumb mixture. Slice bananas in halves and arrange lengthwise over egg mixture. Spoon pineapple over bananas. Spread with dessert topping. Sprinkle with chocolate and nuts. Cover and refrigerate at least 4 hours before serving. Cut into squares to serve. Serves 15.

## INSTANT COOKIES

*Anne Lieving*

¾ c. biscuit mix  
1 pkg. instant pudding mix  
(any flavor)

¼ c. salad oil  
1 egg

Combine biscuit mix and pudding mix in bowl. Stir in oil and egg. Mix thoroughly and shape into small balls (about a teaspoon each). Place on ungreased cookie sheet and flatten with finger or spoon. Can be decorated with nuts or cherries. No additional sugar is needed. Bake at 350° for 12 to 15 minutes.

## FRUIT CAKE COOKIES

*Bill and Barbara Morris*

1 c. butter  
1 c. light brown sugar  
4 eggs, beaten  
3½ c. plain flour (reserve 1 c.  
to flour fruit)  
½ lb. chopped glazed green  
cherries  
1 tsp. cinnamon

¾ box white raisins  
½ lb. chopped glazed red  
cherries  
1 lb. glazed pineapple (mixed  
colors)  
1 Tbsp. vanilla  
¼ c. sherry (or milk)  
7 c. chopped nuts

Cream butter, sugar, and eggs. Add 2½ cups flour, sherry (or milk), vanilla, and cinnamon. Fold in floured fruit and nuts. Drop from teaspoon onto greased and floured cookie sheet. Bake at 250° until light brown and looks done (about 30 minutes). Cool and store in airtight container. Makes about 300 cookies. Recipe may be divided in half.

## FRUITCAKE COOKIES

*Barbara Morris*

1 c. margarine  
1 c. light brown sugar  
3 eggs  
3 c. plain flour  
1 tsp. soda  
1 tsp. cloves  
½ tsp. nutmeg

1 pinch of salt  
1 tsp. vanilla  
1 tsp. cinnamon  
2 c. glazed cherries  
6 slices glazed pineapple  
7 c. pecans, chopped  
½ lb. raisins, chopped

Cream margarine and sugar; add eggs. Sift flour and spices. Add all dry ingredients. Add vanilla, fruits, and nuts. Bake at 350° for 13 to 15 minutes. Makes 100 to 130 small cookies.

## MEXICAN COOKIES

*Pam Padgett*

1 c. margarine  
3 heaping Tbsp. powdered sugar  
2 c. flour  
1 Tbsp. vanilla  
1 c. chopped nuts

Mix and put in refrigerator until cold. Shape into balls about the size of small walnut. Bake at 325° for 20 minutes, until edges are slightly browned. While hot, dip in powdered sugar. Makes 6 or 7 dozen.

## PECAN FINGERS

*Annie Mae Johnson*

1 c. butter, softened  
½ c. powdered sugar  
½ tsp. vanilla  
1¾ c. flour  
1 c. chopped pecans

Beat butter until creamy, then add sugar and beat well. Add vanilla, flour, and nuts. Roll tablespoon of dough between greased hands to form fingers. Place on baking sheet and bake at 350° for 10 to 15 minutes. Roll while hot in powdered sugar. Makes 5 to 6 dozen.

## PEANUT BUTTER COOKIES

*Sylvia Crumbley*

1 pkg. yellow cake mix  
1 c. crunchy peanut butter  
½ c. cooking oil  
2 eggs  
2 Tbsp. water

Preheat oven to 350°. Combine all ingredients and mix well. Drop from a teaspoon onto a greased baking sheet. Press a crisscross with fork tines. Bake 10 to 12 minutes or until golden brown. Cool one minute before removing from pan.

## PEANUT BUTTER COOKIES

*Kathy Rice*

1 c. peanut butter (smooth or crunchy)  
1 c. white sugar  
1 egg  
1 tsp. vanilla

Mix all in bowl with spoon. Form into small balls. Place on cookie sheet and flatten with fork both ways. Bake 13 minutes at 325°, depending on oven.

## POTATO CHIP COOKIES

*Serena Eiland*

1 lb. butter or margarine  
1 c. sugar  
1 tsp. vanilla  
3½ c. self-rising flour  
2 c. crushed potato chips  
½ c. chopped pecans

Cream butter and sugar. Add vanilla and stir in flour. Add potato chips and nuts. Drop by teaspoon onto greased cookie sheet (they do not spread). Bake at 350° for 15 minutes.

## PECAN ROUNDS

*Betty Curry*

1 egg white  
3 c. dark brown sugar  
1 tsp. vanilla  
4 c. pecans, chopped fine

Beat egg white until stiff. Add brown sugar, nuts, and vanilla. Form into small balls and flatten with fork on cookie sheet. Decorate with small piece of candied cherry. Bake at 350° about 10 minutes.

## SUGAR COOKIES

*Laurie C. Spiess*

1 c. powdered sugar  
1 c. granulated sugar  
1 c. margarine  
1 c. Wesson oil  
2 eggs  
1 tsp. vanilla  
4 c. plus 4 Tbsp. flour  
1 tsp. salt  
1 tsp. soda  
1 tsp. cream of tartar

Cream sugars, oleo, and oil. Add eggs and vanilla. Add dry ingredients that have been sifted together. Mix well. Roll into small balls and place on ungreased cookie sheets; press with glass dipped in granulated sugar. Use colored sugar for holidays. Bake at 350° until slightly browned around the edges. Store in airtight container.

## RUTH'S TEA CAKES

*Ruth C. Johnson*

2 c. self-rising flour  
¾ c. sugar  
⅔ c. oil  
2 eggs  
2 tsp. vanilla flavoring

Combine all and stir. Batter will be gummy. Drop on ungreased cookie sheet, spaced wide apart. Bake at 400° about 10 minutes. Check time carefully and take up quickly. Cool on racks. Makes about 35 cookies. When doubled, makes 75 cookies.

## OLD-FASHIONED SOUTHERN TEACAKES

Betty Jane Cass

- |                      |                |
|----------------------|----------------|
| 2¼ c. sifted flour   | ½ c. butter    |
| 1 c. sugar           | 2 eggs, beaten |
| ¼ tsp. salt          | ½ tsp. vanilla |
| 2 tsp. baking powder | 1 Tbsp. milk   |

Sift flour, salt, and baking powder together. Cream butter, sugar, and eggs. Add vanilla, milk, and dry ingredients. Blend well. Place on cookie sheet and bake in a moderate oven at 350° or 375° for about 12 to 15 minutes or until lightly browned on top. (Drop with spoon, instead of rolling.)

## POTATO CHIP COOKIES

Barbara Morris

- |  |                                    |
|--|------------------------------------|
| 4 sticks butter, creamed (or 2 butter and 2 margarine) | 3 c. flour                         |
| 1 c. sugar   | 1½ c. crushed Ruffles potato chips |
| 2 tsp. vanilla   | 1 c. chopped nuts                  |

Cream butter. Beat in sugar, vanilla, and flour. Fold in Ruffles and nuts. Drop by spoonfuls onto cookie sheet. Bake at 350° for 12 minutes.

After cookies bake, take out of pan immediately and place on paper towels to cool. When cool, sprinkle with confectioners sugar.

## OATMEAL CRUNCHY COOKIES

Kathy Rice

- |                |                             |
|----------------|-----------------------------|
| ½ c. Crisco    | ¾ c. flour                  |
| 1½ c. sugar    | ½ tsp. soda                 |
| 1 beaten egg   | ¼ tsp. salt                 |
| 1 Tbsp. water  | 1½ c. quick oats (uncooked) |
| 1 tsp. vanilla |                             |

Cream sugar and shortening thoroughly. Stir in beaten egg, water, and vanilla. Add flour, soda, and salt (which have been sifted together), and oats.

Options: Add nuts, chopped cherries, coconut, and chocolate chips. Mix and match. Drop on greased cookie sheet from a teaspoon and press with fork dipped in hot water. Bake at 350° for approximately 10 to 12 minutes.

## SNICKER COOKIES

Nina T. Gaddis

- |                           |                       |
|---------------------------|-----------------------|
| 1 c. margarine            | 2 tsp. vanilla        |
| 1 c. creamy peanut butter | 3 c. plain flour      |
| 1 c. granulated sugar     | 1 tsp. baking powder  |
| 1 c. brown sugar          | 1 tsp. baking soda    |
| 2 eggs                    | 60 miniature Snickers |

In a large bowl, beat together margarine, peanut butter, and sugars till fluffy. Add eggs and vanilla. Combine flour, baking powder, and baking soda. Add to peanut butter mixture; beat till smooth. Shape about 1 tablespoon of dough around Snickers bar. Bake at 350° on ungreased cookie sheet for 10 to 12 minutes.

