

KJAN STAFF

"2000"



Front Row, Left to Right: Donna Bjorn,
La Von Eblen, and Jolene Sisler.

Middle Row, Left to Right: Rod Christensen,
Merlyn Christensen, Daryl Armstrong,
and Jim Field.

Back Row, Left to Right: Scott Williams,
Ric Hanson, Connie May, Steve Andersen,
and John Scheffler.

THANK YOU FOR PURCHASING OUR COOKBOOK!

Although it isn't really our cookbook...it's your cookbook. We asked listeners to submit their favorite recipes to help us put together a cookbook to commemorate our 50th anniversary. And, as you can see, they have responded tremendously!

You can accomplish a lot in 50 years. We like to think that KJAN has used that time to foster a great relationship with southwest Iowa. Through good times (like economic prosperity and local high school championships) and bad (like floods, tornadoes and ice storms), KJAN has been there to keep you up on what happens. In an area of the state that does not have local television coverage and has mostly weekly newspapers...a live, local radio station that focuses on news, weather, farm, sports and local events is important. George Anderson understood that when he founded KJAN, and guys like Bob Einhaus, Frank Miller, and Red Faust carried that on for many years. The current management and staff is very committed to continuing that focus.

We asked that people who submit recipes also submit their favorite memories of KJAN. Many of you responded. We believe that KJAN has become an important part of life in southwest Iowa. We hope that as you read through some of these memories, they bring back some for you. Our lives constantly overlap. You have made KJAN better over the years. We hope KJAN has enriched your life also!



"The station where your friends are"

OUR LISTENERS MEAN A LOT

One of the things that has been so amazing about KJAN over the years is the relationship we have developed with our listeners. KJAN listeners are the kinds of people you would want as friends...concerned, caring, sincere.....in short, good people! At KJAN, we call ourselves, "The station where your friends are." But it seems that we would be more accurate if we called ourselves "The station that is fortunate to have so many friends."

We wanted to share this with you. It is a card we received from Margaret Plagman of Audubon. She sent this to us in February, 2000, while we were collecting recipes for this book. It means a lot to us that Margaret thinks enough of KJAN to sit down and pen this verse.

Dear folks at KJAN,

**For fifty years you've kept us informed
Of the weather, the sports, and the news;
And for this we are very thankful
For new ideas we can use.**

**You tell us of the coming events
And of those who have passed away;
And all these things are beneficial
As we plan our work each day.**

**So keep right on broadcasting, daily
And we shall be listening too;
Every day for KJAN
And congratulations to you.**

**By a friend and listener,
Margaret Plagman**

Thanks, Margaret!
And thanks to all who have made KJAN, for 50 years,

"THE STATION WHERE YOUR FRIENDS ARE!"

Table of Contents

Appetizers & Beverages	1-20
Breads & Rolls	21-48
Soups & Vegetables	49-78
Salads	79-108
Casseroles	109-134
Meats & Main Dishes	135-182
Pies & Desserts	183-236
Bars & Cookies	237-292
Cakes & Candies	293-326
Miscellaneous	327-352
Index	353-364

FAVORITE RECIPES

FROM MY COOKBOOK

[illegible]

Notes & Recipes



A BRIEF HISTORY OF KJAN

KJAN first signed on the air in September of 1950, and was owned by George Basil Anderson. At that time, KJAN was a daytime station, authorized to operate from sunrise to sunset only. The station broadcast mostly religious programming, but commercial advertising was sold. The station began with five employees.

Frank Miller joined the staff in 1951. Bob Einhaus and E. G. "Red" Faust joined the staff in 1955. They formed the Nishna Valley Broadcasting Company, which bought KJAN.

These three built KJAN into the widely respected, local information outlet that it remains today. They owned and operated KJAN for thirty years. During that time, they saw lots of changes. The addition of an FM station in 1966 and a new 400' tower were some of the changes, along with two building expansions.

During the flood of 1958, KJAN was a beacon of information for people who were stranded or lost their homes and belongings from the disaster. KJAN is still the station people turn to locally in times of disaster.

When Frank, Bob, and Red retired in 1985, they sold Nishna Valley Broadcasting to Valley Broadcasting, which was headed by John Carl and Bob Bebensee. They then sold to an Omaha company in 1987. KJAN-AM was purchased by a local group of investors, Wireless Communications Corporation, who owns the station today. Wireless Communications stockholders include J. C. Van Ginkel, Bob Einhaus, Merlyn Christensen, Jim Field, and Rod Christensen.

Wireless Communications & KJAN are 100% locally owned and operated. The staff currently consists of 11 full time and a number of part time employees. KJAN has computerized the on-air studio, the production studio and the newsroom to serve southwest Iowa with the best possible AM Stereo sound.

KJAN is proud to remain, after 50 years, the station southwest Iowans turn on to keep informed and entertained!


Our Standard Abbreviations

tsp.	-	teaspoon	sm.	-	small
T.	-	tablespoon	med.	-	medium
c.	-	cup	lg.	-	large
oz.	-	ounce or ounces	pt.	-	pint
lb.	-	pound or pounds	qt.	-	quart
sq.	-	square	doz.	-	dozen
ctn.	-	carton or container	bu.	-	bushel
pkg.	-	package(s)	env.	-	envelope(s)
btl.	-	bottle(s)	pkt.	-	packet(s)
liter	-	liter	mg	-	milligram(s)
approx.	-	approximately	gm	-	gram(s)
temp.	-	temperature	gal.	-	gallon(s)

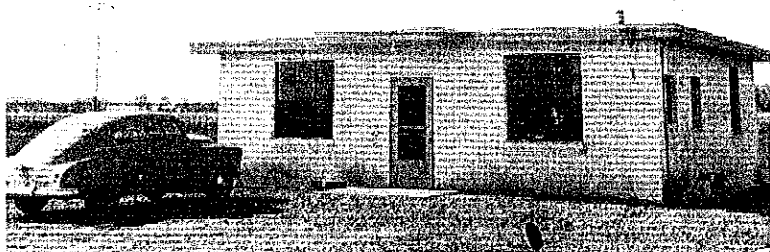
Order blanks are included in back of book
for your convenience.

Printed
June 2000

Printed by:

JJ **UMBO**  **ACK'S** **COOKBOOKS**
AUDUBON MEDIA CORPORATION
301 BROADWAY • AUDUBON IA 50025
1-800-798-2635

Appetizers & Beverages



The original KJAN studios. There have been
three building expansions since this early
1950's photo.

Planning for a Crowd

<u>Foods</u>	<u>Servings</u>	<u>Serving Unit</u>	<u>Amt. to Purchase</u>
BEVERAGES			
Coffee, ground	40-50	3/4 c.	1 lb. (5 c.)
Cream for coffee	25	1 Tbsp.	1 pt.
Milk	24	1 c.	1 1/2 gal.
Tea, leaves	50	3/4 c.	1 c.
DESSERTS			
Cake	24	2 1/2" squares	(1) 15 1/2 x 10 1/2 x 1-in sheet cake
Ice cream	24	1/2 c. or 1 slice	3 qts.
Pie	30	1/6 of pie	(5) 9-in. pies
Whipped cream	25	2 Tbsps.	1 pt.
FRUIT			
Canned can	24	1/2 c.	(1) 6 1/2- or 7 1/4-lb.
MEAT			
Beef roast, chuck	25	4 ozs.	12 1/4 lbs., bone in
Ground beef	25	3-oz. pattie	6 3/4 lbs.
Ham, baked, sliced	25	4 ozs.	10 lbs., boneless
Chicken	24	1/4 chicken	6 chickens
Turkey	25	3 ozs.	15 lbs.
Turkey, roll, precooked	25	3 ozs.	6-7 lbs.
PASTA, RICE			
Rice, long-grain	24	1/2 c., cooked	1 1/2 lbs., uncooked
Spaghetti and noodles	25	3/4 c., cooked	2 1/2 lbs., uncooked
RELISHES			
(combine several)			
Carrot strips	25	2-3 strips	1 lb.
Celery	25	(1) 2-3" piece	1 lb.
Olives	25	3-4 olives	1 qt.
Pickles	25	1 oz.	1 qt.
SALADS			
Fruit	24	1/3 c.	2 qts.
Potato	24	1/2 c.	3 qts.
Tossed vegetable	25	3/4 c.	5 qts.
Salad dressing	32	1 Tbsp.	1 pt.
SOUP	25	1 c. (main course)	1 1/2 gals. or (2) 50-oz. cans, condensed
VEGETABLES			
Canned	25	1/2 c.	(1) 6 1/2 - to 7 1/4-lb can
Fresh:			
Lettuce, for salad (Iceberg)	24	1/6 head, raw	4 heads
Potatoes, mashed	25	1/2 c., mashed	6 3/4 lbs., raw
Potatoes, baked	25	1 medium	8 1/2 lbs., raw
Frozen:			
Beans, green or wax	25	1/3 c.	5 1/4 lbs.
Carrots	25	1/3 c., sliced	5 lbs.
Corn, whole kernel	25	1/3 c.	5 lbs.
Peas	25	1/3 c.	5 lbs.
Potatoes, French fried	25	10 pieces	3 1/4 lbs.
MISCELLANEOUS			
Butter	32	1 pat	1/2 lb.
Juice	23	1/2 c.	(2) 46-oz. cans
Potato chips	25	3/4 - 1 oz.	1 - 1 1/2 lbs.
French bread	24	3/4-in. slice	(1) 18-in. loaf

Appetizers & Beverages

Appetizers

Easy Beef-Cheese Nachos

- | | |
|-------------------------------------|---|
| 2 lb. Velveeta cheese | 1 (10 oz.) jar mild enchilada sauce |
| 3 lb. ground beef | 1 pkg. Tostito chips (traditional flavor) |
| 1 T. dried onion | |
| 1 (3 oz.) can chopped green chilies | |

Cube cheese into crock-pot. Brown ground beef and drain. Add beef to cheese. Add other ingredients. Use Tostito chips to dip.

Delicious. A crowd pleaser!

Favorite Memory: All the memories are good!

Pat Pederson,

Dave's Heathmart and Wellness Store

Cheddar Cheese Ball

- | | |
|---------------------------------------|---|
| 2 (8 oz.) pkg. cream cheese, softened | 2 tsp. Worcestershire sauce |
| 2 c. shredded Cheddar cheese | 1 tsp. lemon juice |
| 1 T. chopped pimento | Finely-shredded Cheddar cheese or chopped pecans, to roll ball in |
| 1 T. finely-chopped onion | |
| 1 T. chopped green pepper | |

Mix all together. Roll into 2 balls. Roll ball in finely-shredded Cheddar cheese or chopped pecans, whichever is preferred. Chill.

Dani Meyer

Texas Dip

- | | |
|--------------------|-----------------------------|
| 1 lb. sausage | 1 (8 oz.) pkg. cream cheese |
| 1 can diced Ro-Tel | |

Cook and drain sausage. Add Ro-Tel and cream cheese until melted. Serve with tortilla chips.

Linda Firebaugh

Reuben Dip

- | | |
|-----------------------------|---------------------------------|
| 1 can sauerkraut, drained | 2/3 c. thousand island dressing |
| 1 lb. shredded Swiss cheese | 3 pkg. corned beef, chopped |

Heat in small crock-pot.
Spread on small rye bread.

Linda Firebaugh

Cheese Ball

- | | |
|-------------------------------|-------------------------------|
| 2 (8 oz.) pkg. cream cheese | 1 tsp. onion, chopped fine |
| 8 oz. shredded Cheddar cheese | 1 tsp. chopped pimento |
| 2 sticks butter | 1 sm. jar dried beef, cut sm. |
| 1 lb. Velveeta cheese | Worcestershire sauce (opt.) |

Mix and roll in crushed bacon thin crackers. Yield: 2 large, or 4 small balls.
Note: Freezes well.

Deb Field

Hidden Valley Hot Snack

- | | |
|---|---|
| 1 lb. cooked meat (sausage
or ground beef) | 1 c. original Hidden Valley
Ranch dressing |
| 1 1/2 c. grated Cheddar cheese | 1/2 c. green peppers, chopped
fine |
| 1 1/2 c. grated Monterey Jack
cheese | 1 pkg. wonton wrappers |

Preheat oven to 350°. Lightly grease muffin tins and put 1 wonton wrapper in each cup to fit. Bake 5 minutes, or until light brown. Remove and place on baking sheet. After mixing ingredients, spoon filling into shells and bake 5 minutes, until hot and bubbly. Yield: approximately 65.

Favorite Memory: Grew up listening to the "Worry Bird", never dreaming that years later I would marry the last "Worry Bird" host!!

Deb Field

Taco Platter

1 (8 oz.) pkg. sour cream
 1 (8 oz.) pkg. cream cheese
 Lettuce
 Diced tomatoes
 Finely-shredded Cheddar cheese

Sliced ripe olives
 Diced green peppers
 Diced onions
 1 lb. ground beef

Brown ground beef and drain. Add taco seasoning to taste. Mix sour cream and cream cheese in a bowl. Spread mixture onto large serving platter or plate. Spread beef mixture over cream cheese-sour cream mixture. Add shredded lettuce. Then sprinkle tomatoes, olives, green peppers and onions over top. Finish with a topping of Cheddar cheese. Serve with taco sauce. Use chips to scoop and enjoy!

Favorite Memory: *My favorite memory of KJAN is the opportunity to watch so many young people grow and excel on the athletic fields. The toughest (yet most fulfilling) memories have to do with the natural disasters (floods, ice storms, tornadoes) we've faced. People pulling together in times of need!!*

Jim Field

Apple Caramel Dip

8 oz. cream cheese
 1/2 c. brown sugar

1/2 tsp. vanilla
 1/2 tsp. caramel flavoring

Soften cream cheese and mix all ingredients together. Refrigerate in a covered bowl. Serve with apple slices and other slices of fruit.

Note: Have a bowl of crushed peanuts on the side. Dip into the caramel dip and then into the peanuts for a special treat! Watkins has caramel flavoring.

Norma McMichael

Vegetable Pizza

2 tubes crescent rolls
 8 oz. soft cream cheese
 1/2 c. sour cream

2 T. Miracle Whip
 1 pkg. Hidden Valley Ranch dressing

TOPPINGS:

Raw vegetables

Shredded cheese

Press rolls in bottom of 2 large pizza pans. Bake at 375° for 8 to 12 minutes, until browned (lightly). Mix remaining ingredients together and spread on baked rolls. Top with raw vegetables (broccoli, cauliflower, radishes, carrots, peppers, etc.) Sprinkle with shredded cheese. Refrigerate.

**Joan C. Sorensen,
 Audubon, IA**

Dip for Veggies and Chips

8 oz. sour cream
8 oz. Kraft mayonnaise
1 T. dill weed

1 T. minced onion
1 tsp. Beau Monde

Mix all the above ingredients together. Chill and serve.

Judy Kinser

Marinated Black Olives

1 (6 oz.) can lg. or jumbo, pitted
black olives (6 oz. is dry
weight)

2 oz. blue cheese, crumbled
8 oz. Italian salad dressing
(light or regular)

Drain olives. Fill with cheese. Cover with dressing. Refrigerate. Marinate at least 4 hours.

Note: Will keep for 2 weeks or more.

Fay Eblen

Spicy Cocktail Meat Balls

MEAT BALLS:

2 lb. ground meat

Your ingredients for favorite
meat loaf

SAUCE:

1 c. water
1/2 c. finely-chopped onion
3 bay leaves
3 1/2 c. ketchup
4 T. Worcestershire sauce
1/4 c. vinegar

1/4 c. brown sugar
2 tsp. Tabasco sauce
4 tsp. mustard
1/4 lb. (1 stick) butter
1 tsp. salt
1/4 tsp. pepper

Meat Balls: Use your favorite meat loaf recipe to make small meat balls. Place on racks to bake at 350° for about 15 minutes, until almost done. These may be made ahead and frozen.

Sauce: Combine all sauce ingredients; simmer 30 minutes. Add meat balls to sauce at least 1/2 hour before serving—longer, if meat balls are frozen.

Serve hot in crock-pot or chaffing dish. Party picks are good servers.

Fay Eblen

Chocolate-Cherry Malt Mix

- | | |
|---------------------------------|---|
| 2 c. Corn Chex cereal | 1 c. natural-flavor malted milk powder |
| 2 c. Rice Chex cereal | 1 1/2 c. coarsely-chopped malted milk balls |
| 2 c. Wheat Chex cereal | 1/2 c. dried cherries, chopped |
| 1 c. dry-roasted peanuts | 2 c. mini marshmallows |
| 1/4 c. margarine | |
| 1 c. semi-sweet chocolate chips | |

Measure cereals and peanuts into large bowl; set aside. Melt margarine and chocolate chips in a 1-quart saucepan over low heat, stirring occasionally. Pour over cereal mixture in bowl, stirring until evenly coated. Gradually stir in malted milk powder until evenly coated. Stir in remaining ingredients. Store in airtight container.

Recipe from Des Moines Register and Diane Sparrow of Osage who won \$5,000.00 in cooking contest.

Mary Ann Moorman

Crab Pizza

- | | |
|---------------------------------------|-------------------------------------|
| 1 tube refrigerated crescent rolls | 1/2 tsp. lemon juice |
| 1 (8 oz.) pkg. cream cheese, softened | 1 tsp. grated lemon peel, divided |
| 1 1/2 c. chopped fresh spinach | 1/3 tsp. pepper |
| 1 green onion, sliced | 1 1/4 c. chopped imitation crabmeat |
| 1/2 tsp. dill weed | 1/4 c. ripe olives, sliced |

Press dough into a 12-inch pizza pan. Seal seams. Bake at 350° for 8 to 10 minutes. Cool. Mix cream cheese until smooth. Add 1 cup spinach and all other ingredients, except crab, olives and 1/2 cup spinach; spread over crust. Top with crab, half of lemon peel, olives and 1/2 cup spinach. Cut into bite-size pieces. Yield: 8 to 10 servings.

Viola Kilworth

Hiland California Dip

- | | |
|------------------------------|-------------------------|
| 1 pkg. Lipton onion soup mix | 1 bag wavy potato chips |
| 1 pt. commercial sour cream | |

Stir Lipton onion soup mix, just as it comes from the package, into sour cream; blend thoroughly. Use as a dip with wavy potato chips.

Maxine Carlson

Cheese Spread

1 lb. Velveeta cheese
6 hard-boiled eggs
Pickle relish, to taste

Minced onion, to taste
Miracle Whip, to taste
Pickle juice, to taste

Melt cheese; add eggs (chopped up), relish, onion and salad dressing. This is good served on the little square pumpernickel cocktail bread.

*Mary Jo Blunk,
Atlantic, IA*

Cheese Ball

3 (8 oz.) pkg. cream cheese
2 pkg. thinly-sliced corned
beef

4 to 6 green onions
1 T. Accent
1 T. Worcestershire sauce

Softened cream cheese; finely mince all of the onions. Chop 1 package of corned beef. Add Accent and Worcestershire sauce; mix well. Shape into a ball. Wrap the other package of corned beef around the ball. Chill at least overnight. Good with crackers or raw vegetables.

Favorite Memory: *When my boys were in school and college, they thought KJAN was a "rather dull station"--to me it has always been neighbor friendly and a wonderful station. I listen every day.* **Rosemary Davidson**

Reuben Spread

1 c. shredded Swiss cheese
1 c. shredded American cheese
8 oz. canned corned beef
1 c. mayonnaise

1 (16 oz.) can sauerkraut,
drained & chopped
Bagel chips & party rye bread

Preheat oven to 350°. Combine first 5 ingredients in large bowl; mix well. Spoon into an 8x12-inch baking dish. Bake for 30 minutes. Serve hot with bagel chips and party rye bread. Yield: 6 cups.

Laurie Andersen

Barbecued Water Chestnuts

3 cans whole water chestnuts

1 1/3 lb. bacon (lean)

SAUCE:

1 c. catsup

1 c. brown sugar

In a 9x13-inch pan, place bacon-wrapped chestnuts in rows. (Cut bacon strips in thirds and wrap each chestnut.) Bake 1 hour at 350°. Pour sauce over the chestnuts evenly, and bake, uncovered, 1 hour at 350°. Serve warm.

Carole J. Jensen

Hot Crab Dip

- | | |
|--|--|
| 1/2 c. milk | 1 c. thinly-sliced green onion |
| 1/3 c. salsa | 1 (4 oz.) can chopped green
chilies |
| 3 (8 oz.) pkg. cream cheese | Assorted crackers |
| 2 (8 oz.) pkg. imitation crabmeat,
flaked | |

Combine milk and salsa. Transfer to a slow cooker coated with nonstick cooking spray. Stir in cream cheese, crab, onion and chilies. Cover and cook on low for 3 to 4 hours, stirring every 30 minutes. Serve with crackers. Yield: about 5 cups.

Mary Ellen Yarger

Pickled Fish

- | | |
|--------------------|---|
| 5 lb. fish | 3 c. white sugar |
| 7 c. water | 1 1/2 c. Gallo white port wine
(19% alcohol) |
| 1 c. pickling salt | 4 T. pickling spice |
| 4 c. white vinegar | Onions (opt.) |
| 4 c. white vinegar | |

Cut fish fillets in pieces; mix with water and salt. Refrigerate 48 hours. Drain well; cover with white vinegar. Let stand in refrigerator 24 hours; drain well. Boil vinegar and sugar until sugar dissolves; cool. Add wine and pickling spice. Layer onions and fish in gallon jar; cover with syrup and refrigerate for 3 days.

Note: Keeps 3 to 4 months.

Marcene Arn

Corned Beef Roll

- | | |
|---------------------------------------|-----------------------------|
| 1 lg. pkg. cream cheese | 1 T. chives |
| 1 (3 oz.) pkg. chipped corned
beef | 1 T. horseradish |
| | 1/2 T. Worcestershire sauce |

Cut corned beef; save some for outside. Work everything into cream cheese. Make a roll and roll into leftover corned beef. Refrigerate and slice.

Note: If you want to be lazy, just add all together and don't make a roll.

Florence Edwards

Braunschweiger Spread

- | | |
|-------------------------------|-----------------------------|
| 1 (8 oz.) pkg. cream cheese | 2 T. pickle relish |
| 1 (8 oz.) pkg. braunschweiger | 1 tsp. lemon juice |
| 2 T. onion, chopped | 1 tsp. Worcestershire sauce |

Let ingredients come to room temperature and stir until blended. Refrigerate. Yield: 10 servings.

You can put into a dish to serve but I have also rolled into a ball and covered with finely-chopped nuts.

Barbara Brooker

Vegetable Pizza

- | | |
|-----------------------------|-----------------------------|
| 2 pkg. crescent rolls | 1 to 1 1/2 c. Monterey Jack |
| 1 (8 oz.) pkg. cream cheese | cheese |
| 1 c. sour cream | Dill weed |
| 1/2 c. mayonnaise | Vegetables |
| 1 pkg. dry Ranch dressing | |

Roll crescent rolls on ungreased cookie sheet. Bake until just golden brown. Cool. Mix together cream cheese, sour cream, mayonnaise and Ranch dressing. Spread this on crust and sprinkle with dill weed. Put on grated cheese. Add sliced vegetables (broccoli, mushrooms, cauliflower, carrot curls, onions, cucumber, green peppers, etc. (whatever you like). Top with more shredded cheese. Keep refrigerated.

Note: Okay to use low-fat or no-fat products; just as tasty.

Dolly Bergmann

Beverages

Punch

- | | |
|---------------------------|----------------------------|
| 1 gal. cranberry juice | 3 lg. cans frozen lemonade |
| 1 lg. can pineapple juice | 5 qt. cherry Kool-Aid |
| 1 liter 7-Up | |

Mix together. Yield: 60 to 75 servings.

*Connie Viether,
Atlantic, IA*

Lemony Iced Tea

This beverage is one of our favorites to serve during the hot, humid summer months. We keep a jug in the refrigerator, ready to serve for family and guests.

2 qt. water
3/4 c. sugar
1/2 c. lemon juice
1/2 c. white grape juice

1/4 c. unsweetened lemon-
flavored instant tea mix
Ice cubes
Lemon slices (opt.)

In a large pitcher, combine water, sugar, lemon juice, grape juice and tea mix. Stir well to dissolve the sugar. Serve over ice with lemon slices, if desired. Yield: 9 servings.

Nutritional Information Per Serving (1 cup): 79 calories, trace total fat, 0% calories from fat, trace saturated fat, 0 mg cholesterol, 6 mg sodium, 21 mg carbohydrate, trace protein.

*Connie Viether,
Atlantic, IA*

Graduation Punch

2 (2 qt. size) pkg. unsweetened
Kool-Aid (1 cherry &
1 raspberry)
2 c. sugar

1 (46 oz.) can pineapple juice
1 qt. ginger ale
2 qt. water

Mix Kool-Aid, sugar and water. Add pineapple juice. Chill. Pour over ice in punch bowl. Add chilled ginger ale. Serve at once! Yield: 50 (1/2-cup) servings.

Variation: For extra special punch, pour over 3 pints sherbet in punch bowl. No ice!

*Connie Viether,
Atlantic, IA*

Hot Chocolate Mix

9 1/2 c. powdered milk
1 (16 oz.) jar coffee creamer
(1 2/3 c.)

1/2 c. powdered sugar
1 lb. Nestlé Quik (3 1/2 c.)

Mix well. Use 1/3 cup per serving.

*Connie Viether,
Atlantic, IA*

Hot Buttered Rum

1/2 gal. vanilla ice cream
2 lb. brown sugar
1 lb. butter

Rum
Hot water

Let ice cream soften. Mix or blend first 3 ingredients. Refrigerate for immediate use or freeze for keeping a longer time. Use 3 tablespoon of batter to 1 jigger of rum and fill cup with hot water.

Sue Leslie

Hot Chocolate Mix--Dry

1 (8 qt.) pkg. powdered milk
1 (1 lb.) box Nestlé Quik

1 sm. jar coffee creamer
1 bag powdered sugar (opt.)

Mix together. Add about 2 tablespoons mix to 1 cup hot water.

Donna Sue Vorrath

Cherry Vodka Slush

Boil:

9 c. water

1/2 c. sugar

Add:

1 (12 oz.) can frozen lemonade

1 (12 oz.) can frozen grape juice

Cool.

Add:

1 pt. cherry vodka

Mix together and freeze. Stir once or twice. Put slush in a glass (1/2-full) and add Coke or 7-Up.

*Audubon Co. Memorial Hospital,
submitted by Janet Baumhover*

Punch

1 lg. can pineapple juice
1 lg. can orange juice
1 sm. can frozen orange juice
1 sm. can frozen lemonade
2 pkg. raspberry Kool-Aid

1 pkg. strawberry Kool-Aid
3 c. sugar
1 gal. ice cold water
2 lg. bottles 7-Up or ginger ale

Add 7-Up or ginger ale just before serving. Yield: 52 servings.

*LuAnn Nielsen,
Earlham, IA*

KJAN

[illegible]

Spiced Cider

- | | |
|------------------------|-----------------------|
| 2 qt. cider | 1 tsp. whole allspice |
| 8 whole cloves | 2/3 c. brown sugar |
| 2 (2") sticks cinnamon | |

Combine all ingredients and heat to boiling.

*Connie Viether,
Atlantic, IA*

Punch for 100

- | | |
|---------------------------------------|--|
| 10 pkg. Kool-Aid (any flavor) | 2 lg. cans pineapple juice |
| 10 c. sugar | 3 bottles ginger ale |
| 10 qt. water | 1 gal. sherbet (same flavor as
Kool-Aid or complimentary
flavor) |
| 3 sm. cans frozen lemon juice | |
| 2 sm. cans frozen orange juice (opt.) | |

Mix Kool-Aid, sugar, water and juice. Add ginger ale just before serving. Add sherbet and stir slightly.

Note: The advantage of this recipe is that you can make it any color.

LaVon Eblen

Hot Honey Percolator Punch

- | | |
|-------------------------------------|---------------------------------------|
| 3 c. unsweetened pineapple
juice | 2 lemon slices |
| 3 c. cranberry juice cocktail | 1 or 2 (4") broken cinnamon
sticks |
| 1 1/2 c. water | 1 1/2 tsp. whole cloves |
| 1/3 c. honey | Whole cinnamon sticks (opt.) |

Pour pineapple juice, cranberry juice and water into a 12-cup percolator. Place remaining ingredients in percolator basket. Perk through complete cycle of electric percolator. Serve with cinnamon stick stirrers, if desired.

*Donna Brahms,
3 Bee Honey Farms*

Orange Ade

- | | |
|---------------------------|------------------|
| 6 oranges | 1 1/2 c. sugar |
| 4 lemons | 1 1/2 gal. water |
| 1 sm. can frozen lemonade | |

Squeeze juice from oranges and lemons. Put in 2 gallon container with sugar and frozen lemonade. Slice rinds of several oranges and lemons; add to the juice. Fill container with 1 1/2 gallons water, or about 3/4-full, and let stand in refrigerator for several hours. Add ice when ready to serve.

Gladys Kading

Hot Chocolate Mix

Why settle for prepackaged hot chocolate powders when this homemade mix is so easy to make and much more delicious?

1 pkg. (8 qt.) nonfat dry milk
1 (6 oz.) jar fat-free nondairy
coffee creamer

1 (16 oz.) ctn. instant chocolate
drink mix
1/2 c. confectioners' sugar

Place all ingredients in a very large bowl or kettle. Stir until well blended. Store in airtight containers or pack into small gift containers. To serve, add 1/4 cup chocolate mix to 2/3 cup hot water. Yield: 48 servings (3 quarts dry mix).

Nutritional Information Per Serving (3/4 cup): 99 calories, trace total fat, 4% calories from fat, trace saturated fat, 3 mg cholesterol, 103 mg sodium, 19 gm carbohydrate, 6 gm protein.

*Connie Viether,
Atlantic, IA*

Strawberry-Watermelon Slush

Ripe for a refreshing treat? Try this--it'll quench everyone's thirst sweetly. After a long, hot summer day, we like to relax on the back porch with a glass of this slush.

2 c. cubed, seeded watermelon
1 pt. fresh strawberries, halved
1/3 c. sugar

1/3 c. lemon juice
2 c. ice cubes

Combine first 4 ingredients in a blender; process until smooth. Gradually add ice, blending until slushy. Serve immediately. Yield: 5 servings.

