

1. APPETIZERS/SNACKS

B & B PARTY MIX

Ruth Louise Howe Olson

Dry Ingredients:

1 sm pkg Rice Chex
1 sm pkg Wheat Chex
1 cup nut mix

1 sm pkg Cheerios
1 sm pkg pretzel sticks

Seasonings:

1 cup salad oil
2 Tbsp Worcestershire sauce
1 3/4 tsp celery salt

1/2 cup melted oleo
1 Tbsp tabasco sauce
1/4 tsp garlic powder

Combine dry ingredients. Mix seasonings and pour over mixed dry ingredients while stirring. Bake for 2 hours at 225 - 250 degrees. Stir often.

BETTY'S CHEESE BALL

Terry Lee Vander Slik

1 lb Velveeta cheese
3 oz pkg cream cheese
garlic salt to taste

1 jar (5 oz) blue cheese
1 jar (5 oz) ole English cheese

Mix all together and form a ball. Chill. Roll in chili powder and chopped nutmeats.

CORKY'S CHEESE BALL

Terry Lee Vander Slik

1 pkg (8 oz) cream cheese
1 jar (5 oz) old English cheese
1/4 tsp Worcestershire sauce

1 jar (5 oz) blue cheese
1 tsp grated onion or onion salt
1/2 cup chopped pecans

Mix all together and form a ball. Chill. Roll in parsley flakes and chopped pecans.

PINEAPPLE PECAN CHEESE BALL

Terry Lee Vander Slik

2 pkg (8 oz each) cream cheese
1/2 cup chopped green pepper
1 tsp lemon pepper seasoning
2 cups chopped pecans, divided

1 can (8 oz) crushed pineapple
1/2 cup chopped green onions
1 tsp salt
Assorted crackers

Soften cream cheese to room temperature. Drain pineapple. In a mixing bowl, whip cream cheese until smooth. Gently stir in pineapple, green pepper, onions, seasonings and 1/2 cup nuts. Turn out onto a sheet of plastic wrap and shape into a ball. Refrigerate several hours. Before serving, roll cheese ball in remaining nuts. Serve with crackers.

CHILI CON CASO DIP

Donna Jamison Heimbach

3 Tbsp chopped onions
3 Tbsp oil
1 jar (8 oz) Old El Paso Red
Salsa Jalapeno Sauce

1 Tbsp garlic powder
1 tsp salt
2 lb Velveeta cheese

If Old El Paso Salsa is not available, substitute 1/4 cup chopped green chilies and 1 cup chopped tomatoes.

Saute the onions and garlic slowly in oil until the onions are clear. Add salsa (green chilies and tomato), mixing well. Add cheese and salt, cooking over very low heat until cheese is thoroughly melted.

CHILI CHEESE DIP

Terry Lee Vander Slik

1 can (15 oz) chili con carne (without beans)
1 can (4 oz) chopped green chilies
garlic salt to taste

1 lb processed American cheese
1 lb ground beef

Cube cheese. Fry and drain ground beef. Mix all together and either microwave or put in crock pot. Heat till cheese melts and all is mixed through. Serve with tortilla chips. This is our family's favorite recipe. We use it every year for our Christmas Party.

CHIP DIP

Sandra Heimbach Roush

8 oz Philadelphia cream cheese

2 Tbsp green peppers

2 Tbsp onions
1 Tbsp vinegar
1/2 tsp salt

1 egg
2 Tbsp sugar

Dice peppers and onions and mix with softened cream cheese. Beat egg; add vinegar, sugar and salt together and cook until thick. Add to cream cheese mixture. Let cool. Serve.

CUCUMBER PARTY SANDWICHES

Terry Lee Vander Slik

1 pkg 8 oz cream cheese (softened)
1/2 envelope (2 tsp) dry Italian salad dressing mix
30 thin slices cucumber

2 Tbsp mayonnaise
30 slices snack rye bread
fresh dill sprigs

In a bowl, combine the cream cheese, dressing mix and mayo. Allow to stand at least 30 minutes. Spread on rye bread. Top with slice of cucumber and a sprig of dill. Cover and refrigerate until serving time.

SEVEN LAYERED DIP

Thomas Dean Heimbach

1 can bean dip
1 pkg taco sauce
1 pkg sour cream (8 oz)
sharp cheddar cheese

1 pkg avocado dip (frozen)
1 bunch scallions
3 med tomatoes (diced)

Spread each of above ingredients, beginning with the bean dip. As last layer, grate enough cheese to cover the top.

CRAB COCKTAIL SPREAD

Donna Jamison Heimbach

1 lb can of backfin crab
2 cups cocktail sauce

8 oz pkg cream cheese
box Triscuits

Spread 4 oz of cream cheese on small meat platter. After carefully removing bits of shell from the backfin crab, place 1/2 lb. of the crabmeat over the cream cheese. Pour 1 cup cocktail sauce over crabmeat evenly. Serve with Triscuit crackers, or other sturdy crackers of your choice. This recipe will make two platters. It is an unqualified **HIT** at any party.

DEVILED EGGS

Donna Jamison Heimbach

6 hard boiled eggs
1 tsp mustard
pepper to taste

3 Tbsp mayonnaise
salt to taste

Cut eggs in half lengthwise and remove yolks. Mash yolks lightly with a fork and add mayonnaise, mustard, salt and pepper. Blend well. Pile mixture lightly in hollowed eggwhites. Dust lightly with paprika before serving (cold).

Variations: (1) Add 1/4 cup finely minced celery and 1 tsp finely grated onion, omitting mustard. Garnish with tomato slivers.

(2) Add 1/2 cup minced seafood (shrimp, crab or lobster). Omit mustard. Garnish with pimento.

APPETIZER FRANKS

Terry Lee Vander Slik

1 8 oz tomato sauce
2 Tbsp vinegar
1 envelope spaghetti sauce mix
1 lb frankfurters

1/2 cup water
1 Tbsp sugar
1/4 tsp dry mustard

Cut frankfurters in bite-size pieces, or you can use little sausages, or vienna hotdogs. Little meatballs work great too.

In a 2-quart casserole combine the first 6 ingredients. Stir in the meat of your choice til coated. Microwave covered, till heated through, about 7 to 8 minutes, stirring twice.

Keep warm in chafing dish. Serve with wooden picks.

HOT JESABELL SPREAD

1 jar (12 oz) apricot preserves
1/2 cup horseradish
1 tsp ground pepper

Terry Lee Vander Slik

1 jar (12 oz) pineapple preserves
1 tsp dry mustard
1 pkg (8 oz) cream cheese

Mix preserves, horseradish, mustard and pepper thoroughly and serve over cream cheese. Use any cracker to dip with.

MARINATED MUSHROOMS

1 lb fresh mushrooms
1/4 cup chopped sweet red pepper
1 bottle (8 oz) Italian salad dressing

Terry Lee Vander Slik

1/2 cup sliced green onions
2 Tbsp minced fresh parsley

In a glass bowl, combine all ingredients and allow to marinate several hours or overnight.

OYSTER CRACKERS

3/4 cup oil (either olive or vegetable)
1/4 tsp garlic salt

Terry Lee Vander Slik

1/4 tsp lemon pepper
1/2 tsp dill

Mix thoroughly and mix with 1 package oyster crackers and bake 15 minutes at 350 degrees. Makes a nice snack.

PIGS IN BLANKETS

1 egg
1 cup shortening
1 tsp soda

Terry Lee Vander Slik

1 tsp salt
1 cup brown sugar
1 cup sour milk

Mix all ingredients and enough flour to make soft dough for 2 cups or more.

1 lb sausage

2 lbs hamburger

Mix sausage and hamburger. Roll dough out and put meat mixture (size of one ice cream scoop) in each piece of dough. Fold over tightly. Bake at 325 degrees until nice and

brown. This is a very old recipe and good for parties.

PICKLED HERRINGS

Paul Joseph Heimbach

Herrings:

4 salt herrings
4 - 6 sour gherkins (chopped)
2 large onions, very thinly sliced
1 Tbsp pickling spices

2 cups milk
capers
Dijon mustard
2 bay leaves

Vinegar Marinade:

2 tsp sugar
1 Tbsp juniper berries (optional)
1 Tbsp peppercorns
1/2 cup water

1 Tbsp mustard seed
2 bay leaves
1 1/2 cups vinegar

Soak herrings for 24 hours, changing water several times (to remove salt). Skin and bone carefully, taking care to keep filets intact. Lay filets flat and place chopped gherkins, onion slices, capers and a dab of mustard on each. Roll up and tie with thread or fasten with small toothpicks. Place in small crock or widemouth jar with remaining sliced onions between the layers. Heat vinegar marinade to boiling, pour over rollmops, add pickling spices and bay leaves. Leave in mixture 3-4 days.

When Donna and I lived in Germany from 1959 to 1962, this was one of the favorite appetizer recipes of our next door neighbors, and very good friends, in Erzhausen... Margot and Manfred Zein.

SPINACH DIP

Terry Lee Vander Slik

1 Knorr vegetable soup mix
1 can sliced water chestnuts
1 cup Miracle Whip or mayo

3 green onions
1 cup sour cream
1 pkg chopped frozen spinach

Thaw and drain spinach. Mix other ingredients with spinach and place in scooped out rye bread with rye cubes for dippings.

STEAK TARTARE

Paul Joseph Heimbach

1 lb top sirloin beef (scraped with sharp knife or ground twice)	2 egg yolks
1/4 cup finely minced onion	1 - 2 Tbsp capers
1 anchovy filet (minced)	salt and pepper to taste
mustard	tabasco sauce (optional)
parsley	black pepper
1 - 2 tsp olive oil (optional)	

The best quality beef must be used, and either scraped with a knife or finely ground (twice) by the butcher (tell him you want it ground for Steak Tartare). Mix the egg yolks with the ground beef until thoroughly blended. Add anchovy, onion, capers, parsley and salt and black pepper to taste... the more pepper, the better. Serve on hard rye bread or favorite crackers, and garnish with good German pickles. Should be mixed or blended at the time of serving.

This was **THE FAVORITE** recipe of Manfred Zein, so it quickly became a favorite of mine as well.

SEASONED PRETZELS

D'Aracy Heimbach Erb

1 bag 24 oz broken hard pretzels	1 cup cooking oil
1 pkg dry Ranch Italian Dressing	1 tsp garlic powder
1 tsp lemon pepper seasoning	

Break pretzels and put in a 9 x 13 inch pan. Mix last 4 ingredients in bowl and pour over pretzels. Mix well. Bake 350 degrees for 5 minutes. Remove from oven - stir. Bake another 5 minutes - stir - cool

RUSSIAN TEA

Terry Lee Vander Slik

1 1/3 cup Tang	1/2 cup sugar
1/3 cup instant tea	1 tsp cinnamon
1/3 tsp ground cloves	

Mix all together and use 2 tsp per cup of hot water. Add boiling water. Can be made in large quantities for parties.

GREAT TOMATO JUICE

4 qt (approx) cut-up tomatoes
6 Tbsp chopped onions
6 Tbsp granulated sugar
pepper as desired

Alice Zimmerman Heimbach

2 qt water
6 Tbsp chopped celery
3 Tbsp salt

In a large kettle, cook the tomatoes, onions and celery with water about 10 or 15 minutes. Let stand to cool. Put tomatoes, etc. through a colander and strain the juice out. Add to your good tomato juice the sugar, salt and pepper. Drink it or can it. I use my big 6 quart kettle to make this. Of course, to can it you must put your juice back on and bring it to a boil again and can like anything else.

HOME MADE VEGETABLE JUICE

12 carrots
6 onions
parsley
1 cup sugar
1 pt vinegar to taste (or omit)

Betsy Kratzer Heimbach

12 peppers
1 stalk celery and leaves
3 gallon tomatoes
salt to taste
pepper to taste

Cook vegetables until soft. Put in blender until smooth. Strain through food mill to remove small pieces of fiber. Heat and can.

2. SOUPS & SALADS

TOM'S AWARD WINNING CHILI

1 lb ground sirloin
3/4 cup green pepper
1 can (16 oz) tomatoes (cut up)
1 can Ortega refried beans
with green chilies
1/2 tsp salt
splash tabasco or Texas Pete Hot Sauce

Thomas Dean Heimbach

1 cup chopped onion
1 clove minced garlic
1 can (16 oz) pinto beans
1 can (8 oz) tomato sauce
2 tsp chili powder
1/4 tsp pepper

Brown beef with onion, green pepper, garlic, salt, pepper and tabasco (IF YOU LIKE IT **HOT!**). Stir in tomatoes and tomato sauce, beans and chili powder. Simmer 20 - 30 minutes. Serve with grated cheddar cheese, chopped green onion & sour cream.

Serve with corn bread. Add macaroni for Chilimac... Per Tom's mom who taught him this recipe.

NEW ENGLAND CORN CHOWDER

4 oz sliced smoked bacon, diced
2 cups diced onions
1/2 tsp celery seed
4 cups chicken broth
6 cups corn kernels
2 Tbsp fresh chives, snipped

Louise Jobe Marsh

2 Tbsp butter
1 cup diced celery
1/2 tsp dill seed
3 cups diced potatoes
1 cup heavy cream
1 cup half and half or milk

Salt and freshly ground pepper to taste

In large skillet, saute the diced bacon over medium heat until golden brown and crisp. Remove bacon and drain; reserve for garnish. Discard all but one Tbsp bacon drippings in skillet and add butter. Heat until butter foams and add onions and celery. Saute until vegetables begin to change color. Stir in celery and dill seeds, remove from heat and set aside. Meanwhile in a deep stainless-steel or enameled soup pot, heat the chicken broth to a simmer. Add the diced potatoes and cook until potatoes are almost tender - about 10 minutes. Puree 3 cups of corn kernels and add to broth. Add remaining three cups whole kernels, cooked vegetables and half and half and cream or milk. Heat chowder over lowest heat, uncovered, until heated through and thickened - about 15 minutes. Season to taste. Soup will thicken upon standing and tastes better if prepared several hours ahead of time. Ladle chowder into warmed soup bowls. Top each serving with the crisp bacon and a sprinkling of chives. Makes 10 cups. Enjoy!

CREOLE GUMBO

2 lb fresh shrimp
1 lb cajun flavored sausage (hot & spicy)
2 cans (15 oz) cajun style tomatoes (pureed)
fine)
1 cup celery (chopped fine)
10 oz pkg okra (sliced)
1 Tbsp celery seed
1/2 tsp tarragon
1 Tbsp California style minced garlic
1 tsp cayenne pepper
3 - 4 Tbsp corn starch with water

Donna Jamison Heimbach

1 lb scallops
1 large onion (chopped)
1 1/2 cup bell pepper (chopped)
10 oz pkg frozen corn
1 cup white rice (Uncle Ben's)
1 tsp rosemary
1 tsp oregano
1 tsp File
4 drops Liquid Smoke

In a 4-qt pan, add 2 qts water. Add spices and bring to a boil. Add shrimp and cook for 3 to 5 minutes. Remove shrimp, cool and peel, discarding the peels. (Preserve the liquid). While shrimp are cooling, add pureed stewed tomatoes. Add sausage (fry sausage separately to remove excess fat), scallops and vegetables and cook 1 to 1 1/2 hours. Before serving, thicken with corn starch mixed in water (looks like milk). Cook white rice separately. Serve gumbo over a bed of rice.

POTATO SOUP

6 potatoes, cut up
1 very small onion, cut in small pieces
salt and pepper

Joyce Ann Heimbaugh

2 strips bacon, cut in small pieces
1 stick celery, if desired (cut small)

Cover with water and cook until almost done. Add milk and bring to a medium boil. Slowly add rivels.

Rivels:

1 cup flour

1 egg, well beaten

Mix well with fingers. Rivels will thicken the soup. Do not stir, just fold in.

This was my mother's, Lucretia "Cree" Heimbaugh, recipe. She always used Carnation Evaporated milk. For less cholesterol, I use skim milk. With skim milk, you may want to drain some of the water off the mixture before adding milk.

APPLE, CELERY & RAISIN SALAD

Bette Stover Keith

1 Tbsp chunky peanut butter

1 Tbsp mayonnaise

Mix your favorite peanut butter and mayonnaise in a mixing bowl. Add chopped apples (with the skins on) to this mixture. Then add chopped celery and raisins. No need to measure, just chop up as much as you like (equal amounts of each are fine), and mix thoroughly. Add more peanut butter and mayo, if needed.

CRUNCHY APPLE SALAD

Dorothy Herman Heimbach

1 cup diced apples unpeeled
1/2 cup drained pineapple tidbits
1/2 cup coarsely chopped pecans
1/2 cup raisins

1 cup diced bananas
1/2 cup raisins
1/2 Tbsp lemon juice
1/2 cup mayonnaise

Place apples, bananas, lemon juice in a bowl and toss. Add pineapple, raisins and pecans. Toss slightly. Add mayonnaise and toss until mayonnaise is mixed thoroughly.

HOT BEAN SALAD

Leah Freed Arnold

1 can green beans
1 can lima beans
1 can kidney beans
1 large jar spaghetti sauce
3 Tbsp prepared mustard
1 cup chopped celery

1 can waxed beans
1 can pork and beans
1 can pinto beans
3/4 cup brown sugar
1 lb hot sausage
2 onions

Remove casing from sausage, fry and drain. Drain green, waxed and lima beans. Do not drain others. Saute onions and celery in butter. Add remaining ingredients and bake for two hours at 350. You may put slices of bacon on top.

BETTY'S SALAD

Doris Heimbaugh Berger

Salad:

1/2 pkg fresh spinach
1 can (#2) bean sprouts
8 slices fried bacon (crumbled)

1/2 head lettuce
1 can water chestnuts

Dressing:

1 cup salad oil
1/3 cup catsup
1/4 cup vinegar

1 Tbsp Worcestershire
3/4 cup sugar
1 med onion (diced fine)

Mix all the above gently. Coat with dressing. Usually half of this dressing recipe is sufficient. Mix well before adding to salad.