## PUNCH BOWL CAKE

Jane Westmoreland

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 large angel food cake    | 1 small can Carnation or Pet milk |
| 2 pkg. frozen strawberries | ½ c. sour cream                   |
| 1 large Cool Whip          | 1 large strawberry glaze          |
| 1 box powdered sugar       |                                   |

Break cake into bite-size pieces. Mix sugar, milk, sour cream, Cool Whip, and cake together. In another bowl, mix strawberries and glaze together. Put a layer of cake mixture and then a layer of strawberry mixture. Do this until all is used.

## QUICK STRAWBERRY DESSERT

Mary E. Galloway

- |                                     |  |
|-------------------------------------|--|
| ½ loaf angel food cake (or ⅓ round) | 1 box strawberry gelatin                     |
| 1 box instant vanilla pudding       | 1 c. boiling water                           |
| 1 c. cold milk                      | 1 (10 oz.) box frozen sweetened strawberries |
| 1 pt. vanilla ice cream             |  |

Break cake in small pieces. Place in 8x12 inch baking dish. Dissolve pudding in cold milk. Add ice cream. Beat until well mixed. Pour over cake. Do not stir. Let set. Dissolve gelatin in boiling water. Add strawberries. Stir until gelatin begins to thicken. Pour over pudding and cake. Do not stir. Place in refrigerator until ready to serve. Yield: 6 or 8 servings.

## CANDY BAR ANGEL

*Thelma Bossinger*

- |  |   |
|--|---|
| 1 (12 oz.) angel food cake             | 1 (12 oz.) container whipped topping      |
| 1 (5 oz.) pkg. instant vanilla pudding | 3 large Heath or Skor candy bars, crushed |
| 1 tsp. vanilla extract                 |   |

Shred or crumble angel food cake into large pieces. Put into 9x9 inch baking dish. Mix pudding according to directions, adding vanilla extract. Spread pudding over cake. Spread whipped cream over the pudding and sprinkle crushed candy bars over it all.

## OLD-FASHIONED DATE BARS

*Barbara Morris*

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1½ c. pitted dates (8 oz.)     | 1 c. flaked coconut             |
| 1½ c. orange juice             | 1 c. chopped walnuts            |
| 2½ c. flour                    | 1½ c. quick cooking oats        |
| ½ tsp. salt                    | Powdered sugar (for sprinkling) |
| 1½ c. brown sugar              |                                 |
| ¾ c. cold margarine, cut small |                                 |

Cook dates and orange juice over medium heat 20 to 25 minutes or until thickened, stirring occasionally to break up dates. Remove from heat. Preheat oven to 350°. Combine flour and sugar until coarse crumbs. Add coconut, nuts, and oats until just blended. Place ½ in ungreased 9x13 inch pan. Cover with wax paper and press flat. Spread filling to ½ inch of edges. Top with remaining oat mixture and flatten slightly. Bake 35 to 40 minutes or until golden brown. Cool on rack. Cut into serving sizes and sprinkle with powdered sugar.

## HEATH BARS

*Agnes Caison  
U-1751*

- |                        |  |
|------------------------|--|
| Saltine crackers       | 11 oz. milk chocolate chips (not semi-sweet) |
| 1 c. butter (not oleo) | 1 c. pecans, chopped                         |
| 1 c. sugar             |  |

Line cookie sheet with foil. Place crackers in single layer on sheet. Melt butter and add sugar; bring to a boil. Stir and boil for 3 minutes. Pour mixture over crackers. Make sure every cracker is covered. Put in 350° oven for 15 minutes.

While still hot, pour chocolate chips over crackers. Wait one minute, then spread chocolate evenly over crackers. Add chopped nuts and gently tap into chocolate. Cool in refrigerator. Break into pieces.

## NO-BAKE BARS

*Amanda Shriver  
Granddaughter of Sybil Simpkins*

- |                          |                       |
|--------------------------|-----------------------|
| 4 c. Cheerios            | 1 c. light corn syrup |
| 2 c. crisp rice cereal   | 1 c. sugar            |
| 2 c. dry roasted peanuts | 1½ c. peanut butter   |
| 2 c. M&M's               | 1 tsp. vanilla        |

In large bowl, combine Cheerios, rice cereal, peanuts, and M&M's; set aside. In a saucepan, bring corn syrup and sugar to a boil, stirring frequently. Remove from heat; stir in peanut butter and vanilla. Pour over cereal mixture and toss to coat evenly. Spread into a greased 15x10x1 inch pan. Cool and cut into bars.

## M&M'S SQUARES

*Pam Padgett*

- |                            |   |
|----------------------------|---|
| 1 c. graham cracker crumbs | 1 (14 oz.) can sweetened condensed milk |
| 1 c. M&M's                 | 1 stick margarine, melted               |
| 1 c. chopped pecans        |   |
| 3 oz. coconut              |   |

Mix and spread in 9x11 inch dish. Bake at 320° for 25 to 30 minutes.

## LEMON BARS

*Eleanor Duncan*

- |                                  |                        |
|----------------------------------|------------------------|
| 2 cans crescent rolls            | ¾ c. sugar             |
| 2 (8 oz.) cream cheese, softened | 1 tsp. lemon flavoring |

Press one can of rolls on bottom of pan. Mix cream cheese, sugar, and lemon flavoring. Place mixture on rolls and place remaining can of rolls on top. Bake in 400° oven for 30 minutes in metal pan or in 300° oven for 30 minutes in glass pan.

## BLONDE BROWNIES

*Betty Jane Cass*

- |                                |                      |
|--------------------------------|----------------------|
| ½ c. margarine                 | 1½ c. unsifted flour |
| 2 eggs                         | 1 c. chopped nuts    |
| 2 c. light brown sugar, packed | 2 tsp. baking powder |
| 1 tsp. vanilla                 | ½ tsp. salt          |

Preheat oven to 350°. Grease 13x9x2 inch pan. Beat eggs lightly. Beat in sugar, vanilla, and margarine till creamy. (If adding nuts, melt margarine.) Combine



flour, baking powder, and salt. Add to egg mixture. Mix on low speed. Stir in nuts. Spread in pan. Bake 25 to 30 minutes till golden brown.

## CHOCOLATE CREAM CHEESE BROWNIES

*Vickie Deal*

1 (4 oz.) pkg. German's sweet chocolate	1/2 tsp. baking powder
3 Tbsp. butter	1/4 tsp. salt
2 eggs	1 tsp. vanilla
3/4 c. sugar	1/4 tsp. almond flavoring
1/2 c. plain flour	1/2 c. chopped nuts

In a saucepan, melt chocolate and butter over low heat, stirring frequently. Set aside. In a bowl, beat the eggs; gradually add sugar, beating until thick. Combine flour, baking powder, and salt; add to egg mixture. Stir in melted chocolate, flavorings, and nuts. Pour half of batter into greased 8 inch square baking pan. Set aside. See Cream Cheese Brownie Filling.

## CREAM CHEESE FILLING FOR BROWNIES

*Vickie Deal*

2 Tbsp. butter or margarine	1 egg
1 (3 oz.) pkg. cream cheese, softened	1 Tbsp. plain flour
1/4 c. sugar	1/2 tsp. vanilla

Beat butter and cream cheese until light. Gradually add sugar, beating until fluffy. Blend in egg, flour, and vanilla; mix well. Spread over batter in pan. Dollop remaining batter over filling. With a knife, cut through batter to create a marbled effect. Bake at 350° for 35 to 40 minutes.

## CHEESECAKE BROWNIES

*Barbara Morris*

1 (8 1/4 oz.) German chocolate cake mix	1/2 c. butter or margarine, melted
1 egg, beaten	1 c. nuts, chopped

Topping:

8 oz. cream cheese, softened	2 eggs, beaten
1 c. sugar	1 tsp. vanilla extract

In mixing bowl, combine cake mix, egg, butter, and nuts; mix well. Press into a greased 13x9 inch baking pan; set aside. Combine topping ingredients in another bowl and beat until smooth. Carefully spread or drop by tablespoonfuls over batter. Bake at 350° for 30 to 35 minutes or until golden brown. Cool and cut into squares. Store in refrigerator.

## GLORIFIED BROWNIES

*Polly Bradley*

2 sticks margarine	2 heaping Tbsp. cocoa
4 eggs	2 c. flour
2 c. chopped nuts	6 1/2 oz. miniature marshmallows
Pinch of salt	
2 c. sugar	

Beat eggs, margarine, and sugar together. Blend in cocoa, salt, flour, and nuts. Pour in greased pan. Bake at 350° for 20 to 30 minutes. While still hot, top with marshmallows and put in oven until melted. After cooled, put icing on top.

For icing, mix together:

1/4 stick margarine, softened	4 Tbsp. milk
2 c. 10X sugar	1 tsp. vanilla
3 Tbsp. cocoa	

## GOLD RUSH BROWNIES

*Doris Killebrew*

2 c. crushed graham crackers	1 (6 oz.) chocolate chips
1 (14 oz.) can sweetened condensed milk	

Combine all three ingredients in a bowl, stirring thoroughly. Spread in a well greased and floured 9 inch pan. Bake at 350° for 25 to 30 minutes. When cool, cut in squares. Remove from pan before completely cold.