Nutritional Information Per Serving (1 cup): 97 calories, 1 gm total fat, 5% calories from fat, trace saturated fat, 0 mg cholesterol, 2 mg sodium, 24 gm carbohydrate, 1 gm protein.

*Connie Viether,
Atlantic, IA*

Liverspread

8 oz. braunschweiger
1 c. sour cream

2 T. onion soup mix (dried)
1 tsp. Worcestershire sauce

Mix all above ingredients together. Garnish with dried parsley after putting in bowl (optional).

*LuAnn Nielsen,
Earlham, IA*

Chip Dip

1/2 box (1 lb.) Velveeta cheese
1 can tomatoes (Ro-Tel)

1 lb. hamburger, browned &
drained

Melt cheese and add rest of ingredients. Put in refrigerator; heat 10 minutes before serving.

Good with Doritos.

*Susan (Nielsen) Swinford,
Conception Jct., MO*

Bear's Picnic Veggie Dip

Assorted raw vegetables
1 c. mayonnaise
1 c. (8 oz.) sour cream
1 env. vegetable soup mix

1 (10 oz.) pkg. frozen, chopped
spinach, thawed & squeezed
dry
1 (8 oz.) can water chestnuts,
drained & chopped

In a bowl, combine mayonnaise, sour cream and soup mix. Stir in spinach and water chestnuts. Cover and refrigerate for at least 2 hours. Serve with vegetables. Yield: 3 cups.

Favorite Memory: The best radio station in the world.

Janice Lehman

Parmesan 'N Artichoke Hearts

1 c. mayonnaise (not Miracle
Whip)
1 c. grated Parmesan cheese
1/2 c. finely-chopped green
onions

14 oz. artichoke hearts,
drained & chopped
Dash of garlic powder
Dash of Beau Monde seasoning

Combine ingredients; can use food processor if you don't over-do it. Spoon into deep pie plate or 1-quart casserole dish. Bake at 350° for 20 minutes, or until lightly browned and bubbling.

Serve hot on crackers, bread rounds, or small party rye bread. Also good with tortilla chips.

Alberta Millikan

Mexican Dip Mix

- | | |
|-----------------------------------|-----------------------------------|
| 1 c. mayonnaise | 1 c. sour cream |
| 1 pkg. Knorr's vegetable soup mix | 1 (12 oz.) jar hot or med. salsa* |

*Add only enough salsa to retain thickness.

Mix all ingredients until well mixed. Cover. Chill 2 hours.

Serve with nacho chips.

Mary Mason

Egg and Bacon Spread

- | | |
|-------------------------------|---------------------------|
| 4 minced, hard-boiled eggs | 1/4 tsp. salt |
| 3 crumbled crisp bacon slices | 1 tsp. minced onion |
| 1 tsp. Worcestershire sauce | 1/4 c. Kraft Miracle Whip |
| 1 tsp. horseradish | |

Combine all ingredients. Absolutely must refrigerate overnight! Stir before serving. If it seems a little dry, add a small amount of Miracle Whip. To serve, spread on your favorite Ritz-type crackers.

Beverly Maas

Fruit Dip

- | | |
|--|---------------------------------|
| 1 (12 oz.) jar marshmallow creme | Fresh fruit: sliced apples, |
| 1 (8 oz.) ctn. soft strawberry Philadelphia cream cheese | strawberries, nectarine slices, |
| | or fresh fruit of your choice |

Mix marshmallow creme with cream cheese; beat well. Ready to dip your fruit.

*Audubon Co. Memorial Hospital,
submitted by Shanee Elgin*

Frozen Fruit Cup

- | | |
|---|-----------------------------------|
| 5 med. bananas, sliced | 1 (6 oz.) can frozen orange juice |
| 2 (20 oz.) cans pineapple (1 crushed & 1 tidbits), juice included | 1 (6 oz.) can frozen lemonade |
| | 4 c. water (scant last c.) |
| 1 (10 oz.) box frozen strawberries | 2 c. sugar (scant) |

Add bananas to lemonade after thawing. Mix together remaining thawed ingredients, water and sugar. Spoon into 22 to 25 custard-cup size containers. Freeze. Remove 30 minutes before serving.

Favorite Memory: Always "On the Air" when emergencies strike. Thanks alot!

Martha Waters

Hiland Shrimp Dip

1 (8 oz.) pkg. Philadelphia
cream cheese
1/3 c. cream
2 tsp. lemon juice

1/4 tsp. onion juice
Dash of Worcestershire sauce
3/4 c. cooked or canned shrimp
Potato chips

Thin cheese with cream; add lemon, Worcestershire sauce and onion juice; chop shrimp fine and mix well. Serve with potato chips.

Maxine Carlson

Egg Balls

4 hard-cooked eggs
2 T. crushed potato chips
1 T. chopped celery

1 T. chopped parsley
1 T. grated American cheese
1/4 c. salad dressing

Finely crush potato chips. Chop egg whites quite fine; add to mashed yolks. Add 2 tablespoons crushed potato chips, celery, parsley and cheese. Blend thoroughly with salad dressing. Form into small balls and roll in potato chips crumbs. Fry in deep fat (375°) until golden brown. Yield: 4 servings.

Maxine Carlson

Frozen Fruit Cup

1 qt. buttermilk
1 tsp. vanilla

1/8 tsp. salt
2 c. sugar (or less)

Mix well and add:

1 (20 oz.) can crushed
pineapple (undrained)

1 (17 oz.) can drained fruit cocktail
12 maraschino cherries, diced

Put in paper baking cups or flat pan and cut in squares. Add whole strawberry on top. Freeze. Thaw some before serving.

*Darlene Petersen,
Atlantic, IA*

Caramel Dip for Sliced Apples

1 (8 oz.) pkg. cream cheese
2 1/4 c. white granulated sugar
3 to 4 slices apples

3/4 c. brown sugar
1 tsp. vanilla

Beat together softened cream cheese, sugar, brown sugar and vanilla until smooth. Put in refrigerator for 2 hours to chill. Serve with apple slices.

Sara Sisler

Liver Paste

8 oz. braunschweiger
1 c. sour cream
1 pkg. onion soup mix

1 tsp. Worcestershire sauce
Dash of Tabasco sauce

Blend all ingredients and refrigerate. Allow to warm slightly to serve on party bread or crackers.

Fay Eblen

Sausage Stars

2 c. cooked, crumbled sausage
1 1/2 c. grated sharp Cheddar
cheese
1 1/2 c. grated Monterey Jack
cheese
2 oz. chopped or sliced black
olives

1/2 c. chopped red pepper
1 c. original Hidden Valley
Ranch dressing (prepared
according to pkg. directions)
1 pkg. wonton wrappers

Blot sausage with paper towel and then add the rest of the ingredients. Grease a small muffin tin. Brush wonton wrappers lightly with oil. Bake at 350° for 5 minutes, until golden. Fill with cheese mixture; bake 5 or 6 more minutes, until hot. Yield: about 5 dozen.

Note: Wonton wrappers can be found in produce department of Hy-Vee. After opening package, put a damp paper towel over remainder of wontons to keep them soft—they dry out very quickly.

These are one of Kendal's favorite appetizers.

Shirley Warne

Ranch Oyster Crackers

3/4 c. salad oil
1 pkg. dry Ranch salad
dressing mix
1/2 tsp. dill weed

1/4 tsp. lemon pepper
1/4 tsp. garlic powder
12 to 16 oz. plain oyster
crackers

Whisk together first 5 ingredients; pour over crackers, stirring to coat. Place on baking sheets and bake at 275° for 15 to 20 minutes. Yield: 11 to 12 cups.

Favorite Memory: As soon as "Who's New in Pink and Blue" came on, we all had to be silent so my mom could hear who had a new baby.

*Jolene Sisler,
Employee from 1990 to present*

Veggie Spread

- | | |
|--------------------------------------|-------------------------|
| 8 oz. lite cream cheese,
softened | 2 T. diced green pepper |
| 2 T. chopped celery | 2 T. diced carrots |
| 2 T. chopped onion | 2 T. diced cucumbers |

Combine all ingredients and chill overnight to blend flavors.

Delicious on bagels, crackers or breadsticks.

Denise Coder

Taco Dip

- | | |
|--|---------------------|
| 1 (8 oz.) pkg. cream cheese,
softened | Shredded lettuce |
| 1 c. sour cream | Shredded cheese |
| 1 env. taco seasoning | Tomatoes |
| Picante sauce (your choice) | Black olives (opt.) |

Beat first 3 ingredients together and spread on 9x13-inch pan. Put picante sauce on top of cream cheese mixture, followed by lettuce, cheese, tomatoes and black olives.

Variation: Hot peppers may also be added.

Favorite Memory: *Being able to take over the radio on Jaycee Radio Days, and learning how to be a radio announcer and play music.*

Karen Miller

Decadent Garlic Loaf

- | | |
|--|--|
| 1 lg. loaf French bread | 1/4 c. Parmesan cheese, grated |
| 1 c. butter | 2 T. lemon pepper |
| 6 cloves garlic, minced | 1 (14 oz.) can artichoke hearts,
drained & halved |
| 2 T. sesame seeds | 1 c. grated Cheddar cheese |
| 1 1/2 c. sour cream | |
| 2 c. Monterey Jack cheese,
shredded | |

Preheat oven to 350°. Cut top of bread off to make a "boat." Tear out inside of boat and top in large chunks; leave crust intact. Melt butter in large skillet; stir in garlic, sesame seeds and bread chunks. Sauté until bread is toasted and golden. Remove from heat; add sour cream, Monterey Jack and Parmesan cheeses, and lemon pepper. Stir in artichoke hearts. Spoon back into boat and top with Cheddar cheese. Bake for about 30 minutes. Slice and serve.

Favorite Memory: *Donnie and I received a KJAN 25th anniversary Hints Book for a shower gift when we were married. I can't tell you how many times our family has used the book. As KJAN celebrates its 50th anniversary, Donnie and I will celebrate our 25th! Congratulations to both of us!*

Arlene L. Drennan

Yummy Taco Dip

- | | |
|--------------------------|-------------------------------|
| 1 lb. hamburger | 1 ctn. French onion chip dip |
| 1 pkt. burrito seasoning | 1 can tomato soup |
| 1 can refried beans | 1/2 lg. block Velveeta cheese |

Brown hamburger; drain. Add burrito seasoning following directions on packet. While hamburger is cooking, put remaining ingredients in a crock-pot on high. When hamburger is done, add to crock-pot and let simmer for 1 hour. Turn on low and enjoy with Tostito chips.

Kris Sothman

Pickled Eggs

- | | |
|---------------------------|-----------------------|
| 10 to 12 hard-boiled eggs | 1 tsp. pickling spice |
| 1/2 tsp. dry mustard | 1/2 c. sugar |
| 1/2 tsp. salt | 1/4 tsp. dill seed |
| 1/2 tsp. black pepper | 2 c. vinegar |

Take a little vinegar and make a paste from spices. Add to vinegar. Bring to boil. Put eggs into gallon jar. Pour hot mixture over eggs. Refrigerate for 3 to 4 days before using. Serve with crackers for appetizers or snack.

Favorite Memory: Really enjoy your station! My parents had KJAN on each morning when I would wake up to the crowing rooster! In later years, my dad was a volunteer weather reporter for the Corley area. He still enjoys the daily routine of KJAN radio. He (Dale Brown) now is 96 years young! Keep up the good "work." Really appreciate the sports coverage!

Karol Robertson

Crabbies

- | | |
|----------------------------------|--|
| 1 (5 oz.) jar Old English cheese | 1 1/2 tsp. mayonnaise |
| 4 oz. margarine | 1 (6 or 7 oz.) can crab (or frozen), drained |
| 1/2 tsp. garlic powder or salt | 6 English muffins |
| 1/4 tsp. seasoned salt | |

Soften margarine and mix with cheese. Add seasonings and mayonnaise. Mix in drained crabmeat. Split muffins in half. Spread mixture on 12 halves. Cut halves in quarters and place on cookie sheet until frozen. Place in freezer bag for storage. Broil 4-6 minutes. Watch closely.

Note: This is a great appetizer to make ahead of time. The crabbies store well in freezer 2 to 3 months. You can take out as many or as few as you want at a time.

Favorite Memory: I have listened to KJAN for 50 years. You are my warm-fuzzy blanket. It feels so-ooo good to be tuned to 1220 AM.

Donis Hansen

Taco Dip

1 lb. hamburger, cooked
8 oz. cream cheese
1 pkg. taco seasoning
1 pkg. Cheddar cheese,
shredded
8 oz. sour cream

Tomato
Red & green peppers
Green & black olives
Green onions
Lettuce

Mix together hamburger, cream cheese, sour cream and taco seasoning. Spread in bottom of pan. Top with chopped vegetables and put cheese on top.

Audrey Stetzel

Olive Nut Sandwich Spread

8 oz. cream cheese, mashed
2 c. mayonnaise (not salad
dressing)
1/2 c. chopped pecans

1 c. chopped olives
2 T. olive juice
Dash of pepper (no salt)

Mash cream cheese and mix very well with mayonnaise. Add pecans, chopped olives and olive juice; stir well. Refrigerate.

Note: Keeps quite a while.

Very good on dark rye bread and/or crackers. We make batches of it at Christmas time.

Favorite Memory: *Listening to KJAN for 50 years. Especially enjoyed "Worry Bird" and when Fantastic Faye would call in with his weather predictions and his ball game predictions.*

Marilyn Vernon

Hot Pork Dip

1 lb. ground pork
1 pkg. mild chili mix
3 oz. cream cheese

1 green pepper, chopped
1 (6 oz.) can tomato paste
1 c. water

Brown ground pork and pepper; drain off grease. Add chili mix, tomato paste and water. Stir in cream cheese last, before serving. Keep hot.

Serve with corn chips.

Favorite Memory: *A long time ago I won 8 silver dollars from KJAN--don't remember how, but I still have them.*

Bernice Baier

Breads & Rolls



From 1955 to 1985, Bob Einhaus was the "Voice of the Nishna Valley." He served as News and Program Director for 30 years and still has one of the most recognizable voices in the Nishna Valley.

Equivalent Measurements

3 tsp.	1 Tbsp.	2 cups	1 pt.
4 Tbsp.	1/4 cup	4 cups	1 qt.
5 1/3 Tbsp.	1/3 cup	4 qt.	1 gal.
8 Tbsp.	1/2 cup	8 qt.	1 peck
10 2/3 Tbsp.	2/3 cup	4 pecks	1 bu.
12 Tbsp.	3/4 cup	16 oz.	1 lb.
16 Tbsp.	1 cup	32 oz.	1 qt.
1/2 cup	1 gill	8 oz. liquid	1 cup
		1 oz. liquid	2 Tbsp.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Ingredient Measurements

Baking powder

1 cup = 5 1/2 oz.

Cheese, American

1 lb. = 2 2/3 cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Cornmeal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

Shortening or Butter

1 lb. = 2 cups

Eggs

1 egg = 4 Tbsp. liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups

1 lb. cake = 4 1/2 cups

1 lb. graham = 3 1/2 cups

Lemons, juice

1 medium = 2 to 3 Tbsp.

5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 Tbsp. grated

Oranges, juice

1 medium = 2 to 3 Tbsp.

3 to 4 medium = 1 cup

Oranges, rind

1 = 2 Tbsp. grated

Gelatin

3 1/4 oz. pkg. flavored

= 1/2 cup

1/4 oz. pkg. unflavored

= 1 Tbsp.

Sugar

1 lb. brown = 2 1/2 cups

1 lb. cube = 96 to 160 cubes

1 lb. granulated = 2 cups

1 lb. powdered = 3 1/2 cups

Breads & Rolls

A-to-Z Bread

2 c. sugar
 1 c. vegetable oil
 3 eggs, lightly beaten
 2 c. A-to-Z ingredients (choose
 from list below)
 1 T. vanilla extract

3 c. all-purpose flour
 2 tsp. ground cinnamon
 1 tsp. baking powder
 1 tsp. baking soda
 1 tsp. salt
 1 c. chopped walnuts

A-TO-Z INGREDIENTS:

Apples, peeled & shredded
 Applesauce
 Apricots (dried), chopped
 Banana, mashed
 Carrots, shredded
 Coconut
 Dates, pitted & chopped
 Figs (dried), chopped
 Grapes (seedless), chopped
 Oranges, peeled & chopped
 Peaches, peeled & chopped
 Pears, peeled & chopped

Pineapple (canned), crushed &
 drained
 Prunes, pitted & chopped
 Pumpkin, canned
 Raisins
 Raspberries, unsweetened fresh
 or frozen
 Rhubarb, chopped fresh or
 frozen
 Strawberries, fresh or frozen
 Sweet potatoes, cooked &
 mashed
 Zucchini, peeled & grated

In a mixing bowl, combine the sugar, oil and eggs; mix well. Stir in A-to-Z ingredients of your choice and vanilla. Combine flour, cinnamon, baking powder, baking soda and salt; stir into liquid ingredients just until moistened. Stir in nuts. Pour into two greased 4x8x2-inch loaf pans. Bake at 325° for 55 to 65 minutes, or until a wooden pick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack. Yield: 2 loaves.

**Connie Viether,
 Anita, IA**

My father, Iowa Highway Patrolman Glenn Green, thoroughly enjoyed helping his friends at KJAN at the Annual Bicycle Rodeo. He enjoyed working with the youth of the community. He cherished his friendship with the KJAN staff.
 Steve Green

Cinnamon Swirl Bread

2 pkg. active dry yeast	1/2 c. uncooked Malt-O-Meal
1/2 c. warm water (110° to 115°)	cereal
1 c. warm water (110° to 115°)	1/3 c. sugar
1/2 c. butter or margarine,	2 tsp. salt
softened	4 to 4 1/2 c. all-purpose flour
1 egg	

FILLING:

1 egg white, lightly beaten	1/2 c. sugar
	1 T. ground cinnamon

In a mixing bowl, dissolve yeast in water. Add milk, butter, egg, cereal, sugar, salt and 2 cups flour; mix until smooth. Stir in enough remaining flour to form a soft dough. Do not knead. Cover and let rise in a warm place until doubled, about 1 1/4 hours. Punch dough down; divide in half. Roll each portion into a 7x12-inch rectangle. Brush with egg white. Combine sugar and cinnamon; sprinkle over rectangles. Starting with a short side, roll up tightly; seal edges. Place each in a greased 4x8x2-inch loaf pan. Cover and let rise until doubled, about 30 minutes. Bake at 375° for 40 to 45 minutes, or until golden brown. Remove from pans to cool on wire racks. Yield: 2 loaves.

Jean Boots

Nutty Apple Muffins

1 1/2 c. flour	1/2 tsp. nutmeg
1 1/2 tsp. baking soda	1/3 c. oil
3/4 tsp. salt	2 c. chopped apple
1 c. + 2 T. sugar	1 1/2 c. walnuts
2 eggs	3/4 c. coconut

Beat eggs, oil and sugar together. Stir in nuts, coconut and apples. Add dry ingredients; stir until moistened. Bake at 350° for 25 to 30 minutes. Yield: 18 large muffins.

Connie Klemish

Wholesome Bread

1/4 tsp. sugar	1 tsp. salt
1/4 c. warm water	1 egg, well beaten
1 env. yeast	1/2 c. oatmeal
1 c. skim milk	1/4 c. whole bran cereal
3 T. vegetable oil	1 1/2 c. white flour
3 T. molasses	1 1/2 c. whole wheat flour

Combine sugar and water; sprinkle yeast on water; stir. Let stand 10 minutes, until bubbly. Combine milk, oil, molasses and salt. Heat; cool. Stir in rest of ingredients; knead. Let rise until doubled, about 1 1/2 hours. Put in oiled loaf pan; let rise again, until doubled. Preheat oven to 350°. Turn down to 325°. Bake 35 minutes.

Becky Holmes

Banana-Nut Bread

1/3 c. shortening	1/2 tsp. salt
1/2 c. sugar	1/2 tsp. baking soda
2 eggs	1 c. mashed bananas
1 3/4 c. flour	1/2 c. nuts
1 tsp. baking powder	

Cream together shortening and sugar. Add eggs; beat well. Sift together dry ingredients. Add creamed mixture alternately with bananas, blending well after each addition. Add nuts. Pour into a well-greased loaf pan. Bake in 350° oven 45 to 50 minutes.

Bessie Huffman

Refrigerator Rolls

1 pkg. dry yeast	2 c. warm water
1/2 c. warm water	1 stick margarine
1/2 c. sugar	2 tsp. salt
7 to 8 c. flour	2 eggs, beaten
1 tsp. lemon flavoring	1/8 tsp. mace

In a 1-gallon bowl, mix water, margarine and sugar. When lukewarm, add yeast which has been dissolved in 1/2 cup warm water. Add rest of ingredients; knead until smooth. Let rise until double; make into desired rolls or put in refrigerator until ready to use, and set out to let rise. Bake at 350°.

Favorite Memory of KJAN: *Our mornings are spent listening to KJAN at breakfast time and next hour especially.*

*Mrs. Edward Swensen,
Exira, IA*

Cornmeal Yeast Bread

2 (1/4 oz.) pkg. active dry yeast	1/3 c. oleo, melted
1/2 c. warm water	1 egg
3/4 c. milk	3/4 c. cornmeal
1/3 c. sugar	1 tsp. salt
	3 1/2 to 4 c. flour

Dissolve yeast in warm water. Add milk, sugar, oleo and egg; mix well. Add cornmeal and salt. Gradually add flour; mix well to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning dough once to grease top. Cover and let rise in a warm place until doubled, about 45 minutes. Punch down. Divide in half; shape into 2 loaves. Place in greased 4x8x2-inch loaf pans. Cover and let rise until doubled. Bake at 350° for 35 to 40 minutes, or until golden brown. Let stand 5 to 10 minutes to cool before turning out of pans. Remove from pans to cool on wire racks.

Dean Kopp

Apple Bread

1/2 c. shortening	1 tsp. baking soda
1 c. sugar	1/2 tsp. salt
2 eggs	1 1/2 T. sour milk
1 c. unpeeled apples, cut in sm. pieces	1 tsp. vanilla
2 c. flour	Nuts (opt.)

Grease bottom of loaf pan. Cream shortening and sugar. Blend in eggs and apples (or add apples last). Add flour, baking soda, salt, milk and vanilla; blend well. Pour into loaf pan. Bake at 350° for 50 to 60 minutes, or until toothpick comes out clean. Set on wire rack for 10 minutes. Loosen all around edges and sort of lift to loosen from bottom. Tip onto wire rack to cool. Yield: 12 to 15 slices.

Dean Kopp

Lemon-Nut Bread

3/4 c. oleo	1 tsp. salt
1 1/4 c. sugar	1/2 c. milk
3 eggs	1/3 c. lemon juice
2 1/2 c. flour	2 tsp. grated lemon rind
2 tsp. baking powder	3/4 c. chopped nuts

Cream oleo and sugar until light and fluffy. Blend in eggs. Combine dry ingredients; add alternately with the milk, mixing well after each addition. Stir in lemon juice and lemon rind; mix well. Fold in nuts. Pour into a greased and floured 5x9-inch pan. Bake at 350° for 1 hour and 20 minutes. Cool 5 to 10 minutes; remove from pan. Yield: 12 to 15 slices.

Dean Kopp

Rye Bread

1 c. lukewarm water	4 T. melted shortening
1 tsp. sugar	2 tsp. salt
1 pkg. dry yeast	2 c. lukewarm water
2 1/4 c. rye graham flour	1 T. sugar

Combine yeast, water and sugar; let stand 10 minutes. Mix flour, shortening, salt, water and sugar; add yeast mixture. Mix well. Add white flour, 1 cup at a time, until stiff enough to knead. Knead until smooth. Let rise until double. Put in 2 loaf pans; let rise again. Bake at 350° for 45 to 50 minutes. Remove from pans immediately. May brush tops with butter.

Gloria Hansen

Yellow Buns

2 c. milk	2 pkg. yeast
1/2 c. cornmeal (yellow)	1/2 c. warm water
1/2 c. butter	3 eggs, beaten
1/2 c. sugar	3 c. flour
1 1/2 tsp. salt	3 to 3 1/2 c. more flour

In a saucepan, cook milk and cornmeal until thick. Add butter, sugar and salt; cool to lukewarm. Dissolve yeast in warm water; let stand 20 minutes. Add eggs and 3 cups flour; mix. Combine yeast mixture and cornmeal mixture. Add enough of the remaining 3 to 3 1/2 cups flour to make a soft bun mix. Knead; let rise until double. Punch down; let rise again. Shape into buns. Let rise until double. Bake at 350° for 12 to 15 minutes. Yield: 2 to 3 dozen, depending on size.

Note: Can be made a day or two ahead, as they stay moist and fresh for several days.

Janet Paulsen

Monkey Bread

3 pkg. buttermilk biscuits	1 1/8 c. brown sugar
2/3 c. sugar	3 T. corn syrup
1 tsp. cinnamon	1/2 c. margarine

Using a pizza cutter, cut each biscuit into fourths. Set aside. In a bowl with a lid, mix sugar and cinnamon; shake to mix. Place 1/2 of biscuit sections in bowl; shake to cover biscuits. Place biscuits in bottom of a greased bundt pan. Shake remaining biscuits; set aside. In a saucepan, boil for 1 minute, brown sugar, corn syrup and margarine. Immediately pour 1/2 of mixture over biscuits in bundt pan. Place remaining biscuits on top; pour remainder of mixture on top. Pour remaining sugar and cinnamon mixture over biscuits. Bake at 350° for 30 minutes. Wait 5 minutes before turning out of pan. Be sure to turn after 5 minutes.

Cynthia Ruth

LaVonne's Yellow Bread

1 pkg. yellow cake mix with pudding	4 eggs (add 1 at a time while mixing)
3/4 c. vegetable oil	1 tsp. vanilla
3/4 c. water	1 tsp. butter flavor extract

TOPPING ON BOTTOM OF PAN: (Mix)

1/2 c. walnuts, chopped	2 tsp. cinnamon
1/4 c. sugar	

FROSTING:

1 c. powdered sugar	2 T. milk
1 tsp. vanilla	1/2 tsp. butter flavoring

Beat the first 6 ingredients together 6 to 8 minutes at high speed. Pour into 2 greased bread pans. Cover bottom with topping. Layer cake dough, etc., 3 times. Bake at 350° for 40 minutes. Let cool in pans. When cool, frost.

Favorite Memory of KJAN: You must turn the volume up for the commercial spots. Not really necessary!
Delma Stuetelberg

Oatmeal Raisin Bread

2 pkg. yeast	1/2 c. maple flavor syrup
1/2 c. warm water	2 tsp. salt
1 1/2 c. boiling water	1 T. butter
1 c. raisins	2 eggs, beaten
1 c. quick oatmeal	4 1/2 c. "better for bread" flour

Soften yeast in 1/2 cup warm water. Pour boiling water over raisins, oatmeal, syrup, salt and butter. Cool to lukewarm; add eggs and yeast. Beat in flour. Knead until smooth. Place in greased bowl. Let rise until double, 1 hour. Punch down. Divide; place in two greased loaf pans. Let rise. Bake for 40 minutes at 375°. Frost with powdered sugar icing, if desired.

Favorite Memory of KJAN: Bob Einhaus and Bob Kelso with "Worry Bird". Also, Bob Einhaus with "Memory Time".

Mary Ehrman

Three-Flour Bread

2 (1/4 oz.) pkg. active dry yeast	1/4 c. vegetable oil
2 1/4 c. warm water (110° to 115°)	2 T. salt
	3 1/4 c. all-purpose flour

RYE DOUGH:

2 T. molasses	1 tsp. caraway seed
1 T. baking cocoa	1 1/4 c. rye flour

WHEAT DOUGH:

2 T. molasses	1 c. whole wheat flour
---------------	------------------------

WHITE DOUGH:

1 1/4 c. all-purpose flour	1 T. butter or margarine, melted
----------------------------	----------------------------------

In large mixing bowl, dissolve yeast in flour. Add oil, sugar, salt and 2 1/4 cups flour; beat for 2 minutes. Add remaining flour; beat 2 minutes. Divide evenly into three mixing bowls. To the first bowl, add molasses, cocoa and caraway seed; mix well. Gradually add rye flour. Turn onto a floured board. Knead until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, turning once to grease top. To the second bowl, add molasses; mix well. Gradually add whole wheat flour. Turn onto a floured board; knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and set aside. To third bowl, gradually add all-purpose flour. Turn onto a floured board; knead until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, turning once to grease top. Cover all three bowls; let rise in a warm place until doubled, about 1 hour. Punch dough down; divide each in half. Shape each half into a 15-inch rope. Place a rope of each dough on a greased baking sheet; braid. Seal ends. Repeat with remaining ropes. Cover and let rise until nearly doubled, about 30 minutes. Bake at 350° for 25 to 30 minutes or until golden brown. Brush with butter. Yield: 2 loaves.

Bill McCrory

Cinnamon Bread or Rolls

1 c. warm water	2 T. white sugar
1 1/4 tsp. salt	3 c. flour
1 egg	1 pkg. yeast
1/4 c. butter or oleo	

Put in bread machine in order given; set on dough cycle. Add a little more flour, if it doesn't leave sides of pan. Take out after it has risen in machine. Roll out on floured waxed paper. Sprinkle with cinnamon to taste. Spread 1/2 cup brown sugar on it; butter to taste. Roll like jellyroll. Put in greased loaf pan. Bake at 375° for 15 minutes, then at 350° for 25 minutes. Cool on rack. Frost, if you wish.

Note: Also can make dinner rolls or cinnamon rolls out of this dough.

Burdell B. Jones

Quick Buttermilk Rolls

4 to 4 1/2 c. all-purpose flour
2 pkg. rapid-rise yeast
3 T. sugar
1 tsp. salt

1/2 tsp. baking soda
1 1/4 c. buttermilk
1/2 c. water
1/2 c. shortening

In a large mixing bowl, combine 1 1/2 cups flour, yeast, sugar, baking soda and salt; mix well. In a saucepan, heat buttermilk, water and shortening until warm (120° to 130°). (Shortening does not need to melt.) Add to flour mixture; blend at low speed until moistened. Beat 3 minutes at medium speed. By hand, gradually stir enough of remaining flour to make a firm dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in a greased bowl, turning to grease top. Cover; let rise in a warm place until light and doubled, about 20 minutes. Punch down. Divide into about 30 pieces; form into balls. Place on a greased cookie sheet. Cover; let rise in a warm place until almost doubled, about 20 minutes. Bake at 375° for 12 to 15 minutes, until golden brown. Remove from pan. Brush with butter. Cool on racks.

