

Vegetables

Hearts of Artichoke Casserole

- | | | | |
|---|-------------------------|---|---------------------------|
| 2 | pkgs. frozen artichokes | 2 | Cloves of garlic |
| ½ | Loaf day-old bread | ¼ | Cup Italian grated cheese |
| | Salt and pepper | | Parsley - Wesson oil |

Cook and drain artichokes. Grate bread on back of cheese grater and season with salt and pepper, chopped parsley, garlic and cheese. Place artichokes in oiled casserole and cover with crumb mixture. Moisten well with wesson oil and ease in about ¼ cup water in around the edges, being careful not to disturb oiled crumbs. Bake at 350° until light brown. This can be prepared early in the day, but do not add oil or water until ready to bake. Serves 6.

Connie Binetti

*Thou art the Way, the Truth, the Life;
We pray Thee, Master, lead us
Away from earth's vain restless strife,
With heavenly manna feed us.*

Asparagus Casserole (Makes 5 servings)

- | | | | |
|---|--------------------------------------|---|------------------------------|
| 2 | 10-ounce pkgs. frozen asparagus | ¼ | Cup of milk |
| 1 | 10½-ounce can cream of mushroom soup | ⅓ | Cup of chopped pecans |
| | | ½ | Cup of shredded sharp cheese |

Cook asparagus until tender; drain.

Arrange in buttered shallow baking dish. Blend soup, milk and pecans; pour over asparagus. Sprinkle with cheese and paprika. Bake 15 minutes at 425 F. or 20 minutes at 400 F.

Mrs. Edward Tucker

Fried Asparagus

- | | | |
|---|-----------------------|-------------|
| 1 | pkg. frozen asparagus | Flour - oil |
| 2 | Eggs | |

Cook asparagus, drain and cool. Beat eggs, season with salt and pepper. Roll each piece of asparagus individually in seasoned flour, then in the eggs. Fry in oil until brown, drain on paper towel. Serve hot.

Connie Binetti

Vegetables

Brussel Sprout Casserole

Cook 2 packages frozen brussel sprouts, drain. Add $\frac{1}{2}$ cup onions and $\frac{1}{2}$ cup green pepper, chopped, and which have been cooked in butter until tender. Combine with 1 can tomatoes, salt and pepper. Bake 45 minutes at 350°.

Marylou Ielfield

*Some women like to play a game, while others like a book,
but the woman who will get her man is the girl who likes to cook.
Rule 1 on how to handle a husband: Feed the brute!*

Quick Baked Beans

- | | |
|---------------------------|---------------------------------------|
| $\frac{1}{2}$ Cup vinegar | $\frac{1}{2}$ Small onion, chopped |
| 1 Tbsp. Frenches' mustard | 2 Small or 1 large can pork and beans |
| 3 Tbsp. brown sugar | |

Combine vinegar, mustard, sugar and onion; bring to boil. Then remove from heat; empty beans into pan, stir to mix. Bake at 400° for one hour.

Clydie Moritz

Baked Beans

I take two generous cups of New York or Michigan white beans and soak them overnight. Early in the morning I put them on to boil. When the skins curl off when you blow on them, they've boiled long enough. Then I put them in the bottom of the bean pot with a six-by-eight-inch square of salt pork, with the rind slashed every quarter of an inch, a quarter of a cup of sugar, half a cup of molasses, a large onion chopped fine, and a heaping teaspoonful of dry mustard. The beans are dumped on top of this conglomerate, and enough hot water is added only to cover. The pot should be large enough so there's at least one inch of free-board above the water. Otherwise they'll boil over and smell to high heaven. Cover tightly and put into a 350° oven. They should be in the oven by 9:30 in the morning, and should stay there until supper time. The real secret of baking beans lies in patience; add water whenever the level goes below the top of the beans. For best results, add only enough water each time to just cover the beans. Serve with corn bread, ketchup and pickles.

taken from "We Take to the Woods"
by Louise Dickinson Rich

Submitted by Mary Lou Koulman.

B. Beans: (for 40)

12 lbs. k. beans
36 $\frac{3}{4}$ C br. sugar

$\frac{1}{4}$ C Syrup
3 C catsup (2 lbs)

3 T mustard
2 T Worcestershire
~~1/2 T salt~~ 1 T
1 1/2 t pepper

6 corn bread
1/2 lb bacon

Baked Beans for 50 people

- | | |
|--|-----------------------|
| 13 Cans family size Campbell
pork and beans | 4 Bottles of catsup |
| 1½ Lbs. dark brown sugar | ½ Lb. of bacon |
| 3 Cups of onion (chopped) | Salt, pepper to taste |

Combine all ingredients in large pan or electric roaster. Bake at 325 degrees for about 4 hours, then turn down to 225 and continue to cook for about 4 more hours. Watch carefully and stir often, if the beans seem to be sticking, turn oven to warm and continue cooking until serving time.