## SINFUL BROWNIES

*Barbara Schuman*

2 boxes Duncan Hines brownie mix with nuts	8 oz. chocolate chips (semi-sweet)
1 can fluffy white frosting mix	1/2 c. crunchy peanut butter
	1/2 c. Rice Krispies (or more)

Mix brownie mixes according to package instructions and bake in 11x13 inch Pyrex dish. Let cool, then cover with fluffy white frosting. Melt chocolate chips and peanut butter together and add Rice Krispies (enough to hold together).

Put on top of white frosting. If you want to be real sinful, top with whipped topping and drizzle with chocolate syrup.

## EASY CHEESE CAKE CUPCAKES

Ruth West

2 (8 oz.) pkg. cream cheese  
2 eggs, well beaten  
3/4 c. sugar

1 tsp. vanilla  
Vanilla wafers (large)  
1 large can fruit pie filling

Place a vanilla wafer in bottom of cupcake liner. Half fill each with cake mixture. Bake at 350° for 10 to 15 minutes. Cool thoroughly. Top with canned fruit pie filling.

## HELLO DOLLY BARS

Gail Smith

1 stick margarine  
1 c. graham cracker crumbs  
1 can coconut  
1 (6 oz.) pkg. chocolate chips

1 c. chopped nuts  
1 can sweetened condensed milk

Melt margarine in 9x12 inch oblong pan. Sprinkle graham cracker crumbs over melted margarine, then add in layers coconut, chocolate chips, nuts, and dribble sweetened condensed milk over all. Bake at 325° for 30 minutes. Let cool before cutting.

## KRISPIES SQUARES

Kathy Rice

1:  
1/2 c. lite Karo syrup  
1/2 c. dark brown sugar,  
packed  
1/4 c. chocolate chips (semi-  
sweet - optional)

1/2 c. plain or crunchy peanut  
butter

Additional ingredients:

3 c. Rice Krispies

Put syrup, sugar, and chips in pan and bring to boil. Remove from stove and mix in peanut butter. Pour over Rice Krispies. Mix till coated good. Spray pan, approximately 11x7 inches. Put Rice Krispies in pan and press evenly. Cool. Cut into squares.

## PLAZA PARK SQUARES

Tommie Heard

1 box butter cake mix  
1 stick butter  
3/4 c. pecans

3 eggs  
1 box powdered sugar  
1 (8 oz.) pkg. cream cheese

Mix cake mix, butter, pecans, and 1 egg together. Put in 8 1/2 x 11 inch pan. Combine sugar, 2 eggs, and cream cheese. Pour over cake mixture. Bake at 350° for 45 minutes.

## CORN FLAKE GOODIES

Kathy Rice

1 c. white Karo syrup  
1 c. white sugar  
1 1/2 c. peanut butter (creamy)

5 c. plain corn flakes  
1 c. coconut  
1 c. nuts

Boil syrup and sugar. Remove from stove and add peanut butter. Beat. Pour over 5 cups corn flakes. Add coconut and/or nuts. Mix well. Spoon onto wax paper. Store, covered, in refrigerator or freezer. Makes about 85.

## CREAM PUFFS

Carolyn Anderegg

1 stick butter  
1 c. water  
1 c. flour (all-purpose)

1/4 tsp. salt  
4 eggs

Melt butter in water and bring to a boil. Add flour and salt. Stir vigorously until mixture forms a ball that won't separate. Remove from heat. Cool slightly. Add eggs, one at a time, beating thoroughly. Drop on greased cookie sheet by the teaspoon. Bake 20 to 25 minutes at 450°. Remove from oven and split open. Place back in "off" oven for 10 to 15 minutes to dry centers.

May be filled with puddings, ice cream, or meat fillings (chicken, tuna, ham, etc.).

## CHOCOLATE ECLAIR

Marion Reeves

1 box graham crackers  
2 small pkg. instant vanilla  
pudding

3 1/2 c. milk  
1 (12 oz.) container Cool  
Whip

Butter 9x13 inch pan lightly. Mix pudding according to package directions with the 3 1/2 cups milk. Fold in Cool Whip. Layer graham crackers and pudding mixture in pan, beginning and ending with the crackers. You will have 3 layers of crackers and 2 layers of pudding mixture. Add the following frosting.

Chocolate Frosting:

**1 stick margarine**                      **1 c. sugar**  
**1/3 c. milk**                                **1 c. chocolate morsels**

Boil the margarine, milk, and sugar 2 minutes; add the morsels and beat until morsels dissolve.

### REESE'S PEANUT BUTTER CUPS

*Carole White*

**1 1/2 c. creamy or chunky**                      **1 tsp. vanilla**  
    **peanut butter**                                **1 stick margarine**  
**2 c. powdered sugar**                        **1 c. melted chocolate chips**  
**2 c. graham cracker crumbs**

Combine first 5 ingredients and spread in 11x9 inch pan, then spread melted chips over this and let it cool, then cut into squares.

### LOWFAT CHOCOLATE DELIGHT

*Sylvia Crumbley*

**1 (8 oz.) lite Cool Whip**                      **1 large pkg. sugar free**  
**1 can lite chocolate frosting**                      **vanilla instant pudding**  
**1 box graham crackers**  
    **(regular or honey)**

Line 9x12 inch pan bottom with graham crackers. Mix vanilla pudding by package directions, using skim milk. Add Cool Whip to pudding. Pour 1/2 mixture on graham crackers. Top with another layer of crackers and pudding. End with layer of crackers. Microwave frosting on HIGH for 1 minute. Pour over last layer of crackers. Refrigerate until cool.

### CHOCOLATE CHIP PEANUT BUTTER SQUARES

*Peggy Brown*

**1 1/2 c. powdered sugar**                      **1 (18 oz.) pkg. refrigerated**  
**1 1/2 c. creamy peanut butter**                      **chocolate chip cookies**  
**1 1/2 tsp. vanilla**

Heat oven to 350°. In medium bowl, combine sugar, peanut butter, and vanilla; mix well. Remove cookie dough from package. Cut in half. With floured fingers, press half of dough in bottom of ungreased 8 or 9 inch square pan. Press peanut butter mixture evenly over dough. Crumble and sprinkle remaining half of cookie dough over peanut butter mixture. Spread as evenly as possible. Bake at 350° for 30 to 35 minutes. Cool 30 minutes. Refrigerate 1 hour. Cut into squares.

### CHURCH WINDOWS

*Kathy Rice*

**12 oz. pkg. semi-sweet**                      **1/2 to 1 c. chopped pecans**  
    **chocolate bits (2 c.)**                      **4 pieces waxed paper**  
**3 c. small colored**                                **(approx. 12 or 14 inches**  
    **marshmallows**                                **long)**

Melt chocolate over low fire on stove. Mix marshmallows and nuts in bowl. Pour chocolate over marshmallows and mix until covered. Divide into four parts. Put on wax paper. Roll and form into logs. Refrigerate. Remove after it sets and slice.

Do not microwave chocolate.

### COCONUT MACARON CUPCAKES

*Betty Jane Cass*

**1 c. all-purpose flour**                      **1 c. non-fat dry milk powder**  
**1/2 c. butter or margarine**                      **1 c. sugar**  
**1 egg yolk**                                        **1/3 c. evaporated milk**  
**2 1/2 c. flaked coconut**

Sift together flour and milk powder. In small bowl, beat butter on medium for 30 seconds. Add sugar and beat till fluffy. Add yolk and evaporated milk; beat well. Add flour alternately with 1/3 cup water and beat well. Stir in coconut. Spoon 3 tablespoons batter into each paper-bake cup-lined muffin cup. Bake in 350° oven for 20 minutes or till lightly browned. Makes 20 cakes.

### FLAN - MEXICAN PUDDING DESSERT

*Jean Dawson*  
*Cave Spring, GA*

**1/2 c. sugar**                                        **1 condensed milk can regular**  
**5 eggs**    **milk**  
**1 can sweetened condensed**                      **1 tsp. vanilla extract**  
    **milk (Eagle Brand or**  
    **equivalent)**

Preheat oven to 350°. Fill a 13x9 inch pan halfway with hot tap water. Place in oven. Melt 1/2 cup sugar in saucepan or directly in the pan you will use to make the flan, stirring frequently. Heat until sugar turns light brown in color and is completely dissolved. (Do not let it burn. It should be light brown in color.) Coat bottom and sides of the pan with this caramel sauce and set aside to cool. This coating will harden.