This was a recipe of Darlene Timmons, niece of Doris. Darlene died of cancer while very young (age 46). Doris has included this recipe in honor of Darlene's memory.

BROCCOLI SALAD

1 bunch broccoli
1 small cauliflower
1 cup shredded sharp or mild cheese
1 cup mayonnaise (or Miracle Whip)

Dorothy Herman Heimbach

1 medium onion
1 lb bacon, fried and crumbled
2 Tbsp vinegar

Wash broccoli and drain. Break into small sizes. Set aside. Mix mayonnaise, sugar, vinegar and salt thoroughly. Combine all ingredients together in one bowl. Chill. Serves 6-8.

CARROT SALAD

Apples, celery, raisins (as needed)
small can crushed, drained pineapple
Mayonnaise

Dorothy Herman Heimbach

1 bunch carrots
few nuts (if desired)
sweetener

Chop carrots fine. Add apples, celery, nuts and pineapple in amount desired, mixing thoroughly. Add mayonnaise and sweetener to taste.

HOT CHICKEN SALAD #1

2 cups cooked chicken, cut up
2 Tbsp onion
1/2 tsp salt
dash Accent
1/2 - 3/4 cup sharp cheddar cheese, grated

Sharon Spaulding Heimbach

2 cups celery, cut fine
1/2 - 3/4 cups rice, cooked
dash pepper
1 cup mayonnaise
1 cup crushed potato chips

I bake 5 chicken breasts at 350 degrees for 2 hours, then cut up. Combine celery and

onion and put in microwave with 3 Tbsp water for 3 minutes to soften. Mix all together and put into casserole which has been sprayed with Pam. Add 1/4 cup chicken broth if it needs more moisture. Bake for 15 - 20 minutes at 450 degrees until thoroughly hot. I bake with the casserole covered with foil.

HOT CHICKEN SALAD #2

Rae Cunningham Heimbach

3 cups bite-sized cooked chicken
(2 lbs of whole breasts)
1 medium onion, chopped (1/2 cup)
1 box (10 oz) frozen peas, thawed
1 1/2 cups mayo or salad dressing
1/4 cup butter
3 cups chicken broth

3 cups thinly sliced celery
3 cups cooked rice
3 Tbsp lemon juice
1 tsp salt
1/4 tsp pepper
1/3 cup all-purpose flour
1/2 cup sliced almonds

Grease a 13 x 9 x 2 inch baking pan. Preheat oven to 350 degrees. Combine chicken, celery, rice, onions, and peas in very large bowl. Stir in mayonnaise, lemon juice, salt and pepper. Melt butter in saucepan over medium heat. Stir in flour. Cook, stirring constantly for 1 min. Gradually pour in the chicken broth. Cook, stirring constantly until the sauce is thick and smooth, about 2 minutes. Pour the sauce over the chicken mixture, stir to combine thoroughly. Spoon into prepared pan and sprinkle top with almonds. Bake at 350 degrees for 45 minutes or until bubbly hot.

HAM SALAD

Sarah Stitely Heimbach

3 cups ground ham
1/4 cup sweet pickles, chopped
1/2 cup mayonnaise

1/4 cup chopped celery
1 Tbsp onion

Grind all ingredients. Mix together. Put in ice box to cool. Great for sandwiches.

OVERNIGHT SALAD

Melissa Heimbach Beachel

1 head lettuce, torn in pieces
1/2 cup grated carrots (or peppers)
1 10 oz. pkg. frozen peas
5 hard boiled eggs, sliced
8 strips bacon, fried and crumbled.
(may substitute tuna or ham)

1/2 c thinly sliced celery
1/2 cup sliced onions
2 tsp sugar
1 cup salad dressing
6 oz. grated cheese

Place in pan in order and let stand in refrigerator at least 8 hours or overnight.

PASTA SALAD

Naomi Heimbach Dean

1 lb Spaghetti (cooked & cooled)
1 Mango (Green Pepper) - Finely chopped

1 tomato, finely chopped
1 onion, finely chopped

Marinate with 1 large bottle of Kraft Zesty Italian Salad Dressing. Sprinkle with "Salad Seasoning" to taste. Refrigerate and toss occasionally.

POTATO SALAD

Doris Heimbaugh Berger

potatoes
1/4 cup vinegar
1 cup water
1/2 cup celery (diced)
5 hard-cooked eggs

1/2 lb bacon
1 cup sugar
2 eggs
1/4 cup onion

Cook potatoes with jackets on and set aside to cool. Cut bacon into strips and fry. Drain.

Dressing:

Mix sugar and flour, add eggs and beat to smooth paste. Slowly stir in vinegar and water. Pour into pan with bacon and cook until thick. Cool thoroughly. Add salad dressing (Miracle Whip) stirring until well blended. Peel potatoes and dice into large bowl with rest of ingredients. Add dressing, salt and pepper to taste.

This is a kids favorite. They always asked Mom, "Did you bring the potato salad"?

MANDARIN ORANGE SALAD

Donna Jamison Heimbach

2 cans Mandarin Oranges

1 pkg Dream Whip

1 pkg Dream Whip or Cool Whip
1 pint orange sherbet

1 large pkg orange Jello
1 cup boiling water

Whip and set aside one package Dream Whip. Drain Mandarin Oranges. Dissolve jello in boiling water and add orange sherbet. Mix well. Fold in Dream Whip and add well drained mandarin oranges last. Chill. Delicious!

MANDARIN ORANGE SALAD #2

Sharon Spaulding Heimbach

2 heads, Boston leaf lettuce
1 pkg (4 oz) slivered almonds

1 small can Mandarin oranges
2 Tbsp sugar

Dressing:

1/4 cup oil
2 Tbsp sugar
1/2 tsp salt

1 Tbsp parsley
dash tabasco
1/2 tsp pepper

Toast almonds and sugar over low heat... cool and break. Break lettuce (I use 2 heads since they are small). Drain oranges and add oranges and candied almonds to lettuce. Mix dressing ingredients, pour over lettuce and toss. Pineapple may be substituted for Mandarin oranges, for a distinctively different flavor.

PINEAPPLE SALAD

Sarah Stitely Heimbach

1 large can of pineapples
2 Tbsp flour
2 eggs
1/4 cup nut meats

3 Tbsp sugar
1 Tbsp butter
1 doz marshmallows

Bring pineapple juice to boil in double boiler. Add eggs, butter, sugar and flour and cook until thickens. Cool. Add pineapple and marshmallow, sprinkle nuts over top. Serve.

HOT GERMAN POTATO SALAD

Leatha Arnold Archer

6 slices bacon, finely cut
1 1/2 tsp salt

6 medium potatoes
1/8 tsp pepper

1/2 tsp celery seed
1 Tbsp flour
1/4 cup vinegar
2 Tbsp parsley

1 Tbsp sugar
2 Tbsp chopped onion
1/4 cup water

Saute bacon until crisp and remove. Reserve 1/4 cup drippings. Peel and dice potatoes and place in center of 24 x 18-inch heavy duty foil. Combine salt, pepper, celery seed, sugar, flour and onion; sprinkle over potatoes. Pour vinegar, water and drippings over potatoes; sprinkle bacon over top. Seal all sides of foil tightly. Grill 20 minutes, turn over and grill another 20 minutes. (You can put in a casserole and bake at 425 for 1 hour.)

SAUERKRAUT SALAD

Donna Heimbaugh Shaver

1 can (1 lb 11 oz) can sauerkraut
1 cup diced celery
1 cup diced green pepper
1/4 cup diced onion
3 Tbsp diced pimentos

3/4 cup sugar
3 Tbsp vinegar
1/2 tsp salt
1/8 peas pepper
1 tsp celery seed

Drain sauerkraut in colander for 15 minutes. Cut in 1 inch pieces. Place in a large mixing bowl. Add remaining ingredients, mix well. Store covered in refrigerator for at least 24 hours. Makes 10 servings. This keeps well in the refrigerator for months.

SALAD BARS

Sharon Spalding Heimbach

1 tube crescent rolls

Spread crescent rolls in a 9 x 13 baking pan (I used a jelly roll pan which is a cookie sheet with sides on it). Bake at 350 degrees for 10 minutes or until lightly brown. Cool.

1 pkg (8 oz) softened cream cheese
1/2 pkg original Hidden Valley Ranch Dressing

1 cup Miracle Whip salad dressing

Mix above ingredients together and spread over rolls. Add a combination of any vegetables on top of cheese and dressing mixture. Use broccoli, cauliflower, mango, celery, carrots (chopped very fine), green onions, tomato or cheddar cheese.

SALAD DRESSING

Verdie Kessler Heimbach

1 cup vinegar
4 eggs

4 Tbsp butter
4 Tbsp milk

1 cup sugar
1 cup water

1 tsp salt
4 Tbsp flour

Heat vinegar, butter and water in pan. Mix together flour, salt, sugar, milk and eggs. When liquid is hot, add mixture. Stir until thick. When cooled, it is ready for use.

3. BREADS & ROLLS

ANGEL BISCUITS

Donna Jamison Heimbach

5 cups all purpose flour
3 tsp baking powder
3 Tbsp sugar

1 tsp baking soda
1 tsp salt

Sift these ingredients together, and add:

2 pkgs yeast dissolved in 1/2 cup lukewarm water 3/4 cup vegetable oil (Saff-o-Life)
2 cups buttermilk or
2 cups whole milk with 2 tsp vinegar to curdle

Using a large spoon, stir until all flour is moistened. Cover bowl with foil or saran wrap and refrigerate for 2 hours before using the first time after mixing. Take out as much as needed; roll or pat out on floured board (or shape with hands) to 1/2 inch thickness. Bake at 400 degrees 'til lightly brown. Will keep for 2 weeks in refrigerator.

CINNAMON BUNS or STICKY BUNS

Alice Zimmerman Heimbach

1 Box Pillsbury Hot Roll Mix

Fix dough according to recipe on box. Shape dough into a ball and according to recipe let dough rest and rise for 5 minutes.

Shape dough for cinnamon buns by rolling dough out with rolling pin - approximately 12 inches wide and 15 inches in length. (Sprinkle flour over surface to prevent stickiness). I put dough on a piece of wax paper and roll it out in a rectangle to about 15 inches in length.

2/3 stick of Fleischman's Oleo 100% Corn Oil
2 Tbsp brown sugar

1 cup light brown sugar
cinnamon (as desired)

Spread oleo on top of dough. Cover with brown sugar. Sprinkle with cinnamon on top. Roll up - jelly roll style and then slice the roll off at about 3/4 inch each. Grease two 8 inch square pans or round cake pans with oleo, and place approximately 2 tablespoons of brown sugar in bottom of pans. (This helps to make them more **STICKY OR GOOEY**). Place slices in pan and let stand until buns rise (almost double in size), about 1 hour. Bake in 350 degree oven, 15 - 20 minutes or until done.

ALICE ZIMMERMAN HEIMBACH is my MOTHER, and this has been MY FAVORITE

DESSERT since I was a child. As a **TOTALLY UNBIASED "Feinschmecher"**, I can verify that **MOM's STICKY BUNS ARE THE GREATEST!!! Thanks Mother!!!**

CINNAMON ROLLS (from scratch)

Verdie Kessler Heimbach

1 small yeast cake
1/4 cup luke warm water
1/4 tsp salt
cinnamon

1 cup scalded milk
6 Tbsp sugar
2 cups flour
2 tsp butter

Mix ingredients. Let raise and add butter. Flour to stiffen. Roll, spread butter, add cinnamon and sugar. Cut in 1 1/4 inch pieces. Raise and bake.

CORN BREAD

Alice Zimmerman Heimbach

1 cup corn meal
1/2 cup granulated sugar
1 cup milk
1/4 cup shortening (1/2 stick Fleischman's oleo
100% corn oil)

1 cup flour
2 level tsp baking powder
1 egg

Mix all ingredients together and bake in an 8 inch square pan at 350 degrees for 25 - 30 minutes. This can also be used to make corn muffins by baking in muffin tins.

CORN PONE

Verdie Kessler Heimbach

1 1/2 cup corn meal
1/2 cup sugar
1/2 tsp salt
1 egg

1/2 cup flour
2 tsp baking powder
1/4 cup shortening
3/4 cup milk

Mix dry ingredients well. Beat egg well and add shortening. Bake in square pan (8 x 8 x 2). Bake for 30 minutes until done. Serve with milk and sugar.

IRISH SODA BREAD

Peggy Brower Sullivan

5 cups flour
1/2 cup shortening
3/4 cup sugar
2 Tbsp caraway seeds
1/2 tsp baking soda

1 egg
2 cups buttermilk
1 1/2 cup raisins
1 Tbsp baking powder
2 tsp salt

Preheat oven to 350 degrees. Soak raisins for 5 minutes in hot water. Mix dry ingredients, add egg to milk and add liquid to dry ingredients. Stir with wooden spoon until arm is tired. Separate dough and bake on cookie sheets for 45 minutes at 350 degrees.

POTATO BUNS

Betsy Kratzer Heimbach

5 eggs
1 cup sugar
2 pkg. yeast in water
2 cups mashed potatoes

3/4 cup cooking oil
1 pt. lukewarm water
1 Tbsp. salt
8 cups bread flour

Dissolve yeast in lukewarm water. Add eggs beaten beforehand and make sure they are not cold. Stir in sugar, salt and oil, then add the potatoes and flour until the dough is pliable. Cover and let rise to double in size. Knead dough and shape into desired size for individual servings, place on baking pans and cover with clean towel and allow to rise to double in size. Bake at 350 degrees for approximately 30 minutes. For a crispy crust, brush with oil, or milk or egg whites that are beaten frothy. This will make quite a few buns.

BREAD PUDDING #1

Alice Zimmerman Heimbach

3-4 cups soft bread crumbs
1/4 cup butter
2 eggs
1/2 cup seedless raisins

2 cups milk
1/2 cup sugar
1/4 tsp cinnamon

Place bread crumbs (4 cups for firmer pudding) in 1 1/2 Quart baking dish. Blend in milk (scalded) with butter, sugar, eggs (slightly beaten), cinnamon and raisins. Place baking dish in pan of hot water - 1" deep. Bake until silver knife comes out clean. Serve warm.

BREAD PUDDING #2

Lisa Nye Alcala

8 slices day old bread
3 eggs
1/2 cup sugar

oleo
2 cups milk
1/2 cup raisins

Spread **both** sides of bread slices with oleo. Lay them out in a pan (8 x 8), overlapping. Mix eggs with milk, add sugar and pour over bread. Sprinkle raisins over top and bake for 30 - 40 minutes at 350 degrees.

WAFFLES

2 cups flour
1 tsp baking powder
1 3/4 cup milk

Sandra Heimbach Roush

3 Tbsp sugar
2 eggs (separated)
4 Tbsp butter

Sift dry ingredients, add egg yolks and milk slowly until batter is smooth. Then add melted butter and fold in stiff egg whites. Spoon onto hot waffle iron and cook until done... light brown and slightly crispy.

4. VEGETABLES

BAKED BEANS

Vivien Aumiller Boop

2 cans (40 oz) Great Northern Beans
or 1 lb dry beans (optional)
3/4 bottle Heinz ketchup
1/2 lb fried bacon

1/2 cup brown sugar
1 tsp dry mustard
1 tsp salt

Combine ingredients and bake at 325 degrees for 1 1/2 to 2 hours.

HOT BEAN CASSEROLE

Naomi Nale Schneck

1 can lima beans
1 can kidney beans, drained
1 can pork n beans

1 can green beans
2 onions
8 slices, fried, diced bacon

Sauce:

1 cup brown sugar
1/2 cup vinegar

1 tsp mustard

Chop onions, as desired. Mix beans and place in casserole. Heat sauce mixture for 20 minutes and pour over beans. Bake at 350 degrees for one hour.

BEAN POT PIE

Elizabeth Sauer Mitchell

1 large can Great Northern Beans
1 loaf frozen bread

1 potato sliced thin
1 lb bacon or ham

Place beans in large baking pan. Add sliced potato to beans. Thaw bread and cube and place on top of beans. Cut bacon or ham into small pieces and place between dough and let rise. Bake for about 1 hour at 375 degrees. Number of servings depends on the size of can of beans.

MOTHER'S PICKLED BEETS

Doris Heimbaugh Berger

Cook, cool & peel beets. Cover with pickling syrup:

1 cup sugar
1 cup beet juice or water

1 cup vinegar

Mix together and boil for 10 minutes. Pour boiling syrup over beets and seal.

BROCCOLI-RICE CASSEROLE

Bette Stover Keith

2 boxes, frozen chopped broccoli (thawed)
1 can, cream of mushroom soup (undiluted)
1/2 cup chopped celery

1 cup minute rice
1 jar, 8 oz cheese whiz
1/2 cup chopped onion

Mix all ingredients thoroughly. Before baking, grate cheddar cheese on top - as much as you like. (If you don't want the extra fat and calories, omit the grated cheese.) Bake at 350 degrees for 40 minutes.

STRING BEANS AND CHEESE CASSEROLE Sandra Heimbach Roush

1 qt stringbeans
3 Tbsp flour
1/2 tsp salt
2 slices bread, cubed
1 1/2 cup milk

1/2 stick margarine/butter
2 Tbsp onion
1/4 tsp pepper
1 cup Velveeta cheese

Cook beans until tender. Melt butter. Add flour, onion, salt, pepper, milk and cheese. Cook until a little thick. Pour over beans. Melt butter over bread cubes and place on top of beans mixture. Bake at 375 degrees for 30 minutes. Serves 6 - 8.

RED CABBAGE

Donna Jamison Heimbach

4 cups (approx 1 med head) shredded red cabbage
1 small onion, sliced
1 or 2 whole cloves, or pinch powdered cloves
1/4 cup vinegar (red wine)
1/2 cup red wine

1 apple (peeled & sliced)
2 - 4 Tbsp sugar or apple jelly
2 Tbsp butter
1 Tbsp flour or 1/2 Tbsp cornstarch

Melt butter. Add apple and onion and cook until soft. Add cabbage, stir to blend. Add

vinegar, sugar or jelly, cloves and wine. You may substitute apple juice for red wine, if you desire. Cover and cook until cabbage is tender... approximately 12 minutes. Thicken the sauce with flour and cornstarch, first adding a little of the liquid with flour. Summer until sauce is smooth. 4 servings. Donna and I were first exposed to red cabbage, or ROTKOHL, while we were living in Germany, in the early 1960s. It is especially good with a pork roast, Wiener-schnitzel, pork chops, potato dumplings, or scalloped potatoes.