Note: Can be made into cinnamon rolls or loaves, if desired.

Kathee McCrory

Bran Buns or Cinnamon Rolls

2 pkg. dry yeast
1/2 c. warm water
2 c. hot water
1 c. (2 sticks) margarine
1 c. All-Bran cereal

2 eggs
2/3 c. sugar
1 tsp. salt
8 c. flour (approx.)

Soak yeast and warm water together in a large mixing bowl. Mix hot water, margarine and cereal. When cool, add eggs, sugar, yeast and salt. Add flour; knead. May use a little more flour until not sticky. Put in a greased bowl. Let rise until double. Make buns or cinnamon rolls; let rise again. Yield: 2 cake pans usually, depending on size.

Hearty and wholesome.

Favorite Memory of KJAN: "Agri-Talk" is wonderful! Each day is informative and usually interesting. As a farmer at heart, I'm interested in this ever-changing world of agriculture and the importance of world-wide marketing. My farm background helps to "love" the determination to keep our family farms an important privilege to "till and harvest." Ken Root and Val Farmer are great men. Keep them coming to us. Hope to meet them someday. Atlantic hosted them.

Doris Christensen

Refrigerator Cinnamon Rolls

4 c. very warm water
3 T. (3 pkg.) dry yeast
1 c. sugar
1 c. soft shortening

2 T. salt
3 eggs
1/2 c. dry milk
12 c. (or more) flour

Put water in mixer bowl; add yeast and sugar. Let stand until bubbly. Add some flour, mixed with dry milk. Beat. Add soft shortening (Crisco); beat. Add eggs and salt; beat. Add flour to make a soft dough. Store in refrigerator up to two days. Shape into balls or cinnamon rolls. Let rise until double. Bake at 375° for about 20 minutes. Can let rise and shape. Let rise without being in refrigerator. Yield: 4 dozen, depending on size.

Note: I bake in a jellyroll pan.

FloraBelle Hays

Quick Banana-Nut Bread

1/3 c. shortening
2/3 c. sugar
2 eggs, slightly beaten
1 3/4 c. sifted flour

2 3/4 tsp. baking powder
1/2 tsp. salt
1 c. mashed ripe bananas

Beat shortening until creamy; gradually add sugar, beating until light and fluffy, after each addition. Add eggs; heat until thick and pale lemon in color. Sift dry ingredients. Add alternately with bananas; blend thoroughly after each addition. Grease bottom only of a loaf pan. Turn batter into pan. Bake 60 or 70 minutes at 350°, until cake tester inserted in center comes out clean and dry. Let bread partially cool in pan before turning out on rack.

Ruth Steffen

Bacon Swiss Bread

1 (1 lb.) loaf French bread
2/3 c. butter or margarine,
softened
1/3 c. chopped green onions

4 tsp. prepared mustard
5 slices process Swiss cheese
5 bacon strips

Cut bread into 1-inch-thick slices, leaving slices attached at bottom. In a bowl, combine butter, mustard and onions; spread on both sides of bread. Cut each cheese slice diagonally into 4 triangles; place between slices of bread. Cut bacon in half, widthwise, and then lengthwise; drape a piece over each slice. Place loaf on double thickness of heavy-duty foil. Bake at 400° for 20 to 25 minutes, until bacon is crisp.

Cheryl Christensen

Cinnamon Puffs

- | | |
|----------------------------|----------------------------|
| 1 1/2 c. all-purpose flour | 1/2 tsp. vanilla |
| 1 1/2 tsp. baking powder | 1/2 c. milk |
| 1/2 tsp. ground nutmeg | 1/2 c. sugar |
| 1/2 tsp. salt | 1/2 c. butter or margarine |
| 1/2 c. sugar | 1 tsp. ground cinnamon |
| 1/3 c. butter or margarine | 1/2 tsp. ground nutmeg |
| 1 egg | |

Preheat oven to 350°. In a small mixing bowl, beat sugar, butter, egg and vanilla. Sift the flour, baking powder, nutmeg and salt. Add the sifted flour mixture to the mixture in bowl, alternately with the milk. Beat well, but only until all ingredients are blended. Grease bottoms of miniature muffin tins and fill them 2/3 full. Bake for 18 minutes. Remove the muffin-like puffs from pans. While they are still warm, roll them in the melted 1/2 cup butter and then roll them in the mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Store in airtight containers. Yield: 30 miniature muffins.

Note: You could make these in the regular size muffin pans also, but then bake for 20 minutes. Good to eat warm or cold.

Favorite Memory of KJAN: *I was glad to hear on KJAN that our 4-H girls club of Franklin Township were safe in the 4-H building at the fairgrounds when the big flood hit Exira and Atlantic.*

Iola Waldau

Cinnamon Bread in Breadmaker

- | | |
|----------------|------------------------------|
| 1 1/8 c. water | 3 c. bread flour |
| 2 T. butter | 1 T. cinnamon |
| 2 T. sugar | 3/4 c. cooking raisins, soft |
| 1 tsp. salt | 2 1/2 tsp. quick yeast |

Mix all ingredients in breadmaker container in order given. Lock container in breadmaker and set time for 3 hours and 40 minutes. Start. Yield: 1 large loaf.

Favorite Memory of KJAN: *Broadcasting all sports both local and state, as well as national.*

Dorothy Ayers

My Sister Norma's Quick Treat

- | | |
|-----------------------|------------------------------------|
| 1 ctn. whipping cream | 2 pkg. frozen biscuits, cut in 4's |
| 1 c. brown sugar | 1/2 c. pecans, chopped or halved |

Preheat oven to 350°. Mix cream and sugar; put into a 9x13-inch cake pan. Sprinkle pecans over mixture. Arrange cut biscuits on top. Bake for 20 minutes. When done, spoon any caramel mixture left in pan over the top. Best while warm.

Bea Suplee

Cinnamon Rolls

2 pkg. yeast, dissolved in
2 1/2 c. warm water

Let stand for 3 minutes.

Add:

1 box white or yellow cake mix

Add:

1 c. flour
3 eggs, beaten

1/3 c. oil
1 tsp. salt

Beat until bubbles appear. Slowly add 5 1/4 cups flour. Stir with a spoon until soft dough. Knead 5 minutes. Let rise until doubled. Work down; let rise again. Roll out. Spread with butter. Sprinkle with brown sugar and cinnamon. Make into rolls. Bake 25 minutes at 350°.

Louise Molgaard

Oatmeal Muffins

1 c. quick-cooking oats

1 c. sour milk

1 egg

1/2 c. brown sugar

1/2 c. melted shortening

1 c. flour

1/2 tsp. salt

1 tsp. baking powder

1/2 tsp. baking soda

1 T. honey (opt.)

1/2 c. raisins

Nuts (opt.)

Soak oatmeal in sour milk for 1 hour. Add beaten egg; beat well. Add sugar; mix. Add cooled shortening. Sift flour, salt, baking powder and baking soda; mix only to blend. Bake in a greased muffin pan at 350° for 15 to 20 minutes. Yield: 1 dozen.

***Favorite Memory of KJAN:** A station that came in plain, giving weather and school closings, hospital admittance and deaths.*

Aletha J. Hansen

Basic Sweet Dough

2 c. milk, scalded
1 c. sugar
1 tsp. salt
1/2 c. butter

3 eggs, well beaten
2 env. dry yeast
1/4 c. lukewarm water
6 or 7 c. flour, sifted

Pour scalded milk into a large bowl. Stir in sugar, salt and butter. Let stand until lukewarm. Blend in eggs. Sprinkle yeast in lukewarm water; stir until yeast is dissolved. Add to milk mixture; stir in enough flour to make a soft dough. Cover; set in warm place (not hot) until doubled in bulk. Turn out onto a floured board; knead dough until smooth and not sticky. Place in a greased bowl; cover. Store in refrigerator until needed, to make any breakfast bread or rolls.

***Favorite Memory of KJAN:** We, Joan and Lyle L. Larsen, were married in 1950 the same year as KJAN was started.*

Joan C. Larsen

Apple Bread

2/3 c. oil
3 eggs
2 c. flour
2 c. sugar
2 1/2 c. diced, raw apples

1/2 c. nutmeats
1 1/2 tsp. salt
1 1/4 tsp. baking soda
1 tsp. cinnamon
1 1/2 tsp. vanilla

Beat eggs; add oil and dry ingredients, apples and nuts. Bake in 350° oven for 45 minutes. Yield: 2 loaves.

Viola Sander

Speedy Roll Dough

2 c. warm water
1/3 c. sugar
2 pkg. active dry yeast
6 1/2 c. flour

3 tsp. salt
2 eggs, beaten
1/3 c. shortening

In a large Tupperware bowl, combine water, sugar and yeast. Stir until dissolved. Add salt and 2 cups flour; beat. Add eggs and shortening. Work in remaining flour; cover. Let rise. I let mine rise twice. Shape into buns or rolls; let rise. Bake in 400° oven for 12 to 15 minutes.

***Favorite Memory of KJAN:** I enjoy the news and the polka music on Saturday.*

Viola Sander

Strawberry Muffins

- | | |
|---|-----------------------------------|
| 3 c. all-purpose flour | 1 c. vegetable oil |
| 2 c. sugar | 3 eggs |
| 1 T. ground cinnamon | 1/4 to 1/2 tsp. red food coloring |
| 1 tsp. baking soda | (opt.) |
| 1 tsp. salt | 1/2 c. chopped pecans (opt.) |
| 2 c. frozen, sweetened strawberries, thawed & undrained | |

TOPPING:

- | | |
|--------------------------------------|---------------------------|
| 1/2 c. butter or margarine, softened | 1 c. confectioners' sugar |
| | 1/4 c. honey |
| | 1 tsp. ground cinnamon |

In a large bowl, combine flour, sugar, cinnamon, baking soda and salt. In another bowl, mix strawberries, oil, eggs and food coloring. Stir into dry ingredients just until moistened. Put in pecans. Fill greased muffin cups 3/4 full. Bake at 375° for 15 to 18 minutes. Meanwhile, combine spread ingredients in a small mixing bowl; beat until blended. Serve with the muffins. Store spread in the refrigerator. Put spread on muffins and eat. Yield: 2 1/2 dozen muffins. Spread makes 3/4 cup.

*Maxine Lambertsen,
Atlantic, IA*

Butterscotch Crescents

- | | |
|------------------------------------|---------------------|
| 1 pkg. yeast, in 1/4 c. warm water | 1/2 c. butter |
| 1 pkg. butterscotch pudding mix | 2 eggs |
| 1 1/2 c. Pet milk | 2 tsp. salt |
| | 3 1/2 to 4 c. flour |

FILLING:

- | | |
|----------------------|---------------|
| 1/4 c. melted butter | 2/3 c. sugar |
| 2/3 c. coconut | 1/3 c. pecans |
| | 2 tsp. flour |

GLAZE:

- | | |
|--------------------|---------------------|
| 1/4 c. brown sugar | 2 tsp. butter |
| 2 tsp. Pet milk | 1 c. powdered sugar |

Do the yeast in warm water. Mix butterscotch pudding with Pet milk; cook until thick. Add 1/2 cup butter; mix well. Add eggs, salt and yeast. Add flour; let rise until double. Divide into thirds. Cut each into 12 wedges. Top each with 1 teaspoon filling. Roll up like crescent; let rise. Bake at 350° for 15 minutes. Frost with glaze while warm.

Glaze: Boil first 3 ingredients for 1 minute. Add powdered sugar; stir. Spread on top.

Mrs. Delbert (Ruth) Benton

Oat Bran Muffins

2 1/2 c. oat bran hot cereal mix
1 tsp. baking powder

Chopped dates, raisins,
currants & nuts (opt.)

Mix all together; set aside.

1/2 c. skim milk
1 (20 oz.) can crushed
pineapple (in its own juice),
partially drained

1 egg or 2 egg whites
1 to 2 T. canola oil

Mix all together; add to dry ingredients. Line cupcake pans with paper liners. Fill full. Bake at 425° for 17 minutes. They will not be brown, but remove promptly after 17 minutes. They will dry out if baked longer.

Note: Eat 2 to 3 a day for good fiber. These are also good for lowering cholesterol.

Pat Pedersen

Mom Ehlers' Banana-Nut Bread

1 c. sugar
1/2 c. shortening
2 eggs
1 c. mashed bananas
2 c. flour

1/2 tsp. salt
1/2 c. sour milk
1 tsp. baking soda
1/2 c. chopped nuts

Mix flour and milk alternately with rest of ingredients. Pour into a regular-sized loaf pan that has been well greased. Let stand 20 minutes before baking. Bake at 350° for 1 hour, or until broom straw comes out clean when testing. Turn out of pan when done, onto cooling rack. To make 2 small loaves, bake 3/4 hour. A great way to use up over-ripe bananas.

Favorite Memory of KJAN: Mom and Dad had a radio that sat on a special shelf in their kitchen. When KJAN came to town, that's where the radio stayed tuned to. So we always ate our meals with KJAN in the background. Had to hear the news!

Nancy Ehlers Zellmer

Apricot-Banana Bread

1/3 c. margarine, softened	1/2 tsp. salt
3/4 c. white sugar	1/2 tsp. baking soda
2 eggs	1 c. 100% Bran cereal (hot flakes)
1 c. mashed ripe bananas (2 or 3 medium)	1/4 c. (6 oz.) chopped dried apricots
1/4 c. buttermilk	1/2 c. chopped walnuts
1 1/4 c. all-purpose flour	
1 tsp. baking powder	

In a mixing bowl, cream butter and sugar. Add eggs; mix well. Combine bananas and buttermilk. Combine the flour, baking powder, baking soda and salt. Add to creamed mixture alternately with banana mixture. Stir in bran, apricots and nuts. Pour into a greased and floured 5x9x3-inch loaf pan. Bake at 350° for 55 to 60 minutes, or until bread tests done. Cool 10 to 15 minutes before removing from pan to a wire rack. Yield: 1 loaf. *Maxine Lambertsen, Atlantic, IA*

Belgian Waffles

2 lg. eggs, separated	1 1/4 tsp. baking powder
2 T. sugar	1/2 tsp. baking soda
1/2 c. sour cream	1 c. flour
1/2 c. milk	1/4 tsp. salt
3 T. oleo or butter, melted	2 tsp. sugar
1 tsp. vanilla	

In a small mixing bowl, beat egg yolks well; add 2 tablespoons sugar. Beat. Beat in the sour cream, milk, oleo and vanilla. Beat in the sifted dry ingredients. In a separate bowl, beat the 2 egg whites; add 2 teaspoons sugar; beat until whites peak. Fold beaten white mixture into batter. Bake in hot Belgian waffle iron. Yield: four 7-inch waffles.

Favorite Memory of KJAN: *During the severe ice storm of late October, there was no electricity. We sat by gaslight listening to KJAN on the battery-powered radio. We were kept informed of the progress of the storm, as well as the local conditions.*

Clara Scheffler,
Avoca, IA

Brown Oatmeal Rolls

1 c. oatmeal	3 T. shortening
2 c. boiling water	2/3 c. brown sugar
1 pkg. yeast	2 tsp. salt
1/3 c. warm water	5 c. flour

Pour boiling water over oatmeal; let cool. Add shortening, sugar and salt. Beat in flour; knead. Let rise until double. Punch down. Let rise again until double. Shape into rolls; let rise. Bake in moderate oven, 375°, for 20 to 25 minutes. Yield: 3 dozen rolls.

Darlene Jones,
Lewis, IA

Bun or Sweet Dough

2 c. milk	1/2 c. warm water
1 stick oleo	1 tsp. sugar
1/2 c. sugar	2 eggs
2 tsp. salt	7 1/2 to 8 c. flour
2 pkg. dry yeast	

Scald 2 cups milk. Add oleo, sugar and salt. Let cool to lukewarm. Dissolve yeast in warm water; add sugar. Let rise to top of cup. Measure 7 1/2 to 8 cups of flour; sift. Beat 2 eggs in large bowl; add milk mixture and yeast mixture. Stir. Add flour, enough to make a very stiff dough. Let rise about 1 1/2 hours. Mix down; let rise 1 hour. Make into buns or rolls. Let rise. Bake at 350°.

Darlene Jones,
Lewis, IA

Dilly Bread

1 pkg. yeast	2 tsp. dill seed
1/4 c. warm water	1 tsp. salt
1 c. cottage cheese, lukewarm	1/4 tsp. baking soda
2 T. sugar	1 unbeaten egg
1 T. minced onion (instant)	2 1/4 to 2 1/2 c. flour
1 T. butter	

Soften yeast in water. In a mixing bowl, combine cottage cheese, sugar, onion, butter, dill seed, salt, baking soda, egg and yeast. Add flour to form a stiff dough. Let rise until double in size. Work down; form into a loaf. Put in a greased loaf pan; let rise. Bake 40 to 50 minutes at 350°. Makes delicious toast.

My mom made this bread a lot. She made it in a round bowl and called it Dilly Casserole Bread. Round bread does not slice well, so I use a loaf pan. This recipe was in the KJAN 20th Anniversary Cookbook. My mom had 33 recipes in that book.

Favorite Memory of KJAN: *I've listened to KJAN for most of your 50 years. I spent 1 1/2 years in Korea and your signal didn't reach quite that far. I liked the "Highland Potato Chip Quiz" and "Worry Bird".*

***Roger Nelson,
In Memory of Mrs. Rose Nelson***

Easy Parmesan Breadsticks

16 frozen dinner rolls, thawed

Melt 1/4 cup margarine or butter in a 9x13-inch pan. Roll the rolls with hands into 4-inch-long sticks. Roll in the melted butter. Sprinkle generously with grated Parmesan cheese. Bake at 350° for 20 minutes, or longer.

Alberta Millikan

Raspberry Buttermilk Muffins

2 c. flour	1 c. buttermilk
3/4 c. sugar	1/3 c. vegetable oil
2 1/2 tsp. baking powder	1 tsp. lemon juice
1/2 tsp. baking soda	1 c. fresh raspberries
1 egg, lightly beaten	1/2 c. chopped nuts

Mix first 5 ingredients. Combine egg, milk, oil and lemon juice; mix well. Stir into dry ingredients just until moistened. Fold in raspberries and nuts. Sprinkle with sugar after you fill muffin cups. Bake in 400° oven for 18 to 20 minutes. Cool 5 minutes before moving to wire rack. Yield: 1 dozen.

Favorite Memory of KJAN: *The voice of Al Hazelton.*

Mrs. Robert (Mary) Abild

Strawberry-Banana Nut Bread

2 c. flour	3/4 c. white sugar
1 c. mashed bananas	1/2 tsp. baking soda
1 tsp. baking powder	3 T. milk
1/2 c. oleo	1 (3 oz.) pkg. strawberry Jello
1 egg	1/2 c. nuts

Cream oleo; add sugar. Beat egg; add. Combine baking soda, milk, banana pulp and Jello. Add to oleo mixture. Add sifted flour and baking powder. Add nuts. Pour into well-greased and floured loaf pans. Bake at 350° for about 40 minutes or more, until done. Yield: 2 small loaves.

Mary Jane Nielsen

Apricot Bread

1/2 c. dried apricots, diced	1 c. sugar
1/3 c. water	2 T. butter or margarine
2 c. all-purpose flour	1 lg. egg
1 T. baking powder	1/2 c. orange juice
3/4 tsp. salt	3/4 c. walnuts or pecans,
1/4 tsp. baking soda	chopped

Soak apricots in water for 20 minutes. Lightly grease and flour a 5x9x3-inch loaf pan. Heat oven to 350°. Mix flour, baking powder, salt and baking soda. In a large bowl, beat sugar, butter and egg until fluffy. Drain water from apricots into orange juice. Stir flour mixture into butter mixture, 1/2 cup at a time, alternating with orange juice, 1/3 at a time. Stir in apricots and nuts. Spoon into prepared pan. Bake for 60 to 65 minutes, until bread is golden brown, and a wooden pick inserted in center comes out clean. Remove from oven; turn bread out onto wire rack. Cool completely before cutting.

Note: This bread freezes well.

Lyle L. Larsen

Baking Powder Biscuits

2 c. flour	1/2 tsp. cream of tartar
4 tsp. baking powder	1/2 c. shortening
2 tsp. sugar	2/3 c. milk
1/2 tsp. salt	

Cut the shortening into the combined dry ingredients; add, all at once, 2/3 cup milk. Stir until it forms a ball. Roll and pat out. Cut into biscuits. Put in a greased pan. Bake at 350° for 10 to 12 minutes. Yield: 8 nice-sized biscuits.

Favorite Memory of KJAN: *Goes back a long ways. May dad, E.J. McDermott, sold the land to KJAN. My husband, Clarence Andersen, helped with the laying of ground wires, etc. Now my grandson, Steve Andersen, gets job with KJAN. How great!*

Ruth Andersen

Oatmeal Yeast Rolls

1 c. oatmeal	6 to 8 c. flour
3 T. oleo	2 c. boiling water
1 T. sugar	2/3 c. brown sugar, packed
2 pkg. yeast, softened in 1/3 c. warm water (add with sugar to yeast)	1 1/2 tsp. salt
	2 eggs

Cook oatmeal and oleo together in boiling water; cool. Add brown sugar, salt, yeast and eggs. Add flour; knead. Let rise. Make rolls. Let rise again. Bake at 350° until brown.

**Audubon Co. Memorial Hospital,
submitted by Laurie Mills**

Angel Biscuits

10 c. flour	1 1/2 c. shortening (cut in 1/2 at a time)
2 tsp. baking soda	2 T. yeast, mixed in 1 c. lukewarm water
2 tsp. baking powder	4 c. buttermilk
2 tsp. salt	
1/3 c. sugar	

Mix in order. Roll out; cut into biscuits. Let rise. Bake at 350° for 20 minutes.

Note: Recipe may be cut in half.

**Audubon Co. Memorial Hospital,
submitted by Delores Petersen**

Salem Homes Bran Bread

2 pkg. yeast	1 1/4 T. molasses
1/3 c. warm water	1 egg
2 T. soft margarine	1 c. bran buds
2 T. brown sugar	1 1/2 c. wheat flour
1 1/2 tsp. salt	White flour
2 c. water	

Add yeast to warm water. Add the other ingredients except white flour. Blend well. Add flour to make a stiff dough. Let rise; punch down. Put in pans. Rise; bake at 350° for 1 hour. Yield: 2 loaves.

Favorite Memory of KJAN: *Millie Mortensen, Salem Home resident, remembers being excited about the new radio station and taking friends and relatives to visit the station.*

**Salem Lutheran Homes,
Elk Horn, IA**

Icebox Buns

3 c. hot water	2 T. water
3/4 c. sugar	1 tsp. sugar
1 1/2 tsp. salt	1 beaten egg
2 T. margarine	Flour
1 pkg. yeast	

Mix the first four ingredients together; cool. Add yeast, water and sugar to the first mixture. Add egg and flour; enough flour to make a smooth dough; knead. Grease pans; make small balls of dough; put in pan. Brush tops with melted butter; cover with waxed paper. Refrigerate overnight. Remove; let finish rising. Bake at 350° for 25 minutes.

Judy Kinser

Batter Rolls

3/4 c. milk	1/2 c. warm water
1/4 c. sugar	2 pkg. yeast
1 tsp. salt	1 egg
1/4 c. margarine	3 1/2 c. flour

Scald milk; stir in sugar, salt and margarine. Cool to lukewarm. Measure warm water into a large bowl. Sprinkle in yeast; stir until dissolved. Add lukewarm milk mixture, egg and 2 cups flour. Beat until smooth; stir in enough remaining flour to make a soft dough. Cover; let rise in a warm place until doubled in bulk, about 30 minutes. Punch down; shape into 2 dozen rolls. Place on a greased baking sheet; let rise 30 minutes, or until doubled. Bake 15 minutes at 400°.

This is a good food processor recipe.

Shirley Ferguson

Dad's Doughnuts

1 c. sugar	1/4 tsp. nutmeg
1 c. milk	2 tsp. baking powder
2 eggs, beaten	2 c. flour
1/4 tsp. salt	

Mix all together. Roll out on a lightly-floured surface. (Not too thin.) Cut into rings with a doughnut cutter. Place into hot oil until golden brown. Turn with a fork. Brown on other side. Remove from oil. Cool slightly. Roll in sugar. Cool completely. Serve and enjoy!

***Favorite Memory of KJAN:** When KJAN would interview band members when out of state on band trips.*

Kathy Ostrus

Easy Cheese Rolls

3 loaves of frozen bread dough	3 c. sharp Cheddar cheese
--------------------------------	---------------------------

Thaw all three loaves in same bag. Grease 36 muffin tins well, or use Teflon and grease anyway. Roll out dough all together; spread with margarine lightly. Sprinkle with shredded cheese. Roll up like cinnamon rolls. Put into muffin cups, folding them a little on the sides. Let them rise a little. Bake 15 to 20 minutes at 350°.

***Favorite Memory of KJAN:** KJAN, you have always been there when we needed you. Thanks a million. Wishing you many more years.*

Jean Michalski

Johnny Cake or Cornbread

1 c. flour	1 tsp. salt
1 c. cornmeal	2 eggs
1/2 c. sugar	1 c. sour milk
1 tsp. baking soda	2 T. melted butter

Beat eggs, sour milk and melted butter. Mix dry ingredients together; add to egg mixture. Pour into an oiled and floured 8x10-inch pan. Bake for 25 minutes at 350°. Yield: 10 servings.

This recipe was from a Camp Fire Girls magazine (way back when) and has been a family favorite through the years. *Marvel Van Ginkel*

Cornbread Muffins

3 oz. mild or sharp Cheddar cheese	1/3 c. skim milk
2 green onions	1 egg
1 T. margarine	1/2 c. frozen kernel corn
1 (8 1/2 oz.) box cornbread mix	2 to 3 drops hot pepper sauce

Preheat oven to 400°. Grate cheese if it is not pre-shredded; set aside. Slice green portions of onions. Measure out 2 tablespoons of onion; set aside. Melt margarine in a medium bowl. Add cornbread mix, milk and egg. Stir ingredients until just evenly blended. Don't stir too much. Batter should be slightly lumpy. Add reserved cheese, green onion, corn and hot pepper sauce. Mix until just blended. Spray pie plate with vegetable oil spray. Spread mixture in prepared pie plate. Bake 18 to 20 minutes, or until light golden brown in color. Serve warm. *Beyond Work - Cass Inc.*

Oatmeal Muffins

Soak together for 30 minutes:

1 c. rolled oats (instant or reg.)	1 c. buttermilk or sour milk
------------------------------------	------------------------------

When soaking time is up, add:

1/3 c. melted butter	1 egg
1/2 c. packed brown sugar	

Mix lightly.

Sift together and add to above:

1 c. flour	1 tsp. baking soda
1 tsp. baking powder	1 tsp. salt

Mix well. Fill muffin cups a little over half-full. Bake at 400° for 20 to 25 minutes. Yield: 12 medium-sized muffins.

*Dee Tibben,
Exira, IA*

White Bread

1 pkg. yeast	2 T. melted shortening
1 1/4 c. warm water	2 T. sugar
1 c. warm milk	5 1/2 to 6 1/2 c. white flour
2 tsp. salt	

Add yeast to warm water; stir to dissolve. In a mixing bowl, combine milk, salt, shortening and sugar. Add 2 cups flour. Beat until smooth. Stir in yeast mixture. Slowly blend in remaining flour. Turn dough onto a floured surface; knead 5 to 10 minutes, until smooth and elastic. Cover; let rise until double. Punch down; form into two loaves. Let rise until double. Bake at 350° for 30 minutes.

Calla Cutler Poldberg

Strawberry Bread

1 c. butter or oleo	1 tsp. cream of tartar
1 1/2 c. sugar	1/2 tsp. baking soda
1 tsp. vanilla	1 c. strawberry jam
1/4 tsp. lemon extract	1/2 c. dairy sour cream
4 eggs	1 c. nuts
3 c. flour	1 pkg. strawberry Jello
1 tsp. salt	

In a large mixing bowl, cream butter, sugar, vanilla and lemon extract until fluffy. Add eggs, one at a time. Beat well after each. Sift dry ingredients, including Jello. Combine jam and sour cream. Add alternately with flour mixture until combined. Stir in nuts. Fill pans 1/2 full. Bake at 350°. Cool 10 minutes before removing from pans. Yield: 7 little pans.

Note: You could leave out the Jello and would make 2 large loaves.

Bill McCrory

Honey Peach Bread

1 c. diced dried peaches
2 c. flour
2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. salt

1 c. honey
2 T. melted butter
1 egg
1/2 c. orange juice
1/2 c. chopped pecans

Soak peaches in 1 1/2 cups warm water for 30 minutes. Mix dry ingredients; set aside. Mix liquids; add dry ingredients, peaches and pecans, stirring until moist. Pour into buttered and floured loaf pan. Bake at 325° for one hour, or until toothpick inserted in center comes out clean.

Note: This recipe won first place at the Iowa State Fair and also best of show.

Favorite Memory of KJAN: I remember the interviews at the Cass County Fair. I was interviewed several times at the fair. It is always great to have KJAN at different events held in and around the country.

**Donna Brahms,
3 Bee Honey Farms**

Honey Cornbread

1 c. yellow cornmeal
1 c. sifted flour
1/4 c. honey
4 tsp. baking powder

1/2 tsp. salt
1 egg
3/4 c. milk
1/4 c. soft shortening

Mix dry ingredients in a bowl. Add milk, egg, shortening and honey. Mix until smooth. Bake in an 8-inch square baking pan in a preheated 400° oven for 20 minutes.

**Donna Brahms,
3 Bee Honey Farms**

Danish Braid

1 c. butter
5 c. flour

1/2 tsp. salt

Mix like pie crust.

Mix together:

1 pkg. yeast
3/4 c. water
3 beaten eggs

1/2 c. sugar
1/4 c. warm water, dissolved
with 1/2 tsp. sugar

FILLING:

1 c. butter
1 c. brown sugar

1 c. nuts
1 T. cinnamon

Pour yeast mixture into pie crumb mixture. Stir and blend well. Refrigerate overnight. Divide dough into 4 parts. Roll out as for cinnamon rolls. Combine filling ingredients. Divide filling mixture into 4 parts; spread on rolled-out dough. Slice lengthwise and braid. Put 2 braids on cookie sheet. Let rise until double. Bake at 350° for 20 to 25 minutes, or less.