In blender, mix 5 eggs. Add the can of sweetened condensed milk, regular milk (use empty can of sweetened condensed milk to measure regular milk), and vanilla extract. Blend all these in the blender for a minute or so until completely mixed. Add this mixture to baking pan coated with caramel sauce. (A round baking pan or casserole pan works best, if you do not have a locking flan pan.) Cover the pan with aluminum foil, crimping foil over the edges of the pan. Place this pan directly in pan of water in oven. Leave in oven for approximately one hour. After an hour, check for doneness by inserting wooden toothpick in center. Refrigerate in pan after it cools.

When ready to serve, remove from pan by carefully separating the sides of the flan from the pan, using a knife. Liquid caramel should come up around the flan and the flan should move freely in the pan. Invert onto a plate. The caramel sauce makes a topping that covers the top and sides of the flan. Slice in pie shaped wedges. Refrigerate any leftover flan.

### BRANDIED CARAMEL FLAN

*Bill and Barbara Morris*

<b>¾ c. sugar</b>	<b>½ c. sugar</b>
<b>2 c. milk</b>	<b>½ tsp. salt</b>
<b>2 c. light cream</b>	<b>2 tsp. vanilla</b>
<b>6 eggs</b>	<b>⅓ c. brandy</b>

Place sugar in large skillet. Cook over medium heat until melted to syrup, stirring to blend. Immediately pour into heated 8¼ inch round baking dish; completely cover bottom. Set aside. In medium saucepan, heat milk and cream until bubbles just form around edge of pan. In large bowl, beat eggs slightly. Add sugar, salt, and vanilla. Gradually stir in hot milk and brandy. Pour into prepared baking dish. Set dish in shallow pan; pour boiling water to ½ inch level around dish. Bake at 325° until knife inserted in center comes out clean (approximately 25 to 30 minutes). Let cool 4 hours or overnight. Makes 8 to 10 servings.

This can be divided into smaller individual serving dishes and baked. Will take a little less time.

### WHITE TRASH

*Thelma Bossinger*

<b>1 c. peanut butter</b>	<b>Raisins, peanuts, pecans,</b>
<b>1 stick margarine</b>	<b>pretzels, or anything else</b>
<b>1 (12 oz.) pkg. chocolate chips</b>	<b>you have</b>
<b>1 large box Crispix, Chex, bite-size Shredded Wheat or other crunchy cereal</b>	<b>1 box confectioners sugar</b>

In top of double boiler, melt peanut butter, margarine, and chocolate chips together. In a large bowl, combine cereals, nuts, etc., together. Pour peanut

butter mix over all and mix till well coated. Spread on wax paper and place in refrigerator until dry. Dust with confectioners sugar.

### PEACH PIZZA

*Beulah Fowler*

Layer 1:

<b>1½ c. self-rising flour</b>	<b>¼ c. brown sugar</b>
<b>2 sticks margarine, melted</b>	

Layer 2:

<b>8 oz. cream cheese</b>	<b>1 large Cool Whip (8 or 12 oz.)</b>
<b>½ box 10X sugar</b>	

Layer 3:

<b>4 Tbsp. cornstarch</b>	<b>1 c. water</b>
<b>1 c. sugar</b>	

Layer 1: Mix together and press in 9x13 inch pan. Bake at 300° for 20 to 30 minutes. Put in refrigerator.

Layer 2: Spread on cooled crust.

Layer 3: Cook until as thick as pudding. Add 3 ounces peach Jell-O. Cool. Add 4 cups fresh peaches, chopped or sliced thin. Pour on top of cream cheese. Let cool.

### STRAWBERRY PIZZA

*Annette Howe*

Crust:

<b>2 sticks softened butter</b>	<b>½ c. confectioners sugar</b>
<b>2 c. plain flour</b>	

Filling:

<b>1 (8 oz.) softened cream cheese</b>	<b>1 c. confectioners sugar</b>
	<b>1 pkg. Dream Whip</b>

Topping:

<b>1 pt. mashed strawberries</b>	<b>4 tsp. water</b>
<b>1 c. sugar (granulated)</b>	<b>1 tsp. vanilla</b>
<b>4 tsp. corn starch</b>	

Crust: Mix and press into pizza pan. Bake 15 minutes at 350°. Cool completely.

Filling: Mix cream cheese and sugar together. Prepare Dream Whip according to package directions, then mix in with cream cheese and sugar.

Topping: Cook until thick, then add vanilla. Put in refrigerator and cool.  
Spread filling on crust and then place cooled topping on filling. Refrigerate.

## BREAD PUDDING

Annie Mae Johnson

4 eggs  
1 c. brown sugar  
3 c. milk  
6 slices bread  
1 c. raisins

Put raisins in bottom of 9x13 inch pan. Put bread on top of raisins. Beat eggs, brown sugar, and milk and pour over bread. Sprinkle nutmeg over top. Bake at 350° for 20 minutes.

## FRENCH TOAST PUDDING

Barbara Morris

1 loaf raisin bread (16 slices)  
1 stick sweet butter, melted  
4 eggs and 2 egg yolks  
3/4 c. sugar  
1 c. cream  
3 c. milk  
1 tsp. cinnamon  
1 Tbsp. vanilla

Spray a 9x12 inch baking pan with nonstick coating. Brush one side of each bread slice with the melted butter and arrange in overlapping pattern in the baking dish. Pour the remaining butter over the bread.

In a large bowl, whisk the eggs and the egg yolks. Add the milk, cream, sugar, cinnamon, and vanilla and whisk well. Pour the mixture over the bread and let sit for 5 minutes. Bake, uncovered, in a preheated 350° oven for 50 minutes. The custard should be set and the top should be nicely browned. Let stand for 15 minutes before cutting into squares. Sprinkle with powdered sugar. Serves 8.

## BANANA PUDDING

Ethel Foster

(Low fat and low sugar)

1 (1.5 oz.) box sugar free  
instant vanilla pudding mix  
1 (16 oz.) ctn. Cool Whip  
7 bananas, sliced  
1 box vanilla wafers  
3 1/2 c. cold skim milk

In a large bowl, mix pudding mix with milk and 1/2 of Cool Whip. Beat with wire whisk or mixer until it begins to thicken. In a large serving dish, put a layer of wafers and bananas and cover it with pudding mix. Repeat until all used up. Top with remaining Cool Whip.

## MOM'S BANANA PUDDING

Mary Skinner

1 1/2 c. sugar  
3 Tbsp. flour  
1 tall can Pet milk  
1 tall can sweet milk  
3 eggs, separated  
1 tsp. vanilla

Mix first four ingredients and cook over medium heat until a little thick. Remove from heat. Add a couple spoons pudding mixture to beaten egg yolks. Add egg yolks to pan of pudding. Add vanilla and cook three minutes longer. Pour over layered vanilla wafers and bananas. Beat egg whites until stiff. Add 1/2 cup sugar; beat until mixed well. Pour over the pudding and wafers. Cook in 400° oven until brown.

## BANANA-PINEAPPLE PUDDING

Mardell Puckett

3 bananas (or more)  
1 large can crushed  
pineapple, drained  
1 large pkg. sugar free  
instant vanilla pudding mix  
1 box vanilla wafers  
1 pkg. coconut covered  
marshmallows

In a large 9x12 inch pan, cover the bottom with sliced bananas. Cover with layer of vanilla wafers, then a layer of crushed pineapple. Mix pudding according to package directions and pour over all. Break coconut marshmallows in halves and place broken side on pudding. Put in oven at 300° until marshmallows get soft.

## LEMON CAKE PUDDING

Margaret Dickens

1 c. sugar  
1/4 c. plain flour, sifted  
1/4 tsp. salt  
1 1/2 tsp. grated lemon rind  
1/4 c. freshly squeezed lemon  
juice  
2 eggs, separated  
1 c. milk

Mix dry ingredients, then stir in lemon rind, juice, beaten egg yolks, and milk. Fold in stiffly beaten egg whites. Pour into 1 quart baking dish or 6 custard cups. Set in pan of hot water (1 inch deep). Bake at 350° for 45 minutes or until a knife inserted in center comes out clean. Serve warm or cold, with or without whipped cream.

## QUICK BREAD PUDDING

Marion Reeves

3 hot dog buns  
1 stick melted butter  
4 eggs  
1 c. sugar

1½ c. milk  
1 tsp. vanilla  
Cinnamon to taste

Place hot dog buns face down in Pyrex dish. Punch holes in buns with fork. Pour 1 stick of melted butter over buns. Beat 4 eggs. Add sugar, milk, vanilla, and cinnamon. Mix well. Pour over top of buns and bake at 350° for 35 minutes.

## PEANUT BUTTER CHOCOLATE PUDDING

Dot Jackson

(Low-fat)

2 c. skim milk, divided  
2 Tbsp. reduced fat chunky peanut butter  
1 c. light whipped topping, divided

1 (1.4 oz.) pkg. instant sugar-free chocolate pudding mix

In a small bowl, mix 2 tablespoons of milk and peanut butter until smooth. Fold in ¾ cup whipped topping. Set aside. In a mixing bowl, beat pudding mix and remaining milk until blended, approximately 2 minutes. Let stand for 5 minutes. Spoon half of pudding into six parfait glasses or bowls. Top with peanut butter and remaining pudding. Garnish with remaining whipped topping. Yield: 6 servings.