FRIED CABBAGE

1 sm head of cabbage
2 tart apples
2-3 Tbsp brown sugar

Edith Scholl Musser

medium onion
2-3 Tbsp margarine
2 Tbsp lemon juice

In large frying pan add margarine, cabbage, onion and lemon juice. Fry till cabbage starts to get brown. Then add apples and brown sugar. Simmer till apples are soft - about 5 minutes.

BAKED CORN

2 cups corn (fresh/frozen)
2 Tbsp sugar
2 eggs

Dorothy Herman Heimbach

1 Tbsp margarine/butter
2 Tbsp flour

Separate eggs & beat yolks. mix with sugar flour, & margarine. Mix with corn. Salt & pepper to taste.

Add milk to cover corn. Beat egg whites to make stiff. Fold into corn. Bake at 350 degrees for approximately 1 hour (til nice brown appearance). Serves 4 - 6.

SCALLOPED CORN

crackers
2 eggs
1 Tbsp butter

Verdie Kessler Heimbach

corn
2 Tbsp powdered sugar
salt & pepper to taste

Put crackers in dish & crush them, then corn. So on until your dish is full. Mix eggs, sugar, butter and salt & pepper and pour mixture over crackers and corn. Bake.

POTATO DUMPLINGS

D'Aracy Heimbach Erb

4 cups flour
2 1/2 tsp baking powder
1 cup milk

2 tsp salt
2 eggs

Enough for 12 dumplings. Inside of dumplings: mashed potatoes, salt, pepper, butter. Cook in salt water for 12 minutes. Fry in butter and lard. Add milk to fryings for gravy.

CORN FRITTERS

1 cup ground corn
1/2 tsp salt
1 tsp baking powder
1 egg well beaten

Verdie Kessler Heimbach

1 1/4 cups milk
1/2 tsp sugar
1/2 cup flour

Add milk to ground corn and let stand for one half hour or longer. Add salt and other ingredients. Fry golden brown.

EGG PLANT PARMESAN

2 medium egg plants,
peeled & sliced about 1/2 inch thick
1 jar (16 oz) spaghetti sauce

Lisa Nye Alcala

1 pkg (8 oz) mozzarella cheese
Parmesan cheese

Grease a 9 x 13 pan. Saute sliced eggplant in skillet and place in the greased pan in layers with both cheeses between layers. Pour spaghetti sauce over the whole mess and top with a little of the cheeses. Bake at 350 degrees for 30 minutes.

WILTED LETTUCE

1 head lettuce, broken up
1/4 cup vinegar
1/4 cup canned milk **OR** cream

Donna Heimbaugh Shaver

6-8 pieces bacon
2 eggs
1/4 cup sugar

Fry bacon and crumble. Pour off most of bacon grease and add vinegar to remaining grease. Beat eggs with milk or cream, and add to grease and vinegar. Add sugar, salt and pepper to taste. Pour over prepared lettuce, toss and serve. Eat warm. Dandelion greens, endive, spinach, or leaf lettuce may be used.

I can still remember my Dad, Alvin Heimbaugh, filling his plate with plain boiled potatoes

and then piling Wilted Lettuce over all and then digging in. I don't remember what we originally had on the side, but today I like to serve cottage cheese and applebutter or apple sauce.

WILTED LETTUCE #2

Doris Heimbaugh Berger

1 head lettuce
1 egg
1/2 cup vinegar

1/2 lb bacon
1/2 cup sugar

Chop lettuce in large bowl and set aside. Dice bacon and brown. In another bowl, beat together egg, sugar and vinegar. Add to hot bacon (undrained). Stir until hot & pour over lettuce. Very good served with boiled potatoes and pork.

POTATOE POT PIE

Edgar Allen Heimbach

3/4 cup mashed potatoes
flour

1 egg

Stir in flour, enough to stiffen to roll. Roll dough out until thin. Cut and cook in broth 15 minutes or until tender.

SPECIAL MASHED TATERS

Lisa Nye Alcala

8 medium potatoes, cooked & mashed
1 pkg (4 oz) french onion dip
parmesan cheese

1 pkg (3 oz) cream cheese
2 Tbsp chives

Mix the whole lot together with a beater. Put it in a buttered casserole dish and sprinkle with parmesan cheese. Bake at 350 degrees for 20 - 25 minutes.

5. MAIN DISHES

BEEF POT ROAST

Donna Jamison Heimbach

4 - 5 lbs bone-in arm beef roast
1 pkg Lipton onion-mushroom soup mix
1 tsp nutmeg
3 cups water
onions
cabbage (optional)

2 Tbsp cornstarch
pepper to taste
1 Tbsp garlic powder
potatos
carrots

Place roast in covered roast pan. Add soup mix, pepper, nutmeg and garlic to top of roast. Add water, cover and bake 2-3 hours, or until beef is tender. Check every hour and baste.

Peel carrots, potatoes and onions. Cook in water. Add salt prior to serving. Save liquid. When roast is done, add cooked vegetables to roast. Add some of the liquid from the vegetables and thicken with cornstarch mixture (2-3 Tbsp thinned with water).

RING BOLOGNA

Betsy Kratzer Heimbach

4 lbs hamburg
2 Tbsp liquid smoke
2 tsp garlic powder

1/4 cup tender quick
3/4 tsp pepper

Combine meat and tender quick and refrigerate overnight. Next day add remaining ingredients and mix well. Mold into 4 sticks. Place on broiler pan and put in oven. Bake at 225 degrees for 4 hours.

SMOKED RING BOLOGNA

Robert Edgar Heimbach

15 lbs meat
2 Tbsp saltpeter or meat cure
2 tsp red pepper flakes
1 1/2 tsp oregano seed

6 Tbsp salt
1 1/2 tsp mustard seed
2 tsp black pepper

Dissolve meat cure, and salt in 1 pint of water. Add pepper, mustard seed and oregano

seed to meat and cook for 30 min in water at 170 degrees. Stuff meat in beef casing (using sausage stuffer) and form to ring size desired. Tie ends together. Hang from suspended broomstick or pipe in smokehouse. Smoke for approximately 5 hours in smokehouse.

BREAKFAST TREAT

Lisa Nye Alcalá

2 cups milk
1 lb sausage, browned & drained
1 cup cheddar cheese, grated
7 slices bread, cubed

6 eggs
1 tsp salt
1 tsp mustard

Mix together and bake at 350 degrees for 45 minutes.

BRUNCH CASSEROLE

Irene Terwilliger Nye

8 hardcooked eggs
3 Tbsp mayonnaise
1 pkg (10 oz) frozen broccoli

3 Tbsp sour cream
2 Tbsp salad mustard
1 pkg English Muffins

Split eggs, remove and mash yolks, mixing yolks with sour cream, mayo and salad mustard. Put yolks back into whites. Place deviled eggs in casserole with broccoli (thawed).

Mix:

1 can cream mushroom soup
1 soup can grated cheddar cheese

1/3 cup chopped onion
1 cup sour cream

Pour mixture over eggs and broccoli. Bake at 350 degrees for 30 minutes or until very bubbly. Broccoli will be tender and crisp. Serve with English Muffins.

TOM'S WORLD FAMOUS BBQ CHICKEN

Thomas Dean Heimbach

Favorite kind of chicken
salt
garlic powder

BBQ sauce
pepper

Fire up your grill with Kingsford charcoal, if you have it. Prepare your favorite type of

chicken (white or dark) by washing and removing the skin... Tom indicates that chicken skin has tons of cholesterol in it, so BEWARE!!! Sprinkle salt, pepper and garlic powder on the chicken. When grill is hot, grill chicken for approximately 10 minutes a side, flipping every 5 minutes. When chicken is about done, apply your favorite BBQ sauce (I like to combine KRAFT and another dark brand like KC MASTERPIECE or BULLSEYE (if you like smoky and hot)). Continue grilling for a couple minutes per side, checking chicken often so the BBQ sauce does not burn.

CREAMY BAKED CHICKEN BREASTS

Bette Stover Keith

4 whole chicken breasts - split, skinned and boned
1 can (10 3/4 oz) can, cream of chicken soup
melted
1 cup herb-seasoned stuffing mix
(Pepperidge Farm cornbread stuffing)

8 (4 x 4) slices swiss cheese
1/4 cup, butter or margarine,

Arrange chicken in a lightly greased baking dish (13 x 9 x 2). Top with sliced cheese. Spoon soup (undiluted) evenly over chicken, and sprinkle with stuffing mix - drizzle melted butter over crumbs (use more butter if you need it). Bake at 350 degrees for 45 -55 minutes. Yield: 8 servings.

CHICKEN NOODLE CASSEROLE

Nora Elvesta Bowersox

1 cup cream of celery soup
1 1/2 cups chicken
1/2 cup cooked peas

1/2 cup milk
2 cups cooked noodles
3 Tbsp. bread crumbs

In 1 1/2 quart casserole, blend soup and milk. Stir in chicken, noodles and peas. Season to taste with minced onion and chopped parsley. Top with crumbs. Bake at 350 degrees for 30 minutes.

CHICKEN DIVAN

Melissa Heimbach Beachel

2 10 oz package frozen broccoli
3 chicken breasts - cooked and boned
2 cans cream of chicken soup
1/2 cup soft bread crumbs
1/2 cup shredded cheddar cheese

1 cup mayonnaise
1 tsp lemon juice
1/2 tsp curry powder
1 Tbsp melted butter

Cook broccoli until tender. Arrange stalks in 9 x 13 inch greased baking dish. Place chicken on top. Combine soup, mayo, lemon juice, and curry powder - pour over. Sprinkle on cheese. Combine crumbs and butter, and sprinkle over entire dish. Bake at 350 degrees for 25 - 30 minutes.

CHICKEN JEWEL

Lisa Nye Alcala

1 chicken, cooked, boned and cut into pieces
1 can cream of chicken soup
1/2 can of water

1 1/2 cups finely grated cheese
1 can cream of mushroom soup
1 can of tomatoes (chopped)

Put chicken in 9 x 13 pan. Cover chicken with 1 chopped onion and grated cheese. In saucepan, mix soups, water and tomatoes.

Sprinkle a small package of taco flavored corn chips over the chicken and onions. Pour the soup mixture over it all and bake at 350 degrees for 30 minutes.

POT PIE DOUGH

**Grandma Heimbach &
Debi Heimbach Reichenbach**

3 cups flour
1 tsp baking powder
1 cup & enough water to work into rollable dough.

1 tsp salt
1/2 cup lard

Cut into squares. Cook with chicken, onions, potatoes, & parsley flakes.

GRANDMA TIRZAH'S DUMPLINGS

Debi Heimbach Reichenbach

Sift together: 1 1/2 cups flour
1 Tbsp baking powder

1/2 tsp salt

Add 3/4 cup milk 3 Tbsp melted fat

Stir until flour is moist. Drop by spoonfuls into boiling liquid. Steam 5 - 10 minutes (covered). Makes 6 servings.

Use with sauerkraut, stewed chicken or beef stew.

SAUERKRAUT AND DUMPLINGS

2 cups flour
7/8 cup milk
1 egg

Verdie Kessler Heimbach

3 tsp baking powder
1/4 tsp salt

Drop by spoon full, cover kettle and boil gently for 1/2 hour. Be sure you have plenty of broth.

HAM LOAF

1/2 cup chopped onion
1/4 cup tapioca
1/2 cup milk

Sharon Spalding Heimbach

2/3 cup cracker crumbs
1 egg
2 lbs. ham loaf mixture

Glaze:

1/2 cup brown sugar
2 Tbsp fruit juice

1/2 tsp dry mustard

Bake at 350 degrees for 1 1/2 hours. Glaze during last 30 minutes.

HAM LOAF #2

Betsy Kratzer Heimbach

Ham loaf mixture:

2 lbs ham (or pork) & beef mixture
pepper to taste
1 - 2 cups bread crumbs

salt to taste
2 eggs
1 cup milk

Glaze to baste:

1/8 tsp dry mustard
1/2 cup brown sugar

1/2 cup water
1/2 of 1/4 cup vinegar

Mix ham loaf mixture ingredients and bake at 350 degrees for 2 hours, basting with glaze mixture.

HAM LOAF #3

Naomi Nale Schneck

Loaf:

1 lb ground ham
1 cup bread crumbs
1/4 cup tomato juice

1 lb ground pork
2 eggs in cup of milk

Sauce:

1/2 cup vinegar
1 cup brown sugar

1 cup water
1 tsp dry mustard

Mix loaf ingredients and form into a loaf. Bring the sauce to a boil and pour over the loaf. Bake at 350 degrees for two hours. Baste every 20 minutes.

COMPANY HAMBURG

Lisa Nye Alcala

1 lb ground beef
1 sliced onion
1/4 cup chopped green pepper
1 tsp Worcestershire sauce
2 Tbsp shortening
1 cup chopped celery
1/4 cup cheddar cheese cubes

1 tsp salt
1 cup green beans
2 cans (# 2) tomatoes
1 pkg (8 oz) noodles
1/4 tsp pepper
1 cup grated raw carrot
1 cup water

Brown meat in shortening in heavy dish. Add remaining ingredients and mix thoroughly. Cover and cook slowly for one hour.

HAMBURG ROLL

Edith Scholl Musser

Meat Mix:

1 lb hamburger
1 tsp pepper
1 beef bouillon cube
2 Tbsp flour

1 small onion
1 tsp salt
approx 1 cup water

Fry hamburger, then add onion, salt pepper and dried mustard. Mix the bouillon cube in 1/2 cup water and add to mixture. Simmer 10 minutes. Mix in 2 Tbsp flour. Add water and stir til thick.

Biscuit Dough:

2 cups flour
1/2 tsp poultry seasoning
3/4 cup milk

1 tsp salt
1/4 cup shortening
1/2 tsp dried mustard

Roll dough out like you would a pie crust. Then spread hamburger mixture and roll up like a Jelly Roll. Put in baking dish and bake for 30 minutes at 425 degrees. This is very delicious.

HUNGRY JACK

Lisa Nye Alcala

1 lb ground beef
1 can (16 oz) pork & beans
2 Tbsp brown sugar
1 can biscuits

1 tsp salt
3/4 cup barbecue sauce
1 Tbsp minced onion
1 cup shredded cheese

Brown meat and drain. Stir in remaining ingredients (less biscuits and cheese). Heat until bubbly and pour into a 2 quart casserole. Cut biscuits in halves to form 20 half circles. Place cut side down around edge of casserole and sprinkle with cheese. Bake at 375 degrees for 25 - 30 minutes or until the biscuits are browned.

PANTRY SHELF JAMBALAYA

Hattie Gemberling Cooley

2 cans (5 oz each) shrimp
1 can (3 or 4 oz) mushrooms
1 can (10 1/2 oz) condensed bouillon
(or substitute couple of cubes)
1/2 cup diced green pepper
1/2 tsp sugar
1 cup uncooked rice

1 can deviled ham (4+oz)
1 can (1 lb) tomatoes
1/4 cup butter or margarine
1/4 cup onion (chopped)
1/2 cup chopped celery
1/2 tsp chili powder
1 can (8 oz) peas, drained

Melt butter in skillet, add onion, green pepper and celery. Cook until onion is tender but not brown. Add deviled ham and drained shrimp. Drain mushrooms and tomatoes. Measure liquids and bouillon and water to make 2 cups. Add to skillet with seasonings. Add rice, cover. Simmer 15 min. Top with tomatoes, peas and mushrooms. Cover and simmer until rice is tender. Toss lightly before serving. Makes 6 servings. This recipe is plenty for 2 people.

NOODLES BUDAPEST

Lisa Nye Alcala

1 lb bulk sausage
8 cups finely shredded cabbage
1 red cooking apple, diced
8 oz medium noodles

1/2 cup water
1 tsp salt
dash pepper

Brown sausage, stirring to separate into small pieces. Add cabbage, apple, water, salt and pepper. Cover and simmer until cabbage is just "tender crisp", about 10 minutes. Meanwhile, cook noodles as directed on package and drain. Add noodles to cabbage and sausage and mix well. Heat all together a minute or two.

BREAKFAST PIZZA

Lisa Nye Alcala

1 lb bulk sausage
1 cup thawed hash browns
5 beaten eggs
2 Tbsp Parmesan cheese
1 tsp pepper

1 pkg crescent rolls
1 cup shredded sharp cheese
1/4 cup milk
1 Tbsp salt

Brown sausage and drain. Place separate rolls on ungreased 12 inch pizza pan. Spread with fingers until bottom of pan is covered and rim is formed. Spoon on sausage and sprinkle with hash browns. Top with sharp cheese. Beat eggs with milk, salt and pepper. Pour over mixture in pan. Sprinkle with Parmesan. Bake at 375 degrees for about 30 minutes.

BARBACUED PORK CHOPS

Donna Heimbaugh Shaver

Pork chops
1 quart (4 cups) sauerkraut
1 tsp sugar

1/4 cup catsup
1/2 cup onions

Brown pork chops. Add onions (chopped), sauerkraut and other ingredients. Simmer 25 minutes, put in casserole, bake 20 minutes at 350 degrees.

PORK CHOP CASSEROLE

Naomi Nale Schneck

1 box Uncle Ben's long grain and wild rice
1 can, chinese mixed vegetables, drained
pork chops, as desired

1 can cream of mushroom soup
1 1/4 cup water
dash salt and pepper

Put all ingredients into casserole dish and mix. Put pork chops on top, adding dash salt and pepper. Bake at 350 degrees for one hour and 20 minutes. Serve with chinese noodles and soy sauce. (Chicken breasts can be substituted for variation).