Jayne Sutton

Canned Baked Beans

- | | |
|--|------------------------|
| 2 1 Pound cans pork and beans in
tomato sauce | 4 Tbsp. tomato catsup |
| 2 Tbsp. brown sugar | 1 Large onion, chopped |
| 2 Tbsp. molasses | 3 Strips bacon |

Mix all ingredients except bacon. Place in a greased iron pot or bean pot. Cover with strips of bacon. Bake in very slow oven (225°-250°) for two hours.

Jeanette Grossman

Rice and Kidney Beans ^{1/6}

- | | |
|---|--------------|
| 1 Can kidney beans | 1 Cup rice |
| 1 Large onion cut up | Salt, pepper |
| ¼ Pound salt meat, bacon, beef,
pork | |

Cook kidney beans with onions and salt meat on a slow fire until meat is soft, turn heat on low, add rice, salt pepper, a little butter. Very nice with fried chicken.

Passo de Paauw

New Mexico Chili Beans

- | | |
|-------------------------|--|
| 1 Tbsp. fat | 1/2 tsp. oregano |
| 1 Large onion chopped | 1 Tbsp. vinegar (white, local, try 2t) |
| 3 Cloves garlic chopped | 2 Tbsp. Chili powder |
| 2 Tbsp. olive oil | 1 Cup tomatoes or tomato sauce & fresh herbs |
| ½ tsp. salt | 1 Lb. pinto or pink beans |

Soak beans overnight. Put on to cook with a piece of ham bone or ham fat, covered with water. *about 6 hrs.*

Hazel Goodwin

Vegetables

Portuguese Beans

1 Pound Pink Beans, Wash and soak overnight in water to cover (if convenient). Next morning put beans to cooking on Med. heat. After 1 hr. add $\frac{1}{2}$ tsp. Baking soda, stir well then season with bacon or salt pork, cut in cubes and salt to taste. Cook about 3 hrs. more. Add water as needed. Saute in a little oil or bacon drippings 1 med. onion and 1 green pepper chopped fine. Add $\frac{1}{2}$ tsp. comino (cumin), 1 can Tomato paste and 1 can water. Put this into beans and simmer about 1 or 2 hours longer.

Note: Slow cooking of beans is important. These beans may cook 8 hrs. on very low heat.

Florence Wyatt

Deviled Green Bean Casserole

- | | |
|-----------------------------|---|
| 1 Medium onion | 1 Can condensed tomato soup or 1 8-oz can tomato sauce |
| 1 Clove garlic | 1 Cup or $\frac{1}{8}$ lb. grated American Cheddar cheese |
| $\frac{1}{2}$ Green pepper | 2 Cups fresh, frozen (cooked) or canned green beans |
| 2 Pimientos | Salt and pepper |
| 3 Tbsp. butter or margarine | |
| 2 tsp. prepared mustard | |

Chop onion, garlic, green pepper and pimiento into little chunks. Cook in melted butter or margarine until onions look somewhat transparent. Remove from heat and stir in mustard, tomato soup or sauce, cheese, green beans, salt and pepper. Pour into a greased medium casserole and bake 25 to 30 minutes or until cheese is melted through and vegetables are hot.

Eleanor Miller

Dutch Green Beans

- | | |
|---|-------------------------------|
| 1 Pound green beans or 2 10-oz pkgs. frozen beans | 3 Tbsp. butter or margarine |
| 1 Large onion | 1 tsp. salt |
| | 1 small can mushrooms, sliced |

If you're using fresh green beans, wash and cut them. With frozen beans, just open up the package.

Melt butter or margarine in saucepan, add finely chopped onion and cook until golden in color, about 3 minutes. Toss in the beans, pour in $\frac{1}{4}$ cup boiling water and salt. Cover tightly and cook over low heat for about 15 minutes or until beans are tender when tested with a fork. Add mushrooms and heat through. Serves 6.