## CHOCOLATE CHIP-PEANUT BUTTER CRISPS

Jennifer Foster  
Granddaughter of Ethel Foster

½ c. white sugar  
½ c. brown sugar, packed  
½ c. peanut butter  
¼ c. margarine, softened  
¼ c. shortening

1 egg  
½ tsp. soda  
½ tsp. baking powder  
4 c. Rice Krispies  
1 (6 oz.) pkg. chocolate chips

Mix sugar, peanut butter, shortening, egg, soda, and baking powder in large bowl. Stir thoroughly and add Rice Krispies and chocolate chips. Shape dough, slightly rounded, by teaspoon. Place about 2 inches apart on ungreased cookie sheet. Bake at 325° for 10 to 12 minutes, until golden brown. Cool 5 minutes before removing from pan. Makes 3½ dozen.

## SOUR CREAM BALLS

Annie Mae Johnson

½ c. butter  
¼ c. brown sugar  
1 egg  
2 c. flour

½ tsp. soda  
½ tsp. salt  
1 tsp. vanilla

Topping:

1 c. chopped nuts  
½ c. brown sugar

¼ c. sour cream

Cream together butter, sugar, egg, and vanilla. Add dry ingredients and shape into 1 inch balls. Punch centers down and fill with topping. Bake at 350° for 10 to 12 minutes. Makes 3 to 4 dozen.

## PEANUT BUTTER CRUMB DELIGHT

Jan Foster

1 large instant vanilla pudding mix  
2½ c. milk  
1½ c. drained pineapple chunks

½ c. peanut butter  
2 c. graham cracker crumbs  
½ c. light brown sugar

Prepare pudding, using 2½ cups milk. When thick, fold in pineapple. In separate bowl, blend peanut butter, graham cracker crumbs, and sugar. Put half of crumb mixture in buttered dish. Top with half of pudding mixture. Repeat. Top with whipped cream if desired.

## CANDY MINTS

Ethel Foster

5 Tbsp. butter  
3 Tbsp. cream  
6 drops of peppermint

7 drops of food color (any desired color)  
1 lb. confectioners sugar

Melt butter and add peppermint, cream, and color. Add and mix well. Press into molds. Set in freezer 10 minutes. Remove from molds.

## FANTASY FUDGE

Joyce Tallman

- |                                 |   |
|---------------------------------|---|
| 3 c. sugar                      | 3/4 c. margarine                        |
| 2/3 c. evaporated milk          | 1 (12 oz.) semi-sweet chocolate morsels |
| 1 (7 oz.) jar marshmallow creme | 1 tsp. vanilla                          |
| 1 c. chopped nuts               |   |

Combine sugar, margarine, and milk; bring to rolling boil, stirring constantly. Boil 5 minutes over medium heat, stirring constantly. Remove from heat; stir in chocolate morsels until melted. Add marshmallow creme, nuts, and vanilla; beat until blended. Pour into greased pan; cool and cut into squares.

## JOYCE'S DIVINITY CANDY

Joyce Andrews

- |                    |                |
|--------------------|----------------|
| 2 c. sugar         | 1 tsp. vanilla |
| 1/4 c. water       | 2 egg whites   |
| 1/2 c. white syrup |                |

Beat egg whites until stiff; set aside. Do egg whites first. Cook sugar, water, and syrup on high, stirring until mixture spins a thread. Pour over egg whites. Start beating while pouring. Beat until gets dull look. Spoon onto wax paper. Add vanilla while beating.

## JOYCE'S PRALINES

Joyce Andrews

- |                        |                   |
|------------------------|-------------------|
| 1 c. sugar (white)     | 1 tsp. vanilla    |
| 1 c. brown sugar       | 1 Tbsp. butter    |
| 1/8 tsp. salt          | 2 c. pecan pieces |
| 1/2 c. evaporated milk |                   |

Blend sugar, salt, and evaporated milk. Cook to 232° (soft ball stage). Remove from heat. Add vanilla, butter, and pecan pieces. Beat just until candy begins to thicken. Drop by tablespoon onto wax paper. Work fast - candy hardens quickly. Yield: 1 1/2 dozen pieces.

## MICROWAVE PRALINES

Ethel Noel

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 1 (1 lb.) box light brown sugar | 1 c. half & half (or whipping cream) |
| 2 Tbsp. light corn syrup        | 2 c. pecans                          |

Combine brown sugar, corn syrup, and whipping cream in 8 cup microwave container (large glass bowl). Cook on microwave HIGH setting 13 minutes, then

add 1 tablespoon butter and 2 cups pecans (you may chop). Beat mixture until creamy. Drop by teaspoonfuls onto waxed paper or pour into 8x8x2 inch buttered pan and cut in squares.

## PECAN BRITTLE

Sylvia Crumbley

- |                        |                          |
|------------------------|--------------------------|
| 1/4 c. sugar           | Pinch of cream of tartar |
| 1/4 c. water           | 2 Tbsp. white Karo syrup |
| 1 stick butter         | 1/2 tsp. baking soda     |
| 2 c. pecans or peanuts |                          |

Mix sugar, water, butter, nuts, cream of tartar, and Karo syrup. Cook on high until hard crack stage (300°) on candy thermometer. Remove; add 1/2 teaspoon soda and mix well. Pour onto greased cookie sheet; cool and break into small pieces.

## GRAPEFRUIT RIND CANDY

Eleanor Duncan

- |                                     |                   |
|-------------------------------------|-------------------|
| 2 grapefruit peels, cut into strips | 1/2 c. water      |
| 2 c. sugar                          | Sugar for rolling |

Boil strips of grapefruit peel; drain. Boil again 20 minutes; drain. Make syrup of sugar and water. Add peels and boil until all syrup is absorbed. Place strips on wire racks to dry for one hour. Roll in sugar and dry overnight. Pack in airtight tins. You may add red or green food coloring to syrup.

## PECAN LOGS

Agnes Caison

- |                          |                |
|--------------------------|----------------|
| 1 pt. marshmallow cream  | 1 Tbsp. water  |
| 1 lb. box powdered sugar | Chopped pecans |
| 1 bag caramels           |                |

Mix marshmallow cream and sugar thoroughly. Will be very stiff. On wax paper, make into 1/2 x 8 inch log and freeze. Makes about 10 logs. Place logs, one at a time, on chopped pecans. Melt caramel with water in double boiler. Pour caramel over logs and press nuts into caramel while still warm. Turn logs and repeat until covered with caramel and nuts. Cool.

## PECAN TURTLES

Sylvia Crumbley

- |                         |                   |
|-------------------------|-------------------|
| 14 oz. pkg. caramels    | 2 c. pecan halves |
| 2 Tbsp. evaporated milk |                   |

Icing:

**12 oz. milk chocolate chips**      **1/3 bar paraffin**

Melt in double boiler caramels and evaporated milk. Add pecans (or a few more). Mix well and drop about 3 halves on greased pan. Cool.

Icing: Melt 12 ounces milk chocolate chips and 1/3 bar paraffin in double boiler and dip. Put on waxed paper to cool.

## **REESE'S CHOCOLATE BALLS**

*Sylvia Crumbley*

**1 c. graham cracker crumbs**      **1 c. coconut**  
**1 1/2 c. smooth peanut butter**      **1 box powdered sugar**  
**1 c. chopped nuts**      **2 sticks margarine, melted**

Filling:

**1/4 bar paraffin wax**  
**1 (12 oz.) pkg. chocolate chips**

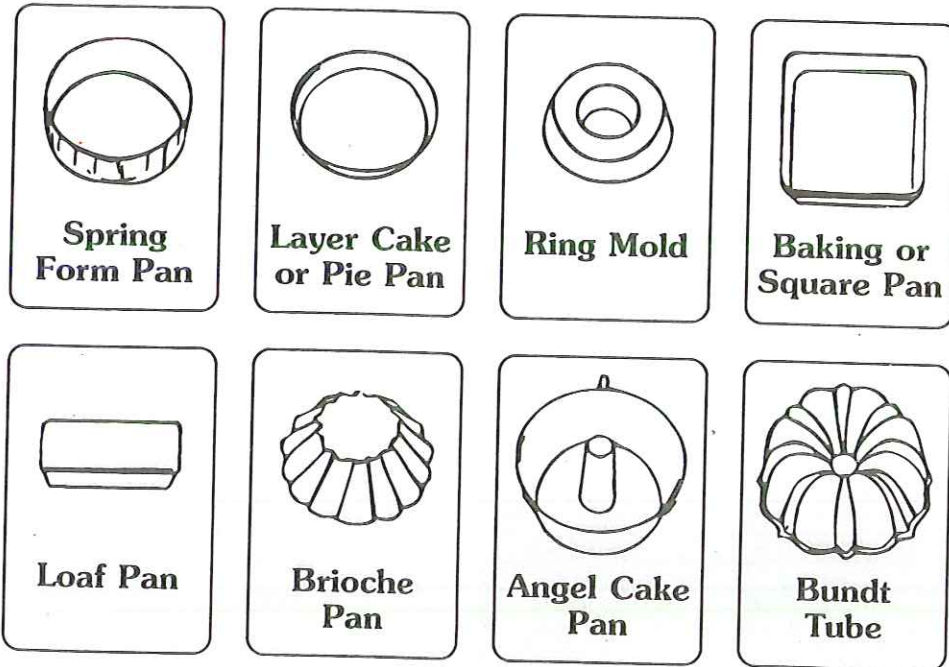
Mix and form into balls; refrigerate 4 hours or freeze overnight. (You can put toothpicks in each ball.) Melt filling in double boiler and dip each ball into chocolate filling.