GOLDEN RICE CASSEROLE

1 lb ground beef
2 cups water
1 cup uncooked rice
1/2 cup chopped green peppers (optional)

Betsy Kratzer Heimbach

1/4 cup onion, chopped
1 tsp salt
2 large carrots, shredded
1/4 - 1/2 lb cooking cheese

Brown meat and drain. Add remaining ingredients, except cheese. Cover and simmer for 30 minutes. Add cheese and heat until cheese is melted.

RICE PIZZA

Shell:

3 cups cooked rice
1 cup grated cheese

Helen Hassinger Knause

2 eggs, beaten

Topping:

16 oz tomato sauce
1/2 tsp basil
2 Tbsp grated parmesan cheese

1/2 tsp oregano
1/2 tsp garlic salt
1 cup grated cheese

Mix shell ingredients and pat in a 12 inch pizza pan. Mix topping ingredients and spread over shell. Bake for 20 minutes at 400 degrees.

GERMAN SKILLET

1 lb sausage of hamburger

Lisa Nye Alcalá

1 Tbsp oleo

1 can (14 oz) sauerkraut (undrained)
1 medium grated onion
1 can (8 oz) tomato sauce

2/3 cup uncooked white rice
1/4 tsp pepper

Brown meat. Add seasoning and onion in oleo. Add sauerkraut and sprinkle rice over top. Pour tomato sauce over mixture. Cook over low heat for about 25 - 30 minutes.

GERMAN SKILLET DINNER

1 lb ground beef
1 can (16 oz) sauerkraut, undrained
1/2 cup rice
2 cans (2 - 8 oz) tomato sauce
grated cheese

Doris Heimbaugh Berger

1 Tbsp margarine
1/2 cup chopped onion
1 1/4 tsp salt
1/4 tsp pepper

Melt margarine. Spread sauerkraut evenly over skillet. Sprinkle with rice then onion. Top with ground beef, salt, pepper and tomato sauce. Cover with cheese (optional). Cover and cook over low heat for 25 - 30 minutes.

SQUASH (STUFFED)

D'Aracy Heimbach Erb

Wash squash and cut in half.
Stuff squash with meat prepared as for a meat loaf.
Cover the meat and squash with spaghetti sauce.

Bake at 350 degrees until squash is soft. Sprinkle shredded cheese on the top of squash and put back in oven for cheese to melt.

STEAK AND ONION PIE

Betsy Kratzer Heimbach

Filling:
1 cup sliced onions

1 lb steak, cut in small pieces

2 cups raw diced potatoes
2 tsp salt
dash ginger
1/4 cup flour
1/8 tsp pepper

1/4 cup Spry
1/2 tsp paprika
dash allspice
2 1/2 cups boiling water
peas and carrots (optional)

Cook onions slowly in melted Spry until yellow. Remove onions. Roll meat in mixture of flour, seasonings and spices. Brown. Add boiling water, cover and simmer until meat is tender (about 1 hour). Add potatoes and cook 10 minutes longer. Pour simmered meat mixture into an 8 inch Spry coated casserole. Lay cooked onions on top.

Pastry:

1 1/4 cups sifted, all-purpose flour
7 Tbsp Spry

1/2 tsp salt
3 Tbsp cold water (approx)

Sift flour and salt together. Add 1/2 of Spry to flour. Cut in until mixture looks like meal. Add remaining Spry and continue cutting until particles are size of a small pea. Sprinkle water gradually over mixture with a fork. Work lightly together until a dough is formed. Roll dough into a circle 1/4 inch thick. Place pastry over the meat mixture in the casserole and fit pastry over top and seal edge. Trim pastry 1 inch larger than pan and turn edge back. Flute rim. Cut a few slits for steam to escape. Bake at 450 degrees for 25 minutes.

TOM'S GRILLED STEAK

Thomas Dean Heimbach

Favorite steaks
pepper

salt
garlic powder

Fire up grill with Kingsford, if you have it. Pick a lean Ribeye or Delmonico. Sprinkle with salt, pepper and garlic powder on both sides. When grill is HOT, grill steak for 7 - 10 minutes for Med Rare, 8 - 12 minutes for Med, and 12+ minutes for Well Done.

SHIPWRECK STEW

Lisa Nye Alcalá

2 medium onions
2 cups sliced potatoes
1 can (large) kidney beans

1 cup diced celery
1 lb ground beef
1/2 cup rice

Tomato juice (to cover)

Slice onions on bottom of Dutch oven. Layer potatoes, beef, kidney beans and rice. Sprinkle with chili powder, salt and pepper. Bake about 2 hours (or until potatoes are done) at 350 degrees.

HOT TUNA CHEESE BUNS

Lisa Nye Alcala

1 can (6 1/2 oz) tuna
4 hard cooked eggs
2 Tbsp pickle relish
6 slices cheese

1/2 cup celery, diced
6 sandwich buns
1/3 cup mayonnaise

Combine tuna, celery, eggs, relish and mayonnaise. Spread tuna mixture on bottom half of buns and cover each with a cheese slice. Add top half of bun and wrap each sandwich in a piece of foil. Bake at 350 degrees for 15 - 20 minutes.

CRUNCHY TURKEY SUPREME

Naomi Nale Schneck

2 cups cut-up cooked turkey
2 cups chopped celery
1 can (8 oz) sliced water chestnuts
1 can (10 3/4 oz) cream of chicken soup
dash salt

2 cups rice
1 jar (8 oz) pimento, sliced
2 tsp lemon juice
3/4 cup mayo or salad dressing
dash pepper

Topping:

1 cup corn flakes crumbs

two Tbsp butter (melted)

Prepare rice according to package directions. Gently stir all ingredients together and spread into a greased 13 x 9 inch baking pan or shallow casserole. Toss corn flake crumbs with butter and sprinkle atop casserole mixture. Bake at 375 degrees for 35 minutes. Makes 8 to 10 servings. This is a good way to use left-over turkey.

MOTHER NYE'S YAMAZETTI

Lisa Nye Alcala

2 lbs fresh ground pork
1 lb bag of noodles
1 lb cheddar cheese, grated

2 medium onions, diced
1 can (12 oz) tomato puree

Brown pork and onions in skillet. Pour off fat. Cook noodles until barely tender and drain. Add tomato puree to noodles. Add pork and onions. Mix well. Add cheddar cheese and mix lightly. Put into 2 greased casseroles or 1 large greased pan. Bake for 2 hours at 300 degrees.

YUM-A-SETTA

2 lbs hamburger
little bit of brown sugar
1 can tomato soup
1 pkg (16 oz) egg noodles

Lisa Nye Alcala

salt & pepper
1/4 chopped onion
1 can cream of chicken soup
8 oz processed cheese, thinly sliced

Brown meat with salt and pepper, brown sugar and onion. Add the tomato soup. Cook noodles and drain. Add the cream of chicken soup to the noodles. Layer the hamburger mix and noodle mix in a casserole, with the cheese between each layer. Bake at 350 degrees for 30 minutes.

6. JAMS & JELLIES / PICKLES & RELISHES

APPLE BUTTER IN THE OVEN

**Edgar Allen Heimbach and
Mary Smith Heimbach**

2 qt apple sauce
3 cups white sugar
1- 2 tsp cinnamon

1 pint apple cider
1/2 cups cider vinegar

Mix all ingredients together and bake at 350 degrees. Stir every 30 minutes until thick.

GRAPE BUTTER

Verdie Kessler Heimbach

2 tins of grapes

2 tins of sugar

The key is equality of each ingredient. Obviously, grandmother knew how much a "tin" contained. Cook 20 minutes, put through colander and it's done. (NO water at all). To every tin of grapes, add the same amount of sugar. For big batches of butter.

STRAWBERRIE JAM

Verdie Kessler Heimbach

7 cups sugar

4 cups crushed berries

Boil 10 minutes. Take off heat. Add 1 1/2 tsp powdered alum.

STRAWBERRY FREEZER JAM

Alice Zimmerman Heimbach

3 cups crushed ripe strawberries
1 pkg of regular Sure-jell

5 cups granulated sugar
3/4 cup water

Crush the berries and add sugar. Stir thoroughly and let set for 10 minutes. Mix water and Sure-jell and boil for 1 1/2 minutes. Stir this hot liquid into the crushed berries and sugar mixture. Stir for 3 minutes. Put in jelly jars. Let set overnight and then freeze. This will keep in a refrigerator for a week or two, if you do not want to freeze it all.

QUINCE JELLY

Doris Heimbaugh Berger

10 - 12 quince fruit

sugar (as stated)

Wash the fruit and cut each into two. Be sure it isn't wormy. Put in a kettle and cover with water. Boil for about two hours. Pour into a sieve with a cloth laid in to assure that no seeds are pressed through. For each cup of liquid, add 1 cup sugar. Bring to a boil, stirring constantly. Boil hard for 20 minutes, stirring constantly. Remove from heat, skim off foam and pour into glasses. Cover, when cool, with 1/8 inch hot paraffin.

CRANBERRY RELISH

Terry Lee Vander Slik

1 bag of cranberries
1/2 cup water
1 can (#2) crushed pineapple
1 cup diced celery

1 cup sugar
1 pkg cherry Jello
1 cup chopped nut meats

Cook the cranberries, sugar and water until cranberries are done. Stir through. Add the can of pineapple, juice and all. Add the celery and nut meats. Mix all together and place in refrigerator so it can set a little. Keeps in the refrigerator for days. I have used 303 can of cranberry sauce instead of cooking the berries and it works out just great.

PEPPER CABBAGE

Nora Elvesta Bowersox

Medium head cabbage
2 - 3 peppers

2 - 3 carrots

Shred above ingredients and mix well together.

2 cups sugar
1 cup water

1 cup vinegar

Bring to a boil until sugar dissolves. Add salt, pepper, and celery. Salt to your taste. Pour over cabbage mixture.

PEPPER CABBAGE #2

Vivien Aumiller Boop

2 cups finely shredded cabbage
1 tsp salt
1 tsp celery seed (optional)
1/4 cup chopped peppers

1 cup sugar
1/4 cup water
1/4 cup vinegar

FREEZER PICKLES

Terry Lee Vander Slik

6 cups sliced cucumbers
1 cup sliced green peppers

1 cup sliced onions
1 Tbsp salt

Cover cucumbers, onions and peppers with ice water (with ice cubes). Add salt and stir. Let soak for 2 hours and drain.

1 1/2 cup vinegar
1 Tbsp celery seed

2 cups sugar

Mix vinegar, sugar and celery seed and bring to a boil. Mix into cucumber mixture and let stand for 20 minutes. Pack in freezer boxed and freeze.

ICED GREEN LIME PICKLES

Dorothy Herman Heimbach

8 lbs. large pickles
2 gallons cold water

3 cups garden lime

Syrup for pickles:

1 Tbsp. salt
3 pts. vinegar
1 tsp allspice
1 tsp celery seed

5 lbs sugar
1 tsp cloves
1 tsp cinnamon

Mix garden lime in cold water. Remove skins from pickles and cut in chunks or thick slices. Soak pickles in lime water for 24 hours. Drain and soak in clear water for 12 hours (change water every hour for 4 times, then soak 8 hours). Stir carefully so they won't break. Add green cake color to make pickles green. A variation of red cake coloring would make interesting combinations for Christmas.

Put spices in a bag to keep pickles from turning dark. Bring to a boil and pour over pickles. Let stand overnight. Next morning boil all (pickles and syrup) together for 1 hour.

Place in canning jars while hot.

TOMATO RELISH

Dorothy Herman Heimbach

8 cups green tomatoes
1 cup mangos (green peppers)
 adding red and yellow adds color to mix
1 tsp celery seed
1 tsp cinnamon

2 cups onions
3 cups sugar
2 cups vinegar
1 tsp tumeric

Chop tomatoes, onions and mangos to desired size (fine or coarse). Boil 20 minutes. Put in jars, and seal.

BREAD AND BUTTER PICKLES

Alma Miller Heimbach

8 cups sliced cucumbers
4 or more mangos (green peppers)

2 cups sliced onions

Slice cucumbers, mangos and onions as desired. Salt and let stand one hour.

Dressing

2 cups vinegar
2 tsp celery seed

3 cups sugar
2 tsp tumeric

Add to cucumbers, mangos and onions and boil for 20 minutes. Put in jars and seal. Alternatively, buy "Bread and Butter" mix at local grocery, e.g. Weis Markets in Central Pennsylvania. This mix generally contains everything except sugar and vinegar.

EASY SWEET PICKLES

Doris Heimbaugh Berger

12 lbs cucumbers

1 cup pickling salt

Slice cucumbers about 1/4 inch thick. Sprinkle with pickling salt. Cover with boiling water, let stand overnight. Drain and rinse with cold water. Drain. Cover with the following:

2 - 3 qts vinegar
6 Tbsp mustard seed (whole)

9 Tbsp sugar
3 tsp celery seed (whole)

3 Tbsp mixed spices

1 Tbsp powdered alum

Let stand 24 hours. Then add 3 cups sugar. Stir. Repeat, adding 3 cups of sugar for 5 mornings... 18 cups of sugar in all.

Make in stone jar. No need to seal. Pickles stay crisp and fresh all winter.

SALAD DRESSING

Large

4 Tbsp onions
4 tsp salt
2 cups sugar
2 cups Wesson oil
1 cup vinegar
1 1/3 cup catsup
2 tsp paprika
one lemon juice

Mix well.

Doris Heimbaugh Berger

Small

1 Tbsp onions
1 tsp salt
1 cup sugar
1 cup Wesson oil
1/2 cup vinegar
2/3 cup catsup
1 tsp paprika
one lemon juice

SANDWICH SPREAD

3 green tomatoes
3 colored mangoes (bell peppers)
2 tsp salt
1 cup sweet pickle relish

Grind the vegetables, sprinkle salt over and let stand for 10 minutes.

1 1/2 cup vinegar
4 Tbsp flour

Doris Heimbaugh Berger

3 large carrots
1 large bunch celery
1 qt Miracle Whip

2 cups white sugar
1 cup mustard

Combine flour and sugar and mix well. Next add mustard, then vinegar. Bring to boil. Add vegetables. Cook 20 minutes. Add sweet pickle relish. Let stand until cold. Add Miracle Whip. Can and cold pack 15 - 20 minutes in rolling boil. Good on Hot Dogs, fried potatoes or meat of your choice.

7. DESSERTS

APPLE CRISP

Dorothy Herman Heimbach

Apples & Juice:

3/4 cup sugar
1 Tbsp. flour
1/8 tsp. salt (pinch)
1/2 tsp cinnamon
2 cups apples

Topping:

1/2 cup oatmeal
1/2 cup brown sugar
1/2 cup flour
1/4 cup butter (1/2 stick)
1/8 tsp. baking soda
1/8 tsp. baking powder

Butter pan and place apples in pan. Mix dry ingredients and sprinkle over apples. Cover with topping and bake at 375 degrees for 35 - 40 minutes.

APPLE DUMPLINGS

Edith Scholl Musser

6 Apples

Peel apples, core and cut in half. Prepare dough and syrup.

Dough:

2 cups flour
2 tsp baking powder
1/2 cup milk

1 tsp salt
3/4 cup shortening

Prepare dough as you would pie dough.

Syrup:

2 cups sugar
1 tsp vanilla
1/4 cup butter

2 cups water
1/4 tsp cinnamon

Mix ingredients and cook syrup for 5 minutes.

Divide dough in half and place one half dough on bottom of pan (may be rolled out). Place apples on dough, then pour syrup over apples. Top with remaining dough and bake at 350 degrees until apples are tender. These are very good.

CHERRY NUT SLICES

Martha Hassinger Wentzel

1 3/4 cups flour
1/2 tsp salt
1/2 tsp cinnamon
1/4 tsp baking soda
1 cup (8 oz) chopped candied cherries

3/4 cup butter
1/2 cup brown sugar
1/2 tsp vanilla
2 Tbsp milk
3/4 cup chopped walnuts

Mix ingredients. Roll into 2 logs and wrap in wax paper and put in the freezer for 2 hours. Cut into thin slices and bake at 350 degrees for 10 minutes.

CHERRY SURPRISE

Hattie Gemberling Cooley

1 pkg white Jiffy cake mix
3/4 cup melted butter or margarine
1/2 cup chopped nuts

1 can Comstock tart cherries
1/2 cup coconut

Pour cherries into 11 x 7 ungreased baking dish. Sprinkle dry cake mix over cherries. Top with melted butter and sprinkle with coconut and nuts. Bake one hour at 350 degrees or until done. Check often.

CHERRY COBBLER

Hattie Gemberling Cooley

2 cups pitted sour cherries
1 cup water
1/2 Tbsp butter
1 pkg shortcake dough

1 cup sugar
1 Tbsp cornstarch
1/2 tsp cinnamon

Heat cherries, sugar and water. Blend cornstarch (dissolved in 1 Tbsp cold water), and cook 5 minutes. Pour into 8 inch buttered baking dish, and dot with butter and sprinkle with cinnamon. Let cool while making crust.

Use recipe for shortcake dough. Drop spoonfuls over cherries, or alternately roll to fit the top of dish. Bake 25 to 30 minutes at approximately 400 degrees.

Substitute raspberries, blueberries, blackberries or apples for alternate flavors. Use less sugar (approximately half) for the berries.

DIRT DESSERT

Melissa Heimbach Beachel

- | | |
|--|---------------------|
| 2 3 oz. vanilla instant pudding | 1 8 oz cream cheese |
| 1 16 oz cool whip | 1 tsp vanilla |
| 1 stick margarine | 1 pkg Oreo cookies |
| 1 pkg Gummie Worms
(optional... Gummie Bears would work too!) | |

Serve in a clean flower pot with a clean flower inserted into the dirt.