Eleanor Miller

Green Bean Casserole

- | | |
|---|------------------------------|
| 2 Cans whole green beans (boil until dry) | 1 Cup chopped onion, saute' |
| 1 Large can Italian tomatoes, drained | ½ tsp. salt |
| 6 Slices chopped bacon | ¼ tsp. pepper |
| | ½ Cup grated Y. Amer. cheese |
| | Green pepper, optional |

Mix in above order and bake 350°, 30 min.

Annelle Beatty

Green Bean Casserole

- | | |
|------------------------------|---------------------------|
| 2 Cans green beans (drained) | 1 Can French fried onions |
| 1 Can mushroom soup | Grated cheese |

Mix beans & soup (do ahead).
Just before baking - fold in onions.
Cover top with cheese.
Bake about 30 min. at 350°.

Mildred Massey

Green Beans, Patio Style - *good, but much like Betty's, N.S. — (though not as good)*

- | | |
|----------------------------|---|
| 2 Cans green beans (No. 2) | 1 Can tomatoes (No. 2) - <i>drained</i> |
| ½ Green pepper, chopped | ½ tsp. salt |
| 1 Medium onion, chopped | 2 Tbsp. rice |
| 1 Cup sliced celery | 2 Tbsp. butter |

Drain green beans, reserve liquid. Cook green pepper, onion and celery in bean liquid until tender and liquid has evaporated. Add beans, tomatoes, and salt. Sprinkle the bottom of a greased casserole with the rice and pour in the green bean mixture. Dot with butter and bake at 350° 30 minutes. Serves 8.

Priscilla Smith

Green Beans au Gratin

Make a heavy cream sauce with added cheeses:

- | | |
|----------------------|----------------------------|
| ½ Cup young American | ¼ Cup Kraft cracker barrel |
| ¼ Cup coon | |

Add salt and pepper to taste; blend until smooth and pour sauce over drained No. 2 can green beans. Pour into a greased baking dish, top with buttered crumbs, sprinkle with paprika. Bake 20 minutes at 350°.

Charlotte Fitzgerald

Broccoli, Almond Sauce

- | | |
|---------------------------------------|------------------------------------|
| 3 10-oz. pkgs. frozen broccoli spears | 1 Tbsp. lemon juice |
| 3 Egg yolks | $\frac{1}{4}$ Cup melted butter |
| $\frac{1}{2}$ Cup dry white wine | $\frac{1}{4}$ tsp. Ac'cent |
| | Salt and cayenne pepper |
| | $\frac{1}{2}$ Cup slivered almonds |

Cook broccoli according to directions on the package. Beat the egg yolks slightly in the top of a double boiler. Add dry wine, lemon juice and melted butter. Cook over boiling water, stirring constantly for 2 or 3 minutes, or until thickened. Add the Ac'cent, salt and cayenne pepper to taste, and the slivered almonds. When heated, pour the sauce over the cooked broccoli. Serves 6.

Peggy Orr

Broccoli-and-Onion au Gratin

Peel 3 pounds small white onions and cook in boiling salted water until tender. Drain. Cook broccoli and drain. Make cream sauce with $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup flour, 1 quart milk and 1 pint light cream. Season with 1 Tbsp. salt and $\frac{1}{4}$ tsp. pepper. Mix with the onions and broccoli. Pour into casserole. (This dish can be prepared up to this point several hours in advance). Sprinkle the top with $\frac{1}{2}$ cup grated cheese. Bake in a 350 degree oven, until bubbly and brown.

Esther Monroe

*It may not be in my way and it may not be in your way,
but always in His own way, God will provide. He feeds
the birds, but He does not throw it in their nests.*

Broccoli Supreme

- | | |
|---|------------------------------------|
| 2 pkgs. broccoli | $\frac{1}{4}$ Cup slivered almonds |
| $\frac{1}{2}$ Cup grated cheddar cheese | |
| Make a cream sauce of the following: | |
| $\frac{1}{2}$ Stick butter | 1 bouillon cube |
| 4 Tbsp. flour | $\frac{3}{4}$ Cup hot water |
| 1 Cup table cream | 2 Tbsp. sherry |

Cook broccoli slightly and put into a casserole. Cover with the cream sauce, sprinkle with the cheese, and then the almonds. Bake about 30 minutes.

Caroline Henschke

Vegetables

Cabbage and Mushrooms (Baked Casserole)

Boil shredded cabbage 8 minutes and drain. Put in greased casserole. Add mushroom soup and 1 can mushrooms with juice. Cover with buttered bread crumbs. Bake in 300 degree oven for one hour. (If large head-double Mush. soup and mushrooms.)