Carole J. Jensen

Heart of the Prairie Braided Egg Bread

1/2 c. warm water
2 pkg. dry yeast
1 1/2 c. lukewarm milk
1/4 c. sugar

1 tsp. salt
3 eggs
1/2 c. soft butter
7 to 7 1/2 c. bread flour

In a mixing bowl, dissolve yeast in water. Add 1 teaspoon sugar. Stir in milk, sugar, salt, eggs, shortening and half the flour. Mix with a spoon. Add rest of flour. Mix with hand or dough hook. Turn onto a lightly-floured board. Knead until smooth and elastic, about 5 minutes. Round up in greased bowl. Bring greased side up. Cover with a damp cloth. Let rise in a warm place until double. Punch down. Let rise again until almost double, 30 minutes. Divide dough into 6 parts, making six 14-inch-long rolls. Braid 3 rolls loosely, fastening ends. Let rise until almost double. Brush with glaze of egg and 2 tablespoons water. Sprinkle with sesame seeds. Bake 30 to 35 minutes at 425°.

Carole J. Jensen

Greek Christopsomo

(Greek Christmas Bread)

1 1/4 c. milk, warmed	1 tsp. grated lemon peel
2 pkg. active dry yeast	1/2 tsp. salt
1/2 c. warm water (105° to 115°)	5 1/2 to 6 1/2 c. flour
3/4 c. butter or margarine, softened	10 walnut or pecan halves
3/4 c. sugar	1 egg, beaten
5 egg yolks, room temp.	Sesame seeds
	Candied cherries, red & green

Dissolve yeast in warm water; set aside. In a large bowl, cream butter and sugar until light. Beat in egg yolks, lemon peel and salt. Add milk and dissolved yeast; beat. Stir in enough flour to form a soft dough; knead until smooth, 8 to 10 minutes. Place in a greased bowl; cover. Let rise until double, about 1 1/2 hours. Punch down dough; knead well. Divide in half. Pinch a 3-inch ball off each half; place each half in a 9-inch round cake pan, well greased; press evenly into the pans. Divide each 3-inch ball into 2 equal portions. Roll each portion into an 8-inch rope. Using scissors, cut a 1 1/2-inch cut into center of each end. Curl cut ends out. Lay 2 ropes across each pan to form a cross. Press a walnut or pecan half into center of each cross and one at each end of cross. Press a candied cherry half beside each walnut or pecan. Cover; let rise until double, about 1 hour. Before baking, brush dough with beaten egg; sprinkle with sesame seed. Bake in preheated 350° oven for 45 minutes. Bread will appear done sooner. Cover loosely with foil to prevent overbrowning during last 15 or 20 minutes. Cool 10 minutes. Remove from pans; cool on wire racks.

Favorite Memory of KJAN: *Huddling under the covers in an unheated bedroom on cold snowy mornings, listening to KJAN and praying the announcer would say "there is no school at C&M today".*

Rose Holste

Danish Kringle

(Coffeecake)

1 cake yeast	3 eggs, separated
1/2 c. lukewarm water	1 c. shortening
4 c. flour	1 tsp. salt
3 T. sugar	1 c. lukewarm milk

Dissolve yeast in the 1/2 cup lukewarm water. Put shortening, flour, sugar and salt in a large bowl; mix as for pie crust. Beat 3 egg yolks; add lukewarm milk and yeast mixture. Add this to flour mixture; mix well. Cover and refrigerate overnight. In the morning, divide dough in 4 parts; roll each in thin strips about 9 inches wide. Spread with stiffly-beaten egg whites. Use 2 cookie sheets for strips and any desired filling, as prunes, almond paste, apricot or cherry pie filling. Put filling down center and fold each edge to center of filling. Sprinkle sugar on dough before baking. Let rise 30 minutes. Bake at 350° for about 20 to 25 minutes, until nice and brown. Can be frosted, if desired.

*Betty Ingerslev,
Elk Horn, IA*

Apple-Raisin Muffins

3/4 c. vegetable oil	3/4 tsp. cinnamon
3/4 c. sugar	1/2 tsp. salt
2 eggs	1 1/2 c. peeled & chopped apples
1 tsp. vanilla	1/2 c. raisins
2 c. all-purpose flour	1/2 c. chopped pecans
3/4 tsp. baking soda	

Combine flour, baking soda, cinnamon and salt. Combine chopped apples, raisins and nuts. In a large bowl, beat oil and sugar for 2 minutes. Add eggs and vanilla; beat for 1 minute. Add dry ingredients. Stir to combine. Stir in apples, raisins and nuts. Spoon into 12 or 18 foil-lined baking cups. Freeze by covering with plastic wrap or foil. Remove from freezer. Bake at 375° for 25 minutes.

Lois Felker

Quick and Easy Pecan Bread

1 box butter pecan cake mix	3/4 c. oil
1 pkg. butter pecan instant pudding	3/4 c. water
4 eggs	1 c. chopped pecans

Combine all ingredients; mix well. Bake in 2 loaf pans at 350° for 30 to 40 minutes.

*Darlene Petersen,
Atlantic, IA*

Pumpkin Bread

3 c. sugar	1 tsp. baking powder
1 c. vegetable oil	1 tsp. nutmeg
4 eggs, beaten	1 tsp. allspice
1 (16 oz.) can pumpkin	1 tsp. cinnamon
3 1/2 c. sifted flour	1/2 tsp. ground cloves
2 tsp. baking soda	2/3 c. water
2 tsp. salt	

Cream sugar and oil. Add eggs and pumpkin; mix well. Sift together flour, baking soda, salt, baking powder, nutmeg, allspice, cinnamon and cloves. Add to pumpkin mixture alternately with water. Mix well after each addition. Pour into 2 well-greased and floured 5x9-inch loaf pans or 1 jellyroll pan. Bake at 350° for 1 1/2 hours, until loaves test done. Let stand for 10 minutes. Remove from pans to cool.

**Jo Armstrong,
Anita, IA**

Banana Bread

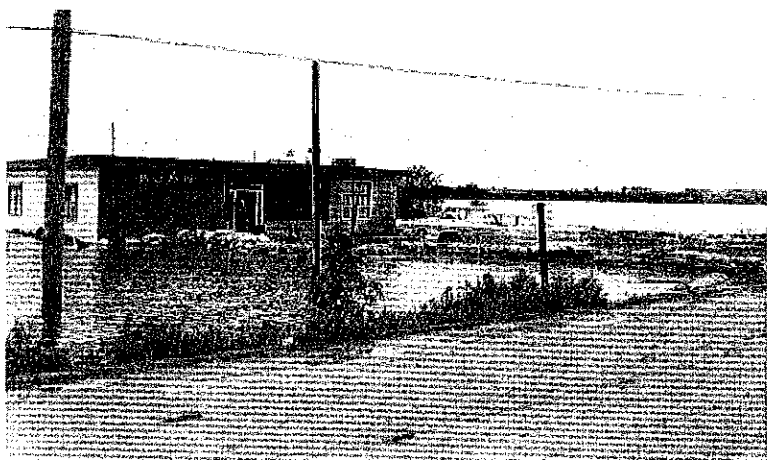
1/2 c. oleo	1 tsp. baking soda
1/2 c. sugar	1/2 tsp. baking powder
2 eggs	2 to 3 mashed bananas
1 tsp. vanilla	1/2 c. chopped nuts
1 3/4 c. flour	

Cream together the oleo and sugar. Add the vanilla; add all the dry ingredients. Last, add the mashed bananas and nuts. Bake at 350° for 40 to 45 minutes in a loaf pan that is greased.

Favorite Memory of KJAN: One memory was of Bob Kelso on the "Worry Bird" program and also the call-in program to buy and sell items, known today as the "Trading Post."

Marie Beymer

Soups & Vegetables



The flood of 1958 affected many people in the Nishna Valley, including KJAN. But we remained on the air providing up-to-the-minute reports and vital information.

Equivalents

DAIRY PRODUCTS AND EGGS

1 pound butter or margarine	2 cups
1 stick butter or margarine	1/2 cup
1 lb. Cheddar, American, Swiss or Mozzarella cheese	4 cups, grated
1 lb. American cheese	2 2/3 cups, cubed
1 lb. shredded cheese	4 cups
1 lb. cottage cheese	2 cups
3 oz. cream cheese	6 Tbsp.; about 1/3 cup
8 oz. cream cheese	1 cup
8 oz. dairy sour cream	8 oz. plain yogurt
1 c. whipping cream	2 - 2 1/2 c., whipped
1 c. evaporated milk	3 cups, whipped
6 oz. can evaporated milk	2/3 cup
14 1/2 oz. can evaporated milk	1 2/3 cup
1 egg	4 Tbsp. liquid
5 to 6 eggs	1 cup
8 to 10 egg whites	1 cup
12 to 14 egg yolks	1 cup
12 hard-cooked eggs	3 1/2 cups, chopped

FRUITS

1 medium apple	1 cup, sliced
1 lb. apples	2 large, 3 medium, 4-5 small; or approx. 3 cups peeled, sliced or diced
2 lbs. apples	6-8 med. size, or enough for (1) 9-in. pie
1 bushel apples	40 lbs. or about 120 med. size; enough for approx. (20) 9-in. pies or 20-24 qts. applesauce; or 30-36 qts. apple slices
1 medium lemon	3-4 Tbsp. juice
1 medium lemon peel, grated	2-3 tsp.
1 medium orange	6-8 Tbsp. juice
3-4 medium oranges	1 cup juice
1 medium orange peel, grated	2-3 Tbsp.
1 lb. pitted dates	2 cups
3-4 medium size bananas	2 cups, mashed
16 ounces canned fruit, drained	1 1/2 cups cut-up fresh fruit
10 ounces frozen fruit, drained	1 1/4 cups cut-up fresh fruit

VEGETABLES

12 ears corn	2 cups cut kernels
1 lb. cabbage	4 cups, shredded
1 lb. carrots (7-8 med.)	4 cups, diced
1 lb. celery (2 sm. bunches)	4 cups, diced
1 clove garlic	1/8 tsp. minced, dried garlic
1 Tbsp. snipped fresh herbs	1 tsp. dried herbs
1 medium onion	1/2 cup, chopped
1 medium onion	1 Tbsp. minced, dried onion
1 lb. unpeeled raw potatoes	3 medium; 2 1/4 cups, cooked; 1 3/4 - 2 cups, mashed
1 medium tomato	1/2 cup, cooked
15 ounce can tomato sauce	6 ounce can tomato paste + 1 cup water
16 ounce can tomatoes	3 fresh, medium tomatoes, cut-up
10 ounce frozen vegetables	1 1/4 cups cut-up fresh vegetables

Soups & Vegetables

Soups

Sue's Chili

- | | |
|-------------------------------|-----------------------------|
| 1 lb. lean ground beef | 1 clove garlic, minced |
| 1 can Mrs. Grimes chili beans | 1 sm. onion, chopped |
| 1 can diced tomatoes | 1 tsp. Worcestershire sauce |
| 1 green pepper, chopped | 1 T. brown sugar |
| 1 tsp. pepper | 1/2 tsp. hot sauce |
| 1 c. water | |

Brown ground beef in a large pot; drain excess fat. Stir in remaining ingredients and bring to a boil over medium-high heat. Once boiling, reduce to simmer, cover, and stir occasionally. Simmer for 1/2 to 1 hour, adding additional water, if necessary. Yield: approximately 8 cups.

Favorite Memory of KJAN: *The day my husband Steve accepted his job at KJAN was very exciting, because then we knew we would be able to move back to his hometown of Atlantic.*

Sue Andersen

Curried Mushroom-Barley Soup

- | | |
|--|--------------------------------|
| 2 T. butter | 4 to 5 tsp. curry powder |
| 1 c. sliced carrots | 2 (14 oz.) cans chicken broth |
| 1 c. chopped onion | 1 (14 oz.) can stewed tomatoes |
| 1 lb. sliced mushrooms | 1/2 c. quick-cooking barley |
| 8 oz. ham, chicken or turkey,
diced | |

Melt butter in a 3-quart saucepan; add carrots and onion. Cook, stirring occasionally, until carrots are crisp-tender (about 5 minutes). Add mushrooms; cook and stir for 5 minutes. Add meat and curry; cook until fragrant (30 to 60 seconds). Stir in broth, tomatoes and barley; bring to a boil. Reduce heat and simmer, covered, until barley is tender (about 10 minutes).

Favorite Memory of KJAN: *Hearing wake-up call and lunch menus in the movie "Troublesome Creek: A Midwestern".*

Judy Marnin

Hearty Chili

- | | |
|------------------------------|-------------------------|
| 4 lb. hamburger | 3 T. brown sugar |
| 3 (15 oz.) cans kidney beans | 2 sm. onions, chopped |
| 1 (14 oz.) btl. catsup | Salt & pepper, to taste |
| 1 (46 oz.) can tomato juice | |

Brown hamburger and onions. Mix all ingredients in a large kettle and simmer. When mixture is cool, can put into containers and freeze. Makes a large batch.

*Jan Schultz,
Avoca, IA*

Fish Chowder

- | | |
|---|---|
| 1 lg. onion, diced | 1 c. chopped potatoes |
| 8 slices cut-up bacon | 2 c. milk |
| 3 to 4 med., or 1 pkg.
whitefish, chopped in chunks
(include juice) | 1 T. cornstarch |
| | 1/2 c. grated Jack or Cheddar
cheese |

Brown bacon and onion until bacon is crisp and onion is tender. Add fish and potatoes; cook until potatoes are tender. Add milk, cornstarch and cheese. Simmer 15 minutes, but do not boil. Yield: 4 servings.

***Favorite Memory of KJAN:** I loved the Little League report. It was fun when they told what the kids did (especially mine).*

Marie Parrott

Chili

- | | |
|----------------------------|----------------------------------|
| 2 lb. hamburger | 2 cans chili beans |
| 1 med. chopped onion | 1 can kidney beans |
| 1 pkg. chili seasoning mix | 1 lg. can whole tomatoes |
| 1 tsp. salt | 1 lg. can tomato juice |
| 1 tsp. garlic powder | Chili powder to season, to taste |
| 1/2 tsp. pepper | |

Combine hamburger, onion, seasoning mix, salt, garlic powder and pepper in a skillet. Fry, and when done, drain off excess grease. Pour hamburger mixture into a 3-quart Dutch oven or pan. Add remaining ingredients and stir well. Cook over low heat (simmer) for 2 hours. Add chili powder, as needed, for more spice.

Note: Works well in a crock-pot, or if placed in a roasting pan and cooked in oven at 200° for 2 hours.

*Audubon Co. Memorial Hospital,
submitted by Linda Holland*

Baked Potato Soup

- | | |
|------------------------|---|
| 1 lb. russet potatoes | 4 c. chicken broth |
| 4 strips thick bacon | 1 T. white wine vinegar |
| 1 c. chopped onion | 2 c. half & half |
| 1 c. chopped celery | Salt & pepper, to taste |
| 3 T. flour | 1/2 c. chopped chives or green onion tops |
| 1/3 c. chopped parsley | |

Prick clean potatoes. Bake at 400° for 45 to 60 minutes. Cool; do not peel. Brown bacon; sauté onions and celery. Vegetables should sizzle as they cook. Cook until limp. Toss pieces of potato with enough flour to coat. Add vegetables to pan and cook, stirring constantly, to lightly brown them. Add broth, vinegar and half & half; bring to a boil. Immediately reduce heat and simmer, uncovered, for 30 minutes, stirring occasionally. Add bacon; season to taste with salt and pepper. Serve hot. Garnish with chives or green onions.

Mary Ann Moorman

Iowa Corn Chowder

- | | |
|---------------------------------|------------------------------|
| 5 slices bacon | 10 oz. (2 c.) frozen corn |
| 1 med. onion, sliced into rings | 1 can cream of mushroom soup |
| 2 1/2 c. milk | 1 c. diced potato, cooked |

Cook bacon. Cook onion rings until tender. Stir in milk, corn, soup and potato; bring to a boil. Reduce heat and simmer 2 to 3 minutes; season to taste with salt. Top each bowl of chowder with bacon. Yield: 5 1/2 cups of soup.

Tip: Cook potato in microwave in 1/2 cup of water for 4 minutes.

Recipe from Midwest Living magazine, from Shirley Fry.

Mary Ann Moorman

Baked Potato Soup

- | | |
|---------------------------------|----------------------------------|
| 4 lg. baking potatoes | 1 1/4 c. shredded Cheddar cheese |
| 2/3 c. butter | 1 c. sour cream |
| 2/3 c. flour | 3/4 tsp. salt |
| 7 c. milk | 1/2 tsp. pepper |
| 4 green onions, sliced | |
| 12 fried bacon strips, crumbled | |

Prick clean potatoes and bake at 400° for 45 to 60 minutes. Cool. Peel and cut into cubes. Melt butter; stir in flour and cook, stirring, until smooth. Gradually add milk and cook, stirring, until thickened. Add potatoes and onions; immediately reduce heat. Simmer 10 minutes, then add remaining ingredients and stir until cheese melts. Serve immediately. Yield: 2 1/2 quarts for 10 servings.

Mary Ann Moorman

Beef-Barley Soup

- | | |
|--------------------------|-------------------------------|
| 1 lb. beef cubes | 1 bay leaf |
| 1 tsp. salt | 1/2 c. quick-cooking barley |
| 1/2 tsp. black pepper | 2 c. frozen sm. whole onions, |
| 2 T. vegetable oil | or 1/2 lg. onion |
| 5 c. beef broth | 1/2 (16 oz.) pkg. whole baby |
| 1 tsp. dried leaf thyme, | carrots |
| crumbled | 1 c. coarsely-chopped celery |

Sprinkle beef cubes with salt and pepper; brown in oil. Pour off drippings. Add beef broth, thyme and bay leaf to pot; bring to boiling. Cover and simmer for about 45 minutes. Add barley, onions and carrots to pot; return to boiling. Lower heat and cook 15 minutes, or until tender. Add celery and cook 5 minutes, or until tender. Discard bay leaf. Yield: 4 servings.

Alice Brown

Chili Con Carne

- | | |
|------------------------------|---------------------------------|
| 2 T. shortening | 1/4 tsp. cayenne pepper |
| 1/2 c. chopped onion | 1/8 tsp. black pepper |
| 1 or 2 cloves garlic, minced | 2 (10 1/2 oz.) cans condensed |
| 1 lb. ground beef | tomato soup |
| 1 T. chili powder | 1 (1 lb.) can (2 c.) red kidney |
| 1/2 tsp. salt | beans |

Melt shortening in skillet. Add onion, garlic and beef; brown slightly. Add seasonings, soup and kidney beans; bring to a boil. Cover and simmer slowly for 30 minutes, stirring occasionally, to prevent sticking. Serve hot with crisp crackers and relishes; or may cool, chill, and reheat at serving time. Yield: 6 servings.

Alice Brown

Chicken Soup

CHICKEN BROTH:

4 chicken breasts, cut up
6 c. cold water

3 chicken bouillon cubes
6 peppercorns
3 whole cloves

SOUP BASE:

1 (10 3/4 oz.) can chicken
broth
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. chopped celery
1 1/2 c. chopped carrots

1/4 c. chopped onion
1 c. chopped potatoes
1 sm. bay leaf
1 c. frozen peas
1 tsp. seasoned salt
1 1/2 c. noodles

Chicken Broth: Place chicken breasts, water, bouillon, peppercorns and cloves in a kettle and bring to a boil. Reduce heat; simmer until chicken is tender. Cool chicken slightly, cut up into bite-size pieces and set aside. Strain and skim chicken broth.

Soup Base: Put reserved chicken and broth into a large kettle. Add cans of broth, chicken and mushroom soups, celery, carrots, onion, potatoes, bay leaf, peas and seasoning salt. Put cover on kettle and simmer soup on low heat for 2 to 3 hours. Half hour before serving, add the noodles.

Favorite Memory of KJAN: *When I used to enjoy listening to "Pink and Blue" at 9:00 in the morning. I haven't heard it for over 20 years, since I've been working.*

Norene Moreland

Homemade Noodles

3 c. flour
6 lg. eggs

Salt

Put flour into a bowl; make a hole in flour. Add all 6 eggs into hole. Stir with a fork, then finish with your hands. Roll out on a floured countertop. Let dry 2 to 3 hours, then flip over and dry more. Slice into noodles and cook in boiling chicken broth.

This is Monroe Chapel's noodle recipe.

**Nancy Madsen,
Elk Horn, IA**

Golden Cream Potato Soup

1 1/2 c. boiling water
3 c. diced potatoes
1/2 c. chopped celery
1/4 c. chopped onion
1 tsp. parsley flakes
1/2 tsp. salt

Dash of pepper
1 chicken bouillon cube
2 T. flour
2 c. milk
1/2 lb. cheese

Add water to potatoes, celery, onion, parsley, salt, pepper and bouillon cube. Cover; cook until vegetables are tender. Blend flour with a small amount of milk; stir into vegetables. Add remaining milk and cook until thick. Yield: 6 to 8 servings.

Variation: To add more color, I sometimes add grated carrot.

Donna Bjorn

Greasy Noodle Soup

1 pkg. egg noodles
2 lb. stew meat
1 stalk celery
1 lb. carrots

1 onion
1 c. ketchup
Seasonings, to taste

Fill a large stockpot 1/2-full with water; bring to a boil. Add meat. While meat is cooking, chop vegetables, then add to water and meat. Add ketchup. In a separate pot, cook noodles until tender, then drain. Add noodles to meat and vegetables in a large stockpot; season to taste. Simmer until vegetables are done.

Steve Sisler

Potato Soup

6 potatoes
2 carrots
1 onion
2 tsp. parsley flakes
4 chicken bouillon cubes
4 c. water

1/3 c. butter or margarine
1 (13 1/2 oz.) can evaporated milk
Slices of processed cheese (opt.)

Dice and mix together the potatoes, carrots and onion. Add parsley flakes, bouillon cubes and water; cook until vegetables are soft. Do not drain. I use a potato masher to slightly mash the vegetables. Add margarine and milk. Reheat and serve. Top with slices of cheese, if desired.

Norma McMichael

French Cabbage Soup

1 lb. ground beef	1 beef bouillon cube
1/2 head cabbage	1 (46 oz.) can tomato juice
1/2 stalk celery	1 tsp. sweet basil
1 pkg. dry onion soup mix	2 c. water

Brown beef; drain. Add chopped celery, cut-up cabbage and rest of ingredients. Simmer in a soup kettle for 2 hours, or works well in a pressure-cooker for 3 to 5 minutes.

Variation: A quart of stewed tomatoes is a nice addition.

Donis Hansen

Beef-Pasta Soup

1/2 lb. ground beef	3 (14 1/2 oz.) cans beef broth
1 sm. onion, chopped	1 (16 oz.) can stewed tomatoes
1/2 tsp. dried basil leaves	1 1/2 c. dry corkscrew macaroni
1 T. flour	

Cook beef and onion with basil in a 3-quart saucepan, until beef is browned and onion is tender; stir to separate meat. Spoon off fat. Stir in flour, then add beef broth and tomatoes; heat to boiling. Stir in macaroni. Cook 10 minutes, or until macaroni is tender, stirring occasionally. Yield: 4 servings.

Sonya Olwell

"Mom Cristy's" Potato Soup

4 med. potatoes, chopped	2 tsp. chicken bouillon granules
1 c. chopped celery (opt.)	1 tsp. salt
1/2 c. (or less) butter	1/4 tsp. pepper
5 c. milk	1/4 tsp. garlic salt

Combine the first 4 ingredients in a saucepan. Cook over low heat for 15 minutes, stirring; do not brown. Add remaining ingredients; bring to a boil. Reduce heat, cover and simmer 30 to 40 minutes. Yield: 6 to 8 servings.

Favorite Memory of KJAN: I like Nishna Valley on Saturday evenings, especially with Donna and Jim.

Delma Stuetelberg

White Chili

4 chicken breasts

3 c. water

Season water with the following:

1/2 tsp. cumin

1/2 tsp. white pepper

1/4 tsp. basil

1/2 tsp. salt

1/4 tsp. oregano

Cook chicken in seasoned water until tender. Remove chicken from broth and cool. Debone, then cube or shred.

Add the following to the broth:

1/2 c. chopped onion

1 (15 oz.) can tomatoes

1 chopped red bell pepper

1 can Ro-Tel diced tomatoes & green chilies

1 chopped green bell pepper

3 (15 oz.) cans Great Northern beans

Add the chicken and the following seasonings to mixture:

1 tsp. cilantro (chopped or fresh)

1/2 tsp. white pepper

2 tsp. oregano

1 tsp. chili powder

2 tsp. basil

1/4 tsp. red pepper

Simmer 2 hours.

Sprinkle each serving with grated Mozzarella cheese.

Variation: We prefer a less spicy chili, so I cut the amounts of red and white pepper and chili powder.

Waunita Eskew

Vegetables

Corn Casserole

1 can cream-style corn

1 c. dry macaroni

1 can whole kernel corn

1 1/2 c. diced Velveeta cheese

1/2 c. melted butter

1/2 tsp. onion powder

Mix all ingredients together. Bake, covered, for 1/2 hour at 325°. Uncover and bake until done, usually 45 minutes to 1 hour.

*Jo Armstrong,
Anita, IA*

Sweet-and-Sour Leeks

1 lb. white parts of leek
6 T. margarine
2 T. dark brown sugar

4 T. red wine vinegar
1/2 c. chicken broth

In a large skillet, cook leeks in margarine over low heat for 20 minutes, or until soft, stirring occasionally. Add brown sugar, vinegar and broth. Bring liquid to a boil and simmer, covered, for 12 to 15 minutes, stirring occasionally, until all liquid is absorbed. Salt and pepper to taste.

Leland Schlueter

Bernie's Baked Beans

1 lb. dried Great Northern
beans
1 sm. onion, chopped
1 sm. green pepper, chopped
1 1/2 lb. cooked, cubed ham
steak
6 slices crispy bacon,
crumbled
1 c. brown sugar

2 T. prepared mustard
1 T. liquid smoke
1 c. K.C. Masterpiece BBQ
sauce
1 c. Ozark molasses or Ozark
sorghum
2 T. parsley flakes
2 T. Worcestershire sauce

Soak dried beans overnight, or at least 6 hours; drain. Mix beans with other ingredients and cook in a crock-pot on high for 2 1/2 to 3 hours, stirring every 1/2 hour. Yield: 3 quarts.

Bernard Lauritsen

Oven-Fried Potatoes

4 med. potatoes, peeled or
unpeeled
2 T. vegetable oil
1 tsp. margarine, melted

1/8 tsp. paprika
1/8 tsp. black pepper
1/8 tsp. salt
1/2 tsp. minced garlic (opt.)

Halve the potatoes lengthwise and slice into 1/2-inch-thick slices. Put oil and margarine into a bowl. Add potatoes, tossing to coat well. Arrange in a single layer on a nonstick baking sheet; sprinkle with remaining ingredients. Bake in a preheated 450° oven for 30 to 40 minutes.

Note: Potatoes may be cut into larger wedges, if desired.

Bea Suplee

Sweet 'n Sour Green Beans

1/3 c. brown sugar
1/3 c. white sugar
1/3 c. water
1/3 c. white vinegar

2 tsp. salt
Dash of pepper
4 c. cooked green beans

Combine the sugars, water and vinegar; add salt and pepper. Cook until syrupy (about 8 minutes). Add 4 cups cooked green beans; heat to boiling point. Yield: 6 to 8 servings.

Marietta Petersen

Baked Hash Browns

2 lb. frozen hash browns,
thawed
1/2 c. melted butter
1/3 c. chopped onion
1 c. milk
8 oz. sour cream

2 c. shredded, mild Cheddar
cheese
1 tsp. salt
1/4 tsp. pepper
1 can cream of chicken soup

Mix all together and put into a 9x13-inch baking dish. Top with 2 cups crushed corn flakes and 1/2 cup melted butter, which have been mixed together. Bake at 350° for 45 minutes.

Donna Green

Vegetable Sauce

1 c. sour cream
1 T. Dijon mustard
1 T. fresh lime juice

2 T. fresh, chopped parsley
Salt
White pepper

Blend well; spoon over hot vegetables. Excellent over asparagus, broccoli, carrots, or green beans. Yield: 1 cup.

Viola Kilworth

Summer Vegetable Bake

Corn cut from 4 ears sweet
corn
5 med. tomatoes, cut in 1/4"
slices
6 sm. zucchini, each cut in
4 long slices

2 onions, sliced thin
2 cloves garlic, minced
Salt & pepper
Lemon pepper
1/2 c. butter

Put vegetables into a large casserole. Add seasoning and dot with butter. Bake 45 minutes at 325°.

Viola Kilworth

Calico Beans

1/2 lb. ground beef	2 tsp. vinegar
1/2 lb. bacon, chopped	1 (No. 2) can pork & beans
Chopped onion	1 (No. 2) can kidney beans, drained
1/2 c. ketchup	1 sm. can lima beans, drained
1/2 c. brown sugar	Salt & pepper, to taste
1 tsp. mustard	

Brown ground beef, bacon and chopped onion; drain. Add remaining ingredients and bake at 300° for 1 hour.

*Terry Lauridsen,
Exira, IA*

Cheesy Potatoes

2 lb. Country Chunk hash browns	1/2 c. milk
1 can cream of celery or cream of chicken soup	1/2 to 1 tsp. seasoned salt
1 (8 oz.) ctn. sour cream	1/4 tsp. pepper
	8 oz. Cheddar cheese
	Durkee French-fried onions

Save some of the cheese and onions to sprinkle on top. Mix remaining ingredients and put into a microwavable dish with a cover. Microwave for 15 to 20 minutes; sprinkle with cheese and onion. Put into a 9x13-inch pan or large covered casserole dish and bake (covered) at 350° for 30 to 45 minutes. Yield: 10 to 12 servings.