HELLO DOLLIES

Alice Zimmerman Heimbach

- | | |
|--|---------------------------------|
| 1 stick oleo (less a little) | 1 1/4 cup graham cracker crumbs |
| 1 cup coconut (angel flake) | 1 cup chocolate bits (Nestles) |
| 1 cup English walnuts
- coarsely chopped (6 oz pkg) | 1 can Borden's Eagle Brand Milk |

Melt butter and add crumbs. Add other ingredients in layers. Add Borden's Milk. Bake about 15 minutes, turn oven off and let set a few minutes yet.

Praline variation: Substitute butterscotch chips for chocolate chips and pecans for walnuts.

ORANGE DELIGHT

Evelyn Heimbach Wonders

- | | |
|------------------------------|-------------------------------|
| 1 pkg (12 oz) cottage cheese | 1 pkg (small) orange jello |
| 1 small (9 oz) Cool Whip | 1 can (4 oz) Mandarin Oranges |

Drain oranges. Fold jello into cottage cheese, until jello dissolves. Add mandarin oranges and fold Cool Whip until thoroughly mixed. Chill in refrigerator until firm. Serve.

PINK ARTIC FREEZE

Donna Jamison Heimbach

- | | |
|----------------------------------|-------------------------|
| 2 pkg (3 oz) cream cheese | 2 Tbsp mayonnaise |
| 1 can whole cranberry sauce | 2 Tbsp sugar |
| 1 can (9 oz) pineapple (drained) | 1/2 cup chopped walnuts |
| 1 cup whipping cream | |

Soften cheese. Blend in mayonnaise and sugar. Add fruits and nuts. Fold in whipped cream and pour into loaf pan (8 1/2 x 4 1/2 x 2 1/2). Freeze.

APPLE POT PIE

3 cups flour
3/4 cup shortening
6 large apples (2 lb)
1 Tbsp cinnamon
1 cup boiling water

Leatha Arnold Archer

3/4 tsp salt
7 or 8 Tbsp cold water
3/4 cup sugar
1/4 cup butter or oleo

Sift flour and salt together. Cut in shortening until size of peas. Gradually sprinkle water over mixture, mixing lightly after each addition; add only enough to hold it together. Roll out one-half the pastry and cut in 2 inch squares. Wash, pare and core apples; cut into eights. Arrange alternate layers of apples and pastry squares in a heavy sauce pan, sprinkling each layer generously with mixture of sugar and cinnamon; end with layer of pastry. Dot top with butter. Pour in boiling water, cover tightly and cook over high heat just until boiling. Reduce to low and continue cooking until apples are tender, about 25 minutes. Serve warm with milk and enjoy!

BLUE RIBBON APPLE PIE

Dorothy Herman Heimbach

Crust:

2 cups flour

1/2 cup shortening (Crisco)

Blend ingredients and add enough water to roll it.

Filling (for 9" pie dish):

6 large apples
1 tsp cinnamon

1/2 cup sugar
2 Tbsp tapioca

Bake til crust is brown (about 1/2 hour) at 375 - 400 degrees.

This apple pie is appropriately named since it won the Blue Ribbon in 1990 at Union County's West End County Fair. Many of us knew that Dorothy's pies are OUTSTANDING, but it was sure nice to have some outsiders concur that she makes the BEST APPLE PIE IN UNION COUNTY. CONGRATULATIONS, DOROTHY!!!

COUNTRY CREAM PIE

Marjorie Heimbaugh Kutz Frank

1 unbaked pie shell (9 inch)
1 can (#2) peach pie filling (2 1/2 cups)
1 cup firmly packed light brown sugar

1 cup dairy sour cream
3/4 tsp. salt
3 egg yolks well beaten

Fill unbaked pie shell with peach filling. Blend together sour cream, brown sugar and salt. Blend in egg yolks. Pour sour cream mixture over peach pie filling.

Bake at 425 degrees for 10 minutes. Reduce temperature to 350 and continue baking for 40 minutes. Sour cream topping will be nicely but not set at end of baking time. Chill completely.

**Marjorie won 1st prize at a pie baking contest with this recipe.
CONGRATULATIONS MARJORIE!!!**

CRUMB PIE

Verdie Kessler Heimbach

3 cups flour
1/2 cup lard
1 cup boiling water

1 cup sugar
pinch of salt
1 tsp soda

Stir in boiling water and mix. Save crumbs for top.

BUTTERMILK PIE

Donna Heimbaugh Shaver

3 Tbsp flour
1/2 cup butter oleo
3 eggs (separated)
1 Tbsp lemon juice
2 cups buttermilk

1 cup sugar
1/2 tsp salt
1 tsp vanilla
1 tsp lemon rind

Beat egg whites until stiff. Cream butter, sugar, and add egg yolks, one at a time. Add flour, salt, flavoring, then add buttermilk. Fold in egg whites and pour into unbaked pie crust. Bake for 45 minutes at 375 degrees.

PIE CRUST

Verdie Kessler Heimbach

1 lb (2 cups) shortening
2 oz salt
1 qt milk

3 lb (6 cups) flour
2 oz sugar

Fold together. If not damp enough, add water.

SALAD OIL PIE CRUSTS

DONNA HEIMBAUGH SHAVER

1 Crust:

1 cup and 2 Tbsp flour
1/3 cup oil

1/2 tsp salt
2 Tbsp water

2 Crusts:

1 3/4 cup flour
1/2 cup oil

1 tsp salt
3 Tbsp water

3 Crusts:

3 1/2 cup flour
1 cup oil

2 tsp salt
6 Tbsp water

Consider using a little less salt. Mix with spoon, and roll out between waxed paper. Use as pie crust as desired.

DOUGHNUTS

Verdie Kessler Heimbach & Nora Elvesta Bowersox

2 eggs beaten light
1 cup buttermilk (or sour or scalded)
1 tsp soda
Flour to make soft dough

1 cup sugar
4 Tbsp. shortening
1 pinch salt

Fry in hot lard. This was mom's (Verdie Heimbach) recipe from a Mrs. Berger.
Aunt Nora Bowersox

EGG CUSTARD

Verdie Kessler Heimbach

2 eggs for each pie

1 Tbsp sugar

(3 eggs for large pie)
vanilla

2 1/2 cup milk

ELDERBERRY MERINGUE PIE

**Lulu Matter Heimbaugh
& Joyce Ann Heimbaugh**

1 pie crust
1 Tbsp vinegar
1 cup sugar

2 egg whites
dash salt
1 1/2 cups elderberries

Put crust in pan, put dots of butter in crust. Beat egg whites stiff. Add vinegar, salt, and sugar. Mix well. Roll in elderberries. Bake in moderate oven until done.

This recipe was my Aunt Lulu's.

GRAHAM CRACKER PIE

Verdie Kessler Heimbach

10 double graham crackers (crushed)
butter, size of a Hickory nut

1 Tbsp sugar
pinch of baking powder

Moisten with milk until wet enough to pat in pie pan. Fill graham cracker shell with corn starch. Top with meringue. Top with cracker's crumbs. Bake in slow oven.

LEMON TART PIES

Nora Catherine Reich

Dough:

1 cup granulated sugar
1/2 cup shortening
1 tsp (heaping) baking powder

1 egg
1/2 cup milk
flour

Beat sugar, egg and shortening together. Add milk (sweet or buttermilk). Add baking powder and enough flour to make stiff.

Juice:

1 egg
1 1/2 cup granulated sugar

1 lemon
3 cups boiling water

3 Tbsp corn starch
1 tsp vanilla

1 pinch salt
butter

Grate 1 lemon around rind and inside pulp. Beat with egg and sugar. Add boiling water and corn starch. Add pinch of salt. Boil to thicken. Add vanilla and butter size of butter.

For alternate juice you may use 2 boxes of My-T-Fine lemon juice and follow the directions.

Line 3 pie pans with dough, keeping a small amount (to put stripes over juice). Pour juice on dough. Cover with stripes of dough. Bake at 350 degrees for 20 to 25 minutes.

This was Grandma Nora Heimbach Royer's recipe.

MONTGOMERY PIE

Dorothy Herman Heimbach

Dough:

1 cup water
2 cups white sugar
3 cups all-purpose flour

2 eggs
3 tsp. baking powder
1/2 cup lard or Crisco

Mix well; pour into 3 unbaked 9 inch pie shells

Liquid Filling:

1 cup white sugar
1 cup water
1 tsp vanilla or lemon

1 egg
1 cup King Syrup

Mix well; pour on top of dough mixture. Bake these pies at 350 degrees for 45 minutes.

Verdie Kessler Heimbach variation on this recipe suggests addition of lemon flavoring. Though grandma did not specify how much lemon, other recipes of this "Pennsylvania Dutch" recipe suggest the juice (and if desired, the rind) of one lemon.

For the past 15 years, my family has been blessed by sharing Thanksgiving day dinner in the home of my cousin Robert Edgar Heimbach and his wife Dorothy. Their son, Kenneth Robert, claims this pie as his personal favorite.

PIE CRUMBS

Alma Miller Heimbach

1 cup oatmeal
1 cup brown sugar

1 cup flour
1/2 cup butter or mayonnaise

1/8 tsp salt

Mix ingredients until even consistency and mixture is consistency of crumbs. Add to top of favorite fruit pie (cherry, blueberry, apple, etc.)

SHOO-FLY PIE

Nora Elvesta Bowersox

For the Crumb part:

1/4 cup shortening
1 1/2 cups flour

1 cup brown sugar

Work the ingredients together.

For the Liquid part:

3/4 cup Molasses, King Syrup,
or just plain molasses
1/8 tsp ginger
1/8 tsp cloves

1/4 tsp baking soda
1/8 tsp nutmeg
1/8 tsp cinnamon
1/4 tsp salt

Mix well together and add hot water into an unbaked pie shell, combine crumbs and liquid in alternate layers with crumbs on the bottom and top. Bake 15 minutes at 450 degrees, then 20 minutes at 350.

MOLASSES CRUMB PIE

Verdie Kessler Heimbach

For the liquid part:

1/2 cup molasses
1/2 tsp soda dissolved in 3/4 cup boiling water

1 egg yolk beaten

For the crumb part:

3/4 cup flour
1/4 tsp salt
1/2 tsp cinnamon
1/4 tsp ginger

1/2 cup brown sugar
2 Tbsp shortening
1/4 tsp cloves

Combine dry ingredients. Work in shortening. Alternate crumbs, pour liquid in pie shell.

PECAN PIE

Alice Zimmerman Heimbach

1 cup granulated sugar
1/4 cup oleo, melted (1/2 stick)

3/4 cup corn syrup
3 eggs, large, well beaten

1 tsp vanilla

1 cup pecans

Mix white and dark syrup to make 3/4 cup. Beat eggs in bowl and add sugar, syrup and melted butter. Then add vanilla and pecans. Pour in pie shell and bake at 350 degrees for about 45 to 50 minutes, or until done.

PINEAPPLE MERINGUE PIE

Verdie Kessler Heimbach

2 cups crushed pineapple
(undrained)
1 tsp grated lemon peel

1 Tbsp corn starch
1/2 cup sugar
1 Tbsp butter

Meringue:

2 eggs (separated)

1/4 cup sugar

Combine pineapple, sugar, lemon peel, and corn starch in sauce pan over a slow fire. Cook until clear and thick. Beat egg yolks, add to hot mixture and cook 1 minute longer. Cool. Put in pie shell. Put meringue on top. Brown.

PUMPKIN ICE CREAM PIE

Rae Cunningham Heimbach

CRUST:

1 1/4 cup Graham Cracker crumbs
1/3 cup melted margarine

1/4 cup sugar

Combine all ingredients. Press mixture firmly on bottom and sides of a 9 inch pie plate. Bake at 375 degrees for 6 - 8 minutes. Let cool.

FILLING:

1 pint vanilla ice cream
1/2 cup sugar
1 tsp cinnamon
1 tsp vanilla

2 cups pumpkin
1/2 tsp salt
1 tsp cloves

Mix pumpkin, sugar, spices and vanilla. Fold mixture into ice cream which has been softened. Pour into pie crust. Cover and freeze for 4 hours before serving.

SLICED PUMPKIN PIE

Dough for two 9 inch crusts (top & bottom)
3 cups sliced raw pumpkin
4 Tbsp honey or maple syrup
2 Tbsp water

Helen Hassinger Knause

2 Tbsp flour
1/2 cup brown sugar
1 tsp cinnamon
butter

Line pie pan with dough. Add pumpkin, piling it high in the middle. Mix other ingredients and pour over pumpkin. Dot with butter. Cover with top crust and slit the crust. Bake at 400 degrees for 30 minutes. Reduce heat and bake at 375 degrees for another 20 minutes.

RAISIN NUT PIE

1 pie shell (9 in), unbaked
1/2 cup butter or margarine, softened
1/4 sweetened condensed milk
1 cup raisins

Marjorie Heimbaugh Kutz Frank

1 cup sugar
1 tsp. vanilla
1 cup chopped nuts
2 egg beaten

Partially bake pie shell at 425 degrees for 7 minutes.

Cream sugar and butter. Stir in sweetened milk, vanilla, walnuts, raisins and eggs. Pour into pie shell. Bake at 325 degrees for one hour or until knife inserted into center comes out clean.

RHUBARB CUSTARD PIE

1 unbaked pie crust
2 eggs
1/2 cup milk

Alice Zimmerman Heimbach

rhubarb
1 cup sugar

Fill pie crust to the top (almost) with washed and cut rhubarb. Blend eggs and sugar in a bowl. Add 1/2 cup milk (blended in eggs and sugar) and pour over rhubarb. Bake at 350 degrees for an hour or until custard is set... DELICIOUS!!!

STRAWBERRY PIE

1 (3 oz) pkg Strawberry Jello
2 Tbsp corn starch (just rounded, not heaping)

Alice Zimmerman Heimbach

1 cup granulated sugar
1 cup warm water

1 qt fresh strawberries

Cool Whip, as desired

Mix or blend Jello, sugar and water. Cook on medium heat and stir constantly. Bring to a boil and cook about 2 or 3 minutes. Let cool. When cool, add fresh strawberries, mixing gently. Place berry mixture in a baked pie shell. Refrigerate. Add Cool Whip, when served.

ENGLISH PUDDING

Frank

6 cups flour
3 cups sweet milk
2 lbs. raisins (sticky seeded ones)
2 tsp. cinnamon
1 tsp. nutmeg

**Grandmother Ada Alice Tea
& Marjorie Heimbaugh Kutz**

6 tsp. baking powder
2 cups ground suet
1 cup molasses
1 tsp. cloves
1 tsp. salt

Put in bag and cook in water three hours.

This is an "old recipe" handed down from Marjorie's Grandmother Ada Alice Tea.

GRANDMA HEIMBACH'S PIE DOUGH

3 cups flour
1 tsp salt
1 tsp vinegar

Debi Heimbach Reichenbach

1 cup shortening
1 egg
1/2 cup water

Mix above ingredients to make crumbs. Next break egg in a cup and beat it. Add vinegar. Add water to make 1/2 cup, mix in with crumbs.

MOTHER'S LEMON PIE

5 cups water
2 lemons, grate rind & juice

Verdie Kessler Heimbach

4 eggs
2 1/2 cups bread crumbs

pinch of salt

Sugar to sweeten. Bake with two crusts. Makes 3 nice pies or 4. Do not cook lemon mixture on top of stove.

LEMON SPONGE

1/4 cup melted butter
1 cup sugar
juice and rind of 1 lemon
3 egg whites beaten stiff

Verdie Kessler Heimbach

3 Tbsp flour
3 slightly beaten egg yolks
2 cups milk

Mix butter, flour and sugar. Add egg yolks, lemon and rind. Fold in egg whites. This makes 2 nine inch pies.

PUMPKIN ROLL

Cake Ingredients:

3 eggs
1 tsp soda
3/4 cup flour

1 cup sugar
2/3 cup pumpkin
1/2 tsp cinnamon

Alice Zimmerman Heimbach

Combine all ingredients. Grease wax paper and line cookie sheet or jelly roll pan. Spread mixture into pan. Bake 15 minutes at 375 degrees. Let cool. Spread filling on cake and roll up like a jelly roll.

Cake Filling Ingredients:

2 Tbsp margarine/butter
3/4 tsp vanilla

1 cup 10X sugar (sifted)
8 oz cream cheese

Mix all ingredients until smooth. Spread onto cake and roll up as directed above. Wrap in plastic wrap and foil and refrigerate. **KEEP IN REFRIGERATOR!**

SLUSH

1 medium can frozen orange juice
2 cans crushed pineapple & juice
2 cups sugar

Betsy Kratzer Heimbach

1/2 cup lemon juice
3 cups water
3 or 4 bananas (diced)

1 jar (10 oz) maraschino cherries (drained)

Mix together and put in freezer until slushy.

CHOCOLATE VANILLA WAFER DESSERT

Lisa Nye Alcala

1/2 cup & 2 Tbsp powdered cocoa
(bitter)

5 eggs separated

1/2 pt whipped cream

2 cups sugar

3/4 cup milk

7 oz Cool Whip

20 oz vanilla wafers

(broken into quarters)

Boil cocoa, sugar and milk until dissolved, stirring constantly about 2 minutes. Break egg yolks and add to hot mixture and cook over low heat about 1 minute or until it thickens. Let cool. Then beat cream until it's whipped. Beat egg whites until stiff. Mix the Cool Whip and whipped cream with the cocoa mixture, then mix in the stiff egg whites. Blend it all well and pour over the broken vanilla wafers in a 9 x 12 pan. Blend a little and chill.

Note: This recipe requires an oversize mixing bowl.

8. CAKES & COOKIES

BANANA CAKE

1 1/2 cup sugar
2 egg yolks
4 Tbsp. sour milk
1/2 tsp salt

**Verdie Kessler Heimbach
& Nora Elvesta Bowersox**

2/3 cup shortening
3 ripe bananas crushed fine
1 tsp soda
2 cups flour

Combine sugar and shortening, then add egg yolks. Mix in remaining ingredients and add egg whites/beaten stiff. Mixture will be quite thick. Bake in loaf pan. Ice as desired.