## Miscellaneous





## Common Baking Dishes and Pans



### Equivalent Dishes

#### 4-CUP BAKING DISH

- = 9" pie plate
- = 8" x 1<sup>1</sup>/<sub>4</sub>" layer cake pan
- = 7<sup>3</sup>/<sub>8</sub>" x 3<sup>5</sup>/<sub>8</sub>" x 2<sup>1</sup>/<sub>4</sub>" loaf pan

#### 6-CUP BAKING DISH

- = 8" or 9" x 1<sup>1</sup>/<sub>2</sub>" layer cake pan
- = 10" pie pan
- = 8<sup>1</sup>/<sub>2</sub>" x 3<sup>5</sup>/<sub>8</sub>" x 2<sup>5</sup>/<sub>8</sub>" loaf pan

#### 8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- = 11" x 7" x 1<sup>1</sup>/<sub>2</sub>" baking pan
- = 9" x 5" x 3" loaf pan

#### 10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- = 11<sup>3</sup>/<sub>4</sub>" x 7<sup>1</sup>/<sub>2</sub>" x 1<sup>3</sup>/<sub>4</sub>" baking pan
- = 15" x 10" x 1" flat jelly roll pan

#### 12-CUP BAKING DISH OR MORE

- = 13<sup>1</sup>/<sub>2</sub>" x 8<sup>1</sup>/<sub>2</sub>" x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- = 14" x 10<sup>1</sup>/<sub>2</sub>" x 2<sup>1</sup>/<sub>2</sub>" roasting pan

### Total Volume of Pans

#### TUBE PANS

7 <sup>1</sup> / <sub>2</sub> " x 3" Bundt tube	6 cups
9" x 3 <sup>1</sup> / <sub>2</sub> " fancy or Bundt tube	9 cups
9" x 3 <sup>1</sup> / <sub>2</sub> " angel cake pan	12 cups
10" x 3 <sup>3</sup> / <sub>4</sub> " Bundt tube	12 cups
9" x 3 <sup>1</sup> / <sub>2</sub> " fancy tube mold	12 cups
10" x 4" fancy tube mold	16 cups
10" x 4" angel cake pan	18 cups

#### SPRING FORM PANS

8" x 3" pan	12 cups
9" x 3" pan	16 cups

#### RING MOLDS

8 <sup>1</sup> / <sub>2</sub> " x 2 <sup>1</sup> / <sub>4</sub> " mold	4 <sup>1</sup> / <sub>2</sub> cups
9 <sup>1</sup> / <sub>4</sub> " x 2 <sup>3</sup> / <sub>4</sub> " mold	8 cups

#### BRIOCHE PAN

9 <sup>1</sup> / <sub>2</sub> " x 3 <sup>1</sup> / <sub>4</sub> " pan	8 cups
---	--------

## MISCELLANEOUS



### BAR-B-QUE SAUCE FOR PORK

*Jeanette Ward*

1/2 c. margarine	3 Tbsp. sugar
3/4 c. chopped onion	3 Tbsp. Worcestershire sauce
3/4 c. catsup	2 Tbsp. mustard
3/4 c. water	1 tsp. pepper
1/3 c. vinegar (or lemon juice)	

Cook onion in margarine 10 minutes; add remaining ingredients and cook 15 minutes.

### BARBECUE SAUCE

*Sylvia Crumbley*

1 (15 oz.) can tomato sauce	1 tsp. brown sugar
3/4 c. vinegar	1/2 tsp. lemon juice
1 Tbsp. onion salt	1/2 tsp. salt
1 1/2 tsp. black pepper	
1 1/2 Tbsp. Worcestershire sauce	

Mix together. Let come to a boil.

### HAWAIIAN BARBECUE SAUCE

*Irene McFerrin  
By Missie*

1 c. catsup	2 Tbsp. chopped onion
2 Tbsp. vinegar	2 Tbsp. bacon fat (optional)
2 Tbsp. brown sugar	4 whole cloves
1 tsp. salt	1 Tbsp. yellow mustard
1 small can crushed pineapple	

Saute onion in bacon fat. Add remaining ingredients; simmer on low heat approximately 20 minutes. Remove cloves. Spoon sauce on both sides of chicken pieces, pork chops, or ham slices. Bake at 350° until well done. (This sauce freezes well.)

## ALL MEAT BARBECUE SAUCE

Pat Carver

- |                       |                     |
|-----------------------|---------------------|
| 4 c. ketchup          | 1 c. Worcestershire |
| 2½ c. tomato sauce    | 5 oz. liquid smoke  |
| ½ c. dark brown sugar | ⅓ c. lemon juice    |

Mix all ingredients in saucepan. Simmer for 30 minutes. Cool. Refrigerate.

## JOYCE'S VANILLA ICE CREAM

Joyce Andrews

- |                           |                   |
|---------------------------|-------------------|
| 5 eggs                    | 1½ qt. sweet milk |
| 2 cans condensed milk     | 1 c. sugar        |
| 1 Tbsp. vanilla flavoring |                   |

Beat eggs well. Add sugar and mix real good. Add condensed milk and mix well. Add vanilla and sweet milk; mix well. Pour into ice cream freezer.

## CHOCOLATE ICE CREAM

Clinelle Moody

- |                       |                     |
|-----------------------|---------------------|
| ½ gal. chocolate milk | 1 (8 oz.) Cool Whip |
| 1 can condensed milk  |                     |

Whip ingredients together. Put in one gallon ice cream churn and freeze.

## BIRD'S NEST TREATS

Betty Curry

- |                           |                           |
|---------------------------|---------------------------|
| ¼ c. butter or margarine  | 4 c. chow mein noodles or |
| 4½ c. miniature           | chocolate Rice Krispies   |
| marshmallows              | 1 c. jelly beans or candy |
| ¼ c. creamy peanut butter | eggs                      |
| ¼ c. semi-sweet chocolate |                           |
| chips                     |                           |

In a large saucepan over medium heat, melt butter and marshmallows until smooth, stirring occasionally. Add the peanut butter and chocolate chips; heat and stir for 2 minutes or until smooth. Remove from the heat; stir in chow mein noodles until well coated. Divide into 12 mounds on a waxed paper-lined baking sheet. Using fingers, shape each into a nest; press an indentation in the center of nest. Fill each nest with three or four jelly beans or candy eggs. Cool. Store in an airtight container. Yield: 1 dozen.

## CHOCOLATE PEANUT (OR ANYTHING ELSE) CLUSTERS

Doris Simpkins

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 2 (6 oz.) pkg. butterscotch morsels | 1 (12 oz.) can salted Spanish peanuts |
| 1 (6 oz.) pkg. semi-sweet morsels   |                                       |

Empty the 3 packages of morsels into a 2 quart microwave-safe container. Microwave 4 minutes on 80% power. Morsels will not lose shape, but will become shiny. Stir together and add nuts. (May use 2 cups toasted pecans, walnuts, or chow mein noodles.) Once mixture has been stirred sufficiently to coat nuts, spoon candy-size blobs onto a sheet of wax paper. Allow to cool. May be placed in refrigerator to hasten. Milk chocolate morsels may be substituted.

## COATED PECANS

Wanda Logue

- |                      |             |
|----------------------|-------------|
| 4 c. pecans (halves) | 1 egg white |
| ¾ c. brown sugar     |             |

Beat egg white until stiff. Add sugar, then pecans. Bake at 250° for 20 minutes. Turn oven off and leave in oven for 20 minutes.

## JOYCE'S FIG PRESERVES

Joyce Andrews

- |             |                      |
|-------------|----------------------|
| ½ gal. figs | 1 c. water           |
| 4 c. sugar  | A little lemon juice |

Cook 1½ hours on medium after they begin to boil. Stir during cooking. Place in hot jars and seal.