***Favorite Memory of KJAN:** My dad would wake us up for school with revelry.*

Kathy Sheeder

Duo Mashed Potatoes

1 1/2 lb. (2 lg.) white potatoes	1/4 c. (1/2 stick) butter or margarine
3 lb. (4 lg.) fresh sweet potatoes	1/2 tsp. salt
1/2 c. milk	1/4 tsp. pepper
	1 egg, slightly beaten

Peel and cut white potatoes into 1 1/2-inch chunks. In a 5-quart saucepan, cover potatoes with water and boil over high heat. Meanwhile, peel and cut sweet potatoes into chunks. Add to boiling white potatoes. Reduce heat, cover and simmer until tender, then drain. Heat milk and butter; add to potatoes and mash. Add salt and pepper and egg. Heat oven to 350°. Grease a shallow 2-quart baking dish; spoon potatoes into dish. Bake 40 to 45 minutes, until lightly browned on top.

Note: Can be made ahead. Cover dish and refrigerate. Uncover dish before baking. Bake 10 to 15 minutes longer.

LaVon Eblen

Roasted Potatoes and Artichokes with Feta

- | | |
|--|--|
| 2 lb. sm. red potatoes,
quartered | 1 T. olive oil |
| 2 (14 oz.) cans artichoke
hearts, halved | 1/2 tsp. salt |
| 2 T. chopped fresh, or 2 tsp.
diced thyme | 1/4 tsp. black pepper |
| | Cooking spray |
| | 1/2 c. (2 oz.) crumbled Feta
cheese |

Preheat oven to 425°. Combine the first 6 ingredients in a large bowl, tossing well to coat. Arrange the potato mixture in a 9x13-inch baking dish coated with cooking spray. Bake at 425° for 40 minutes, or until the potatoes are tender, stirring occasionally. Combine the potato mixture and Feta cheese and toss well. Yield: 4 servings.

Renee Heiken Willemsen

Grilled Potato Fans

- | | |
|--|------------------------|
| 6 med. baking potatoes | 1 tsp. salt |
| 2 med. onions, halved & sliced
thin | 1 tsp. oregano |
| 6 T. butter or margarine | 1/4 tsp. garlic powder |
| 1/4 c. finely-chopped celery | 1/4 tsp. pepper |

Make cuts 1/2-inch apart in each of the potatoes, leaving potato attached at the bottom. Fan potatoes slightly. Place each potato on heavy-duty foil (about 12-inch square). Insert onions and butter between slices. Sprinkle with celery, salt, oregano, garlic powder and pepper. Fold foil and seal tightly. Grill, covered, over medium-hot heat for 40 to 45 minutes, until tender.

Cheryl Christensen

Good Italian Potatoes

(Microwave)

- | | |
|---|-------------------|
| 5 or 6 potatoes | 1 stick margarine |
| 1 env. Good Seasons Italian
dressing | 1/4 c. water |

Wash and slice potatoes; do not peel. Place in a glass baking dish and sprinkle dry dressing mix over. Cut margarine in pieces over top; pour water over all. Cover with waxed paper for steam. Microwave 30 minutes on HIGH.

Favorite Memory of KJAN: We got a kick out of Bob on the "Worry Bird". Sometimes it was hot and heavy, but always interesting.

Sandy Michalski

Asparagus Au Gratin

2 lb. fresh asparagus	Salt & pepper, to taste
4 hard-cooked eggs, sliced	1 1/2 c. grated Cheddar or Swiss cheese
2 T. margarine	2 T. minced fresh parsley
2 T. flour	
1 1/2 c. water	

Wash asparagus; cut in half. Cook in water until barely tender; drain and reserve broth (should measure 1 1/2 cups). Layer asparagus and boiled eggs in a buttered casserole dish. Melt margarine in a saucepan and gradually add flour; stir until smooth. Gradually add reserved broth, stirring constantly; cook until sauce thickens. Add 1 cup cheese; stir and heat until cheese is melted. Add salt, pepper and parsley. Pour over asparagus and top with remaining grated cheese. Bake in a 350° oven for 25 to 30 minutes, until bubbly and light golden brown. Yield: 4 to 6 servings.

Favorite Memory of KJAN: *We are so fortunate to have radio personnel like Ric Hanson and Jim Field. KJAN feels like a good friend.*

Georgia E. Brehmer

Cauliflower Casserole

1 head cauliflower	1 (10 1/2 oz.) can cream of celery soup
1/2 c. grated Cheddar cheese	2 T. butter or margarine

Cook cauliflower in boiling, salted water until tender; drain. Place cauliflower in a greased casserole dish. Pour 1 can cream of celery soup over, and sprinkle with grated cheese; dot with butter or margarine. May be sprinkled with parsley or paprika. Bake 20 minutes in a 350° oven. Yield: 4 servings.

Favorite Memory of KJAN: *The day Rick Hanson said "Everyone is waiting for the world to go to Hell in a handbasket due to Y2K." Sure gave us a good laugh, and we thought it summed up the situation perfectly.*

Georgia E. Brehmer

Golden Parmesan Potatoes

6 lg. potatoes	1/4 c. flour
1/4 c. Parmesan cheese	3/4 tsp. salt
1/8 tsp. pepper	1/3 c. butter

Peel and quarter potatoes. Combine flour, Parmesan cheese, salt and pepper in a plastic bag. Moisten potatoes with water, place in the plastic bag and shake to coat with flour mixture. Melt butter in a 9x13-inch pan. Place potatoes in pan and bake 1 hour at 375°, turning once during baking. Yield: 4 servings.

Kay Winston

Quick Parmesan Potato Rounds

- | | |
|---|-------------------------------|
| 4 med. red potatoes, thinly sliced | 1/4 c. grated Parmesan cheese |
| 1 sm. onion, thinly sliced, & rings separated | 1/4 tsp. salt |
| 3 T. butter or margarine, melted | 1/8 tsp. pepper |
| | 1/8 tsp. garlic powder |

Place 1/2 of the sliced potatoes into a greased 2-quart or 7x11x2-inch baking dish. Top with onion and rest of potatoes; drizzle with melted butter. Sprinkle with cheese, salt, pepper and garlic powder. Bake, uncovered, at 450° for 25 to 30 minutes, or until potatoes are golden brown and tender. Yield: 4 servings.

Marilyn (Paulsen) Hilyard

Salmon Scalloped Corn

- | | |
|---------------------|-----------------------------------|
| 2 cans creamed corn | 1/2 tube crushed saltine crackers |
| 1/2 can salmon | 1/2 stick melted butter |
| 1/4 c. milk | 2 whole beaten eggs |
| 1/2 c. diced onion | Dry Butter Buds |
| 1/4 tsp. pepper | |
| 1/4 tsp. salt | |

Mix all ingredients, except Butter Buds, exactly as listed (in order). Place in an 8x8-inch baking dish. Bake in a preheated 400° oven for 40 minutes. Sprinkle the Butter Buds on top after dish is baked. Yield: 8 servings.

Jerald Hansen

Escalloped Potatoes

- | | |
|----------------------------------|--|
| 2 lb. frozen hash brown potatoes | 1 med. green pepper, chopped fine (opt.) |
| 1/2 pt. sour cream | 1/2 c. onion chopped fine (opt.) |
| 1 can cream of celery soup | 2 c. shredded American cheese (can use Velveeta) |
| 1 can cream of potato soup | Fresh ground pepper; no salt |

Mix sour cream, soups, pepper, onion and cheese. Blend with the hash brown potatoes and put into a Pam-sprayed 9x13-inch casserole. Top with crushed cornflake crumbs, or paprika and parsley, or buttered cracker crumbs. Bake in a 300° oven for 1 1/2 hours.

Variation: For a flavor change, you can use cream of chicken soup in place of the cream of potato soup.

*Alice Kauffman,
Audubon, IA*

Calico Beans

1 lb. hamburger	2 tsp. vinegar
1 lb. bacon	1/2 c. white sugar
1 lg. chopped onion	1 (No. 2) can pork & beans
1/2 c. catsup	1 (No. 2) can kidney beans, drained
1 tsp. salt	1 (No.2) can lima beans, drained
3/4 c. brown sugar	Garlic salt
Pepper	
1 tsp. mustard	

Brown and drain hamburger, bacon and onion. Combine rest of ingredients and cook in a large crock-pot until thoroughly heated.

Julia McNees

Loris' Scalloped Carrots

2 lb. carrots	2 c. shredded Cheddar or Mozzarella cheese
1/2 c. melted margarine	1 tube Ritz crackers, crushed

Cook carrots with chopped onion until tender; drain. Add margarine, cheese and crackers. Bake at 350° for 20 minutes, or until done.

Delma Stuetelberg

KJAN

Scalloped Potato Hash Browns

2 lb. hash browns	1/2 c. sour cream
1/3 c. melted oleo	2 c. grated Cheddar cheese
1/2 c. chopped onions	1/4 tsp. pepper
1 can cream of chicken soup	1 tsp. salt
1 c. milk	

Defrost hash browns. Spray 9x13-inch pan or line with foil. Mix all ingredients; bake 1 1/2 hours at 350°. Yield: 12 to 15 servings.

Shara Cooper

Creamed Corn

1 can creamed corn	1/2 c. sour cream
1 can whole kernel corn	1 box Jiffy cornbread mix
1 egg	1/8 to 1/4 c. chopped onion
1 stick (1/2 c.) oleo	1/8 tsp. pepper
1/2 tsp. butter flavoring	1/4 tsp. salt

Mix all ingredients in a greased 2-quart casserole. Bake 1 hour at 350°. Yield: 10 to 12 servings.

Shara Cooper

Asparagus Bouquet

1 1/2 lb. asparagus spears	2 T. snipped fresh tarragon
2 T. olive oil	or chervil, or 1 T. dried
1 T. sesame seeds	Salt & pepper

Preheat oven to 475°. Clean asparagus, leaving in spears. Combine oil, 1/2 of tarragon, and sesame seeds. Drizzle over asparagus and toss gently to coat. Arrange spears in a 10x15-inch pan in a single layer; sprinkle with salt and pepper. Roast, uncovered, for 6 to 8 minutes, or until just tender, stirring once or twice. Serve on a platter. Sprinkle rest of tarragon (1 tablespoon) over the top.

*Marcia Steffens,
Wiota, IA*

German-Style Green Beans

3 slices bacon	2 tsp. vinegar
3 T. chopped onions	1 tsp. sugar
1 pt. green beans, drained	

Fry bacon in a skillet until crisp. Drain, reserving 2 tablespoons fat; set bacon aside. Add onion and sauté until tender. Add beans, vinegar, sugar and crumbled bacon. Heat.

*Marcia Steffens,
Wiota, IA*

Creamed Sweet Peas

1 T. all-purpose flour	1 (10 oz.) pkg. frozen peas
1/4 c. sugar	1/2 tsp. salt
2/3 c. milk	1/4 tsp. pepper

In a medium saucepan, combine flour, sugar, seasonings and milk; add peas. Bring to a boil, then reduce heat and simmer 10 to 12 minutes.

Lois Felker

Krispy Corn

2 c. finely-crushed soda crackers	2 T. butter
1/2 c. melted butter	2 T. flour
2 1/2 c. whole kernel corn (thawed, if frozen)	1 c. milk
2 eggs, beaten	1 tsp. salt
	1/4 tsp. pepper

Combine crushed crackers and 1/2 cup melted butter. Press 1/2 of mixture onto bottom and sides of a 9x12-inch pan. Make a white sauce by melting the 2 tablespoons butter and combining with the flour and milk. Add the whole kernel corn, 2 beaten eggs, salt and pepper. Top with remaining crumbs. Bake at 350° for 30 to 45 minutes.

Lois Felker

Hash Brown Casserole

2 (10 3/4 oz.) cans condensed cream of potato soup, undiluted	1 (2 lb.) pkg. frozen hash brown potatoes
1 c. (8 oz.) sour cream	2 c. (8 oz.) shredded Cheddar cheese
1/2 tsp. garlic salt	1/2 c. grated Parmesan cheese

In a large bowl, combine the soup, sour cream and garlic salt. Add potatoes and Cheddar cheese; mix well. Pour into a greased 9x13x2-inch baking dish; top with Parmesan cheese. Bake, uncovered, in a 350° oven for 55 to 60 minutes, until potatoes are tender. Yield: 12 to 16 servings.

Favorite Memory of KJAN: *I was a senior at Wiota High School when KJAN first came on the air. I listen to it every day.*

Marilyn (Paulsen) Hilyard

Baked Beans

2 (29 oz.) cans pork & beans
1/2 lb. bacon
1 green pepper
2 med. onions

2 tsp. Worcestershire sauce
1 c. catsup
1 c. brown sugar

Brown bacon and cut pepper and onions in chunks. Add rest of ingredients and mix well. Bake in a large casserole at 325° for 2 1/2 hours; uncover the last 30 minutes. Stir once in awhile. Yield: 10 to 12 servings.

Favorite Memory of KJAN: *First thing in the morning, I turn KJAN on for news, weather and sports. I like to hear the local basketball games at night.*

Carol Johnson

Garlic-Roasted Potatoes

4 lg. potatoes, peeled
6 T. butter or margarine
4 garlic cloves, minced

3/4 c. Parmesan cheese,
divided
Salt & pepper, to taste

Cut potatoes in half lengthwise, then in slices 1/4-inch-thick. Rinse in cold water; drain on paper towels. Melt butter in a pan; add garlic and cook over medium heat for 1 minute. Place potatoes in a large bowl; add butter/garlic, 1/2 the cheese and salt and pepper. Stir until well coated, then pour into a shallow, greased baking dish and top with remaining cheese. Bake, uncovered, at 400° for 30 minutes, until golden brown. Do not stir during baking. Yield: 8 servings.

Favorite Memory of KJAN: *We remember in 1958, when Exira had a 10-inch rain and some people drowned. One lady rode on a log to Griswold and she lived to tell the story. We enjoy the news.*

Evelyn Mortensen

Potato Supreme

2 lb. frozen hash browns,
thawed
1 pt. sour cream
1 can cream of mushroom soup
1/2 c. chopped onions (opt.)

2 c. grated Cheddar cheese
1/4 c. melted butter
Crushed corn flakes
Salt & pepper

Put thawed potatoes into a 9x13-inch pan; sprinkle with salt and pepper. Stir in onions and soup, mixed with a little milk. Add sour cream and cheese. Put corn flakes on top; drizzle with melted butter. Bake at 350° for 45 minutes.

**Judy Lauridsen,
Exira, IA**

Dijon Vegetable Casserole

- | | |
|--------------------------------------|--------------------------|
| 2 c. broccoli flowerets | 3 T. Dijon mustard |
| 2 c. cauliflower flowerets | 1/2 tsp. salt |
| 2 c. sm. onions | 1/4 tsp. pepper |
| 1 c. sharp Cheddar cheese,
grated | 2 cloves garlic, pressed |
| 1 c. mayonnaise | 1 tsp. parsley, chopped |

Steam vegetables individually. Make 2 complete layers of vegetables and cheese in a buttered 2-quart casserole. Combine mustard, mayonnaise and seasonings; spread over vegetables. Bake for 20 minutes in a preheated 350° oven. Yield: 12 servings.

LaVon Eblen

Buttery Mint Carrots

- | | |
|--------------------------|--|
| 1 c. water | 1 to 2 T. powdered sugar |
| 1/4 tsp. salt | 1 to 1 1/2 tsp. minced fresh
mint, or 1/2 tsp. dried mint
flakes |
| 6 med. carrots, sliced | |
| 2 T. butter or margarine | |

Cook carrots in microwave or on top of range, until crisp-tender (about 8 minutes). Drain and set aside. In the same container, melt butter, then stir in sugar and mint. Add carrots and continue to cook until tender. Yield: 4 servings.

LaVon Eblen

Cheesy Green Bean Casserole

- | | |
|--------------------------------|-----------------------------|
| 6 strips bacon | 2 cans green beans, drained |
| 1/4 to 1/2 lb. Velveeta cheese | 1 can French-fried onions |
| 1 can mushroom soup | Salt & pepper |

Cut up and fry bacon. Drain grease and put back into skillet; melt cheese in skillet. Add soup, then add beans and salt and pepper; mix together. Pour into casserole and bake approximately 25 minutes at 350°. Remove and pour onions over top; return to oven for another 15 minutes.

*Jolene Sisler,
Employee, 1990 to present*

Cheddar-Baked Potato Slices

- | | |
|------------------------------|----------------------------------|
| 1 can cream of mushroom soup | 4 med. baking potatoes, cut into |
| 1/2 tsp. paprika | 1/4" slices |
| 1/2 tsp. pepper | 1 c. shredded Cheddar cheese |

Combine soup, paprika and pepper. Arrange potatoes in overlapping rows in a greased, 2-quart, oblong baking dish; sprinkle with cheese. Spoon soup mixture over cheese. Cover with foil and bake at 400° for 45 minutes. Uncover and bake for 10 minutes more, or until potatoes are tender.

*Jolene Sisler,
Employee, 1990 to present*

Broccoli-Rice Casserole

- | | |
|----------------------|-------------------------------|
| 1 onion, chopped | 2 cans cream of mushroom soup |
| 2 c. chopped celery | 1/2 c. water |
| 1 c. margarine | 2 c. Minute Rice |
| 1 sm. jar Cheez Whiz | 2 bags frozen broccoli |

In a large skillet, sauté onion and celery in hot butter until tender. Add Cheez Whiz, soup, water, rice and broccoli. Pour mixture into an ungreased cake pan. Bake at 350° for 45 minutes.

Steve Sisler

Calico Beans

- | | |
|--|-------------------------------|
| 6 bacon strips, diced | 1 (15 oz.) can butter or lima |
| 1 lb. ground beef | beans, rinsed & drained |
| 1/2 c. chopped onion | 1/2 c. ketchup |
| 1 (21 oz.) can pork & beans,
undrained | 1/2 c. packed brown sugar |
| 1 (16 oz.) can kidney beans,
rinsed & drained | 1 T. vinegar |
| | 1 tsp. prepared mustard |
| | 1 tsp. salt |

In a skillet, cook bacon until crisp. Remove to paper towels to drain; discard drippings. In the same skillet, cook beef and onion until the beef is browned and the onion is tender; drain. Combine beef and bacon with remaining ingredients. Spoon into a greased 2-quart baking dish. Bake, uncovered, at 300° for 1 hour, or until the beans reach desired thickness. Yield: 8 to 10 servings.

Jean Boots

Polenta with Vegetables

- | | |
|---------------------------------------|--|
| 1 c. yellow cornmeal | 1/4 c. olive oil |
| 1 1/2 tsp. salt | 1/2 green bell pepper, finely chopped |
| 1 lg. tomato, seeded & finely chopped | 1/3 c. grated Parmigiano Reggiano cheese |
| 2 c. chopped spinach | |
| 3 1/2 c. lukewarm water | |

Pour cornmeal into an ungreased, 8-inch square baking dish. Stir in lukewarm water, salt and olive oil. Add tomato, bell pepper and spinach; stir. Bake in a preheated 350° oven until edges are set and top begins to brown, about 50 minutes. Sprinkle evenly with cheese and bake 2 to 3 minutes more. Serve hot.

Mary Mason

Vegetable Casserole

- | | |
|-----------------------------|---|
| 1 can cream of chicken soup | 1 can French-fried onion rings |
| 1 c. sour cream | 1 1/2 pkg. frozen broccoli, cauliflower & carrots, mixed (24 oz. total) |
| 1 T. flour | |
| 1 1/2 c. Swiss cheese | |

Mix flour with sour cream and add the can of soup. Mix in 1 cup of cheese and 1/2 the onions; add vegetables. Bake, uncovered, for 30 minutes at 350°. At the end of 30 minutes, sprinkle with rest of cheese and onion rings and bake for another 5 minutes.

Note: Can make and refrigerate. Bake for 45 minutes, if it has been refrigerated.

Variation: Can add water chestnuts and/or mushrooms.

Carole J. Jensen

Apricot Sweet Potatoes

- | | |
|--|--|
| 1 can sweet potatoes, drained & cut into 1/2" slices | 1/8 tsp. cinnamon |
| 1 c. brown sugar | 1 (5 1/2 oz.) can apricot nectar |
| 1 1/2 T. cornstarch | 2 T. butter |
| 1 tsp. grated orange peel | 1/2 c. pecan halves |
| 1/4 tsp. salt | 12 frozen apricot halves, cut into quarters. |

Preheat oven to 375°. Grease a 1 1/2-quart casserole dish; arrange potatoes in casserole. Mix sugar, cornstarch, orange peel, salt and cinnamon in a saucepan. Stir in apricot nectar and 1/3 cup water. Cook and stir on medium-high until mixture comes to full boil; remove from heat. Stir in butter and apricots; pour over potatoes and sprinkle with pecans. Bake, uncovered, at 375° for 25 minutes, or until hot and bubbly.

Carole J. Jensen

Cass County Peppers

6 med. green peppers	1 (8 oz.) jar cheese spread, divided
1 lb. pork sausage or ground beef, or a combination	1/2 c. chopped tomato
1/4 c. chopped onion	1/2 tsp. chopped chives (opt.)
1 1/2 c. <u>cooked</u> rice	Salt & pepper, to taste

Preheat oven to 350°. Remove tops and seeds from peppers. Parboil for 5 minutes and drain. Brown meat and drain. Add onion and cook until tender. Stir in rice, 3/4 cup cheese spread and tomato; season with salt and pepper. Fill peppers. Place in a 5x9-inch Pyrex baking dish and cover top with remaining cheese spread; sprinkle with chives. Cover with foil and bake 35 minutes at 350°. Yield: 6 servings.

Favorite Memory of KJAN: Back on May 24, 1975, at 25th anniversary. Danny Davis, Nashville Brass. Perfect flood coverage. Love all the coverage.

Betty J. Thompson

Cooked Leeks

1 lb. bunch leeks	1 to 2 T. margarine
3 lg. tomatoes, or 1 1/2 c. stewed	3 T. oil
2 to 3 T. bread crumbs	1/2 c. vegetable stock, or liquid from tomatoes
1/2 clove garlic	Salt & pepper, to taste

Slice leeks and cut up tomatoes. Rub pan with garlic and salt and heat 2 tablespoons of oil. Cook leeks and tomatoes in hot oil over low heat. Add liquid and seasoning. Cover and simmer until tender (10 to 15 minutes). Pour melted butter over crumbs, blend crumbs with remaining oil and sprinkle over leeks. Serve.

Leland Schlueter

Leeks with Cheese

1 lg. bunch leeks	2 T. margarine or butter
1 tsp. chopped caraway seeds	Salt, to taste
4 T. grated cheese	

Cook leeks by boiling in salted water for about 15 minutes, until tender; drain. Cut to fit a shallow baking dish. Grease dish and fill with leeks; sprinkle with salt, seeds and cheese. Melt margarine and pour over. Place under broiler until cheese is melted and vegetable is hot (10 to 15 minutes).

Leland Schlueter

Beefy Mexican Soup

1 lb. hamburger	1 tsp. chili powder
1 med. onion, chopped	1/2 tsp. garlic salt
1 green pepper, chopped	1/4 tsp. salt
1 pkg. chili macaroni	1 (16 oz.) can tomatoes
Hamburger Helper	1 (8 oz.) can whole kernel corn
5 c. water	2 T. sliced, pitted ripe olives

Cook and stir hamburger, onion and green pepper until beef is brown; drain. Stir in sauce mix from Hamburger Helper, water, chili powder, garlic salt, and tomatoes with liquid. Break up tomatoes with a fork. Heat to boiling, stirring constantly. Reduce heat, cover and simmer, stirring occasionally, for 10 minutes. Stir in macaroni, corn with liquid, and olives. Cover and cook 10 minutes longer.

Deb Field

Caldo de Camaron

(Shrimp Soup)

1 lg. potato, diced	1 (16 oz.) can stewed tomatoes
1/4 c. dried onion	1 can deveined shrimp,
1/2 tsp. oregano	undrained
1/2 tsp. chili powder	

Cook potatoes and onion in 1 quart of water until potatoes are done. Add remaining ingredients and heat. Garnish with chili powder. Yield: 5 to 6 servings.

This is a revised and simplified recipe from my recipe in your previous cookbook.

Marvel Van Ginkel

Potato Soup

5 to 10 lb. potatoes, peeled & diced	4 to 6 stems celery, cut small
1 lg. onion, chopped	2 carrots, diced (opt.)

Cover with water and boil until done; do not drain. Add 1/2 to 1 cup Watkins chicken soup dry mix, according to amount of potatoes and size of batch. Add 1 cup nondairy creamer, as desired, then add 1 container of sour cream. Add dry potato flakes to thicken, if desired. Simmer and serve.

Favorite Memory of KJAN: Sunday morning programming prepares my mind as I am getting ready to attend my church service. Thanks for the hymns and meditations. Al Hazelton was a pleasant voice I miss hearing.

Doris Christensen

Potato Soup

6 strips bacon
1 c. onion, chopped
2 c. potatoes, diced
1 c. water

2 cans cream of chicken soup
2 cans condensed milk
2 T. parsley

Cut up bacon and brown; drain off all but 3 tablespoons of grease. Add onions to fat and brown, then drain off fat. Cook potatoes in 1 cup of water until tender; add bacon, onions, soup and milk. Heat in a saucepan; do not boil. Add parsley and butter.

Favorite Memory of KJAN: *I just couldn't get through the day without KJAN for the past 50 years. There isn't anything I don't like about the station. Through the years there have been two great announcers, Jim Field and Bob Kelso. I always enjoy the contests you sponsor; they are fun to enter.*

Geraldine Kommes

Lentil Soup

1/2 lb. bulk Italian sausage
1 lg. onion, chopped
1 sm. green pepper, chopped
1 sm. carrot, chopped
1 lg. garlic clove, minced
1 bay leaf

2 (14 1/2 oz.) cans chicken broth
1 (14 1/2 to 16 oz.) can
tomatoes with liquid
1 c. water
3/4 c. lentils
1/4 c. Dijon mustard

In a Dutch oven, brown and crumble sausage; drain fat. Add the next 9 ingredients. Cover and simmer 1 hour, or until lentils and vegetables are tender. Stir in the mustard. Remove bay leaf before serving.

Nancy Rourick

Clam Chowder

3 slices bacon, chopped
2 cans minced clams (reserve
1/3 c. liquid)
1 1/2 c. 1/2" potato cubes
1/2 c. chopped onion

3 T. flour
1 1/2 c. milk
1 tsp. salt
1/8 tsp. pepper
1 c. half & half

Brown the bacon; add the clam juice, potatoes and onion. Cook on low heat until tender. Blend flour into milk, add salt and pepper and stir into potato mixture until thickened. Blend in half & half, then stir in the clams. Heat until hot, but don't boil. Can stick, so stir often.

**Grace Mackrill,
Adair, IA**

Cheesy Potato Soup

1 1/2 c. water	Pepper, to taste
3 c. diced potatoes	1 chicken bouillon cube
1/2 c. chopped celery	2 T. flour
1/2 tsp. onion salt	2 c. milk
1 tsp. parsley flakes	1/2 lb. cubed Velveeta cheese
1/2 tsp. salt	

Put water, potatoes, celery, onion, salt, parsley, salt, pepper and bouillon cube into a saucepan. Boil until vegetables are tender; don't drain off water. Blend the flour into the milk, stirring to dissolve lumps. Add to vegetables and water, then stir in cheese. Heat through on low heat. Do not boil.

Becky Holmes

Sausage and Cabbage Soup

1 med. onion, chopped	1 (14 1/2 oz.) can diced tomatoes, undrained
1 T. vegetable oil	1 T. brown sugar
1 T. butter or margarine	1 (15 oz.) can white kidney beans, rinsed & drained
2 med. carrots, thinly sliced & halved	1 T. vinegar
1 rib celery, thinly sliced	1 tsp. salt
1 tsp. caraway seeds (opt.)	1/4 tsp. pepper
2 c. water	Minced fresh parsley
2 c. chopped cabbage	
1/2 lb. fully-cooked smoked kielbasa or Polish sausage, halved & cut into 1/4" slices	

In a 3-quart saucepan, sauté onion in oil and butter, until tender. Add carrots and celery; sauté for 3 minutes. Add caraway; cook and stir 1 minute longer. Add water, cabbage, sausage, tomatoes and brown sugar; bring to a boil. Reduce heat; cover and simmer for 15 to 20 minutes, or until vegetables are tender. Add beans, vinegar, salt and pepper. Simmer, uncovered, for 5 to 10 minutes, or until heated through. Sprinkle with parsley. Yield: 6 servings.

Favorite Memory of KJAN: *I certainly appreciate KJAN for two things. The coverage of local flooding and the sponsorship of the Women's Health Conference. Both have been very helpful to the community.*

Betty Yungschlager

Broccoli-Cauliflower Cheese Noodle Soup

6 c. boiling water
3 chicken bouillon cubes*
1 sm. onion, chopped
1 (1 lb.) pkg. frozen chopped
broccoli/cauliflower winter
mix vegetables
12 oz. garden rotini macaroni

1 (12 oz.) can evaporated milk
(can use low-fat canned milk)
1 (1 pt.) jar Cheez Whiz, or 1 lb.
Velveeta cheese
Seasoning, to taste (I use Mrs.
Dash seasoning salt)

*Canned chicken broth may be used, but cut back on water if canned broth is used.

Bring water to boil in a large pot; add onion and frozen vegetables. Bring back to boil, then add the noodles and package of onion soup mix. Cook until macaroni is almost done, then add Cheez whiz and evaporated milk. Add seasoning and bring back to just boiling, or until cheese is mixed in well. I usually shut mine off for a little while before serving. May need to add a little more water for consistency desired (it thickens quite a bit after it cools). We eat ours with croutons on top.

Leita Blunk

Nine-Bean Soup

1 bag dry mixed beans
2 to 3 qt. water
Ham or ham bone
1 lg. onion

2 to 3 c. tomatoes
1 tsp. chili powder
1 tsp. lemon juice
Salt & pepper, to taste

Wash beans well and cover with water. Soak overnight, then drain. Add 2 to 3 quarts of water, some ham or ham bone; bring to a boil. Simmer about 2 hours. Add chopped onion, tomatoes, chili powder, lemon juice, salt and pepper. Simmer until done.

Donna Sue Vorrath

Confetti Chowder

3 T. butter	1/4 tsp. sugar
1 c. diced carrots	3 c. milk
1 c. diced zucchini	1 c. chicken broth
1 c. broccoli flowerets	1 c. whole kernel corn
1/2 c. chopped onion	1 c. diced, fully-cooked ham
1/2 c. chopped celery	1/2 c. peas
1/4 c. flour	1 jar pimentos, drained
1/2 tsp. salt	1 c. shredded Cheddar cheese
1/2 tsp. pepper	

Melt butter in a Dutch oven. Add vegetables and cook and stir for about 5 minutes. Sprinkle flour, salt, pepper, and sugar over vegetables; mix well. Stir in milk and chicken broth; cook and stir until thickened and bubbly. Add corn, ham, peas and pimentos; cook and stir until heated through. Remove from the heat. Add cheese and stir until melted. Serve hot.