Esther Monroe

Carrot Drumsticks

- | | |
|-------------------------------|---------------------------|
| 3 Tbsp. melted margarine | 1½ Tbsp. minced onion |
| 1½ Cups cooked mashed carrots | 1½ Tbsp. chopped pimiento |
| 3 Cups soft bread crumbs | ¾ tsp. salt |
| 1 Egg, well beaten | Fine dry bread crumbs |
| 1½ tsp. celery salt | |

Mix margarine, carrots, soft bread crumbs, egg, onion, pimiento and seasonings. Form in shape of drumsticks. Insert a wooden skewer in end of each. Cover with dry bread crumbs. Bake in moderate oven 25 minutes; place a paper frill on each skewer. Serve with white sauce if desired.

The Dorcas Society
Seventh Day Adventist Church
San Nicolas

Fret not . . . He loves thee.

Fear not . . . He holds thee.

Faint not . . . He keeps thee.

Tropical Carrots

- | | |
|-----------------------------|---------------------------------------|
| 16 Small carrots | 1 Cup water |
| 3 Tbsp. butter or margarine | ¼ Cup frozen orange juice concentrate |
| ½ Cup sugar | |
| 1 Tbsp. cornstarch | ½ Cup toasted, flaked coconut |
| ¼ tsp. salt | |

Cook Carrots in small amount of salted water. Melt butter in saucepan, blend in sugar, cornstarch and salt. Stir in water, orange juice concentrate and ¼ cup of the coconut. Bring to boil over moderate heat; cook and stir until smooth and thickened. Add carrots and cook over low heat about 15 minutes. Serve with remaining coconut. Serves 8.

Sally Allen

Vegetables

Chinese Chop Suey

- | | |
|----------------------------------|------------------------|
| 1 Cup coarsely chopped mushrooms | 2 Tbsp. cooking oil |
| 1 Cup chopped celery | 1 tsp. butter |
| 1 Cup bean sprouts | 4 Eggs |
| 1 Cup chopped cabbage | $\frac{1}{2}$ Cup milk |
| | Soy sauce to taste |

Cook mushrooms and other vegetables in oil and butter for 10 minutes. Beat eggs and milk together. Add to vegetables and let simmer over a slow fire, turning carefully with pancake turner. Add soy sauce to taste and continue cooking a few minutes. Serves 6.

The Dorcas Society
Seventh Day Adventist Church
San Nicolas

Corn - Spoon

- | | |
|-----------------------------------|----------------------------------|
| 3 Eggs, separated | 2 Tbsp. butter or margarine |
| $1\frac{1}{4}$ Cups milk, scalded | 1 17 ounce can cream-style corn |
| $\frac{3}{4}$ Cup corn meal | $\frac{3}{4}$ tsp. baking powder |
| $\frac{3}{4}$ tsp. salt | |

Grease a 2-quart baking dish. Beat egg whites until stiff but not dry; beat yolks until thick. Stir corn meal, salt, into scalded milk, beating hard. Cook a few seconds over low heat, stirring until it is the consistency of thick mush. Blend in butter and corn, then baking powder. Fold in yolks, then egg whites. Pour into baking dish. Bake at 375° about 35 minutes or until puffy and golden brown. (Knife inserted in center comes out clean). Delicious with butter or gravy - ham or chicken. Serves 5 or 6.

Mrs. Agnes Smith

Scalloped Corn - Kansas Style

- | | |
|-----------------------------------|--------------------------|
| 1 12-ounce can whole kernel corn | 1 tsp. salt |
| $\frac{3}{4}$ Cup evaporated milk | Pepper |
| 2 Tbsp. butter | 2 Beaten eggs |
| 2 Tbsp. flour | Buttered pieces of bread |

Drain liquid from canned corn into measuring cup; add evaporated milk to make one cup. Melt butter in saucepan over low heat, add flour, salt, pepper; stir until smooth. Add liquid gradually, continue cooking until thickened, stirring constantly. Add corn mixed with beaten eggs. Pour into buttered baking dish (about one quart size), sprinkle with buttered bread. Place dish in shallow pan of water. Bake at 350° 45 to 50 minutes. Serves 5.