## CHOW CHOW

Ethel Foster

- |                        |                            |
|------------------------|----------------------------|
| 1 gal. chopped cabbage | 5 c. sugar                 |
| 12 onions              | 3 qt. vinegar              |
| 12 green peppers       | 2 Tbsp. mixed whole spices |
| 12 red peppers         | Hot pepper (if desired)    |
| 2 qt. green tomatoes   |                            |

Chop cabbage, onions, tomatoes, and peppers in food processor. Drain and put in pot with sugar, vinegar, and spices (in cheesecloth). Boil 35 minutes and pack in jars. Seal.

Note: Put jars in oven at 200° until hot. Boil lids on top of stove. You can use pickle jars or any jar that has a seal under the lid.

## CHOW-CHOW

Betty Jane Cass

2 c. green tomatoes	4 c. cabbage
2 c. onion	2 c. bell pepper
2 pods hot pepper	1½ c. sugar
3 c. vinegar	½ c. salt
2 tsp. pickling spices (tie these together in a cloth)	

Chop vegetables. Blender can be used. Dissolve salt in 8 cups water. Pour over vegetables. Let stand one hour. Drain, rinse, and rinse again. Mix vegetables with sugar, spices, and vinegar. Simmer 20 minutes. Bring to a boil and pack in jars.

## PEAR HONEY

Sylvia Crumbley

8 c. peeled ground pears	½ tsp. cinnamon
4 c. sugar	½ tsp. allspice
1 large can crushed pineapple	¼ tsp. cloves

Mix and cook 4 to 5 hours until thick. Stir. Good with meat or for breakfast on toast or biscuits.

## PEAR RELISH

Yvonne Champion

1 peck pears	1 Tbsp. salt
5 medium onions	1 Tbsp. pickle spice
3 red bell peppers	1 tsp. turmeric
3 green bell peppers	5 c. vinegar
2 lb. sugar	

Peel pears and cut into quarters. Remove seeds from peppers. Put pears, onions, and peppers in food processor and chop. Add sugar, vinegar, salt, and turmeric. Put mixed pickle spice in cheesecloth bag and add to pear mixture. Cook in large boiler for 30 minutes. Put into pint jars and seal. Makes 12 pints.

## PEAR RELISH

Ethel Foster

2 pecks pears	2 Tbsp. salt
3 lb. onions	2 Tbsp. pickling spices, tied in cheesecloth
6 red peppers	8 c. vinegar
6 green bell peppers	Hot pepper (to taste)
4 lb. sugar	

Peel pears and onions and cut into quarters. Wash and quarter peppers. Put in food processor and grind. Drain off juice. Put into pot and add sugar, salt, spices, and vinegar. Cook until thick, about 1 hour. Put into jars and seal.

For diabetics, substitute Sweet 'N Low for sugar.

Note: Tie spices in cheesecloth.

## PARTY SALSA

Ray Miller

1 can diced tomatoes	1 medium onion, chopped
1 can tomatoes and green chilies	1 tsp. lemon juice
2 chopped (small) jalapeno peppers	2 dashes of Worcestershire sauce
	Salt to taste

Combine all ingredients. Refrigerate 1 to 2 hours prior to serving. Serve with tortilla chips.

## SALSA

Helen Steele  
Riverdale, GA

1 gal. tomatoes, chopped	1 tsp. salt
2 large chopped onions	2 tsp. sugar
10 to 12 hot peppers, cut in small pieces	⅓ c. vinegar
	1 small can tomato paste

Cook tomatoes; drain. Add onions, peppers, salt, sugar, and vinegar. Cook slowly, stirring. The last 10 minutes, add the tomato paste. Put in hot, sterile jars.

## CUCUMBER PICKLES

Ruth C. Johnson

(No cook, sweet)

Cucumbers (any amount you want to pickle)	Cold vinegar
Powdered alum	Sugar
Salt	Whole mixed spices

Wash and dry cucumbers. Slice or chunk. Put in quart jars. Add 1 teaspoon powdered alum and 1 teaspoon salt to each jar. Fill with cold vinegar. Seal jars and put away for 5 or 6 weeks. As you need pickles, open jar and drain very good. To finish pickles, add 1 cup sugar and 1 teaspoon whole spices to the quart. Refrigerate. This makes its own syrup. Let stand at least 1 week or longer before using. Each day, shake jar or turn from top to bottom. Keep refrigerated. Do not put any more vinegar on pickles.

## GREEN TOMATO PICKLES

Ethel Foster

7 lb. green tomatoes	2 gal. water
3 qt. vinegar	2 Tbsp. mixed pickling spices
2 c. lime	1/2 c. hot pepper (optional)

*8 c. sugar*

Slice green tomatoes. Soak overnight in lime mixed with water. Drain and soak 3 hours in cold ice water. Change water once. Drain and put in pot, adding vinegar, sugar, and pickling spices, tied in cheesecloth. Bring to boil and boil 45 minutes. Seal in hot jars.

## ZIPPY TOMATO RELISH

Ethel Foster

12 ripe tomatoes, chopped	2 c. vinegar
2 big onions, chopped	3 c. sugar
2 bell peppers, chopped	2 Tbsp. salt
2 c. hot pepper, chopped	

Mix all ingredients and simmer 2 hours. This is very hot so less pepper may be used. Put in hot jars and seal.

## FOOTBALL WEATHER SANDWICH LOAF

Jeanette Ward

1 loaf French bread	1 stick butter or margarine
2 Tbsp. Dijon mustard	1 Tbsp. poppy seeds
1/4 c. grated onion	2 tsp. lemon juice
1/4 tsp. sugar	Sliced Swiss cheese
Bacon	

Mix together butter, mustard, poppy seeds, lemon juice, sugar, and onion. Put bread on greased sheet of foil and crimp excess into a "boat" around the bread. Slice bread into serving sizes, but don't cut all the way to the foil. (Leave connected at bottom.) Spread each slice with butter mixture and insert slice of Swiss cheese. Place 1/2 slice of bacon across top of each slice. Bake at 350° for 25 to 30 minutes or until bacon is done. Great with soup.

## REUBEN SANDWICHES

Sybil Simpkins

2 1/4 c. sauerkraut, drained	3/4 lb. thinly sliced Swiss cheese
1/4 c. chopped sweet onion	Russian dressing
3 Tbsp. chopped parsley	Rye bread
3/4 lb. thinly sliced corned beef	

Combine sauerkraut, onions, and parsley. Spread creamy Russian dressing on 16 slices of rye bread. Top 8 slices with corned beef, Swiss cheese, and sauerkraut mixture. Top with remaining 8 slices of bread. Lightly butter both sides of sandwiches. Grill slowly until cheese melts and bread is browned. This makes 8 sandwiches.

Simple way to make Russian dressing: Blend 1/2 cup mayonnaise with 1/4 cup chili sauce.

## SUNNY FRUIT FIESTA

Marilyn Bellamy

1 cantaloupe melon, halved and seeded	1/4 c. fresh lime juice
1/2 honeydew melon, seeded	2 Tbsp. fresh lemon juice
1/4 c. superfine or granulated sugar	1 Tbsp. orange flavored liqueur (optional)

Using a melon baller, scoop flesh from cantaloupe and honeydew into balls; set aside. In a large glass or ceramic bowl, combine the sugar, lime juice, lemon juice, orange liqueur, and lime peel. Stir well to dissolve sugar. Add the cantaloupe and honeydew balls, strawberries, and grapes. Toss gently to

combine. Cover the bowl with plastic wrap and refrigerate for at least 1 hour to blend flavors, stirring once or twice. Spoon the fruit mixture into serving bowl or hollowed out melon halves, dividing evenly. Serve immediately.

For a melon basket, use a nontoxic marker to draw a zigzag pattern on melon. Cut deeply into fruit along pattern. Separate halves, seed, and fill with fruit.

## SAINT MARY'S LOW COUNTRY BOIL

*Iris Norton*

<b>4 lb. fresh unshelled shrimp</b>	<b>4 ribs celery, washed (uncut)</b>
<b>Salt</b>	<b>2 fresh lemons, sliced</b>
<b>1 (3 oz.) crab boil in bag</b>	<b>1 can beer (optional)</b>
<b>10 small new potatoes</b>	<b>1 bell pepper, chopped</b>
<b>(unpeeled), washed</b>	<b>1½ lb. Polish sausage, cut in</b>
<b>10 small whole onions,</b>	<b>pieces</b>
<b>peeled</b>	<b>10 ears corn</b>

Wash shrimp; drain. In a very large pot, add about 1½ gallons water and salt to taste. (Make a little saltier than taste.) Add seasoning bag. Bring salted water to a hard boil. Add potatoes, onions, celery, bell pepper, lemons, and beer. Reduce heat to a gentle boil. Cover and cook until potatoes are just tender. Bring back to hard boil. Add sausage, corn, and shrimp. Lower heat to gentle boil; cook about 7 or 8 minutes until shrimp turns pink and corn is tender. Drain and serve on warm platter with extra seafood seasoning and plenty of butter for corn and potatoes.