Recipe from Taste of Home.

Mary Ann Moorman

Best-Ever Beef-Vegetable Soup

1 lb. stew beef or arm roast, cut up	Onions, cut up
1 lb. ground beef, sautéed & drained	Carrots, cut up
2 cans beef broth (or water)	Celery, cut up
1 qt. tomatoes, or tomato juice or V8	1 can green beans
2 T. L.B. Jamison's beef- flavored soup seasoning base	1 can whole kernel corn
	1 can sweet peas
	1 can green lima beans
	Salt & pepper

Combine all ingredients in a large kettle. Bring to a boil and simmer for 1 hour (or longer). Yield: 4 to 5 quarts.

I put in quart jars and seal a couple with lids. Will keep quite awhile in refrigerator if sealed. Best soup ever; nourishing and not high in calories.

Favorite Memory of KJAN: *Good News Coverage. This is Your Nishna Valley.*

Helen Pigg

Broccoli Soup

2 T. butter	1/4 tsp. pepper
1 to 1 1/2 c. leeks*	1/4 tsp. salt
1 head broccoli, chopped	1 stalk celery, chopped
1 clove garlic, pressed, or 1 1/2 tsp. garlic powder	2 c. water
1/4 tsp. thyme	6 oz. sharp Cheddar cheese, grated (should make 1 1/2 c.)
1/8 tsp. nutmeg (opt.)	2 1/2 c. milk

*To clean leeks, cut off the dark green part at the top; leave some light green. Make one cut down the center to open. Separate and wash.

Melt butter in a soup pan over medium heat. Add leeks, 1/2 the broccoli and spices; cook until soft. Add rest of broccoli, celery, and enough water to cover (about 2 cups). Bring to a boil, and reduce to a simmer for about 15 to 20 minutes. Add cheese, stirring until blended. Add milk and blend until smooth; don't let milk boil. Yield: 4 to 6 servings.

Favorite Memory of KJAN: Bob Kelso and Bob Bebensee.

Leland Schlueter

Bernie's Old-Fashion Vegetable-Beef Soup

(Diabetic, Low-Fat, No-Salt)

3 c. leftover roast beef	1 tsp. Nu-Salt
2 c. potatoes, cubed	1/2 T. pepper
1 c. chopped celery	1 T. garlic powder
1 c. cubed turnips	2 tsp. basil flakes
1 c. sliced carrots	1 (15 oz.) can salt-free stewed tomatoes
1 c. green beans	1 (10 oz.) can Campbell's Healthy Request reduced-fat tomato soup
1 c. shredded parsnips	1 can Swanson fat-free beef broth
1 c. chopped leeks	
1 c. shredded safsify	
1 c. shredded cabbage	
2 T. low-sodium beef bouillon	
2 T. parsley flakes	

Cut beef into 1/2-inch cubes and combine with the rest of the ingredients in a 4- to 5-quart kettle; bring to a boil. Reduce heat and simmer for 1 1/2 to 2 hours.

Bernard Lauritsen

Carrot-Leek Soup

- | | |
|--|----------------------------------|
| 1 med. leek, thinly sliced | 3 cans chicken broth |
| 4 tsp. margarine | 1 c. diced ham or chicken (opt.) |
| 1 1/2 c. sliced carrots or celery (opt.) | 2 c. skim milk |
| 2 med. potatoes, peeled & cubed | 1/8 tsp. pepper |

Sauté the leeks in the margarine. Add vegetables and broth and cook until done. Cool, then blend vegetables in a food processor. Add milk and pepper and heat.

Favorite Memory of KJAN: Sweetheart dinners.

Leland Schlueter

Leek Soup

- | | |
|-------------------------------|--------------------------------|
| 4 leeks, cut into 1/2" slices | 1/4 c. sour cream |
| 1 med. diced onion | 1 1/2 tsp. margarine or butter |
| 4 med. potatoes | Pepper, to taste |
| 4 c. chicken broth | |

Melt the butter in a large saucepan, then add leeks and onions. Cook, covered, until tender, stirring occasionally. Add potatoes and broth and simmer, covered, for 30 minutes or until potatoes are cooked. Add sour cream and heat to serving temperature, but not boiling. Yield: 8 servings.

Leland Schlueter

Leek Soup

Cook for 10 minutes:

- | | |
|--------------------------|-------------|
| 3 c. thinly-sliced leeks | 3 T. butter |
| 1 c. sliced ham | |

Add and cook for 30 minutes:

- | | |
|------------------------------|---------------------|
| 4 c. chicken broth | 4 c. diced potatoes |
| 4 c. coarsely-sliced cabbage | 1 bay leaf |

Add:

- | | |
|---------------------------------|--------------------------------|
| 1 c. heavy cream or half & half | 4 T. chopped chives or parsley |
|---------------------------------|--------------------------------|

Leland Schlueter

Salads



For many years the KJAN Bicycle Rodeo brought local children to the park for a day of bicycle knowledge and skills. These are some of the winners of the event.

**Suggested Maximum Home-Storage Periods
to Maintain Good Quality in Purchased Frozen Foods**

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
<i>Months</i>		<i>Months</i>	
<u>Fruits and Vegetables</u>		<u>Meat — Continued</u>	
<u>Fruits:</u>		<u>Cooked meat:</u>	
Cherries	12	Meat dinner	3
Peaches	12	Meat pie	3
Raspberries	12	Swiss steak	3
Strawberries	12		
<u>Fruit juice concentrates:</u>		<u>Poultry</u>	
Apple	12	<u>Chicken:</u>	
Grape	12	Cut-up	9
Orange	12	Livers	3
		Whole	12
<u>Vegetables:</u>		<u>Duck, whole</u>	
Asparagus	8	<u>Goose, whole</u>	
Beans	8	<u>Turkey:</u>	
Cauliflower	8	Cut-up	6
Corn	8	Whole	12
Peas	8	<u>Cooked chicken and turkey:</u>	
Spinach	8	Chicken or turkey dinners	
		(sliced meat and gravy)	6
		Chicken or turkey pies	6
		Fried chicken, Dinners	4
<u>Baked Goods</u>		<u>Fish and Shellfish</u>	
<u>Bread and yeast rolls:</u>		<u>Fish:</u>	
White bread, Plain rolls	3	<u>Fillets:</u>	
Cinnamon rolls	2	Cod, flounder, haddock,	
		halibut, pollack	6
<u>Cakes:</u>		Mullet, ocean perch,	
Angel	2	sea trout, striped bass	3
Chiffon	2	Pacific Ocean perch	2
Chocolate layer	4	Salmon steaks	2
Fruit	12	Sea trout, dressed	3
Pound	6	Striped bass, dressed	3
Yellow	6	Whiting, drawn	4
<u>Danish pastry</u>	3		
<u>Doughnuts:</u>		<u>Shellfish:</u>	
Cake, Raised	3	Clams, shucked	3
<u>Pies (unbaked):</u>		Crabmeat:	
Apple	8	Dungeness	3
Boysenberry	8	King	10
Cherry	8	Oysters, shucked	4
		Shrimp	12
<u>Meat</u>		<u>Cooked fish and shellfish:</u>	
<u>Beef:</u>		Fish with cheese sauce	3
Hamburger or chipped		Fish with lemon butter sauce	3
(thin steaks)	4	Fried fish dinner	3
Roasts, Steaks	12	Fried fish sticks, scallops,	
		or shrimp	3
<u>Lamb:</u>		Shrimp creole	3
Patties (ground meat)	4	Tuna pie	3
Roasts	9		
<u>Pork, cured</u>		<u>Frozen Desserts</u>	
<u>Pork, fresh:</u>		Ice Cream	1
Chops	4	Sherbet	1
Roasts	8		
Sausage	2		
<u>Veal:</u>			
Cutlets, Chops, Roasts	9		

Salads

Beet Salad

- | | |
|--|------------------------------|
| 1 (16 oz.) can diced or
julienned beets | 2 T. finely-chopped onion |
| 1 (6 oz.) pkg. lemon gelatin | 1 T. prepared horseradish |
| 1 1/2 c. cold water | 1 1/2 c. chopped celery |
| 4 tsp. vinegar | 1/4 c. sliced stuffed olives |

Drain beets, reserving liquid; set beets aside. Add water to reserved liquid to equal 2 cups; place in a saucepan and bring to a boil. Remove from heat; stir in gelatin until dissolved. Add cold water, vinegar, onion and horseradish; chill until partially set. Stir in the beets, celery and olives. Pour into an 8-inch square dish; chill until firm, about 3 hours. Cut into squares. Yield: 9 servings.

Nutritional Information Per Serving (1/9 recipe): 97 calories, 1 gm total fat (calories from fat, 5%), trace of saturated fat, 0 cholesterol, 321 mg sodium, 22 gm carbohydrate, 3 gm protein.

Connie Viether

Grandmother's Orange Salad

- | | |
|--|--------------------------------|
| 1 (11 oz.) can mandarin
oranges | 1 (6 oz.) pkg. orange gelatin |
| 1 (8 oz.) can unsweetened
crushed pineapple | 1 pt. orange sherbet, softened |
| | 2 bananas, sliced |

Drain oranges and pineapple, reserving juices; set oranges and pineapple aside. Add water to juices to measure 2 cups; place in a saucepan and bring to a boil. Stir in gelatin until dissolved. Stir in sherbet until smooth. Chill until partially set (watch carefully). Fold in oranges, pineapple and bananas. Pour into a 6-cup mold coated with nonstick cooking spray. Chill until firm. Yield: 10 servings.

Nutritional Information Per Serving (1/10 recipe): 165 calories, 1 gm total fat (calories from fat, 5%), trace of saturated fat, 2 mg cholesterol, 58 mg sodium, 38 gm carbohydrate, 3 gm protein.

Connie Viether

Cinnamon Apple Crown

- | | |
|------------------------------|---------------------|
| 1/3 c. Red Hots candies | 1 1/2 c. applesauce |
| 1 c. hot water | 2 T. lemon juice |
| 1 (3 oz.) pkg. lemon gelatin | Pinch of salt |
| 1 c. crushed pineapple | 1/4 tsp. nutmeg |

Dissolve Red Hots in water over low heat. Add gelatin and stir until dissolved. Add remaining ingredients and refrigerate. Yield: 6 servings.

Barbara Brooker

Cucumbers and Cream

- | | |
|----------------------------------|---------------------------|
| 3 lg. cucumbers, peeled & scored | 1 (8 oz.) ctn. sour cream |
| 1 to 2 T. salt | 1/3 c. sugar |
| 1 sm. onion, sliced | Salt & pepper, to taste |

Slice cucumbers into a medium-size bowl; layer with salt. Let stand about 20 minutes, then rinse thoroughly and add onions. Stir together sour cream, sugar, salt and pepper. Combine with rinsed and drained cucumbers; refrigerate at least 1/2 hour.

Keeps well in refrigerator.

Favorite Memory of KJAN: Listening for the "no school" reports every winter when I was young!

Susan Nancarrow

Berry Quick Spinach Salad

- | | |
|--|--------------------------|
| 1 bunch spinach, or other salad greens | Thinly-sliced red onions |
| Sliced fresh strawberries | Crumbled crisp bacon |
| | Fresh, sliced mushrooms |

Use as much of the last 4 ingredients as desired. Toss all ingredients together and pour poppy seed dressing over, just before serving.

Alberta Millikan

Candy Bar Salad

- | | |
|--|--|
| 1 (3 oz.) pkg. instant vanilla pudding | 2 or 3 Granny Smith apples, diced |
| 1 (8 oz.) ctn. Cool Whip | 2 or 3 regular-size Snickers candy bars, diced |

Mix dry pudding with the Cool Whip. Add apples and refrigerate. When ready to serve, add candy bar pieces.

*LuAnn Nielsen,
Earlham, IA*

Vegetable Salad

- | | |
|--------------------------------|----------------------------------|
| 1 lb. curly macaroni | 1 can Eagle Brand condensed milk |
| 1 c. shredded carrots | 1 c. white sugar |
| 1/2 c. onions, chopped | 1 c. white vinegar |
| 1 c. diced celery | 1 pt. mayonnaise |
| 1 green pepper, chopped (opt.) | |

Cook macaroni. Drain and run cold water over to get the starch out. Shred carrots, chop onions and pepper, and dice the celery. Mix all and add to macaroni; mix well. Mix the Eagle Brand milk, sugar, vinegar and mayonnaise; pour over macaroni mixture. Refrigerate for 24 hours.

Note: Will be sloppy at first, but macaroni will soak up the liquid.

Variation: Can add ham and cheese for a one-dish meal.

Delicious.

Mary Jane Nielsen

Easy Salad

- 1 sm. can crushed pineapple,
do not drain

Add:

- | | |
|--|---------------------------------|
| 1 sm. pkg. dry instant vanilla or banana cream pudding | 1 can mandarin oranges, drained |
| | 1 can fruit cocktail, drained |

Mix all of the above.

Add:

- | | |
|------------------------|----------------|
| 1 c. mini marshmallows | 1 c. Cool Whip |
|------------------------|----------------|

After all mixed, put into a bowl and add red maraschino cherries on top (at Christmas, I add green ones, too). Can serve at once as a salad, or let stand until firm in refrigerator. Keeps for days.

I call this my funeral salad, as I can whip it up in a hurry and take to home or funeral.

Favorite Memory of KJAN: I have your 20-year anniversary cookbook. Still using it.

Mary Jane Nielsen

Apricot Salad

- | | |
|---|------------------------------|
| 3 (3 oz.) pkg. vanilla tapioca
pudding | 1 lg. can apricots |
| 2 cans mandarin orange slices | 1 med. can crushed pineapple |

Use the fruit juice from the oranges, apricots and pineapple, and add water to make 4 cups of liquid. Cook the pudding, using the mixture; cool. Add the fruit, then refrigerate. Makes a large bowlful.

This salad will not melt on hot summer days.

Favorite Memory of KJAN: *Best in news, weather and sports.*

Marge Knudsen

Lime Jello Salad

- | | |
|--------------------|----------------|
| 1 pkg. lime Jello | 2 c. hot water |
| 1 pkg. lemon Jello | |
- Mix and let cool until it starts to jell.
Then add:
- | | |
|---------------------------------|---------------------------|
| 1 c. crushed pineapple, drained | 1 sm. ctn. cottage cheese |
| 1 c. mayonnaise | 1 tsp. horseradish |
| 1 c. milk | |

Mix all together and let set until firm. Can be served with a dab of mayonnaise or whipped topping.

Favorite Memory of KJAN: *At the time KJAN was founded, I understood that the letters stood for "Keep Jesus Always Near". This is my favorite way of thinking of KJAN.*

Gayle R. Johnson

Broccoli-Cauliflower Salad

- | | |
|--|-------------------------|
| 1 sm. bunch broccoli | 2 c. Miracle Whip |
| 1 sm. head cauliflower | 1 c. dairy sour cream |
| 3 green onions, sliced (include
some green) | 1 T. garlic powder |
| 1 c. frozen peas | Salt & pepper, to taste |

Wash and cut the cauliflower and broccoli flowerets into bite-size pieces. Add onions and peas; set aside. Mix Miracle Whip, sour cream, garlic powder, salt and pepper together. Pour over the vegetable mixture and toss.

Beverly Maas

Ramen Chinese Cabbage Salad

1/2 c. salad oil	Seasoning mix from Ramen
3 T. vinegar	noodles
Green onions	1/2 cabbage, shredded
Shredded carrots	3/4 c. slivered almonds
3 T. toasted sesame seeds	1/4 c. sunflower seeds
3 T. sugar	

To prepare dressing, mix together salad oil, sugar, vinegar, and seasoning packet from Ramen noodles; mix well and chill. In a separate bowl, mix together cabbage and carrots. Crush Ramen noodles; add almonds, sesame seeds and sunflower seeds. Toss all ingredients together before serving. Best made fresh, so it is the most crunchy; but good the next day, if it lasts that long.

Favorite Memory of KJAN: *I remember well the first KJAN cookbook. I still use it today for "Busy Day Stew" and pecan pie recipes. Ginger Capen's recipe for taco salad was just new and so different.*

Mary Ann Moorman

Molded Shrimp Salad

2 pkg. lemon Jello	1 c. chopped celery
2 c. boiling water	1 c. green olives
1 c. whipping cream, whipped	1/2 c. nuts (opt.)
1 sm. pkg. cream cheese	

Mix Jello and water and refrigerate until begins to set. Add cream cheese to whipped cream, then add to partially-set Jello, along with celery, olives and nuts. Mix and mold, or pour into a 7x11-inch pan.

SAUCE:

1 1/3 c. mayonnaise
3/4 lb. cooked shrimp
1/2 c. chopped pimento

Minced onion

1/2 T. lemon juice
2 hard-cooked eggs, chopped
Parsley or chives (opt.)

Mix mayonnaise with a little cream until smooth, then add other ingredients. Spoon on top of molded salad and serve with crackers or rolls.

Note: I have used canned shrimp.

Favorite Memory of KJAN: *Lots of good memories, especially all the good coverage given to the Audubon area. Also fond memories of the old "Worry-Bird Show".*

Lois and Sam Kauffman

Cherry Salad Supreme

- | | |
|-----------------------------------|------------------------|
| 1 (3 oz.) pkg. raspberry Jello | 1/3 c. mayonnaise |
| 1 (21 oz.) can cherry pie filling | 1 c. Cool Whip |
| 1 c. boiling water | 1 c. crushed pineapple |
| 1 (3 oz.) pkg. lemon Jello | 1 c. mini marshmallows |
| 1 c. boiling water | 2 T. (or more) nuts |
| 1 (8 oz.) pkg. cream cheese | |

Dissolve raspberry Jello in 1 cup boiling water. Stir in pie filling; chill until partially set. Pour into a 9x13-inch dish. Dissolve lemon Jello in 1 cup boiling water. Beat cream cheese and mayonnaise; gradually add cooled lemon Jello. Stir in undrained pineapple. Whip the Cool Whip into the lemon mix; add the miniature marshmallows. Spread on top of the cherry layer; top with chopped nuts. Chill until set.

Favorite Memory of KJAN: *Very good coverage of storms or other crisis situations.*

Edna Christensen

Peach Salad

- | | |
|---|---|
| 1 (20 oz.) can sliced peaches,
undrained | 1 (3 oz.) pkg. vanilla pudding
mix (cook & serve type) |
| 1 (6 oz.) pkg. orange gelatin
(may use peach or lemon) | 2 c. mini marshmallows |
| | 3 c. boiling water |

Pour 3 cups water into a saucepan; bring to a boil. Add gelatin; stir to dissolve. Add pudding mix; stir to dissolve. Add marshmallows; stir to dissolve. Place peaches and juice into a clear 9x13x2-inch dish. Pour mixture from pan onto peaches; stir to mix a little. Refrigerate.

Alice Brown

Glazed Fruit Salad

- | | |
|------------------------------------|--|
| 1 (20 oz.) can pineapple
chunks | 2 bananas |
| 1 (16 oz.) can fruit cocktail | 1 (4 serving-size) cook & serve
vanilla pudding |
| 1 can mandarin oranges | 1 apple (opt.) |

Drain the pineapple. Measure 3/4 cup of the juice and add to the pudding mix; cook until clear. Cool until cold. Drain the other fruit well. Slice the bananas into the fruit; mix in dressing well. May add 1 chopped apple. Refrigerate. Yield: 8 or more servings.

Rachell Jensen

Three-Bean Salad

1 (2 c.) can yellow wax beans,
drained

1 (2 c.) can green beans,
drained

1 (2 c.) can red kidney beans,
drained

1/2 c. chopped celery

1/2 red Bermuda onion in rings

DRESSING:

1/2 c. oil

1/2 c. sugar

1/2 tsp. celery seed

1/2 c. wine vinegar

Add some Mrs. Dash for seasoning. Mix with drained bean mixture and chill overnight.

*Maxine F. Blunk,
Atlantic, IA*

Bacon-Cheddar Pasta Salad

1 (16 oz.) pkg. pasta (shells,
twists)

6 slices cooked bacon,
crumbled

Cheddar cheese, cubed

1 green pepper, chopped

1/2 c. chopped onion

Miracle Whip

Cook and drain pasta; let cool. Add remaining ingredients and mix with Miracle Whip to suit your taste.

Note: May add more or less of all ingredients to your taste.

Favorite Memory of KJAN: Growing up listening to the "Worry Bird" as my dad and I sat at the breakfast tables, and in the winter, always listening to see if school was cancelled.

*Jolene Sisler,
Employee, 1990 to present*

Gold Salad

1 can apricots, cut up
1 can crushed pineapple
1 pkg. orange Jello

1 c. hot water
1 1/2 c. mini marshmallows

TOPPING:

1/2 c. sugar
3 tsp. flour
1 egg

1 c. combined juices
1 T. butter
1 c. whipped cream

Drain the fruit, keeping the juices. In a 9x13-inch dish, dissolve the Jello in hot water. Add 1/2 cup of mixed juices, then chill until syrupy. Fold in fruit and marshmallows; chill until firm. Spread with topping.

Topping: Combine all ingredients, except butter and whipped cream, in a heavy pan. Mix and cook over low heat, stirring constantly, until thick. Stir in butter and cool. Stir in whipped cream, then spread on the salad. Yield: 15 servings.

Zeta Eblen

Pacific Lime Mold

1 c. boiling water
1 pkg. lime Jello
1 (9 oz.) can crushed pineapple
1 c. creamy cottage cheese

1 tsp. horseradish
1/2 c. mayonnaise, or 1/2 c.
heavy cream, whipped
1/4 c. chopped nuts

Dissolve Jello in water. Add juice from pineapple and chill until thickened. Beat until frothy, then fold in remaining ingredients. Chill until set. Yield: 6 servings.

Variation: One cup mashed banana and 2 tablespoons lemon juice may be used in place of cottage cheese and horseradish. I use whipped cream.

Favorite Memory of KJAN: My memories of KJAN include Skeet Preston, Bob Kelso and Robin Morrow, the "Worry Bird" and Robin's poems. Those were the good old days.

Zeta Eblen

Strawberry Salad

2 (3 oz.) pkg. strawberry Jello
2 c. hot water
2 bananas, mashed

1 can crushed pineapple
1 pt. strawberries
1 ctn. sour cream

Mix Jello and hot water together. Combine the crushed pineapple, bananas and strawberries, and add to Jello. Let set until thick enough to pour, then put 1/2 into a 9x9-inch dish and let thicken more. Spread sour cream on top, then, when set, pour rest of Jello on top.

Favorite Memory of KJAN: Enjoy Bob Einhaus' "Memory Time".

Shirley Jorgensen

Red, White and Green Pasta Salad

- | | |
|---------------------------------------|---|
| 6 oz. rotini, or any large pasta | 1/2 c. green celery, sliced |
| Juice of 1/2 lemon | 1/2 c. red onion, sliced thinly |
| 1/4 c. tarragon vinegar | 1/4 c. green pepper, in thin shreds |
| 1 clove garlic, chopped | 1/3 c. red pepper, in thin shreds |
| 3 T. grated Parmesan cheese | 2 T. parsley, minced |
| 1 1/2 tsp. dried oregano | 1 (4 oz.) jar whole pimento, drained & sliced |
| 1 1/2 tsp. dried basil | 1/2 c. sliced black olives |
| 6 T. olive oil | 1/2 c. sliced green olives |
| Salt & black pepper, to taste | 1/2 (12 oz.) pkg. frozen peas, thawed |
| 3 c. firmly-packed broccoli flowerets | |
| 1 1/2 c. cauliflower flowerets | |

Cook pasta as directed on package; drain. In a small bowl, whisk together the lemon juice, tarragon, vinegar, garlic, Parmesan cheese, oregano, basil and olive oil. Taste and add salt and pepper. Plunge broccoli and cauliflower into rapidly boiling water and boil gently for about 3 minutes; drain. In a large bowl, place pasta, celery, onion, red and green peppers, parsley, pimento, ripe and green olives, peas, broccoli and cauliflower; toss gently. Pour dressing over all ingredients and toss again. Let stand for 5 to 6 hours. Serve at room temperature for best flavor. Yield: 6 servings.

*Alice Lamer,
Walnut, IA*

Mexican Corn Salad

- | | |
|--|---|
| 1 (16 oz.) pkg. coleslaw mix (cabbage & carrots) | 1 (2 1/2 oz.) can sliced black olives |
| 1 (11 oz.) can whole kernel corn, drained | 1/2 c. sliced green onions |
| 1/3 c. green pepper, chopped very small | 1 c. cubed Cheddar cheese (to add before serving) |
| DRESSING: | 1 T. milk |
| 1 c. salad dressing | 1 T. sugar |
| 1 T. vinegar | 1 1/2 tsp. celery seed |

Dressing: Mix ingredients well, in a small bowl.

Mix all salad ingredients together, except cheese. Pour dressing over salad and mix well. Chill 2 to 24 hours. Right before serving, add cubed Cheddar cheese. Yield: 6 to 8 servings.

***Favorite Memory of KJAN:** Listening to Kendal every Tuesday and Thursday, of course!*

Shirley Warne

Ramen Slaw Salad

1 (16 oz.) pkg. broccoli slaw mix
2 pkg. beef Ramen noodles

1 bunch green onions
1/2 c. sunflower seeds
1/2 c. slivered almonds

Dressing: Mix 1/2 cup oil, 1/2 cup sugar and 1/3 cup white vinegar, then stir in the 2 seasoning packets from the Ramen noodles and set aside.

In a large bowl, mix slaw mix and green onions. Pour dressing on and mix. Add the crushed Ramen noodles, sunflower seeds and almonds last.

Deb Field

Lemon Jello Salad

1 sm. pkg. lemon Jello
1 1/2 c. boiling water
3 oz. cream cheese, cut into small pieces

1 c. mini marshmallows
1 (15 1/2 oz.) can crushed pineapple, drained
8 oz. Cool Whip

Dissolve Jello in boiling water. Stir in the cream cheese and marshmallows, then add the crushed pineapple. Fold in Cool Whip. Pour into a Jello mold or 8x8-inch dish.

Note: A double batch makes enough for a 9x13-inch dish.

Jeanette Almonrode

Ham-Pasta Salad

1 (7 oz.) box shell macaroni
2 c. cubed, fully-cooked ham
1 c. chopped green pepper

1 c. chopped tomato
1/4 c. chopped onion

DRESSING:
1/2 c. mayonnaise or salad dressing

1/4 c. grated Parmesan cheese
2 T. milk
1/4 tsp. salt

Cook and drain macaroni according to package directions. In a large bowl, toss macaroni, ham, green pepper, tomato and onion.

Dressing: In a small bowl, combine ingredients. Pour over pasta mixture and stir to coat.

Cover and chill. Can be sprinkled with additional Parmesan cheese before serving, if desired. Yield: 4 to 6 servings.

Leah Berry

Crunchy Salad

4 c. raw broccoli, cut into bite-size pieces

2 c. chopped celery

4 c. grapes (2 c. red & 2 c. green), halved

1/2 c. bacon, fried crisp & broken into bits*

1/2 c. green onions with tops, or to taste*

*Sometimes I leave out bacon and green onions.

Mix and let stand in refrigerator several hours or overnight. Add 1 cup slivered almonds (or less, if desired).

DRESSING:

1 1/2 c. Hellmann's mayonnaise
(no Miracle Whip)

6 T. sugar
3 T. vinegar

Mix all together. Let stand several hours before serving. Yield: 12 to 15 servings.

Very good.

Mrs. Bill Steele

Cherry Salad

2 pkg. cherry Jello

2 c. hot water

Dissolve Jello in hot water. Add 1 cup cold water and 1 can cherry pie filling. Pour into a 9x13-inch dish. Refrigerate until firm.

TOPPING:

12 lg. marshmallows, melted

1 (3 oz.) pkg. cream cheese

Mix together; cool. Fold in 1 package whipped topping and 8 ounces Cool Whip. Spread over the top of firm gelatin. Refrigerate. Yield: 15 servings.

Variations: May tint pink. May add 1/2 teaspoon almonds.

*Marcella Weppler,
Lewis, IA*

Macaroni Salad

8 oz. (1/2 lb.) macaroni
1 sm. green pepper, chopped
(opt.)
1/2 c. chopped celery
1 carrot, grated

Onion (opt.)
1 (8 oz.) can peas, drained
4 or 5 hard-boiled eggs
Grated cheese

DRESSING:

3/4 c. sugar
1 c. mayonnaise (not Miracle Whip)

1/2 (6 1/2 oz.) can evaporated milk
1/2 c. vinegar

Cook macaroni until just done; drain.

Dressing: Combine sugar with mayonnaise; stir until smooth. Add evaporated milk slowly, then add vinegar and stir until smooth. Pour dressing over warm macaroni.

Let cool in refrigerator for an hour or so before serving, then add remaining salad ingredients. Flavor is best if refrigerated overnight before serving.

*Judy Lauridsen,
Exira, IA*

Creamy White Fruit Salad

2 pkg. Knox gelatin
1/2 c. sugar
2 c. pineapple juice
3 T. lemon juice

1 tsp. almond extract
1 c. half & half
1 c. whipping cream
Fresh fruit

Stir together the gelatin and sugar in a saucepan. Stir in pineapple juice, lemon juice, almond extract and salt. Cook and stir mixture on low heat until gelatin dissolves. Chill mixture in refrigerator about an hour, or until cool; stir in half & half. Chill until partially set (like unbeaten egg whites). Beat cream until soft peaks form; fold into gelatin mixture. Pour into a 5-cup mold. Serve with fruit in season, or cranberry sauce at Thanksgiving.

DeEtta Rasmussen

Strawberry Salad

2 (3 oz.) pkg. strawberry Jello
1 1/2 c. boiling water
1 (10 oz.) pkg. frozen
strawberries, undrained

1 (No. 2) can crushed
pineapple, undrained
3 bananas, sliced
1 c. dairy sour cream
Nuts (opt.)