Mrs. J. F. Malcolm

Meat and Eggplant Bake

- | | | | |
|----------------|---------------------------------|---------------|------------------------------------|
| 1 | Medium eggplant (6 cups, cubed) | $\frac{1}{4}$ | tsp. pepper |
| 3 | Tbsp. fat | | Dash of thyme or marjoram |
| 1 | Clove garlic | $\frac{1}{4}$ | Cup cracker crumbs |
| $\frac{1}{2}$ | Pound ground beef or lamb | 5 | Medium tomatoes, peeled and sliced |
| $\frac{1}{4}$ | Cup chopped onions | 1 | Tbsp. butter |
| $1\frac{1}{2}$ | tsp. salt | | |

Brown chopped garlic in fat. Add meat, onion, salt and pepper and herb seasoning. Stir with a fork to separate meat; saute for 5 minutes. Add cubed eggplant, saute another 10 minutes. Add cracker crumbs and mix. Place half the mixture in a $1\frac{1}{2}$ quart casserole, top with half of the tomato slices. Then add a second layer of meat mixture and tomatoe slices. Dot with butter. Bake in a hot oven 400° for 25 minutes. Garnish with parsley. Makes 4 to 6 servings.

Mrs. Charles Berrisford

*O hands of my Crucified Christ divine
Take into Thine own these hands of mine
And teach them to serve with a love like Thine.*

Rice with Eggplant

- | | | | |
|---------------|-------------------------------|---------------|--------------------------------------|
| $\frac{3}{4}$ | Pound rice | $\frac{1}{4}$ | tsp. salt |
| 3 | Tbsp. oil | $\frac{1}{8}$ | tsp. pepper |
| 1 | Tbsp. olive oil | 1 | Cup bouillon |
| 1 | Tbsp. butter | $\frac{1}{4}$ | Cup butter |
| 1 | Thin slice salt pork, chopped | $\frac{1}{2}$ | Pound Mozzarella cheese, sliced thin |
| $\frac{1}{2}$ | Medium onion, chopped | 4 | Tbsp. grated Parmesan cheese |
| 1 | Can tomato paste | | |
| 4 | Tbsp. water | | |

Peel eggplant, slice thin and fry in oil. Set aside. In saucepan, place oil, butter, salt pork and onion and brown thoroughly. Add tomato paste, salt and pepper and cook 40 minutes, adding more water if necessary. Remove 1 cup sauce from pan and set aside. Add bouillon to rest of sauce and cook rice in it about 12 minutes, or until tender. More water may be added. Add butter to cooked rice mixture.

In a casserole place half the rice, then half the eggplant, then half the mozzarella and half the tomato sauce which you set aside. Repeat and add parmesan cheese. Bake 15 minutes at 400° . Serves 6.

Helena Leighty

Vegetables

Eggplant a la Russe

- | | |
|------------------------------------|-------------------------|
| 4 Tbsp. butter | 1½ Cups cooked tomatoes |
| 2 Tbsp. finely chopped onion | 1 Tbsp. sugar |
| 1 Small eggplant, peeled and cubed | 2 Tbsp. flour |
| ½ Cup sour cream | Salt & pepper to taste |

Melt butter in large frying pan. Fry onion and eggplant in butter until slightly browned. Add tomatoes and sugar. Cook until about half the liquid is evaporated. Cover and cook slowly until eggplant is tender or about 20 minutes. Blend flour and sour cream. Add to eggplant mixture. Cook, stirring gently until just thickened. Season with salt and pepper. Serves 4.

Esther Monroe

Scalloped Onions & Almonds

- | | |
|--|------------------------|
| 4 Cups sliced raw onions (½ in. thick) | Salt |
| ½ Cup blanched, slivered almonds | ½ Cup cornflake crumbs |
| 1 10½ oz. can cream of mushroom soup | 2 Tbsp. melted butter |

Cook onions in boiling water (salted) until tender. Drain. Place alternate layers of onions, almonds and soup in greased shallow 1 qt. baking dish. Sprinkle each layer lightly with salt. Combine cornflake crumbs with butter. Sprinkle over onion mixture. Bake in moderate oven (350 degrees) about 20 min. Makes 6 servings.

Mrs. Fletcher Dunbar

Peas & Mushrooms

- | | |
|------------------------------|----------------|
| 2 tsp. chopped onion | 4 Tbsp. butter |
| 1 8 oz. can button mushrooms | ½ Clove garlic |
| 1 Large can green peas | |

Rub inside of small covered skillet with garlic. Melt butter over slow heat. Add drained mushrooms and onion, saute until onions are clear but not brown. Add peas, salt and pepper to taste. Cover and simmer until peas are thoroughly heated. Place in serving dish and garnish with pimento strips.