Verdie Heimbach is Editor/compiler's grandmother, deceased in 1960. Though she wasn't able to directly supply the recipe, her daughter, my Aunt Nora Bowersox, contributed this recipe. The remaining recipes attributed to Verdie were contributed by Verdie's daughter-in-law, Sarah Stitely Heimbach. Verdie worked for many years as a cook in several restaurants in the Lewisburg, PA area. She was renowned for her desserts, but especially her pies. Aficionados of her pies came from miles around to partake of the results of her baking skills.

You will notice that many of Verdie's recipes have only the ingredients, with no instructions for assembly. She obviously knew how to put the ingredients together and how to bake it. Her small "cooking notebook", from which I've extracted these recipes was not meant for sharing with others. Nonetheless, I'm pleased to share these recipes since it means that they will not be lost to other grandchildren.

CHOCOLATE CAKE

2 cups shortening
1 cup sour milk
2 cups flour
1/2 cup cocoa or 2 squares chocolate

Verdie Kessler Heimbach

1 1/2 cups sugar
2 eggs
1 tsp soda in vinegar
little salt and vanilla

COFFEE CAKE

Linda Heimbach Edwards

2 1/2 cups flour
1 1/2 cups brown sugar (light)
1 cup buttermilk

1/2 cup butter
1 tsp baking soda

Crumb flour, butter and brown sugar with pastry blender, and reserve 1 cup crumbs. Add baking soda and buttermilk to remaining mixture and mix well. Pour in greased and floured 9 x 13 pan. Top with reserved crumbs. Bake at 350 degrees for about 45 minutes (time with watchful eye). **DO NOT SUBSTITUTE** any other milk for buttermilk. I mix this up by hand. It is so simple and delicious.

This was Pappy's favorite Coffee Cake and Grandma often made this especially for him. I think it is better when doubled.

CRUMB CAKE

Leatha Arnold Archer

2 cups brown sugar
1/2 cup butter
1 tsp soda

3 cups flour
1 tsp vanilla
1 cup buttermilk or sour milk

Combine brown sugar, flour and butter with pastry blender. Take out one cup of crumbs. Dissolve soda in milk and vanilla. Mix in remaining ingredients. Put crumbs on top. Bake at 350 for 30 to 35 minutes.

Leatha feels sure that this recipe goes back in the Heimbach family at least as far as Jennie Bell Heimbach Freed (1878-1941) since at least two of her daughters had it. Leatha's grandmother, Hattie Ella Freed Arnold, baked this cake and sent it to her by mail when she was at Heidelberg College in Tiffin Ohio.

DEVIL FOOD CAKE

Verdie Kessler Heimbach

2 cup brown sugar
1 tsp soda
1 cup sour milk
2 cups flour
a pinch salt

1/2 cup cocoa
1/2 cup melted lard
1 cup sour milk
1/2 cup hot water

Mix cocoa and soda. Stir hot water and add flour. Beat well. Add Vanilla. Bake.

SWEDISH ORANGE CAKE

Donna Jamison Heimbach

1/2 cup butter
2 eggs, well beaten
nutmeats (if desired)
3/4 tsp soda in 2 cups of flour
Rind of 1 orange, ground fine

1 cup sugar
1 cup sour milk
1 cup ground raisins
pinch salt

Mix these ingredients for cake and put in oven as it begins to heat to 375 degrees. Bake about 40 minutes to one hour.

Icing:

juice of one orange

1/2 cup sugar

Mix icing ingredients and let stand while cake is baking. Pour over cake as soon as it is taken from oven.

PUMPKIN ROLL CAKE

Betsy Kratzer Heimbach

3 eggs
2/3 cup mashed pumpkin
1 tsp ginger
1/2 tsp salt

1 cup sugar
2 tsp cinnamon
1/2 tsp nutmeg

Beat eggs for 5 min. Add sugar and stir in pumpkin, cinnamon, ginger, nutmeg and salt.

Add:

3/4 cup flour
1/2 tsp soda

1 tsp baking powder

Bake on cookie sheet, 350 degrees for about 15 - 20 minutes. Turn out on a tea towel. Roll up, rolling towel in to start. Let cool for 45 minutes, and unroll. Put filling on and reroll.

Filling:

1 cup 10X sugar
2 Tbsp butter

2 pkgs 3 oz cream cheese
1/2 tsp vanilla

Mix until smooth.

HAWAIIAN WEDDING CAKE

Dorothy Herman Heimbach

1 yellow cake mix	1 can (medium) crushed
pineapple	
1 pkg (8 oz) cream cheese	2 boxes instant coconut pudding
2 1/2 cups milk	1 container cool whip
2 handful coconut	

Bake yellow cake mix in 9 x 13 inch pan and cool. When cool, pour crushed pineapple over top (juice and all). Mix cream cheese with both boxes instant coconut pudding and milk. Pour over pineapple. Top with cool whip and sprinkle coconut over the top. Store in refrigerator.

HEIMBACH SHOO FLY CAKE

Debi Heimbach Reichenbach

4 cups flour
2 cups brown sugar
1 cup shortening

Mix and save 1/2 cup for topping.

In another bowl, put 2 cups warm water. Add 1 cup grandmother's molasses & 2 tsp baking soda dissolved in a little hot water. Pour into crumbs and put the 1/2 cup crumbs on top. Bake at 350 degrees for 25 - 30 minutes

SHOOFLY CAKE (VARIATION)

**Evelyn Heimbach Wonders &
Alma Miller Heimbach**

4 cups flour
1 cup oil

2 cups sugar

Mix the above until it forms crumbs. Take out 1 cup full and set aside. To the remainder add:

1 cup baking molasses (Brer Rabbit mild)	1 tsp baking soda
2 cups hot water.	

Mix thoroughly and put in long greased and floured pan. Sprinkle the cup full of crumbs over the top. Bake in oven at 350 degrees for 45 minutes.

SOUR CREAM RING

Leatha Arnold Archer

1/4 lb oleo
2 eggs
2 cups flour
1/2 tsp baking powder

1 cup sugar
1/2 pint sour cream
1 tsp soda
1 tsp vanilla

Cream oleo and sugar. Add eggs and sour cream. Sift and add flour, soda and baking powder; mix after each addition. Add vanilla.

Topping:

1/2 cup sugar
1 tsp cinnamon

1/2 cup broken nuts
1 tsp nutmeg

Grease and flour angelfood cake pan, add 1/2 the batter. Sprinkle on 1/2 topping. Repeat. With silver knife, twist around batter to marbelize. Bake at 375 for 40 to 45 minutes. Cool in pan 20 minutes before removing.

For 27 years, the family has enjoyed it for breakfast every holiday, birthday and other special days, including when Tim was on his honeymoon in 1989!

CRUMB CAKE

Alice Zimmerman Heimbach

1/2 cup butter
2 cups flour
2 tsp baking powder
1/4 tsp salt

2 cups brown sugar
2 eggs (well beaten)
2/3 cup sweet milk
1 tsp vanilla

Mix butter, flour, baking powder and salt. Add brown sugar and mix thoroughly. Put aside 1/2 cup of this mixture. To the remainder, add eggs, milk and vanilla. Sprinkle 1/2 cup crumbs over batter in pan. Bake in shallow pan in moderate oven.

MOTHER NYE'S CRUMB CAKE

Lisa Nye Alcala

1/2 cup oleo
2 cups flour

1 1/2 cup brown sugar

Cut oleo into flour and sugar until it's like small peas. Remove one cup and set aside.

Add:

1 egg
1 tsp soda

1 cup buttermilk

Add to rest of crumbs. Pour into a 9 x 13 pan. Sprinkle with one cup reserved crumbs. Bake at 350 degrees for 30 - 40 minutes.

This recipe was from my grandma Florence Romig Nye's collection.

MOTHER NYE'S PRUNE CAKE

Lisa Nye Alcala

1 cup chopped prunes
3 eggs
1 tsp soda
1 tsp nutmeg
1 cup buttermilk
1 tsp vanilla

1 cup oil
2 cups flour
1 tsp cinnamon
1 tsp allspice
1 1/2 cup white sugar

Sift flour, soda, cinnamon, nutmeg and allspice together. Blend sugar and oil. Add eggs. Beat well. Blend in dry ingredients with buttermilk and prunes. Pour into 9 x 13 inch greased and floured pan. Bake at 350 degrees for 45 minutes.

Sauce:

1 cup white sugar
1/2 tsp soda
1/4 cup margarine

1/2 cup buttermilk
1 Tbsp corn syrup
1 tsp vanilla

Cook to soft ball. Pour while hot on hot cake, poking holes in cake so sauce soaks in and glazes cake.

RAISIN CAKE

Alice Zimmerman Heimbach

2 cups brown sugar
1/2 cup shortening
1 egg
1 cup raisin juice
1 tsp baking soda

3 cups flour
1 tsp cinnamon
1/4 tsp allspice
1/4 tsp cloves
2 cups raisins

Cream shortening and brown sugar. Add the egg, mixing thoroughly. Add the flour with the spices (cinnamon, allspice and cloves), alternately with the raisin juice, then add the

raisins.

Place in long (13" x 9") cake pan previously greased and sprinkled with flour. Bake at 350 degrees until done (approximately 50 minutes).

ROMIG SUET PUDDING

Lisa Nye Alcala

1 cup chopped suet
1 cup molasses
1 tsp soda
1 tsp cinnamon

1 cup raisins
1 cup sweet milk
1 tsp ground cloves

Steam in covered can 2 hours. Serve with sauce made of brown sugar, butter and a little flour to thicken. Add boiling water. Cook 2 minutes. Add 1 tsp vanilla.

COLD WATER SPONGE

Verdie Kessler Heimbach

3 eggs
2 cups flour
10 or 12 Tbsp water

1 1/2 cups sugar
2 tsp baking powder

HOT MILK SPONGE CAKE

Verdie Kessler Heimbach

3 eggs
1 cup hot milk
2 1/2 cups flour

2 cups sugar
3 tsp baking powder

Mix milk and flour at one time.

Icing:

1 cup sugar
cocoa
Butter.

1 cup milk
2 tsp vanilla

Boil.

RED VELVET CAKE

Doris Heimbaugh Berger

1 1/2 cups sugar
2 eggs
1 oz red food coloring
2 1/2 cups sifted cake flour
2 Tbsp vinegar

1/2 cup Crisco
2 Tbsp cocoa
1 oz water
1 tsp baking soda
1 tsp vanilla

Cream sugar, crisco and eggs (beaten well). Add cocoa, food coloring and water. Add cake flour and baking soda. Add buttermilk and vinegar (mixed) and vanilla. Bake 25 to 30 minutes at 350 degrees.

WALDORF ASTORIA CAKE

1 1/2 cups sugar
2 eggs
1 oz red food coloring
2 1/2 cups sifted cake flour
1 cup buttermilk
1 tsp vanilla

Doris Heimbaugh Berger

1/2 cup crisco
2 Tbsp cocoa
1 oz water
1 tsp baking soda
2 Tbsp vinegar

Cream sugar, crisco and well beaten eggs. Add cocoa, food coloring and water. Add flour, baking soda, buttermilk, vinegar and vanilla. Bake for 25 - 30 minutes at 350 degrees.

Icing:

1 cup milk

1 cup cake flour

Make a paste. Cook until thick and cool. Place in refrigerator. Then using:

1/2 cup butter
1 cup sugar
pinch of salt

1/2 cup spray
1 tsp vanilla

Beat until creamy.

BROWN SUGAR ICING

1 cup brown sugar

Tina Boop Heimbach

4 Tbsp butter

1/4 tsp salt
1 1/2 cup powdered sugar

1/4 cup milk

In sauce pan, combine brown sugar, butter, salt and milk and boil 3 minutes. Cool slightly and add powdered sugar until smooth enough to spread.

CANDY ICING

Sandra Heimbach Roush

8 regular size Hershey bars
with almonds

1 pint cream
1 tsp sugar

Grind candy bars fine. Mix all ingredients thoroughly. Spread over cake. Prefer over Angel Food Cake.

CREAMY CARAMEL ICING

Verdie Kessler Heimbach

1 cup brown sugar
1/3 cup cream
1/4 tsp vanilla

1 Tbsp butter
powdered sugar

Bring to a boil for 1 minute. Remove from fire, cool. Add powdered sugar to make right consistency for spreading. Add vanilla.

CREAMY ICING

Doris Heimbaugh Berger

1 cup milk
1/2 cup butter
1 cup sugar
pinch of salt

1/2 cup cake flour
1/2 cup Spry
1 tsp vanilla

Make a paste of milk and flour and cook until thick. Cool in refrigerator. Beat remaining ingredients with cooled paste until creamy.

FUDGE ICING

Verdie Kessler Heimbach

2 or 3 squares unsweetened
chocolate (2 or 3 ounces)

5 Tbsp milk
1/4 tsp salt

2 cup sifted confectioner's sugar

1 tsp vanilla

Heat together chocolate, shortening, and milk. Blend in sugar, salt and vanilla. Stir until thick enough to spread.

MARSHMALLOW ICING

2 egg whites
3/4 cup Karo syrup
1 1/4 tsp vanilla

Verdie Kessler Heimbach

1/4 cup sugar
1/4 tsp salt

NO BOIL ICING

1/4 tsp salt
1/4 cup gran sugar or
brown sugar

Tina Boop Heimbach

1 - 2 egg whites
3/4 cup corn syrup
1 tsp vanilla

Beat egg whites, salt. Slowly add sugar until stiff and fluffy. Slowly add syrup. Continue beating until icing stands to soft peaks. Fold in vanilla.

For variety, add 2 Tbsp cocoa, or 1 Tbsp orange rind or lemon rind, or add flaked coconut to frosted cake.

WHITE ICING

1 egg white
dash salt

Verdie Kessler Heimbach

1 cup confectioner sugar
1/2 tsp vanilla

Beat egg white until stiff. Add sugar, salt and vanilla. Beat till smooth and glossy.

SPRY FROSTING

2 Tbsp Spry
2 1/2 cups powdered sugar
1/3 cup scalded milk or cream

Verdie Kessler Heimbach

1 Tbsp butter creamed
1 tsp vanilla

POPCORN BALLS

1 cup sugar
1/3 cup water
3/4 tsp salt

Verdie Kessler Heimbach

1/2 cup white syrup
1/4 cup butter or oleo

Cook ingredients till brittle when dropped in cold water. Add vanilla. Pour over 3 quarts of popcorn.

BUBBLES COOKIES

2 1/2 cups sifted flour
3/4 tsp cream of tartar
3/4 cup shortening, half butter/
half oleo

Verdie Kessler Heimbach

3/4 tsp soda
1 1/4 cups sifted powder sugar
1 tsp vanilla
1 egg

Add flour, soda, cream of tartar, cream shortening, sugar till light and fluffy. Add egg. Add mixture thoroughly. Chill. Make balls. press flat with fork or fingers. Put pecan nuts on top, if desired. Bake 8 - 10 minutes at 375 F.

BUTTERSCOTCH COOKIES

4 cups brown sugar
1/2 cup butter or lard
1 Tbsp cream tartar
1 tsp salt
cup any kind of nuts

Verdie Kessler Heimbach

4 eggs
1 Tbsp soda
1 tsp vanilla
6 cups sifted flour

Let stand over nite. Roll in long rolls. Slice 1/4 inch. Bake slow.

SUGAR COOKIES (Super Soft)

2 cups sugar
4 eggs
1 tsp baking powder
1 cup milk

Betsy Kratzer Heimbach

1 cup Crisco
4 cups flour
1 tsp baking soda
1 Tbsp vanilla

Mix sugar and Crisco well. Add eggs one at a time. Stir well after each egg. Add flour, baking powder and soda. Add milk and vanilla. Stir well. Bake 375 degrees.

Drop large tablespoons or make own size. Sprinkle top with sugar. Bake about 15 min. or until golden brown.

BROWN SUGAR COOKIES

1 cup shortening
2 eggs
3 1/2 cups flour
1 tsp salt

Verdie Kessler Heimbach

2 cups brown sugar
1/2 cup buttermilk, or sour milk
1 tsp soda

COCONUT COOKIES

2 cups brown sugar
1/2 tsp salt
1 cup coconut
1/2 tsp cream of tartar
3 1/2 cups flour

Dorothy Herman Heimbach

1 cup shortening
2 eggs
1 tsp vanilla
1 tsp baking soda

Mix ingredients in order listed. Form balls and then tamp into cookie shape. Bake til done (10 - 15 min) at 375 degrees.

DROP COOKIES

2 cup brown sugar
1 egg
1 3/4 cup flour
1/4 cup sour milk

Verdie Kessler Heimbach

1 cup shortening
pinch salt
1/2 tsp soda
vanilla

Drop by spoonful. Bake 15 minutes.

FUDGE OATMEAL COOKIES

2 cups sugar
3 Tbsp cocoa

Dorothy Herman Heimbach

1/2 cup milk
1/4 lb margarine

Combine and cook for 1 minute. Remove from stove. Mix in:

1 tsp vanilla
3 1/2 cup Quick Oats

1/2 cup peanut butter

SUGAR COOKIES

2 cups gran sugar
3/4 cup lard or butter
1/2 tsp soda
3 3/4 cup flour

Verdie Kessler Heimbach

2 eggs
2 tsp baking powder
1 cup buttermilk

PATTERN SUGAR COOKIES

3 cups flour
2 tsp cream of tartar

1 tsp soda
1 tsp salt

Sift the above ingredients together

1 cup sugar
1 tsp vanilla or nutmeg (add to dry ingredients)

3 eggs well beaten

Chill dough. Roll and cut out. Bake on greased cookie sheet at 425 degrees for about 8 minutes. Makes 4 dozen.

These cookies have been a Christmas tradition ever since I can remember. The mixing, cutting out the trees, stars, bells and more is so much fun, and the most fun of all is decorating them with several colors of frosting and colored sugar.

SUE HEIMBACH HIXSON'S COOKIES

2 cups brown sugar
3 eggs
1 tsp vanilla
4 1/2 cups sifted flour

Joyce Ann Heimbach

2/3 cup shortening
1 tsp salt
1 tsp soda

Let stand overnight. Roll very thin and cut.