Dissolve Jello in boiling water. When slightly thickened, add strawberries, bananas and pineapple. Spread 1/2 of the mixture in a 9x9-inch pan; let set. Spread with sour cream; sprinkle with nuts. Top with remaining Jello mixture; let set.

Lois Felker

Fruit Salad

1 lg. can pineapple chunks
1 lg. can mandarin oranges
1 lg. can sliced peaches
Strawberries, sliced

1 can pear chunks
2 bananas, sliced
1 pkg. regular vanilla pudding mix

Drain fruits; save juice. Add 2 cups of fruit juice to the dry pudding mix, cook until thick. Cool. Pour over the fruit in a large bowl.

This will keep in refrigerator for 2 weeks.

Verley Johnson

Ritz Salad

30 Ritz crackers
1/4 c. melted butter or oleo
1 sm. can crushed pineapple
4 egg yolks

1/2 c. sugar
1/2 pkg. lemon Jello
4 egg whites
1/2 c. sugar

Crush crackers and mix with the butter or oleo; pat into a 9x13-inch dish. Mix pineapple, egg yolks and 1/2 cup sugar; cook until it coats a spoon. Add lemon Jello and let dissolve; set aside to cool. Beat egg whites, then add 1/2 cup sugar. Fold custard into whites and put over the crushed crackers in pan. Sprinkle a few cracker crumbs over top. Refrigerate for 3 to 6 hours before serving. Yield: 15 servings.

Pearl Penton

Oriental Salad

1 pt. Miracle Whip
2 T. prepared mustard
1/4 c. chopped onion
4 c. chopped chicken

1 green pepper, chopped
1/2 c. sliced black olives
1 c. mandarin oranges, drained
1 c. drained pineapple

Mix together and chill overnight. Add 1 can chow mein noodles just before serving. Serve on lettuce leaf, with your favorite party crackers.

Favorite Memory of KJAN: *I believe his name was Robin Morrow. He had such a good, deep voice. He wrote poems and read them on radio. My mother had a book of his poems. He also had a program called "Robin's Nest". Correct me, if I'm wrong.*

Barb Sisler

Fresh Fruit Salad

Strawberries
Peaches

Grapes
Blueberries

DRESSING:

1 1/4 c. milk
1/2 sm. ctn. yogurt

1 pkg. instant banana cream
pudding

In a clear bowl, layer the strawberries, peaches, grapes and blueberries, to near top of bowl. Mix yogurt and milk; add pudding and mix. Let stand a few minutes, then spread over the fruit.

Favorite Memory of KJAN: Bob Einhaus and the "Worry Bird".

Sharon McDermott

Orange Tapioca Salad

2 (3 oz.) pkg. tapioca pudding
mix (dry)
2 1/2 c. boiling water
1 (3 oz.) pkg. orange Jello

2 sm. cans mandarin oranges,
drained
1 (8 oz.) ctn. Cool Whip

Mix the first 3 ingredients and cool in refrigerator until thick. Fold in mandarin oranges and Cool Whip; chill until set. Yield: 8 servings.

Good for company dinner.

*Carol Hanson,
Daughter of Delbert and Mabel Hobbs,
Yorkville, IL*

Mostaccioli Salad

1 (16 oz.) pkg. mostaccioli
1/3 c. canola oil
1 1/2 c. vinegar
1 1/2 c. sugar
1 tsp. salt
1 tsp. Accent
2 T. prepared mustard

1 tsp. coarsely-ground pepper
1 tsp. garlic powder
1 med. onion, chopped
1 med. cucumber, chopped
1 sm. jar pimento
1 med. chopped green pepper

Cook pasta in salted water. Drain and coat with oil (about 1/3 cup). Mix dressing ingredients together. After adding to pasta, let stand for 24 hours.

Delicious.

Audrey Stetzel

Vegetable Salad

Grind or blend:

4 carrots
1 green pepper

1 onion

Combine:

6 oz. lemon gelatin

2 c. hot water

Let set until syrupy and cooled, then add vegetables.

Combine and add:

1 c. salad dressing or
mayonnalse

1 sm. ctn. cottage cheese

Chill until set, in either a bowl, or 9x12-inch pan or dish (cut in squares to serve).

Complements any meal. Tastes like coleslaw, but easier to digest. Lower calories by using low-fat products.

Favorite Memory of KJAN: Bob Einhaus is a treasured voice of KJAN memories. News reports, documentaries and "Editorial of the Air" are genuinely a voice of experience and wisdom. He'll live in my heart forever. Also the Christmas programs! We always feel a variety of musical programs is a part of preparation of joyful holiday celebrations. Especially Danish music.

Doris Christensen

Shrimp Salad

1 c. long-grain rice, cooked &
cooled

1 can shrimp, drained
1 1/4 c. sliced celery

1 (10 oz.) pkg. frozen peas, cooked

1/4 c. sliced green onion

DRESSING:

1/3 c. salad oil

1/2 tsp. celery seed

3 T. vinegar

1/2 tsp. sugar

1 tsp. salt

Cook and cool rice, then cook and cool peas. Mix all ingredients together in a large bowl.

Dressing: Mix ingredients until very well mixed, and pour over the rice mixture 1 hour before serving. Yield: approximately 15 servings.

Very delicious.

Favorite Memory of KJAN: It was just great the day KJAN came on the radio. Then we could get the local news and happenings in this area. Before that we listened to WHO, WOW, or KMA.

***Helen M. Thompson,
Audubon, IA***

Raspberry and Applesauce Salad

2 sm. pkg. red Jello	1 (16 oz.) ctn. sour cream
2 c. boiling water	1 T. salad dressing
1 pkg. frozen raspberries	2 c. mini marshmallows
1 can (2 c.) applesauce	

Mix the Jello with 2 cups boiling water. Stir in the package of frozen raspberries, then add the applesauce. Chill. When firm, cover with a mixture of the sour cream, salad dressing and miniature marshmallows (colored ones make it more attractive).

Favorite Memory of KJAN: *I've always enjoyed Bob Einhaus and his "Point of Interest". Also, all the good 40's big band music that he played. Would enjoy hearing more of that, in lieu of the other so-called music we are exposed to today.*

***Gertrude E. Mogg,
Audubon, IA***

Spinach-Orange Salad

DRESSING:

1/4 c. vegetable oil
2 T. white sugar
2 T. white vinegar

1 T. snipped parsley
1/2 tsp. salt
1/4 tsp. black pepper
Dash of Tabasco sauce

SALAD:

1/4 c. sliced almonds
4 tsp. white sugar
Fresh spinach, washed, dried
& chilled (enough for 6 to 8
people)

1 c. thin, bias-cut celery
2 T. chopped green onion tops
1 (11 oz.) can mandarin
oranges, drained

Dressing: Combine ingredients; cover and shake well. Refrigerate.

Salad: Place almonds and sugar in a small skillet. Stir over medium heat, watching closely, until almonds are golden brown. Remove to a small bowl; cool. Place spinach in a large salad bowl; add celery, green onion and oranges. At serving time, add dressing and almonds; toss lightly. Yield: 6 to 8 servings.

Connie Wiechmann

Orange Sherbet Salad

4 (3 oz.) pkg. orange Jello
2 c. boiling water
4 c. orange sherbet

1 to 2 cans mandarin oranges,
drained
3 to 4 c. Cool Whip

Add boiling water to Jello. Stir in sherbet, then oranges and Cool Whip. Chill to set.

Beth Meyer

Cranberry Salad for a Crowd

2 c. ground, uncooked
cranberries
2 c. sugar
3 pkg. lemon Jello
4 c. hot water
1 c. diced celery

1 (15 oz.) can crushed
pineapple
1 c. broken nutmeats
1 lg. orange peeling, ground
4 or 5 apples, diced
1 1/2 c. white grapes, halved

Combine sugar and cranberries; let stand. Dissolve Jello in hot water and let chill. In a large bowl, combine all ingredients. Pour into a 4-quart pan or bowl, and chill until set. Yield: 20 servings.

Marvel Van Ginkel

Cherry Jello Delight

3 (3 oz.) pkg. cherry Jello
1 (16 oz.) pkg. frozen bing
cherries
1 c. sugar

1 sm. (1/4 oz.) pkt. Knox
unflavored gelatine
3 tsp. almond extract
1 (8 oz.) ctn. Cool Whip

Mix the packages of cherry Jello in a 6-quart bowl with 5 1/2 cups hot water (harden this Jello separately). Put the package of frozen cherries in a 1-quart container and add 1/4 cup of water. Mix the Knox gelatine thoroughly with the sugar, then mix the sugar into the cherries and add the almond extract. Put cherries in microwave for 15 minutes, taking out to stir well after 5 and 10 minutes. After 15 minutes, take the cherries out of the microwave and stir once more, then put in refrigerator to harden. Crumble both the Jello and cherries well, before mixing them together in the 6-quart bowl. Mix in the Cool Whip. Yield: 16 (1-cup) servings.

Note: If you cook the cherries on the stove, add the sugar mixture and almond after they are cooked, then cook and stir for a couple more minutes. (The microwave works best.)

Favorite Memory of KJAN: *I was only 10 years old and I did not think the adults knew what they were talking about. I was excited!*

Jerald Hansen

Royal Cherry Cola Salad

1 (10 oz.) jar maraschino
cherries
1 lg. can crushed pineapple
2 (3 oz.) pkg. cherry Jello

1 (8 oz.) pkg. cream cheese
1 c. chopped celery
1 can Coca-Cola

Drain the maraschino cherries (save the juice). Cut cherries in half and set aside. Drain pineapple (save the juice). Combine juices and add enough water to make 2 cups. Put into a saucepan and bring to a boil. Put the 2 packages of cherry Jello in a large bowl. Pour hot liquid over the Jello and stir until dissolved. Cut cream cheese into small pieces and drop into hot Jello; add the chopped celery, pineapple and cut-up cherries. Stir in the Coca-Cola. Put into a large bowl or a 9x13-inch pan and chill until firm. Yield: 12 to 15 servings.

This is delicious with any kind of meat, especially turkey.

**Dee Tibben,
Exira, IA**

Cranberry Salad

- | | |
|---|----------------------------|
| 1 c. ground cranberries | 16 marshmallows, quartered |
| 1 sm. can crushed pineapple,
drained | 1/2 c. sugar |
| 1 c. cream whipped | 1/2 c. chopped pecans |

Combine cranberries, pineapple, marshmallows and sugar. Let stand in refrigerator for 12 hours. Just before serving, add whipped cream and pecans.

Lois Felker

Favorite Macaroni Salad

- | | |
|-------------------------|-----------------------------------|
| 1 lb. macaroni, cooked | 1 tsp. pepper |
| 1 c. chopped celery | 1 can sweetened condensed
milk |
| 1 green pepper, chopped | 2 c. mayonnaise |
| 1 onion, chopped | 1/2 c. white vinegar |
| 2 grated carrots | |
| 1/4 c. sugar | |

Cook, drain and rinse macaroni, according to package directions. Mix other ingredients together and fold into macaroni; chill. Yield: 1 (3-quart) bowlful.

Mary Ann Christensen

Screwy Noodle Salad

- | | |
|----------------------|--------------------------------|
| Rotini noodles | Sliced carrots |
| Chopped onion | Sliced cucumbers |
| 1 jar pimentos | Diced celery |
| 3/4 c. honey | Chopped peppers (red or green) |
| 3/4 c. oil | Salt |
| 3/4 c. vinegar | Pepper |
| 1/2 tsp. celery seed | |

Cook and drain noodles; cool. Add the vegetables (any amount desired).

Mix together the dressing: honey, oil, vinegar, celery seed, salt and pepper; pour over other ingredients. Refrigerate and serve. Stir before serving, to blend noodles, dressing and vegetables. This salad improves with age.

This salad won first place at the Iowa State Fair.

*Donna Brahms,
3 Bee Honey Farms*

Cranberry Salad

- | | |
|--------------------------|------------------------|
| 1 lb. cranberries | 2 c. boiling water |
| 2 oranges | 1 c. crushed pineapple |
| 2 apples | 1 1/2 c. diced celery |
| 1 1/2 c. sugar | 1 c. nuts (opt.) |
| 2 lg. boxes cherry Jello | |

Grind cranberries in a food chopper; also the apples and oranges. Add sugar; let stand overnight. Dissolve Jello in boiling water. Add 3 ice cubes to cool slightly. Combine Jello, cranberry mixture, pineapple, celery, and nuts, if desired. Put into desired size bowl and refrigerate.

Very good with any kind of meat.

Doreen Swanson

Raspberry-Pretzel Salad

- | | |
|-------------------------------------|--------------------------------|
| 2 1/2 c. pretzels, crushed coarsely | 1 c. powdered sugar |
| 3 T. sugar | 1 lg. ctn. Cool Whip |
| 3/4 c. margarine | 2 (3 oz.) pkg. raspberry Jello |
| 1 (8 oz.) pkg. cream cheese | 2 1/2 c. boiling water |
| | 2 sm. pkg. frozen raspberries |

Combine pretzels, sugar and margarine; press into a 9x13-inch pan. Bake at 350° for 10 minutes; cool. Mix powdered sugar and cream cheese; fold in the Cool Whip. Spread over pretzel crust. Dissolve gelatin in boiling water. Add frozen berries, stirring to thaw berries. Chill until partially set. Pour over cream cheese layer and refrigerate.

Favorite Memory of KJAN: Winning a turkey on the Turkey Shoot.

Ruth J. Murray

Cottage Cheese Delight

- | | |
|---------------------------------------|---|
| 1 (1 lb.) ctn. low-fat cottage cheese | 1 (1 lb.) can no-sugar pineapple (crushed or chunk), well drained |
| 1 lg. box lime Jello | 1 med. ctn. Cool Whip |

Mix cottage cheese with dry Jello; add Cool Whip and pineapple. Let stand in refrigerator overnight. Yield: 10 servings.

Keeps well, even up to 2 weeks.

Favorite Memory of KJAN: I have listened to KJAN for these 50 years. Sure like "Who's New in Pink and Blue" and did like "Worry Bird". The old music was better than what is on now. Keep up all the good work.

*Margie Gubbels,
Harlan, IA*

Madonna Salad

1 (3 oz.) pkg. apricot Jello	1 (8 oz.) pkg. cream cheese
3/4 c. sugar	1 lg. jar baby food apricots
1 sm. can crushed pineapple	8 oz. Cool Whip

Mix Jello, pineapple and sugar together; bring to a boil, then cool. Beat cream cheese and baby food apricots, mixing thoroughly. Combine with Jello mixture and fold in Cool Whip. Pour into an 8x8-inch pan and chill.

Nancy Rourick

Cranberry Salad

1 (3 oz.) pkg. cherry Jello	1/2 c. diced celery
1 c. hot water	1/4 c. nuts, chopped
1 (1 lb.) can whole cranberry sauce	1 c. sour cream

Dissolve Jello in hot water; chill until thickened, but not firm. Break up cranberry sauce with a fork; stir in sauce, celery and nuts. Add to the Jello; fold in sour cream.

Madonna Einhaus

Lemon-Pineapple-Cheese Salad

1 sm. can crushed pineapple, undrained	1 sm. box lemon Jello
1/2 c. sugar	1 1/2 c. boiling water

Mix pineapple and sugar and boil 3 minutes. Mix lemon Jello and boiling water well. When all ingredients are partially cool, mix together, pour into a 9x13-inch pan or glass dish and put into refrigerator until partially set. Then add 1 (8-ounce) container Cool Whip and 1 cup shredded Cheddar cheese. Refrigerate until set. Yield: 6 servings.

Jo Jacobs

Wilted Lettuce Salad

8 to 10 c. fresh leaf lettuce	1/2 c. salad dressing
8 slices bacon, diced & cooked crisp (reserve grease)	1/4 to 1/2 c. vinegar, to taste
1/2 c. diced red &/or green onions (fresh green is best)	1/4 c. sugar
	Salt & pepper, to taste

Tear lettuce; set aside. Cook diced bacon until crisp. Drain off grease and save it. Mix lettuce, diced onion and bacon. Make dressing by mixing salad dressing, vinegar, sugar and hot bacon grease. Whisk together dressing (adjust to taste). Pour over lettuce; toss to coat. Yield: about 8 servings.

Very good.

Favorite Memory of KJAN: Enjoyed "Worry Bird".

Carolyn Steele

Wild Rice, Chicken and Pasta Salad

2/3 c. uncooked wild rice (2 c.
cooked)
1/3 c. pine nuts or slivered
almonds
1 tsp. butter
6 chicken breast halves
(1 1/2 lb.)
1/2 c. chicken stock
1 lb. linguini, cooked al dente
& drained
1 (15 oz.) can garbanzo beans,
drained

2 (6 oz.) jars marinated
artichoke hearts, drained
1 (10 oz.) pkg. frozen peas
8 oz. fresh mushrooms, sliced
1 red or green pepper, seeded
& cut in strips
1 (2 oz.) jar pimento-stuffed
green olives, drained & sliced
1 (2 oz.) can sliced ripe olives,
drained

DRESSING:

1/2 c. olive oil
2 to 3 T. red wine vinegar
1/4 c. minced, fresh parsley

2 tsp. Dijon-style mustard
1/2 tsp. curry powder
Salt & fresh ground pepper

Cook wild rice following one of the basic methods; cool. Toast nuts in butter in a small skillet; set aside. In another shallow pan, put chicken breasts and chicken stock. Cover and simmer 25 minutes, until chicken is cooked white all the way through. Cool in the stock, then drain and cut into strips. Combine with remaining ingredients. Pour dressing over salad and toss well. Yield: 8 to 10 servings.

Dressing: Whisk all ingredients together.

Note: Can be made a day in advance. Keep refrigerated.

Vicki Euken Heiken

Christmas Green and Red Jello

1 (3 oz.) pkg. lime Jello
1 (3 oz.) pkg. strawberry Jello
1 c. drained crushed pineapple

1/2 c. mayonnaise
1/2 c. nuts
1 (8 oz.) pkg. cream cheese

Dissolve lime Jello as directed on package (less 1/4 cup water). Chill until slightly thickened, then fold in pineapple. Pour into an 8-inch pan and chill until firm. Add mayonnaise and nuts to cream cheese and spread over lime Jello; chill until firm. Dissolve strawberry Jello as directed on package, and pour over cream cheese mixture. Chill until firm.

Sheri Conn

Broccoli-Bacon-Raisin Salad

- | | |
|---|-------------------------------|
| 1 bunch broccoli, washed,
drained & broken into
flowerets | 1/4 to 1/2 c. chopped onion |
| 1 lb. bacon, fried crisp, drained
& crumbled | 1 c. chopped celery |
| | 1/2 c. hulled sunflower seeds |
| | 1/2 c. raisins |

- | | |
|-------------------|----------------|
| DRESSING: | 1/4 c. sugar |
| 3/4 c. mayonnaise | 2 tsp. vinegar |

Combine salad ingredients in a large mixing bowl; set aside.

Dressing: Combine ingredients, mixing thoroughly. Stir into salad ingredients and blend.

Serve chilled. Yield: 12 servings.

Lois Felker

Spinach-Pear Salad

- | | |
|---|----------------------------|
| 3 c. spinach, washed & dried | 2 T. blue cheese, crumbled |
| 3 ripe yellow pears, cored &
sliced lengthwise | |

- | | |
|-----------------------------|--------------------------------|
| DRESSING: | Salt |
| 2 T. balsamic vinegar | 1 crushed clove garlic |
| 3 T. extra-virgin olive oil | 1/4 c. chopped English walnuts |
| 3 T. orange juice | |

Place spinach, pears and cheese into a bowl.

Dressing: Whisk together all ingredients, except nuts; toss with salad. Toast nuts 5 minutes in a 325° oven, then sprinkle over salad. Yield: 4 servings.

Viola Kilworth

Orange Buttermilk Salad

- | | |
|--|--|
| 1 (20 oz.) can unsweetened
crushed pineapple, drained | 2 c. buttermilk |
| 3 T. sugar | 1 (8 oz.) ctn. frozen whipped
topping, thawed |
| 1 (6 oz.) pkg. orange-flavored
gelatin | 1 c. chopped nuts |

In a saucepan, combine pineapple and sugar. Bring to a boil, stirring occasionally. When mixture boils, immediately add gelatin and stir until dissolved; cool slightly. Stir in buttermilk; chill until partially set. Fold in whipped topping and nuts. If necessary, chill until mixture mounds slightly. Pour into a lightly-oiled 8 1/2-cup mold. Chill overnight.

Donna Bjorn

Sadie's Apricot Salad

2 pkg. orange Jello
2 c. boiling water
1 c. mini marshmallows

2 c. chopped, drained apricots
2 c. crushed pineapple, drained
1 c. apricot-pineapple juice

TOPPING:

1 c. drained apricot &
pineapple juices
1/4 c. sugar
2 T. oleo

2 T. flour
1 beaten egg
2 c. Dream Whip
3/4 c. grated Colby cheese

Dissolve Jello in boiling water. Add marshmallows and stir until almost dissolved. Add the apricot-pineapple juice, apricots and pineapple. Pour into a 9x13-inch pan and refrigerate until firm. When set, make topping.

Topping: Combine apricot and pineapple juices (may need to add water), sugar, flour, oleo and egg; simmer until thick. Cool, then beat in Dream Whip; mix well. Spread over firm Jello. Sprinkle with grated cheese.

Favorite Memory of KJAN: *I always listened to Ginger Capen's home-maker show and enjoyed it a lot.*

Rosemary Davidson

Fresh Fruit Shell Salad

8 oz. uncooked med. shell
pasta
1 (8 oz.) ctn. plain low-fat
yogurt
1/4 c. frozen orange juice
concentrate, thawed
1 (15 oz.) can pineapple
chunks, drained

1 lg. orange, peeled, sectioned
& seeded
1 c. seedless red grapes,
halved
1 c. seedless green grapes,
halved
1 apple, cored & chopped
1 banana, sliced

Cook pasta according to directions; drain. In a small bowl, blend yogurt and orange juice concentrate. In a large bowl, combine remaining ingredients. Add yogurt mixture and toss to coat. Cover and refrigerate thoroughly. Toss gently before serving. Refrigerate leftovers. Yield: 8 to 10 servings.

Marietta Petersen

Cranberry Salad Supreme

- | | |
|--------------------------------------|--------------------------------|
| 1 (3 oz.) pkg. orange or lemon Jello | 2/3 c. whipped topping |
| 1/8 tsp. salt | 1 c. ground, fresh cranberries |
| 1 c. boiling water | 1/3 c. sugar |
| 2 tsp. lemon juice | 1 c. halved, seedless grapes |
| | 1/3 c. chopped walnuts |

Dissolve Jello and salt in boiling water. Add cold water and juice; chill until slightly thickened. Meanwhile, combine cranberries and sugar; let stand for a few minutes. Blend in cranberries, grapes and nuts, then fold in whipped topping. Can put into an oiled mold and chill until firm (or overnight), then unmold.

A pretty salad for Christmas.

Rachel L. Jensen

Frozen Cabbage Salad

- | | |
|-------------------------|-----------|
| 1 gal. shredded cabbage | 2 T. salt |
|-------------------------|-----------|

Mix and let stand 3 hours. Squeeze out liquid.

Add:

- | | |
|-------------------|--------------------------------|
| 1 c. diced celery | 1 c. diced red or green pepper |
|-------------------|--------------------------------|

Combine:

- | | |
|--------------|---------------------|
| 2 c. sugar | 1 tsp. celery seed |
| 1 c. vinegar | 1 tsp. mustard seed |

Bring to a boil, but do not boil. Cool, then pour over vegetables. Put into containers and freeze.

Wilma Henderson

Watergate Salad

- | | |
|--|---------------------------------|
| 1 sm. box sugar-free pistachio pudding mix | 1 (8 oz.) can crushed pineapple |
| | 2 c. lite Cool Whip |

Stir dry pudding mix into undrained pineapple. Gently fold into Cool Whip.

Donna Sue Vorrath

Vegetable Salad

- | | |
|---|---|
| 1 head cauliflower, broken into flowerets | 1/2 lb. lean bacon, fried crisp & drained |
| 1 head broccoli, broken into flowerets | 2 tsp. chopped green onion tops (opt.) |
| 1 c. diagonally-sliced celery | 1 (8 oz.) can water chestnuts, sliced |

DRESSING:

- | | |
|------------------------|-----------------------------------|
| 2 c. mayonnaise | 2 tsp. vinegar |
| 1/4 c. sugar | 1/4 tsp. salt |
| 1/4 c. Parmesan cheese | 1 tsp. finely-chopped white onion |

Mix all vegetables and bacon together; cover. Let stand in refrigerator while mixing dressing.

Dressing: Combine dressing ingredients. Pour over vegetables at least 1 hour before serving. Yield: 10 to 12 servings.

Iola Waldau

Cranberry Relish Mold

- | | |
|---|---------------------------------|
| 1 (6 oz.) pkg. raspberry Jello | 1 (8 oz.) can crushed pineapple |
| 2 c. boiling water | 1/4 c. cold water |
| 1 can whole or jellied cranberry sauce, chilled | 1/2 c. chopped nuts |
| | 1/2 c. finely-chopped celery |

Dissolve Jello in boiling water; add cold water. Chill until egg white consistency, then add cranberry sauce, crushed pineapple, nuts and celery. Chill in a bowl or decorative mold for several hours, until firm. Yield: 1 to 1 1/2 quarts.

Favorite Memory of KJAN: *New in Atlantic--June 1999.*

Mary Ellen O'Rourke

Calico Salad

- | | |
|--|---|
| 1 (20 oz.) bag frozen mixed vegetables | 1/4 c. chopped onion |
| 1 sm. head cauliflower | 1 pkg. Hidden Valley Ranch dressing mix |
| 1/2 c. chopped celery | 1 c. Hellmann's salad dressing |

Cook frozen vegetables 5 minutes and cool. Cut cauliflower into bite-size pieces. Add celery and onion. Mix dressings together and add to vegetables. Marinate overnight. Yield: 12 servings.

Mrs. Elva Rasmussen

Potato Salad

6 lg. potatoes, cooked & cubed
8 hard-boiled eggs, minced
1 bunch green onions, sliced
3 stalks celery, sliced

1/4 c. med. green pepper,
chopped
1 sm. bunch radishes, sliced

DRESSING:

2 c. Miracle Whip
2 T. vinegar
4 T. sugar

1 T. yellow mustard
2/3 c. sweet relish
1/2 c. canned condensed milk
Salt & pepper, to taste

Prepare potatoes, eggs, onions (include some of the green), celery, pepper and radishes, and place in a large bowl; set aside.

Dressing: Combine Miracle Whip, vinegar, sugar, mustard, relish, condensed milk, salt and pepper; mix well. Pour over vegetable mixture and toss.

Beverly Maas

Raspberry Yogurt

1 (8 oz.) ctn. raspberry yogurt
1 pkg. frozen unsweetened
raspberries

1 (8 oz.) ctn. Cool Whip

Combine all ingredients and refrigerate until serving time.

*Audubon Co. Memorial Hospital,
submitted by Laurie Mills*

Broccoli, Bac-Os, Raisin Salad

(Diabetic, Reduced Fat, Reduced Salt)

5 c. fresh, bite-size broccoli
pieces
1 c. chopped celery
1 sm. onion, chopped
1/4 c. white raisins

1 c. sunflower seed kernels
1 c. Miracle Whip Free
1 1/2 oz. Bac-Os chips
2 T. vinegar
2 T. NutraSweet

Mix Miracle Whip, vinegar and NutraSweet. Pour over the rest of the ingredients and toss. Refrigerate 24 hours, then serve.

Bernard Lauritsen

Rhubarb Salad

- | | |
|---------------------------------|------------------------|
| 3 c. diced rhubarb | 1 (20 oz.) can crushed |
| 2 c. water | pineapple, drained |
| 1 2/3 c. sugar | 1/2 c. chopped nuts |
| 1 (6 oz.) pkg. strawberry Jello | |

In a saucepan over medium heat, cook rhubarb in water until tender, about 5 minutes; remove from heat. Stir in sugar and Jello until dissolved, then add pineapple and nuts. Pour into a mold or pan; chill until set. Yield: 10 to 12 servings.

Florence Edwards

Orange Sherbet Salad

- | | |
|-----------------------------------|---------------------------------|
| 2 pkg. orange Jello | 1 pt. orange sherbet |
| 2 c. boiling water | 1 can mandarin oranges, drained |
| 3/4 c. cold water, or the | 1 (15 oz.) can crushed |
| drained orange or pineapple juice | pineapple, drained |

Combine all ingredients, mixing until sherbet is dissolved. Pour mixture into a 9x12-inch glass dish. Slice 2 bananas on top and sprinkle on 1 cup miniature marshmallows. Chill in refrigerator. Yield: 12 to 15 servings.

Martha Waters

Frog-Eye Salad

(Also Called Pearl Salad)

- | | |
|--------------------------------|----------------------------------|
| 1 c. Acini de Pepe macaroni | 2 (11 oz.) cans mandarin |
| 1/4 c. sugar | oranges, drained |
| 1 T. all-purpose flour | 1 (20 oz.) can chunk pineapple, |
| 2/3 c. pineapple juice | drained |
| 1 tsp. lemon juice | 1 (8 oz.) can crushed pineapple, |
| 1 pkg. Dream Whip (I have used | drained |
| Cool Whip) | 2 c. mini marshmallows |

Cook the Acini de Pepe macaroni according to package directions. In a saucepan, mix sugar and flour; stir in pineapple juice. Cook over moderate heat, stirring constantly, until thickened; add lemon juice. Set aside and cool. Combine cooked mixture with Acini de Pepe. Prepare Dream Whip as directed. Combine remaining ingredients. Stir lightly, and chill at least 1 hour before serving. Makes a large bowlful. Yield: 8 to 10 servings.

Favorite Memory of KJAN: *KJAN is tops with me. It's a wake-up call for me in the morning. I get the weather following the storms, sports results of games I was unable to attend, funeral and baby reports. For my birthday, my name was drawn for a Hy-Vee cake (my friend had sent in my name).*

Thanks.

Marge Knudsen

Raspberry Salad

- | | |
|------------------------------------|---------------------------|
| 1 (16 oz.) pkg. raspberry Jello | 1 (8 oz.) ctn. Cool Whip |
| 2 (10 oz.) pkg. frozen raspberries | 1/3 c. butter |
| 1 (8 oz.) pkg. cream cheese | 1/2 c. sugar |
| 1/2 c. powdered sugar | 1 1/2 c. crushed pretzels |

Dissolve raspberry Jello in 2 1/2 cups boiling water; add frozen raspberries. Spray the bottom of a 9x13-inch pan with Pam. Pour in Jello mixture and chill to set. Cream the cream cheese, powdered sugar and Cool Whip and spread over the chilled Jello.