Mrs. C. L. Horsch

Calas

- 1 Pound black eyed peas 20 Large hot peppers
4 tsp. salt

Soak peas overnight, peel one by one, grind together with hot pepper, add salt. Beat this mixture, adding a little water from time to time until fluffy. Drop a heaping tablespoonful of mixture, one at a time, into deep hot fat. Drain.

Mrs. S. C. Croes

A temper is a valuable possession, don't lose it.

Potatoes Anna

- 6 Medium-large potatoes ½ tsp. prepared French mustard
¼ Lb. butter (or margarine) Salt and Pepper

Select a 9-inch pan about 2½ inches deep and butter it well. Pare and slice the potatoes thin and brush or spread the slices with butter into which the mustard has been worked.

Arrange the slices around the edges of the pan and covering the bottom, overlapping the slices. Sprinkle with salt and pepper. Continue to build up the layers this way until the pan is filled. If any butter remains, melt and pour over the top.

Bake in a hot oven (425°) until the slices are tender (40-50 minutes). Remove from oven and let stand a minute or two. Then run a knife around the edge of the pan, invert and unmould the golden brown potatoes on a hot serving plate.

Mrs. Warren T. Michael

Scalloped Potatoes - *very good - I like*

- 4 to 5 potatoes, sliced thin Milk
Flour Salt and pepper
Butter 1 Onion, (optional)

Cover bottom of a greased baking dish with a layer of sliced potatoes. Dot with butter, a good-sized teaspoon of flour, salt and pepper. Then add another layer of potatoes, butter, flour, salt and pepper. Continue until dish is filled. Be careful not to use too much salt and pepper. Pour milk into dish until it can be seen through top layer. Bake at 350° for 1 hour 15 minutes. Onion may be sliced with each layer of potatoes.

Jeanette Grossman

Vegetables

Old-Fashioned Potato Dumplings

- | | |
|------------------------|-----------------------|
| 2 Cups mashed potatoes | ¼ tsp. pepper |
| 1 Tbsp. butter | ¼ tsp. celery salt |
| ½ Cup bread crumbs | ¼ tsp. minced parsley |
| 4 Tbsp. flour | 1 Egg |
| ½ tsp. salt | |

Mix ingredients and shape into balls 2 inches in size. (Dust hands with flour). Place on top of stew. Cover tightly and steam 10 minutes.

Dottie Hermansen

Papa Duquesa

- | | |
|------------------|----------------------|
| 4 Large potatoes | 2 tsp. baking powder |
| 2 Tbsp. butter | Salt and pepper |
| 1 Egg | |

Boil potatoes until tender but not mushy. Drain and dry. Press through sieve or mash. Add beaten egg and butter, salt and pepper and baking powder; mix well. Drop a heaping tablespoon of mixture, one at a time, into deep hot fat. Drain and serve at once.

Mrs. S. C. Croes

*O give us hearts to thank Thee,
For every blessing sent
And whatsoe'er Thou sendest
Make us therewith content. Amen.*

Pineapple - Apple - Sweet Potatoes

- | | |
|-------------------------|------------------------|
| 3 Cans sweet potatoes | ½ Box dark brown sugar |
| 1 Can crushed pineapple | ¼ Lb. butter |
| 1 Can pie sliced apples | Cinnamon to taste |

Drain sweet potatoes and cut each in halves or fourths. Mix together sweet potatoes, pineapple & juice, apples and juice, brown sugar, and cinnamon. Put into 11x13 in. pan or casserole. Dot with butter. Bake covered in moderate oven 45 min. Uncover last 10 min. or so. This amount will serve 4 to 6 generously. Good fix ahead dish to slide in oven at last minute.

Nan Reinsch

Yam - Pineapple Bake

- | | |
|--|---------------------------------------|
| 4 to 5 cups mashed sweet potatoes | $\frac{1}{4}$ Cup softened butter |
| 1 9-ounce can frozen pineapple tidbits (1 cup) | 1 tsp. salt |
| | $\frac{1}{4}$ Pound (16) marshmallows |
| | $\frac{1}{4}$ Cup pecan halves |

Combine sweet potatoes, pineapple and its juice, butter, and salt. Place half of mixture in buttered 1- $\frac{1}{2}$ quart casserole. Top with half the marshmallows and half the pecans. Add the remaining potato mixture. Arrange the remaining half of pecan halves on top. Cover and bake at 350° 30 minutes. Top with remaining marshmallows and continue baking 'til marshmallows are lightly browned. Makes 8 servings.