Filling:

Grind 2 cups seedless raisins. Add 1 cup sugar, 1 heaping tablespoon flour. Cook until thick. Cool before using. Place between cookies. Bake.

This is how this recipe is written in my book. It doesn't give a name, oven temperature or amount. I've never made them, but I have eaten them. I remember when Sue gave the recipe to my mother. They are **VERY GOOD COOKIES**.

CANDY COOKIES

Nora Elvesta Bowersox

2 cups sugar
1/2 cup melted butter or margarine

3 Tbsp cocoa
1/2 cup milk

Combine melted butter, sugar, milk and cocoa in 1 quart class measure or casserole. Microwave 4 to 5 minutes until mixture begins to boil. Stir half way through cooking time. Boil 1 minute.

Add:

1/2 cup peanut butter
3 cups quick cook oatmeal

1 tsp vanilla

Mix completely and drop by teaspoon onto foil. Allow to cool until set. Yields 3 to 4 dozen.

MOLASSES COOKIES

Nora Catherine Reich

1 pint Brer Rabbit baking molasses
pinch of salt

1 Tbsp soda

Combine ingredients and beat till fluffy (will change color to light). Add

1 cup shortening
1 cup milk (sweet, sour or buttermilk)

1 cup brown sugar
flour to make stiff to drop

Beat 1 egg and put over cookies, or sprinkle with granulated sugar. Bake at 350 degrees.

PEANUT BUTTER COOKIES

3 cups sifted flour
1/2 tsp salt
1 cup granulated sugar
2 eggs well beaten
1 cup peanut butter

Verdie Kessler Heimbach

2 tsp soda
1 cup lard
1 cup brown sugar
1 tsp vanilla

Sift flour, soda and salt together. Cream lard, adding sugar gradually. Cream till light and fluffy and add eggs. Add peanut butter and vanilla, combining thoroughly. Blend well. Make small balls, 3/4 inch diameter. Place on cookie sheet and press flat with fork. Bake 12 minutes in 400 degree oven. Makes 4 dozen.

PUMPKIN WHOOPIE PIES

3 cups brown sugar
2 eggs
1 tsp nutmeg
1 tsp vanilla
1 tsp baking powder
4 3/4 cups flour

Betsy Kratzer Heimbach

1 cup oil
1 tsp cinnamon
1 tsp salt
1 tsp soda
2 cups pumpkin

Cream sugar and eggs. Add oil and mix. Add spices and pumpkin. Then add flour. Bake at 375 degrees until done (8 - 10 minutes).

Filling:

2 egg whites (do not beat)
4 Tbsp flour
1 1/2 cups Crisco

2 tsp vanilla
2 (4) Tbsp milk
1 box (4 cups) 10X sugar

Beat Crisco, egg whites, flour, vanilla and milk, then add sugar.

RAISIN SPICE COOKIES

1 cup sifted flour
1/2 tsp salt
1/4 tsp nutmeg
1/2 cup brown sugar
1 egg
2 cups mother's oats (quick)

Verdie Kessler Heimbach

1/2 tsp soda
1 tsp cinnamon
1/2 cup soft shortening
1/4 cup granulated sugar
2 Tbsp milk
1 cup raisins

Drop from teaspoon. Makes 3 1/2 dozen.

GREAT GINGER SNAPS

3/4 cup shortening
1 cup sugar
1 egg
1/4 cup molasses
2 cups sifted flour

Alice Zimmerman Heimbach

1 1/2 tsp soda
1 tsp cloves
1 tsp cinnamon
1 tsp ginger
1/2 cup granulated sugar

Cream shortening, add sugar gradually and cream thoroughly. Add unbeaten egg and molasses and beat until smooth. Sift flour, soda and spices into creamed mixture and stir until thoroughly mixed. Roll dough into 1/2 or 1 inch balls, then roll in granulated sugar. Bake on ungreased cookie sheet for about 15 minutes at 350 degrees. (Makes 45 large or 90 small cookies.)

MOLASSES COOKIES

2 cups brown molasses
1 cup butter or lard
1 tsp cinnamon
1 level tsp soda
8 cups flour

Verdie Kessler Heimbach

1 cup brown sugar
1 cup Butter milk or sour milk
1 tsp ginger
1 salt

Mix soda in molasses and a little salt. Mix flour, not too stiff. Don't roll. Bake drop cookies. Pat. Cover with egg.

SELF-FILLED CUPCAKES

1 pkg chocolate cake mix
(2 layers-size)
1 pkg cream cheese (8 oz), (softened)
1 pkg (16 oz) semi-sweet chocolate bits

Doris Heimbaugh Berger

1/3 cup sugar
1 egg
dash salt

Mix cake according to directions. Fill paper baking cups in muffin pans (2/3 full). Cream the cheese with the sugar, beat in egg and salt. Stir in chocolate bits. Drop rounded

teaspoon cheese mixture into each cupcake. Bake as cake mix directs (25 - 30 minutes).

This makes about 30 cupcakes. Pleasant surprise when you bite into them. Very Good!

SAND TARTS

1 cup butter
3 eggs
1 tsp baking powder

Verdie Kessler Heimbach

1 1/2 cup sugar
1 Tbsp water

Mix above ingredients, and add enough flour to roll out. Sprinkle with sugar & cinnamon. Bake in a hot oven.

WHOOPIE PIES

1 cup Crisco
2 whole eggs AND 2 egg yolks
(save whites for filling)
1 cup cocoa
1 tsp baking powder
1/2 tsp salt

Dorothy Herman Heimbach & Verdie Kessler Heimbach

2 cups sugar
1 cup milk (sour)
1 cup hot water
2 tsp baking soda
4 cups flour

If you don't have sour milk, add 1 Tbsp of vinegar to cup of milk. Mix above ingredients and beat. Bake at 400 degrees for 10 minutes.

Filling:

2 egg whites (do not beat)
4 tsp flour
1 1/2 cup Crisco

2 tsp vanilla
2 Tbsp milk
Add 1 lb of 10X sugar

9. CANDY

BURNT SUGAR CANDY

3 cups granulated sugar
1 cup milk
1 cup nuts (optional)

Norma Storie Potter

4 Tbsp butter
1/2 tsp vanilla

Grease a square pan or pyrex dish with butter. Pour sugar into cast iron skillet and place over medium low heat. Stir constantly with a wooden spoon until sugar is completely melted and about the color of light brown sugar syrup (about 1/2 hour). Do not let the mixture scorch. Heat milk in a separate pan. Pour slowly into skillet with melted sugar. Continue cooking and stirring until the mixture forms a firm ball when dropped into cold water. Add butter, stirring to melt. Remove from heat. Stir in vanilla. Begin beating mixture with wooden spoon until it begins to look dull. Add nuts, if desired. Pour into greased pan. Cool and cut into squares.

This recipe and the PEANUT BUTTER PINWHEELS recipe were used often by my mother during my childhood. I particularly remember these candies being part of the fare around Christmas time.

CRACKER COOKIES

Marjorie Kutz Frank

Ritz crackers

Peanut Butter - smooth or crunchy

Chocolate to melt

(white or colored chocolate can be used)

Spread peanut butter between crackers. Melt chocolate in microwave or double boiler. If chocolate is too thick for dipping, add vegetable oil to thin it, one teaspoon at a time. Use tongs to dip crackers into chocolate. Let some of the chocolate drip off before putting on a sheet of wax paper.

EASTER EGGS

Verdie Kessler Heimbach

1/2 cup white syrup

2 cups sugar

4 Tbsp water

2 egg whites

coconut or peanut butter

Boil 4 minutes, til it forms a soft ball. Beat egg whites with electric mixer. Form eggs and coat with chocolate.

PEANUT BUTTER EGG

Tina Boop Heimbach

3 cups graham crackers crushed/
rolled fine

1 jar (10 oz) peanut butter

1 box (1 lb) powdered sugar

milk to moisten ingredients

Mix all ingredients and shape into egg shapes. Melt chocolate, (add some wax) and dip eggs. Put on wax paper until set.

PEANUT BUTTER PINWHEELS

Norma Storie Potter

1 box confectioner's sugar
1 tsp vanilla

1/2 cup milk
1/4 cup butter

Melt butter and pour into medium sized bowl. Stir in vanilla. Begin adding confectioner's sugar and milk alternately, stirring vigorously to remove any lumps. Form the mixture into a ball, adding as much sugar as needed to acquire the consistency of biscuit dough. Sprinkle confectioner's sugar onto cutting board and roll mixture into a rectangle approximately 1/8" thick. Spread peanut butter to within 1/4" of edges of rectangle. Beginning with the long edge, roll the rectangle into a roll, keeping the peanut butter to the inside. Dip your fingers into the remaining milk and seal the final edge into the roll. Cut into 1/4" wide slices and place on a plate lined with waxed paper. The slices will look like pinwheels.

MASHED POTATO CANDY

Alice Zimmerman Heimbach

2/3 cup mashed potatoes
1 square baking chocolate
1/2 lb coconut (optional)

1 lb 4X sugar
1 tsp vanilla
pinch salt

Melt the square of baking chocolate on medium or low temperature. Add mashed potatoes, 4X sugar, vanilla and salt, mixing thoroughly. When thoroughly mixed, add coconut and mix. Spread in lightly greased pan about 8" x 8". Let cool and cut in squares. Serve.

PEANUT BUTTER FUDGE

Sandra Heimbach Roush

1 pint marshmallow
1 lb powdered sugar

1/2 pint peanut butter
1/2 cup milk

Mix together marshmallow and peanut butter. Put milk and powdered sugar in a small saucepan and bring to a boil. Cook five (5) minutes. Add peanut butter and marshmallow to the milk and sugar mixture. Put in shallow pan or dish. Cool and cut into squares.

HOME MADE MINTS

Betsy Kratzer Heimbach

1 box 10X sugar (except 1/4 cup)
7 drops of oil of peppermint
2 1/2 - 3 Tbsp Pet milk

1/4 cup melted margarine or butter
7 drops of coloring

Combine in 10X sugar, margarine and oil of peppermint in bowl. Mix well with fork until all is moist. Add Pet milk. (Put coloring in milk). Mix with hand until workable. Don't get too moist. Place into mold and remove immediately.

HOLIDAY MIX

Debbie Harber Bower

Boxes of breakfast cereal
Bugles
Cheerios
Kix
Wheat Chex

Pretzels (small snack size)
Log of White Chocolate

Mix cereal and pretzels in large pan or mixing bowl. Melt the white chocolate log in a pan and slowly pour the chocolate over the snack mix, mixing while adding chocolate. Set aside to cool. Serve and enjoy.

SPICED WALNUTS

Barbara Waggy Wikoff

1 lb walnuts
1 egg white, slightly beaten (whisk)
2 tsp cinnamon
1/2 tsp ground cloves

1/2 cup cane sugar
1/2 tsp salt
1 tsp ginger, ground
1/4 tsp Tabasco

Whisk egg white. Pour nuts into bowl and stir until coated with egg white. Combine remaining ingredients. Add to walnuts and stir til well coated. Spread on baking sheet. Bake in 300 degree oven until crisp and dried - about 30 - 40 minutes. Store in tin.

10. SPECIALTIES / MISCELLANEOUS

APPLE BUTTER (per kettle)

Edgar Allen Heimbach

5 bushel cooking apples (Macintosh preferred but Northern Spy is also good)
20 gal cider
10 - 15 lb white granulated sugar
2 - 3 Tbsp cinnamon

Cook and stir apple and cider mixture, mixing in sugar until dissolved. Add cinnamon to taste. Cook for approximately 5 hours, until mixture is thick. Dip and place into containers, seal and store in cool place. Can be placed in plastic (tupperware) containers and stored (frozen) for years. If not frozen, life is not as long since no artificial preservatives are added.

In 1983 the cost for one "Apple Butter Boiling" of two (2) kettles was \$100.54. This included \$10.00 for the hardwood (oak) to cook the mixture. (Hardwood is necessary to obtain the type of fire required to properly cook the mixture) This recipe made approximately 8 - 9 gallons of apple butter per kettle, for a total of 16 - 18 gallons. This was then sold for \$8.00 per gallon (\$2.00 per quart). As you can see, this was not a "money making" proposition. In 1991 in the central Pennsylvania area, apple butter was selling for \$16.00 per gallon (\$4.00 per quart).

MEAT PREPARATION:

The following specialty recipes are derived from a generations old practice of family meat preparation, known as butchering. The following descriptions were provided by my uncle, Edgar Allen Heimbach, for many years the "Head Butcher" within the family. At the annual butchering, Uncle Edgar was in charge supervising all aspects of the days events, including the recipes for scrapple, souse, pudding, etc.

BUTCHERING

Edgar Allen Heimbach

The first real excitement is to slaughter the hogs. Lots of male posturing is required to determine who is the "crackshot", the one most likely to avoid merely wounding the animals. After the animal is shot, the main butcher cuts the jugular in the throat area and the animal is drained of most of the blood. Following that, the animal is removed

(dragged or carried with a lift bucket) to the "scalding trough" where it is repeatedly dunked in boiling water to "soften" the bristles, in preparation for scraping. Hard rosin is also sprinkled on the scalded hog in order to soften the bristles... kind like a "shave cream" for men. After scraping most of the hair, the sharp knives are brought out and the carcass is shaved. After completion of this process, the carcass is removed and hung on a "triple-tree", where the entrails are removed, the head (and tail) is cut off, and the carcass is cut into halves.

During this process, one of the main attractions of the day is to pin the pigtail on an unsuspecting observer, in the area of the butt.

After hogs are processed and major cuts are finished (hams, shoulders, pork chops or tenderloins and bacons), place heads, boxes of trimmings, livers, kidneys, heart and tongue into large iron kettle(s) and cook until done. Remove for pickling after cooking.

Remove major portions of meat from kettle, remove bones and grind remaining meat into "pickling meat". Save broth as base for scrapple (see below). After grinding and seasoning to taste (salt and pepper), place in small crocks or pans and cover with small layer of lard to seal. Store in cool place.

TOOLS NEEDED FOR BUTCHERING:

gun	harp knives & steel
meat Saw	3 legged hog hangers
butchering kettles & three foots (minimum of 2)	scalding trough
(add more kettles for large number of hogs)	scraping trestle
scrapers	multiple hooks
lard press/sausage stuffer	doughbox/large wooden tub
plenty of hardwood	

SCRAPPLE (PAN HAUSE)

Edgar Allen Heimbach

broth in standard iron butchering kettle (3/4 full)	pudding meat
10 lb of buckwheat flour per kettle	5 lb of corn meal per kettle
2 lb of wheat flour	Approx 3 handful of table salt
2 Tbsp black pepper	

Mix pudding meat in broth and slowly add buckwheat flour, then adding the corn meal and wheat flour. Add salt and pepper to taste. Adjust with water so broth is tasty.

Cook mixture until it is thick and finger lickin' good. Dip and pour into loaf pans and set

aside to thicken and cool. Scrapple is usually served by cutting into slices (approx 3/8 inch thick) and then fried. Our family prefers to add a liberal portion of apple butter on top of the fried scrapple for delicious eating. Enjoy!

SAUSAGE

Edgar Allen Heimbach

Lean meat trimmings
2 Tbsp black pepper per hog

2 handful of salt per hog

Take lean meat trimmings and place into large tub or doughbox. Grind into sausage meat. Mix thoroughly and add salt and pepper to taste. Shape into patties or stuff in casings. Ready to prepare for immediate eating or smoke or store. If smoking meat, keep in smokehouse until you observe a chestnut brown color. Generally, this will take 4-6 hours.

LARD

Edgar Allen Heimbach

Take fat portion of trimmings, cut into small chunks approximately 2 inches square, and place in standard butchering kettle. Boil until solid portions of fat are golden brown. Remove from kettle (dip out) and place into stuffer, being sure to strain the lard to keep small bits of "cracklins" from getting into lard. Cracklins' are removed and eaten as snacks.

SOUSE

Edgar Allen Heimbach

Roughly for each hock of 1 leg:

1 tsp of salt
3-4 Tbsp (or to taste) vinegar
(apple cider vinegar is preferred)

1/4 tsp pepper

Take the hocks from the hams and shoulders down to the ankle. Scrub thoroughly. Cook the leg with the bone. Save the broth. Remove all meat and fat from the bone. Either grind the meat and fat (or cut into small pieces). Then season with salt and pepper to taste. After all the ingredients are mixed, add broth and vinegar to taste. Pour into pan and chill to set up. After chilled, cut into squares and serve or store.

MEAT CURE

Levi Henry Heimbach

& Larry Russell Heimbach

4 lbs. Watkins salt
1 oz. salt petre

3 lbs. brown sugar

Enough for 100 lbs of meat. Takes 21 days.

CURING MEAT

5 qt salt
1 1/2 brown sugar
1/2 pint water

Verdie Kessler Heimbach

1/2 lb pepper
1/2 lb salt peter

Cures 500 lbs of pork.

MORE "OLD-TIMER" RECIPES

AUNT MARY TERWILLIGER'S COUGH DROPS

Lisa Nye Alcala

3 cups boiling water
6 cups brown sugar
1 tsp cream of tartar

1/2 cup horehound leaves
1 tsp butter
1 tsp lemon juice

Make a tea of boiling water and horehound leaves. Strain and add brown sugar, butter and cream of tartar. Cook until candy forms hard ball in cold water. Add lemon juice and stir well. Remove from heat. Pour onto butter plates and score with knife while soft.

This recipe dates from the 1800s. It came to Lisa Alcala from her Terwilliger ancestors.

HOME MADE KETCHUP

**Grandma Heimbach
& Debi Heimbach**

Reichenbach

1 gal tomatoes (plum)
2 1/2 cup sugar
1/4 tsp pepper
1 cup vinegar

2 onions
2 Tbsp prepared mustard
1/4 cup pickling spice
salt

Boil tomatoes enough to put through sieve. Place onions, pepper and pickling spices in

cloth, tie & boil with tomatoes until it thickens, then add vinegar & sugar. Boil until water doesn't separate. Add prepared mustard & salt to taste. Use judgement as to the desired thickness. Remove onions and spices and bottle or can.