## HOMEMADE SHAKE 'N BAKE

*Mary Jones*

<b>1 c. flour</b>	<b>¾ tsp. salt</b>
<b>2 tsp. paprika</b>	<b>½ tsp. pepper</b>
<b>1 tsp. garlic salt</b>	<b>1 tsp. seasoned salt</b>
<b>1 tsp. celery salt</b>	

Mix all together in a bag. Add chicken pieces and shake well to coat. This coats 16 to 18 pieces. Place chicken in single layer on foil-lined cookie sheet. Bake at 350° about 1¼ hours or until chicken is done.

## ELEPHANT STEW

*Sara Hodnett  
Bill and Barbara Morris*

<b>1 whole elephant</b>	<b>Marinated sauce of choice</b>
<b>2 rabbits (optional)</b>	

Cut elephant into bite-size pieces. This takes approximately two months. Marinate meat two weeks. Bake in fire pit at 450° over a kerosene fire for one month. This serves 697 people. If expecting more than this, add the rabbits, but don't use the rabbits unless you absolutely have to because no one likes to find a hare in their stew.

## WHAT'S UP WITH THIS

*Sara Hodnett*

I didn't have potatoes, so I substituted rice. I didn't have paprika, so I substituted another spice. I didn't have tomato sauce, so I used tomato paste. A whole can, not a half - I don't believe in waste. A friend gave me the recipe. She said you couldn't beat it. There must be something wrong with her, I couldn't even eat it.

## RECIPE FOR HAPPINESS

*Sarah Hodnett*

Take two heaping cups of patience, one heartfelt of love, two handfuls of generosity, a dash of laughter, and head full of understanding. Sprinkle generously with kindness; apply plenty of faith and hope. Mix well. Spread over a period of a lifetime. Serve generously to everyone you meet.

# Notes

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**Suggestions for Lowering Fat Content in Your Diet**

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by 1/3 or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

## Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their

high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

**Heart Healthy** guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

## Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^*}{\text{total calories}} \times 100 = \% \text{ of total calories from fat}$$

\* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\% \text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

## “Heart Healthy” Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES:		
		TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✓	✓	✓
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✓ ✓	✓ ✓	✓ ✓
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✓ ✓	✓ ✓	✓ ✓
1 c. whole milk	• 1 c. skim milk	✓	✓	✓
1 c. cream	• 1 c. evaporated skim milk	✓	✓	✓
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✓ ✓	✓ ✓	✓ ✓
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✓ ✓	✓ ✓
1 c. shortening	• 7 oz. vegetable oil		✓	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✓	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✓		
1 can condensed cream soup	• Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery or ½ c. sliced mushrooms Heat to a boil; stir frequently. Per “can”: 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✓	✓	✓

**KEY:**  
TF = total fat  
SF = saturated fat  
C = cholesterol

## Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

**FREE** A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no*, *without*, and *zero* can also be used.

Calorie-free: less than 5 calories per serving  
Sugar-free or Fat-free: less than 0.5g per serving  
Sodium-free: less than 5mg per serving

**LOW** This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little*, *few*, and *low source of* can also be used.

Low calorie: 40 calories or less per serving  
Lowfat: 3g or less per serving  
Low saturated fat: 1g or less per serving  
Low cholesterol: less than 20mg per serving  
Low sodium: less than 140mg per serving  
Very low sodium: less than 35mg per serving

**LEAN** Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

**EXTRA LEAN** Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

**HIGH** One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

**GOOD SOURCE** One serving must contain 10% to 19% of the Daily Value.

**REDUCED** A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, a *reduced* claim cannot be made.

**LESS** A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer*.

**LIGHT** This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar*.

The term also carries two other meanings:

- ◆ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ◆ A food's sodium content has been cut by 50% or more

**MORE** A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified*, *enriched*, or *added*, this standard must also be met.

**UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT** The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

## Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

### WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- ◆ Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ◆ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ◆ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- ◆ Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- ◆ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- ◆ When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

## Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✓								✓	✓				✓	✓		
Pork				✓					✓					✓			✓
Veal			✓			✓			✓				✓				✓
Ground Meat	✓	✓		✓					✓	✓							
Poultry			✓			✓			✓				✓		✓		
Fish					✓	✓	✓									✓	
Eggs				✓		✓						✓	✓				
Soups/Stews	✓	✓	✓	✓	✓		✓				✓						✓
Sauces		✓											✓		✓		
Pasta				✓													
Rice		✓				✓					✓						
Popcorn								✓									
Asparagus				✓													
Beets				✓													
Broccoli										✓		✓					
Cabbage				✓			✓										
Carrots			✓	✓													
Cauliflower						✓										✓	
Green Beans							✓			✓							
Lima Beans					✓	✓								✓			
Potatoes									✓					✓			✓
Tomatoes		✓				✓		✓	✓			✓					
Salads				✓	✓						✓						

Try this low sodium spice blend in your shaker instead of salt:

- |                        |                          |
|------------------------|--------------------------|
| 1 Tbsp. dry mustard    | 1 tsp. sage              |
| 1 tsp. garlic powder   | ½ tsp. marjoram, crushed |
| 1½ Tbsp. onion powder  | 1 Tbsp. paprika          |
| ½ Tbsp. ground pepper  | ½ tsp. basil, crushed    |
| ½ Tbsp. thyme, crushed | ½ tsp. ground oregano    |

## Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.



FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ◆ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ◆ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ◆ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- ◆ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

## Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

**Decrease the amount of total fat eaten.** Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

**Eat a variety of foods and do not restrict certain foods from the diet.** In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

**Eat breakfast.** People who eat breakfast are generally more successful at losing weight.

**Try not to eat before going to bed.** Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

**Eat single portions of food and give the body time to signal that it is full.** Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

**Eat foods high in complex carbohydrates.** This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

**Exercise.** Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

**Do not starve yourself.** Low calorie diets may slow a body's metabolism, making weight loss more difficult.

**Lose weight slowly, 1 to 2 pounds per week is desirable.** Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

**Set reasonable weight goals.** Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

## Understanding the Nutrition Facts Food Label

The **Nutrition Facts** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

**Serving Sizes** have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce  
 mg: milligrams - 1,000mg = 1g  
 ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The **Percent of Daily Value** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven **Descriptive Terms** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source*. Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The **Ingredients List** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

See the following page for an example of the **Nutritional Facts Food Label**.

## The Nutrition Facts Food Label

### Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

#### Amount Per Serving

Calories 260 Calories from Fat 120

	% Daily Value*
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	

**Protein** 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	60g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

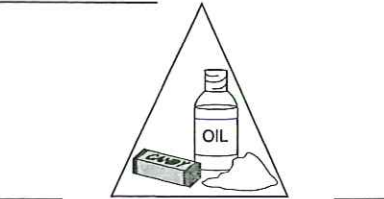
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

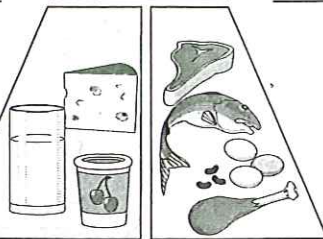
# The Food Guide Pyramid

## A Guide to Daily Food Choices

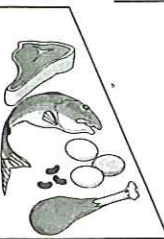
Fats, Oils, & Sweets  
USE SPARINGLY



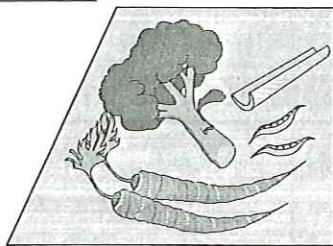
Milk, Yogurt,  
& Cheese  
Group  
2-3 SERVINGS



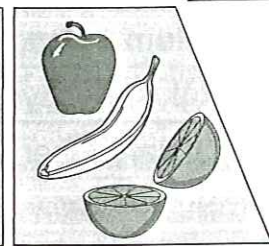
Meat, Poultry, Fish,  
Dry Beans, Eggs,  
& Nuts Group  
2-3 SERVINGS



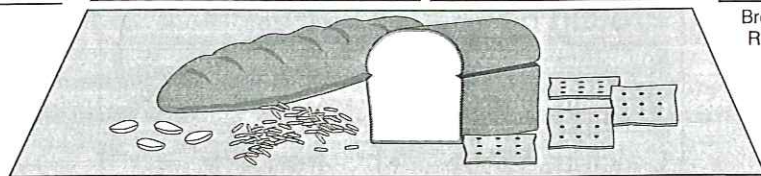
Vegetable  
Group  
3-5 SERVINGS



Fruit  
Group  
2-4 SERVINGS



Bread, Cereal,  
Rice, & Pasta  
Group  
6-11  
SERVINGS



### What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

The Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.