Mrs. C. B. Shapley

Sweet Potatoe Pudding (to be served with meat course)

or

Dessert (to be served with cream)

- | | |
|--|--------------------------------------|
| $\frac{1}{4}$ Cup melted butter | 1 Cup rich milk |
| $\frac{1}{2}$ tsp. cinnamon | $\frac{1}{2}$ tsp. grated lemon rind |
| Dash nutmeg | 2 tsp. lemon juice |
| 1 Cup granulated sugar | 2 Eggs, beaten until light |
| 2 Cups pared & grated raw sweet potatoes | |

Put your grated potatoes into bowl and add eggs. Beat in the sugar and add milk, butter, lemon rind and juice. Put in cinnamon and nutmeg. Mix all thoroughly and put in buttered baking dish. Bake at 350° for about $\frac{1}{2}$ hr. Stir it from the sides with a spoon and bake 15 mins. longer.

Hazel Goodwin

Sweet Potatoes with Cashew Nuts

Make a syrup with 1- $\frac{1}{2}$ cups light brown sugar and 6 T. hot water. Add 1- $\frac{1}{2}$ T. lemon juice, 1- $\frac{1}{4}$ tsp. grated lemon rind, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. cinnamon. Layer into a buttered casserole 6 pre-cooked, peeled and sliced sweet potatoes and the syrup above. Sprinkle each layer with part of $\frac{1}{2}$ cup coarsely chopped cashew nuts. Top with a layer of nuts. Heat until bubbling in a 350° oven for 15 to 20 minutes. Makes 8 servings.

Mrs. Rose C. Ciccarelli

Vegetables

Sweet Potatoes

- | | |
|-----------------------------|-------------------------------|
| 2 or 3 cans sweet potatoes | 1 Cup brown sugar |
| $\frac{1}{2}$ Tbsp. vanilla | $\frac{1}{4}$ Cup canned milk |
| 1 tsp. nutmeg and cinnamon | $\frac{1}{2}$ stick butter |

Whip potatoes, add other ingredients. Place in buttered baking dish, top with marshmallows, cherries and nuts. Bake 30 minutes at 300°.

Marguerite Norton

Sweet Potato Patties

Boil or bake sweet potatoes (according to amount needed). Mash potatoes; add angel flake cocoanut, a couple of teaspoonsful Vanilla, $\frac{1}{2}$ stick or more butter, mix and make into patties. Place on greased cookie sheet, top with a marshmallow and bake until marshmallow is slightly browned.

Mattie Burbage

"A soft answer turneth away wrath."

Proverbs 15 : 1

Spinach Loaf with Tomato Sauce

(May be prepared a day ahead)

- | | |
|---|-------------------------------------|
| 2 Cups cooked and chopped spinach | |
| 2 Well beaten eggs | |
| $\frac{3}{4}$ Cup finely chopped cheese | Combine these eight ingredients and |
| 2 Tbsp. bacon drippings | bake in a greased baking dish in a |
| 1 Cup toasted bread crumbs | hot (400°) oven for 30 minutes. |
| 1 Tbsp. vinegar | |
| $\frac{1}{2}$ tsp. salt | |
| $\frac{1}{16}$ tsp. black pepper | |

Sauce served hot over sliced Spinach Loaf or may be served separately:

- | | |
|-------------------------|------------------------------|
| 4 Slices bacon, diced | 2 Tbsp. chopped green pepper |
| 2 Tbsp. chopped onion | $\frac{1}{4}$ tsp. salt |
| 2 " flour | Few grains pepper |
| 1 Cup strained tomatoes | |

Fry bacon with onion until slightly browned.

Add flour and tomatoes and cook until thick, stirring constantly.

Add rest of ingredients and cook 5 minutes.

Rose Jackson

Spinach Dressing

Chop finely 4 slices bacon, fry until crisp. In a bowl, beat 2 eggs, add $\frac{1}{4}$ cup vinegar (or less to taste) $\frac{1}{4}$ cup water, salt and pepper to taste, and mix well. Add hot bacon to bowl mixture and cool. Return to skillet and simmer, stirring constantly to keep a very creamy mixture. Pour over chopped cooked spinach and serve.

Esther Monroe

Spinach and Sour Cream

- | | |
|--------------------------------------|---------------------------------|
| 1 14-oz. pkg. frozen chopped spinach | $\frac{1}{2}$ Cup sour cream |
| 1 Tbsp. butter | $\frac{1}{2}$ tsp. minced onion |
| 1 Tbsp. flour | $\frac{1}{4}$ tsp. ac'cent |
| | Salt and pepper |

Cook the frozen chopped spinach according to directions on the package, and then drain thoroughly.