GRANDMA TIRZAH'S YANKEE PIE

Carl Lee Heimbach

1 1/2 pieces crustless (stale) bread
2 eggs
1/4 tsp cinnamon
2 Tbsp white vinegar

2 cups sugar
2 Tbsp flour (rounded)
1/4 tsp cloves (ground)
2 cups boiling water

Break crustless bread into a raw pie shell. Beat sugar, eggs, flour, cinnamon, cloves, vinegar, and water... adding the boiling water last. Top with crust and bake at 375 degrees til done. Time with watchful eye! This recipe makes two 9 inch double-crust pies. You need to watch closely as this temperature was for Grandma's old gas oven.

GRANDMA'S TIRZAH'S PIE CRUST

Carl Lee Heimbach

3 cups flour
1 cup lard
1 tsp vinegar

1 tsp salt
1 egg (beaten)
7 Tbsp cold water

Combine flour, salt, lard (always use lard when called for in a recipe), egg, vinegar and cold water. (Tirzah always kept ice water in the Fridge for this purpose). This recipe is for 2 double crust pies. Also check pies often as ovens vary and this temp worked well in Grandma's old gas oven. Grandma stuck a knife in the center of the pie to see if it was done... if the knife comes out clean, it is done. It should not be runny. Allow to cool thoroughly before serving.

These recipes have served 7 or more generations of Heimbachs and (when combined) should taste exactly like apple pie. These recipes come from Grandma Tirzah Moyer Heimbach who in turn received them from her grandmother who made them during the Civil War.

11. DIETETIC RECIPES

In January 1991, after we had begun the compilation of this cookbook, I learned that I have TYPE II Diabetes, or "Adult Onset Diabetes". After attending classes on diabetes and nutrition, I followed a fairly strict regimen with regards to my diet. The good news is that my problem with "sugar" is presently controlled with a diet which focuses on limiting my sugar intake. That means lots of poultry, specifically **TURKEY!** My wife has found numerous reincarnations of turkey that have provided a broad variation of diet while retaining the low-fat nature of turkey, for example, turkey-ham, turkey-pastrami, etc.

Beyond these basic variations of turkey, my cousin Dorothy Herman Heimbach, who has dealt with the problems of diabetes for some time, has assembled numerous recipes which minimize the sugar content.

APPLE CRISP

Dorothy Herman Heimbach

4 apples, peeled & sliced
1/2 cup water
1/2 tsp lemon juice
sweetener, equal to 2/3 cup
sugar

1/2 cup flour
1/2 tsp cinnamon
1/2 tsp salt
3 Tbsp diet margarine

Preheat oven to 325 degrees. Grease a shallow baking dish. Place apple slices on bottom. Combine water, lemon juice, and sweetener. Pour over apples. Combine dry ingredients. Cut in margarine until mixture is the consistency of large peas. Sprinkle over apples. Each serving equals 1 fat, 1 fruit and 1/2 bread exchange. 135 calories per serving. Yields 6 servings.

APPLE CRUNCH

Dorothy Herman Heimbach

2 slices dry bread
1 Tbsp diet margarine
3/4 cup dietetic maple syrup

3 cups sliced apples
1 Tbsp lemon juice
1/2 tsp cinnamon

Preheat oven to 350 degrees. Make crumbs from bread and toast in oven. Mix toasted crumbs with margarine and cinnamon. Mix apples with lemon juice and maple syrup. Spread in a well-greased shallow baking dish. Cover with crumb mixture. Bake 45 minutes or until apples are tender. Serve warm. 1 serving equals 1/2 bread, 1/2 fat, 1 fruit exchange. 86 calories per serving. Yields 6 servings.

BISCUITS

Dorothy Herman Heimbach

2 cups flour
3 tsp baking powder
1 tsp salt

1/4 cup diet margarine
3/4 cup nonfat milk

Preheat oven to 450 degrees. Sift flour, baking powder, and salt. Cut in margarine until well mixed, add milk. Knead several times. Roll out on lightly-floured board to 1/2 inch thick. Cut with biscuit cutter or drop by spoonfuls onto a well-greased cookie sheet. Bake about 13 to 14 minutes. Yields 16 biscuits. Exchange per serving: 1 biscuit equals 1 bread, 1/2 fat. 94 calories per serving.

BANANA BREAD

Dorothy Herman Heimbach

1 3/4 cups flour
1/4 cup diet margarine, melted
1 egg, well beaten
granulated sweetener equal to
1 cup sugar

1/4 tsp baking soda
1/2 tsp salt
1 tsp almond extract
2 bananas, well mashed

Preheat oven to 350 degrees. Sift dry ingredients together. Combine margarine, egg, and almond extract. Add to dry ingredients, stirring until flour is moistened. Fold in mashed bananas. Turn into a 9 inch well-greased loaf pan. Bake about one hour. One 3/4 inch slice equals 1 bread, 1/2 fat, 1/3 fruit exchange. 110 calories per serving.

BUTTERSCOTCH SQUARES

Dorothy Herman Heimbach

1/2 cup diet margarine
sweetener equal to 2 cups
brown sugar
2 eggs

1 1/2 cup flour
2 tsp baking powder
1 tsp vanilla
1/2 cup chopped nuts

Preheat oven to 350 degrees. Cook margarine and sweetener together until smooth. Cool to lukewarm. Add eggs, beat well. Add flour, baking powder, vanilla and walnuts. Spread in lightly-greased 13 x 9 inch pan. Bake 30 minutes. Cut into 1 1/4 inch squares. Yields 70 squares. 25 calories per serving. 1 square equals 1/2 fat exchange.

CHOCOLATE CAKE

Dorothy Herman Heimbach

3/4 cup sifted flour
sweetener equal to
1/2 cup sugar
1 tsp baking powder
1/4 tsp baking soda
3 Tbsp unsweetened cocoa

1 egg
1/4 tsp salt
1/4 cup water
1 Tbsp salad oil
1 tsp vanilla
1/4 cup cold coffee

Preheat oven to 350 degrees. Line an 8 inch round layer cake pan with paper. Grease lightly with margarine. Sift flour, salt, baking powder and baking soda together. Blend in cocoa and coffee. Beat egg, sweetener, water, oil, and vanilla. Stir into dry ingredients. Mix until smooth. Pour batter into pan, cover with foil and place in shallow pan of water. Bake about 30 minutes. Remove from pan and cool on cake rack. Makes 8 servings. One serving equals 3/4 bread exchange, 3/4 fat exchange. 76 calories per serving.

LAYER CAKE

2 cups flour
sweetener equal to
1 cup sugar
dash salt
3 tsp baking powder
1 cup nuts, chopped extra fine

Dorothy Herman Heimbach

1 egg
3/4 cup nonfat milk
1/2 tsp vanilla
1/2 tsp almond extract
1/3 cup diet margarine

Preheat oven to 375 degrees. Sift flour, salt and baking powder 3 or 4 times. Cut in margarine with pastry blender or knife until mixture resembles cornmeal. Beat egg until lemon colored and thick. Add nonfat milk and extracts. Add gradually to first mixture. Add nuts and stir well. Pour into 2 well-greased 8 inch layer pans. Bake about 25 minutes until tester comes out clean. Yields 12 servings. One serving equals 1 bread, 2 fat, and 1/2 lean meat exchange. 198 calories per serving.

SPONGE CAKE

1 cup flour
sweetener equal to 1 cup sugar
1 cup egg whites (5 or 6)
4 egg yolks

Dorothy Herman Heimbach

1 tsp baking powder
1/2 tsp vanilla **OR**
1/2 tsp lemon juice

Preheat oven to 300 degrees. Beat egg whites very stiff, beat yolks until light. Add half the sweetener to the egg whites and half to the yolks. Mix together and beat hard. Sift flour and baking powder. Fold into eggs. Add vanilla or lemon juice. Pour into cake pan.

Bake 40 minutes or until tester, inserted in center, comes out clean. Yields 8 slices (servings). One serving equals 1 bread and 1/2 lean meat exchange. 100 calories per serving.

PIE CRUST

Dorothy Herman Heimbach

2 cups sifted flour
1 tsp salt

1/2 cup oil
3 or 4 Tbsp cold water

Sift flour and salt together. Dribble oil on surface. Stir with fork until completely mixed. Add cold water to form smooth ball. Bake like any other pie dough. Yields two (8 inch) crusts. One eighth (1/8) of single crust equals 1 bread and 1 fat exchange. 125 calories per single crust.

OATMEAL COOKIES

Dorothy Herman Heimbach

1 1/2 cup instant oatmeal
sweetener equal to 1 1/2 cup sugar
2/3 cup diet margarine, melted
2 eggs, beaten
1/4 cup raisins

1 1/2 cup sifted flour
1 tsp baking powder
1/2 tsp salt
1/2 cup nonfat milk
1 tsp vanilla extract

Preheat oven to 400 degrees. Measure oatmeal into bowl, stir in melted margarine. Mix well. Stir in eggs and sweetener. Mix flour, baking powder and salt. Combine milk and vanilla. Add flour mixture to oatmeal alternately with milk and vanilla. Add raisins. Drop onto cookie sheet by level teaspoon. Bake until golden brown (about 12 to 15 minutes). Yields 4 dozen. One cookie equals 1/4 bread, 1/3 fat, and 1/4 fruit exchange. 42 calories per serving.

CUPCAKES

Dorothy Herman Heimbach

2 cups flour
sweetener to equal 1 cup sugar
1 cup water
1 cup raisins
1 cup applesauce
2 eggs

1 tsp baking soda
3/4 cup oil
1 1/2 tsp cinnamon
1 tsp vanilla
1/2 tsp salt

Cook raisins in water until soft. Drain. Mix applesauce, eggs, sweetener, and oil. Add baking soda and flour. Mix in remaining ingredients and stir in raisins. Bake at 350 degrees until toothpick comes out clean. Makes about 2 dozen. One cupcake equals 1 fruit and 1 fat exchange.

MACAROONS

2 cups cornflakes
sweetener equal to 1 cup sugar
1 egg, separated

Dorothy Herman Heimbach

1 cup shredded coconut
1/2 cup chopped nuts
1/2 tsp almond extract

Preheat oven to 350 degrees. Bake egg white stiff but not dry. Fold in sweetener, add cornflakes, coconut, nuts, and almond extract. Drop from teaspoon onto greased baking sheet. Yields 3 1/2 dozen. Each macaroon equals 1/2 fat exchange. 24 calories per serving.

MARINADE FOR MEATS, POULTRY GAME AND FISH

1 cup vinegar (preferable rice wine vinegar)
1 tsp garlic powder, or 3 minced garlic cloves
1 tsp onion powder, or 1 medium onion, minced

Donna Jamison Heimbach

1 cup white cooking wine
1 cup soy sauce

Combine all ingredients in a jar and shake to mix thoroughly. Use as marinade at least 3 hours prior to barbecuing, broiling, baking or frying. Keeps indefinitely in refrigerator. **NO SUGAR OR OIL.**

MUFFINS

4 cups flour
sweetener equal to 3/4 cup sugar
3 eggs
1 1/2 cup nonfat milk

Dorothy Herman Heimbach

6 tsp baking powder
1/2 cup diet margarine
2 tsp salt

Preheat oven to 400 degrees. Cream margarine and sweetener. Beat eggs and add to margarine. Sift flour, baking powder, and salt. Add alternately with nonfat milk to creamed mixture. Fill well-greased muffin pans 2/3 full. Bake 45 minutes. Serve hot. Yields 24 muffins. One muffin equals 1 bread and 1 fat exchange. 115 calories per serving.

PANCAKES

1 1/2 cup flour
sweetener equal to 2 Tbsp sugar

Dorothy Herman Heimbach

2 1/2 tsp baking powder
1 1/4 cup nonfat milk

2 Tbsp diet margarine, melted

1 egg

Mix and sift flour, baking powder, sweetener, and salt in a medium bowl. In another bowl, beat egg, stir in nonfat milk and margarine. Stir into flour mixture. For each pancake, put about 3 tablespoons of mixture in pan. Cook over low heat until bubble appear. Yields ten (4 inch) pancakes. One pancake equals 1 bread, 1/2 milk exchange. 90 calories per serving.

BAKED FRESH PEACHES

Dorothy Herman Heimbach

4 peaches
sweetener equal to 1/2 cup sugar

1 tsp diet margarine
1 Tbsp lemon juice

Preheat oven to 350 degrees. Cut about an inch of skin from each end of peaches. Place in a baking dish that has been well greased with margarine. Sprinkle with sweetener and lemon juice. Bake about 20 minutes. Serve hot or cold with milk or cream, as desired. Yields 4 servings. One peach equals 1 fruit exchange. Two tablespoons light cream equals 45 calories. Four tablespoons nonfat milk equals 23 calories. 40 calories per serving.

CRUSTLESS PIZZA

Dorothy Herman Heimbach

1 lb ground chuck
1 can (8 oz) tomato sauce
4 oz mozzarella cheese, shredded
1/4 tsp oregano

1 medium onion, chopped
1 tsp sage
1 tsp basil
3/4 tsp salt

Brown meat with sage, basil, and oregano. Drain. Make a crust of the meat by pressing it into a lightly-greased and floured 9 inch pie pan. Sprinkle with the onion. Spread tomato sauce evenly over meat. Sprinkle with the cheese. Bake in a 350 degree oven for 25 minutes, or until bubbly. Let set 3 to 5 minutes before serving. One serving equals 3 meat and 1 vegetable exchange.

PINK SALAD

Dorothy Herman Heimbach

24 oz cottage cheese (low fat)
1 can crushed pineapple (unsweetened)

3 oz strawberry Jello (sugar free)
8 oz whipped topping mix (D-Zerta)

Mix cottage cheese with jello mix in pineapples. Fold in D-Zerta.

WAFFLES

1 1/2 cup flour
1 1/4 cup nonfat milk
3 Tbsp diet margarine, melted
sweetener equal to 1/4 cup sugar

Dorothy Herman Heimbach

2 tsp baking powder
1/2 tsp salt
2 eggs

Heat waffle iron. Sift dry ingredients into bowl. In another bowl, beat eggs, nonfat milk, sweetener and margarine. Stir mixtures together until flour is moist and batter nearly smooth. Allow 4 tablespoons of batter for each 4 inch waffle. Yields ten (4 inch) waffles. One waffle equals 1 bread and 1 fat. 102 calories per serving.

12. HELPFUL HINTS.

TO PRESERVE CHILDREN: Heimbach

Mrs. Russell (Beulah Walter)

Take 1 large field, half a dozen children, 2 or 3 dogs,
a pinch of Brook and some Pebbles.
Mix the children and dogs well together,
Put them on the field, stirring constantly.
Pour the Brook over the Pebbles;
Sprinkle the field with flowers;
Spread over all a deep Blue Sky and
Bake in the Sun. When Brown,
sit away to cool in the Bathtub.

CLEANING HINTS:

To remove blood stains from clothes, always wash in cold water first. Never put blood stains in hot water.

For grass stains, use cold water and no soap.

To remove water marks left by glasses or dishes on a table or any polished wood surface, rub (apply) spirits of camphor with a soft cloth. Rub lightly. When the stain disappears, polish with a dry cloth. (This works!)

COOKING HINTS:

When cooking vegetables, always salt the water in which they are cooked.

To prevent splashing when frying meat, sprinkle a little salt into the pan, before putting in the oil or butter.

Add a level teaspoon of cornstarch to the sugar when making meringue for pie, and it will not weep.

EGG HINTS:

When cooking eggs, always use low or moderate and even heat.

The whites of egg will whip more easily if a pinch of salt is added to them.

Eggs beat up fluffier when not too cold. They should be cool - at room temperature.

FRUIT HINTS:

To keep sliced bananas from turning dark, dip in grapefruit juice or pineapple juice.

A warm lemon will give more juice and stronger flavor than a cold one.

When making fruit salad, always cut up the apple and banana last (on top) and then add the pineapple and juice. The pineapple juice will keep the bananas and apples from turning brown. Let set a few minutes and then mix.

HEALTH HINT:

For mosquito or chigger bites, wet the bite with cold water and rub with an aspirin tablet.

HOUSEHOLD HINTS:

CHRISTMAS TREE PRESERVATIVE

Betsy Kratzer Heimbach

- 1 gal warm water
- 3 Tbsp liquid chlorine bleach
- 2 cups light corn syrup
- 4 Tbsp dry plant food

Mix above ingredients in a large container. Store in a tightly covered container. Use this mixture to fill the water reservoir of your Christmas tree stand, replenishing it with additional solution as it evaporates. Be sure to keep pets and children out of the preservative solution.

To close a nail hole in the wall, fill the hole with putty or toothpaste.

For a good tonic for ferns, water them once a week with tea.

To clean drains with home ingredients, use 1/2 cup salt, 1/2 cup baking soda and 1/2 cup vinegar. Add boiling water after about 10 minutes of setting in the drain.

SOUP HINTS:

Soup should be cooked gently and evenly - never boiled.

All seasonings should be added very gradually to the soup.

If your soup is too salty - grate a raw potato and add to the soup. The potato absorbs the salt.

A little finely grated cheese added to thin soup improves the taste immediately.

STORAGE HINT:

To keep Brown Sugar or Cookies soft, lay one slice of bread on top of sugar or cookies. Put in jar or tupperware and close tight.

SPIRITUAL HINTS - FOOD FOR THE SOUL:

O taste and see that the Lord is good; blessed is the man that trusteth in Him. Psa 34:8

A house is no home unless it contains food for the soul as well as for the body.

Do not be caught dead without Jesus!

God can take a worthless sinful life, put His spirit in it, and make it a blessing to all humanity!

When God FORGIVES, He also FORGETS!

Faith is the soul's intake; Love is the soul's outlet.

Forgiveness is the perfume that the trampled flower casts back upon the heel that crushed it.

True happiness is found in serving God. Each morning when you wake up, thank the Lord for the light of a new day.