In a saucepan melt the butter, and then blend in the flour. Add the sour cream and cook, stirring constantly until the mixture boils and thickens. Stir in cooked spinach. Add Accent, minced onion and salt and pepper to taste. Heat gently but thoroughly. Serves 3 to 4.

Peggy Orr

Tomatoes Creole

Melt 2 T. butter in a saucepan. Add 1 can tomatoes, 1 shredded green pepper, 1 large onion, chopped. Cook vegetables about 12 minutes. Season with $\frac{3}{4}$ tsp. salt, $\frac{1}{4}$ tsp. paprika, and 2- $\frac{1}{2}$ tsp. brown sugar. Add $\frac{1}{2}$ cup light cream and 1- $\frac{1}{2}$ T. flour, mixed together.

Olga Rozencwajg

Herb-Scalloped Tomatoes

Mix together in a buttered 2 quart casserole:

- | | |
|----------------------------------|---|
| 4 Cups canned tomatoes | 1 Tbsp. salt |
| 2 Cups prepared poultry stuffing | $\frac{1}{2}$ tsp. each nutmeg and oregano |
| Pepperidge Herb | $\frac{1}{4}$ tsp. each pepper and powdered |
| 1 Small onion, finely chopped | Rosemary |
| 2 Tbsp. sugar | |

Mix ingredients together and top with $\frac{1}{3}$ cup stuffing. Dot with butter. Bake at 375° 45 minutes. Serves 6 to 8.

Vera Eaton

Vegetables

Aruban Stuffed Egg-plant

- | | |
|---|-----------------------------------|
| 3 Large size eggplants | 1 Large tomato diced |
| 1 Lb. ground meat, or 1 lb. lamb
(broken into small pieces
after cooking) | Pan-fry until light brown in: |
| 3 Thin slices of ham | 1 Tbsp. butter |
| 2 Tbsp. chopped onion | $\frac{3}{4}$ Cup raisins |
| 2 Tbsp. chopped celery | $\frac{1}{2}$ Tbsp. sugar |
| 2 Tbsp. chopped green pepper | A few capers |
| | 1 tsp. salt, 1 tsp. white pepper, |
| | $\frac{1}{2}$ tsp. cumin |
| | 2 Eggs, bread crumbs |

Cook meat until tender in little water, 1 tbsp. butter, salt, white pepper and cumin. When half tender add pan-fried ingredients and let cool.

Cook egg-plants in boiling water (enough to cover) in a large pot, for 10 min. or until tender. Let cool, cut in halves and scoop out pulp, leaving shells $\frac{1}{4}$ " thick. Mash pulp removing hard parts and large seeds.

Beat eggs and combine with meats, pan-fried ingredients and pulp, mix well and add sugar, raisins and capers. (Everything should be cold before mixing). Stuff the shells with this mixture, top with bread-crumbs. Line them up in greased baking pan and bake in moderate oven 350° for 45 min. (till tops look brown).

Mrs. A. C. Eman

"He that is of a merry heart hath a continual feast."

Proverbs 15 : 15

Medley of Vegetables

- | | | |
|--|---|---------------------------|
| $2\frac{1}{4}$
3
$2\frac{1}{4}$
3 | 1 $\frac{1}{2}$ Cups sliced onions | 4 Tbsp. butter |
| | 2 Cups celery | 2 Cups canned tomatoes |
| | 1 $\frac{1}{2}$ Cups carrots | 3 Tbsp. Minute tapioca |
| | 2 Cups string beans | 2 $\frac{1}{2}$ tsp. salt |
| | $\frac{3}{4}$ Cups green pepper | $\frac{1}{4}$ tsp. pepper |
| | 1 $\frac{1}{2}$ Cups mushrooms, sliced
lengthwise (optional) | rosemary |

Cut vegetables in strips, $\frac{1}{4}$ by 1- $\frac{1}{4}$ inches. Melt butter in saucepan; add onion, celery, carrots, string beans (if using canned, do not add until last few minutes of cooking), and cook 10 minutes, stirring frequently. Add tomatoes and mushrooms and cook slowly 20 to 30 minutes, or until vegetables are tender; then add minute tapioca, salt and pepper. Cook 5 minutes more, stirring occasionally. Serves 6. This vegetable may be prepared in advance, put in casserole and just reheated for any occasion.

Ethel Osborn

52

A meat
A salad
A medley of Veg
A meat