Mix butter, sugar and pretzels. Bake on a cookie sheet for 15 minutes at 350°, stirring often. Let cool, then sprinkle on top of Jello mixture.

Joan C. Larsen

Pretzel Fluff Salad

- | | |
|--------------------------|--|
| 1 c. crushed pretzels | 1 (8 oz.) pkg. cream cheese |
| 1/3 c. sugar | 1 (20 oz.) can pineapple tidbits,
drained |
| 1/2 c. melted oleo | 1/2 c. sugar |
| 1 (8 oz.) ctn. Cool Whip | |

Mix together pretzels, 1/3 cup sugar and melted oleo; spread into a 9x13-inch pan. Bake at 400° for 7 minutes. Stir to break up; cool. Cream the cream cheese with 1/2 cup sugar; fold in Cool Whip and drained pineapple. Chill 2 or 3 hours. When ready to serve, fold the pretzel mixture into the salad.

Rosalie Jensen

Cherry Salad

- | | |
|--------------------------------------|-----------------------------|
| 1 can cherry pie filling | 1 handful mini marshmallows |
| 1 can Eagle Brand condensed milk | 2 c. Cool Whip |
| 1 sm. can crushed pineapple, drained | 1/4 c. ground walnuts |

Mix all together real well. Put into a bowl and put walnut halves on top. Can freeze beautifully, or eat the way it is.

Delicious.

*Susan (Nielsen) Swinford,
Conception Jct., MO*

Cranberry-Apple Salad

- | | |
|----------------------------------|----------------------------------|
| 1 bag fresh cranberries, ground | 4 apples, chopped |
| 2 sm. (3 oz.) boxes cherry Jello | 1 (20 oz.) can crushed pineapple |
| 2 c. hot water | 1/2 c. chopped pecans |
| 2 c. sugar | |

Mix together cranberries, Jello, water and sugar. Let cool, then add apples, pineapple and nuts. Pour into a mold and let set overnight.

Favorite Memory of KJAN: *I guess I liked the "Worry-Bird" show. The one-sided conversation was fun to listen to.*

Mary Ellen Yarger

Apricot Salad

- | | |
|----------------------------------|--------------------------|
| 2 (3 oz.) pkg. apricot Jello | 1 3/4 c. buttermilk |
| 1 (20 oz.) can crushed pineapple | 1 (8 oz.) ctn. Cool Whip |

Place dry Jello and pineapple in a pan. Mix and bring to a boil, stirring as it heats; let it cool. Add buttermilk and Cool Whip. Mix well, with a hand mixer or wire whip. Put into a 9x12-inch pan and refrigerate until firm.

Favorite Memory of KJAN: *Fifty years ago, I was thrilled when KJAN came on the air. I listened eagerly, entered every contest, tried to get a glimpse of the personalities, and was sad when one would leave the station. My radios are still set on KJAN.*

Gladys A. Hall

Italian Coleslaw

- | | |
|------------------------------------|------------------------------------|
| 1 (16 oz.) bag coleslaw | 1/2 c. cold water |
| 1 c. Italian dressing (not creamy) | 1/2 c. chopped green pepper (opt.) |

Mix until cabbage is well coated. Refrigerate at least 1 hour before using. Yield: 6 or more servings.

Great for picnics or potlucks.

Barb Krall

Broccoli Salad

- | | |
|---------------------------------|------------------------------|
| 1 bunch broccoli | 1/2 c. raisins |
| 1/2 c. onion, chopped | 1/2 c. salted sunflower nuts |
| 1/2 lb. bacon, fried & crumbled | |

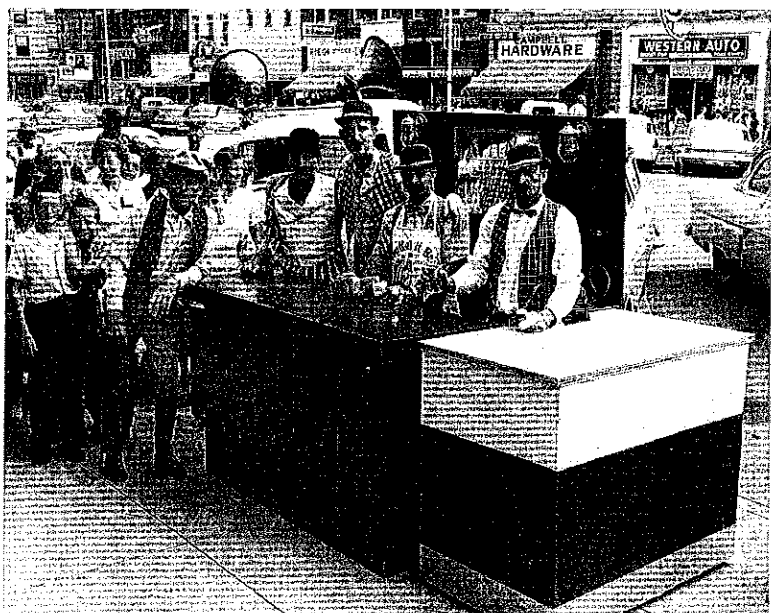
- | | |
|------------------|--------------|
| DRESSING: | 1/2 c. sugar |
| 1 c. mayonnaise | 2 T. vinegar |

Cut broccoli stalk and head into small pieces; add remaining salad ingredients.

Dressing: Mix and add just before serving. Yield: 10 servings.

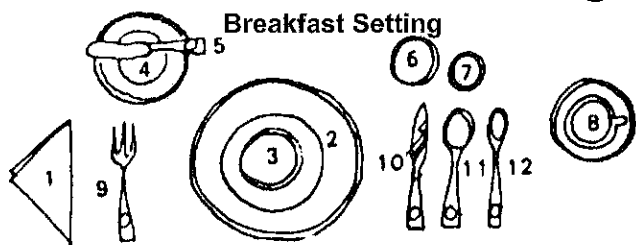
*Jan Schultz,
Avoca, IA*

Casseroles



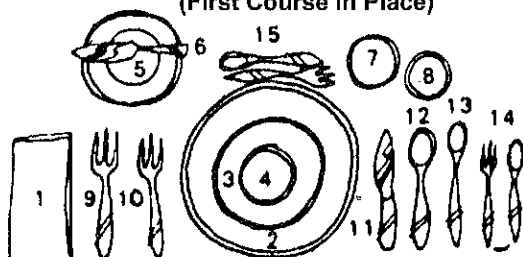
KJAN has always been visible at community functions. This photo does not have a date attached, but it shows Bob Einhaus, Red Faust, Frank Miller, Skeet Preston and others hamming it up during crazy days in downtown Atlantic.

A Guide to Table Setting



- | | |
|---------------------------|-------------------------------------|
| 1. Napkin | 7. Juice glass |
| 2. Plate | 8. Cup and saucer |
| 3. Cereal dish | 9. Fork |
| 4. Bread-and-butter plate | 10. Knife |
| 5. Butter knife | 11. Cereal spoon (cream-soup spoon) |
| 6. Water glass | 12. Coffee or tea spoon |

Luncheon/Informal Dinner Setting (First Course in Place)



- | |
|---|
| 1. Napkin (should be placed across dinner plate if first course is omitted) |
| 2. Plate |
| 3. Liner plate for first course |
| 4. Soup or seafood or fruit service |
| 5. Bread-and-butter plate |
| 6. Butter knife |
| 7. Water glass or goblet |
| 8. Wine goblet |
| 9. Fork |
| 10. Salad fork (may be placed to left of main course fork if salad is served before the main course) |
| 11. Knife |
| 12. Soup spoon (used if soup is served) |
| 13. Coffee or tea spoon (may be brought in with coffee service) |
| 14. Seafood fork or fruit cocktail spoon (used when a first course of seafood or fruit replaces soup) |
| 15. Dessert silver (may be brought in with dessert service) |

Casseroles

Tater-Crust Tuna Pie

CRUST:

1 c. all-purpose flour

1/2 c. mashed potato flakes

1/2 c. butter or margarine

3 to 4 T. ice water

1 (2.8 oz.) can French-fried
onions, divided

FILLING:

3/4 c. mashed potato flakes

1 c. (4 oz.) shredded Cheddar
cheese, divided

2 T. chopped stuffed green
olives

1 (6 to 12 oz.) can tuna, drained
& flaked

1 (10 3/4 oz.) can condensed
cream of mushroom soup,
undiluted

1 egg

In a medium bowl, combine flour and potato flakes; cut in butter until crumbly. Add water, 1 tablespoon at a time, until dough is just moist enough to hold together. Press over bottom and up sides of ungreased 9- or 10-inch pie pan. Flute edge. Set aside 1/2 cup of the onions; sprinkle remaining onions into pastry shell. In another bowl, combine all filling ingredients except remaining 1/2 cup of cheese. Spoon filling over onions which are in the crust. Bake at 350° for 25 to 30 minutes, or until crust is golden. Sprinkle with remaining cheese and onions. Bake an additional 5 to 10 minutes, or until cheese is melted. Let stand 5 minutes before cutting. Yield: 6 to 8 servings.

Evelyn Mortensen

Lasagna Tuna Casserole

- | | |
|-------------------------------------|----------------------------|
| 1 (6 to 7 oz.) pkg. lasagna noodles | 1 can cream of celery soup |
| 1 (6 oz.) can tuna | 1/3 c. milk |
| 2 T. oleo or butter | 1/2 tsp. oregano |
| 1/4 to 1/2 c. chopped onion | Salt & pepper, to taste |
| Cheese slices (opt.) | |

Cook noodles; drain. In a pan, sauté onion in oleo. Add soup, milk, oregano, salt and pepper. Make layer of noodles in a greased 8- or 9-inch casserole. Add part of soup mixture and another layer of noodles. Add last of soup. Bake at 350° for 45 minutes. May top with cheese. Yield: 4 to 6 servings.

Rachel L. Jensen

Chicken Casserole

- | | |
|-----------------------------|-------------------------------------|
| 2 c. cooked chicken, cut up | 1 sm. can mushrooms & liquid (opt.) |
| 1 (7 oz.) pkg. Creamettes | 2 soup cans milk |
| 1 can mushroom soup | 1/4 c. chopped onion |
| 1 can cream of celery soup | 1 tsp. salt |
| 2 c. cubed Velveeta cheese | 1 tsp. pepper |
| 1/2 c. chopped celery | Bread cubes |

Mix all together; put in a greased 9x13-inch pan. Cover with bread cubes; let stand overnight in refrigerator. Bake for 1 hour at 350°.

Favorite Memory of KJAN: *The daily morning devotions are such a nice part of your station's programming.*

*Gertrude E. Mogg,
Audubon, IA*

Hamburger Casserole

- | | |
|-----------------|-------------------|
| 1 lb. hamburger | 2 or 3 carrots |
| 1 onion | 1 sm. can corn |
| 1/2 c. celery | 1 can tomato soup |
| 2 or 3 potatoes | |

Brown and season 1 pound hamburger, onion and celery. Parboil the cut-up potatoes and carrots. Put in casserole dish, layering the hamburger and vegetables; top with 1 can tomato soup, diluted with water from potatoes and carrots. Bake 30 minutes at 350°.

Favorite Memory of KJAN: *Several years ago I had geese for sale, so I sent a card to Trading Post: "for sale Toulouse geese" (pronounced 2-loose). Well, I don't remember who the man was, but he said "for sale - 2 lousy geese." Needless to say, I did not get any sold! I laughed anyway.*

Lila Kelley

Pizza Casserole

- | | |
|------------------------------|---------------------|
| 1 lb. ground pork, browned | 1/3 c. water |
| 1/3 c. chopped onion | 2 c. cooked noodles |
| 1 tsp. oregano | Mozzarella cheese |
| 1/2 tsp. salt | Crushed crackers |
| 1 can tomato soup, undiluted | |

Combine ground pork, onion, oregano, salt, tomato soup and water. Place 1/2 of mixture in casserole dish. Put 1 cup noodles on top of this. Sprinkle with 1/4 cup cheese. Repeat layers. Top with crushed crackers. Bake 30 minutes in 350° oven.

Bernice Baler

Del's Scalloped Cabbage Casserole

- | | |
|---|---|
| 1 med. head cabbage, cut into thin slices & chopped | 6 slices American cheese or shredded cheese |
| 1 1/2 tsp. salt | Dash of pepper |
| 1 can cream of mushroom soup | 1 c. buttered bread or cracker crumbs |

Boil chopped cabbage in salted water for 20 minutes; drain. Place in 1 1/2-quart casserole dish. Layer cabbage. Cover with 1/2 can of soup and 3 slices of cheese. Repeat layers. Sprinkle with pepper. Top with crumbs. Bake at 350° for 30 minutes. Yield: 6 servings.

Favorite Memory of KJAN: *I liked the old "Worry Bird" and Bob Einhaus, and especially Saturday night Big Band with John or LaVon.*

Delma Stuetelberg

Chicken and Rice Casserole

- | | |
|-----------------------------------|---------------------------|
| 1 can mushroom soup | 1 env. dry onion soup mix |
| 1 can long-cooking rice, uncooked | 1 1/2 soup cans of water |
| | 1 frying chicken |

Mix water and soup. Line a 9x13-inch pan with rice and onion soup mix. Cover with liquid mixture. Top with skinned and cut-up chicken. Cover with foil. Bake at 325° for 1 1/2 hours. Yield: 8 to 10 servings.

Pearl Penton

Potatoes O'Brien

2 lb. frozen hash browns	1/2 c. cream of chicken soup
1/2 c. melted oleo	1 c. milk
1 tsp. salt	1 c. sour cream
1/2 onion, chopped	2 c. Velveeta cheese

Heat all ingredients but sour cream, potatoes and onion, until melted. Place potatoes in a 9x12-inch pan. Add remaining ingredients to melted mixture. Pour over potatoes. Bake for 45 minutes at 350°.

Deb Field

Potatoes and Lit'l Smokies

1 pkg. Lit'l Smokies	Pepper
Sliced raw potatoes to fit your casserole dish	1 can mushroom soup
Garlic salt	1/2 can milk
	1/2 can water

Mix all together; bake in a greased 2- to 3-quart casserole dish or an electric frypan. Bake at 350° until potatoes are done, about 1 hour. This is also good warmed in microwave, if any is left over. Yield: 6 to 8 servings.

Favorite Memory of KJAN: *I am listening to the Saturday morning "Polka Party." I enjoy this very much. I wish you would do more of this kind of music.*

*Margie Gubbels,
Harlan, IA*

Corn and Noodle Casserole

1 egg	1/2 c. melted butter or margarine
1 can cream-style corn	Salt & pepper, to taste
1 c. chopped cheese	
3 c. cooked noodles	

Mix all together. Bake in a greased casserole 35 to 45 minutes at 350°.

*Joan C. Sorensen,
Audubon, IA*

Fruit Dressing

- | | |
|--------------------------|---|
| 4 c. bread cubes | 1/2 c. sugar |
| 8 c. diced apples | 1/2 tsp. salt |
| 3 c. raisins | 1 1/2 c. broth <u>or</u> water & butter |
| 2 c. prunes, cut in pcs. | Cinnamon |

Mix together; sprinkle cinnamon on top. Put in a 2-quart casserole or in bird. Bake 1 1/2 hours at 325°.

In Memory of Mabel Bailey

Five-Soup Casserole

- | | |
|------------------------------|---------------------------------|
| 1 1/2 to 2 lb. hamburger | 1 can chicken rice soup |
| 1 med. onion, chopped | 1 can beef broth of barley soup |
| 1 can cream of chicken soup | 1 (12 oz.) pkg. chow mein |
| 1 can cream of mushroom soup | noodles |
| 1 can cream of celery soup | |

Brown hamburger and onion; drain off grease. Add all the soups and chow mein noodles to hamburger mixture. Place in ungreased 9x13-inch cake pan; bake at 350° for 1 hour. Or place in 5-quart crock-pot and cook for 3 to 4 hours on low.

Favorite Memory of KJAN: *I enjoyed the "Worry Bird." I liked to hear all the complaints and gripes.*

Charlotte Bancroft

Hamburger-Cheese Casserole

- | | |
|-------------------------------------|------------------------------|
| 1 (8 oz.) pkg. macaroni | 8 oz. (2 c.) Cheddar cheese, |
| 1 lb. hamburger | cubed |
| 1/4 c. butter | 1 can cream of celery soup |
| Salt, pepper & onion salt, to taste | 1/2 c. bread crumbs |

Boil macaroni. Brown hamburger. Drain macaroni; place in casserole. Add butter, salt, pepper and onion salt. Stir in cheese. Mix in hamburger and cream of celery soup. Top with bread crumbs. Bake at 350° for 25 minutes. Yield: 6 servings.

Marcella Weppeler,
Lewis, IA

Scalloped Corn

- | | |
|-----------------------------|------------------------|
| 1 can whole corn, undrained | 1 c. sour cream |
| 1 can cream-style corn | 1/2 c. onion, chopped |
| 1 box cornbread mix | 4 T. margarine, melted |
| 1 egg, beaten | |

Heat oven to 350°. Mix ingredients together; place in a greased 9x11-inch casserole dish. Bake about 75 minutes.

Bea Shearman

Corn Noodle Casserole

- | | |
|------------------------------------|-------------------------|
| 5 oz. very-fine noodles | 1/3 c. sugar |
| 1/4 lb. grated mild Cheddar cheese | 1 can creamed corn |
| 1/4 lb. margarine | Salt & pepper, to taste |

Cook noodles as directed; drain. Add the cheese, margarine and sugar; stir until cheese and butter are partially melted. Add corn, salt and pepper. Stir and pour into a greased 1 1/2-quart casserole. Bake 40 minutes at 350°.

Arlene L. Drennan

Oyster and Scalloped Corn

- | | |
|--|---|
| 1 (16 oz.) can cream-style corn, whole kernel corn, or frozen corn | 1/2 c. milk, half & half, or a mixture of the two |
| 1 (8 oz.) can oysters | 1 egg, beaten |
| 1/2 c. butter or oleo | Salted crackers |

Mix corn, oysters, butter or oleo, and milk or half & half in a baking dish. Add egg. Break soda crackers into the mixture until the crackers are soaked up and moist; stir. Sprinkle a few crumbled crackers on top of the mixture. Heat oven to 350°. Bake 1 1/2 to 2 hours in oven, or until golden brown or done. Very good.

This is my late son's (Ronald C. Jahnke's) specialty.

Favorite Memory of KJAN: I liked "Man on the Street" back in the 50's on KJAN. I think Skeet Preston was the commentator.

*Arlene Jahnke,
Atlantic, IA*

Chicken-Broccoli-Rice Casserole

- | | |
|-----------------------------|----------------------------|
| 3 boneless chicken breasts | 2 c. Minute Rice, uncooked |
| 1 pkg. frozen broccoli cuts | 1 c. milk |
| 1 can cream of chicken soup | 1 c. cubed cheese |
| 1 can cream of celery soup | 1 stick margarine |

Boil chicken until tender. In a sprayed 9x13-inch pan, place 1 cup rice, chicken breasts, the next cup of rice and broccoli. Mix together melted margarine, milk, both soups and cheese; pour over rice, chicken and broccoli. Bake at 350° for 2 hours.

Doreen Swanson

Hamburger-Corn Casserole

- | | |
|-------------------------------------|------------------------------|
| 3 c. dry noodles | 1 can cream of chicken soup |
| 1 1/2 lb. ground beef | 1 can cream of mushroom soup |
| 1 onion | 1 c. sour cream |
| 1 can whole kernel corn,
drained | |

Brown hamburger and onion; drain off fat. Bake 1 hour in 3-quart casserole. Yield: 6 to 8 servings.

Carol Johnson

Chicken Casserole

- | | |
|-----------------------------|-------------------------------|
| 10 to 12 oz. frozen noodles | 1/3 c. stuffed olives, sliced |
| 1 can mushroom soup | 1/3 c. chopped onion |
| 1/2 tsp. salt | 1/3 c. green pepper |
| 2/3 c. milk | 1 c. cottage cheese |
| 1/2 tsp. poultry seasoning | 3 c. cooked & boned chicken |
| 8 oz. cream cheese | 1 c. buttered bread cubes |

Cook noodles (I use chicken broth). Beat together soup, milk, cream cheese, salt, and poultry seasoning. Add olives, onion, green pepper, chicken and noodles. Bake in a 9x13-inch pan or casserole. Put bread cubes on when partly cooked. Bake at 350° for about 1 hour.

Note: May freeze and bake later.

FloraBelle Hays

Easy Main Dish

- | | |
|------------------------|--|
| 1 T. salad oil | 1 (16 oz.) can mixed vegetables, drained |
| 1 lb. lean ground beef | 1 (10 3/4 oz.) can tomato soup |
| 1/4 c. chopped onion | 1 pkg. refrigerated biscuits |
| 1/4 tsp. salt | |
| 1/8 tsp. pepper | |

Preheat oven to 400°. Heat oil in a skillet; add beef, onion, salt and pepper. Cook until brown. Add vegetables and soup; mix to blend. Spoon in 1 1/2-quart casserole. Bake 15 minutes. Remove from oven. Top with biscuits. Return to oven. Bake 10 to 15 minutes longer, or until biscuits are done. **Beth Turner**

Mexican Lasagna

- | | |
|--|------------------------------|
| 1 1/2 lb. ground beef, browned | 1 egg |
| 1 1/2 tsp. ground cumin | 1/2 c. grated Cheddar cheese |
| 1 can tomatoes | 2 c. shredded lettuce |
| 10 to 12 corn tortillas | 1/2 c. chopped tomatoes |
| 2 c. sm.-curd cottage cheese | 3 green onions |
| 1 c. Monterey Jack cheese with peppers | 1/4 c. sliced olives |

Cover bottom and sides of a 9x13-inch baking dish with tortillas. Combine tomatoes, cumin and beef; pour over tortillas. Set aside. Combine cottage cheese, Monterey Jack cheese and egg; pour over above. Bake at 350° for 30 minutes. Remove from oven; spread with Cheddar cheese, lettuce, tomatoes, green onions and olives. Yield: 8 servings. **Shirley Ferguson**

Beef and Noodle Casserole

- | | |
|--|---|
| 1 1/2 lb. ground beef | 2 cans cream of tomato soup, undiluted |
| 1 T. butter or margarine | 1 can cream of mushroom soup, undiluted |
| 1 lg. onion, chopped | 1 c. (4 oz.) shredded Cheddar cheese |
| 1 c. green pepper, chopped | |
| 1 T. Worcestershire sauce | |
| 1 (10 oz.) pkg. wide noodles, cooked & drained | |

In a large skillet, brown beef. Remove beef; drain fat. In the same skillet, melt butter over medium heat. Sauté onion and pepper until tender. Add beef, Worcestershire sauce and soups. Mix well. Add cooked noodles. Spoon into a greased 3-quart casserole. Top with cheese. Bake at 350° for 45 minutes.

Favorite Memory of KJAN: *Listening to the Purina Checkerboard song on the noon markets as my mom served the men dinner when they were working in the field. I can still hear that jingle today.*

Jolene Sisler,
Employee, 1990 to present

Taco Pie

- | | |
|--|--------------------------|
| 1 to 1 1/2 lb. ground beef | 1 tube crescent rolls |
| 1 pkg. taco seasoning | 1 1/2 c. corn chips |
| 1/2 c. water | 1 c. sour cream |
| 1 (2.25 oz.) can black olives, chopped | 6 slices American cheese |

Brown ground beef; drain off grease. Add taco seasoning, water and drained olives to ground beef; simmer for 5 minutes. In a 9-inch pie pan that has been sprayed with Pam, pat and shape the crescent rolls like you would a pie crust. Crush corn chips. Add 1 cup on bottom of rolls. Add hamburger mixture. Spoon on sour cream evenly. Top with American cheese. Put remaining 1/2 cup corn chips on top. Bake in 325° oven for 20 minutes, or until crust is browned slightly and cheese is melted some. Yield: 4 to 6 servings.

Favorite Memory of KJAN: *I remember you being on the air, whatever time, for emergencies for bad weather, floods, etc. Thanks. Corky Brown*

Chicken and Macaroni Casserole

- | | |
|------------------------------|-----------------------|
| 2 c. cooked, chopped chicken | 2 c. milk |
| 2 c. uncooked macaroni | 1 sm. onion, diced |
| 1 can cream of chicken soup | 1/4 lb. grated cheese |
| 1 can cream of mushroom soup | Dash of salt & pepper |

Combine all ingredients; let stand in the refrigerator overnight. Bake in a 1 1/2- or 2-quart casserole dish at 350° for 1 1/4 hours. Yield: 4 to 6 servings.

Favorite Memory of KJAN: *I always liked to listen to "Worry Bird" at 7:30 a.m. and wish it was still on. I also remember "Party Line" with Ginger Capen and Nancy Zellmer. I like your polka music on Saturday morning. Corky Brown*

Golden Anniversary Macaroni Casserole

Slowly add 8 ounces (2 cups) Gooch Best elbow macaroni to 5 cups rapidly-boiling water with 2 teaspoons salt. Cover and cook for 2 minutes. Remove from heat; let steam for 8 minutes. Drain. Combine in a saucepan, one 14 1/2-ounce can evaporated milk, 1/2 teaspoon salt, 1 teaspoon dry mustard and 2 teaspoons Worcestershire sauce. Cook over low heat just until boiling point. Add 8 ounces (2 cups) grated process-type American cheese. Stir until cheese is melted. Remove from heat. Combine cooked macaroni, cheese sauce and 1/2 cup each of finely-chopped onion, green pepper and pimento. Mix thoroughly. Pour into a greased 1 1/2-quart casserole. Bake at 350° for 30 to 40 minutes.

Note: If macaroni and cheese must stand before serving, more milk may have to be added.

Maxine Carlson

Three-Bean Casserole

1/2 lb. bacon
1/2 lb. hamburger
1 onion
1 T. vinegar
1/2 c. catsup

3/4 c. brown sugar
1/2 c. white sugar
1 can butter beans
1 can pork & beans
1 can red beans

Fry bacon; chop. Fry hamburger and chopped onion. Add vinegar, catsup, brown sugar and white sugar. Add beans (do not drain beans). Cook in a big skillet about 1/2 hour. Cook on top of stove.

This is really good.

Bessie Huffman

Hamburger in Casserole

1 to 1 1/2 lb. hamburger
1 can tomato soup
Salt & pepper

5 or 6 med.-sized potatoes,
sliced
1 lg. onion, sliced

Place a layer of sliced potatoes in bottom of a 2-quart casserole. Sprinkle with salt and pepper. Add a layer of hamburger. Place onion slices on top. Over all, pour the can of tomato soup, which may be diluted with a little water. Place foil or lid on. Bake in 350° oven for 1 1/2 hours.

***Favorite Memory of KJAN:** I remember being at Audubon County Fair the summer of 1950 and heard KJAN was starting a radio station, and have tuned in ever since. I enjoy the local news.*

Lois Nelson

Wild Rice and Sausage Casserole

1 (6 oz.) box Uncle Ben's long-grain & wild rice
2 (10 3/4 oz.) cans beef
consommé

1 lb. lean ground beef
1 lb. mild or hot sausage
1 (4 oz.) can mushrooms
1/4 c. almonds (opt.)

Put rice and consommé in a casserole. Bake at 350° for 1 hour, or until consommé is absorbed. Brown ground beef; put aside. Brown sausage; drain off fat. Toss ground beef with sausage and mushrooms. (I use the mushroom liquid, too.) Add meat and mushroom mixture to rice. Top with almonds. Heat in 350° oven until warm. Yield: 6 to 8 servings.

Men love this.

*Alice Brown,
Atlantic, IA*

On-The-Go Casserole

- | | |
|---|---|
| 1 (10.75 oz.) can cream of
celery soup | 1/4 c. chicken broth |
| 1/2 c. low-fat yogurt | 1/4 tsp. dry mustard |
| 1 (16 oz.) pkg. frozen peas | 1 (16 oz.) pkg. wide noodles,
cooked |
| 1 (13 oz.) pkg. potato chips,
crushed | 2 c. chopped, cooked chicken |

Mix cooked noodles, chicken and peas; place in the bottom of a 2-quart baking dish. In a saucepan, combine soup, yogurt, broth and dry mustard. Heat, but do not boil. Pour over ingredients in baking dish. Sprinkle chips over top. Bake at 350° for 20 to 25 minutes.

Note: Can be made ahead and refrigerated until baking.

Mary Mason

Slumgullion

- | | |
|-----------------------|--|
| 1 lb. hamburger | 3 soup cans water |
| 2 onions, diced | 1 (12 oz.) pkg. egg noodles,
uncooked |
| 2 cans vegetable soup | |
| 1 can tomato soup | |

Brown hamburger and onion until no longer pink. Add soups and water; bring to a boil. Add noodles; simmer until noodles are fully cooked. Serve with coleslaw, Jello or green salad.

Janet Spielman

Sweet-and-Sour Rice

- | | |
|--------------------------|---------------------|
| 1 lb. bacon, diced | 4 T. white vinegar |
| 2 onions, diced | 3 T. brown sugar |
| 4 ribs celery, diced | 1 c. dry white rice |
| 2 qt. or 3 cans tomatoes | 1 can tomato soup |

Mix rice with 3 1/2 cups water; cook until water is absorbed. Cook bacon, onion and celery together until bacon is crisp; drain well. Add tomatoes. Mix tomato soup with rice; add to tomato mixture. Simmer, stirring often, until liquid is absorbed. Serve with green salad.

Janet Spielman

Party Potatoes

10 to 12 potatoes
1 (8 oz.) pkg. Philadelphia
cream cheese
1 (8 oz.) ctn. sour cream

Dash of garlic salt
Dash of paprika
1 tsp. butter
1 tsp. chives

Peel potatoes; cook until tender. Drain. Beat softened cream cheese and sour cream at medium speed until well blended. Add hot potatoes gradually, beating constantly, until light and fluffy. Add milk if too stiff. Season with salt; add the chives with melted butter. Sprinkle with paprika. Brown in a 350° oven for 30 minutes, or until heated through. Yield: 12 servings.

Note: Can be made ahead of time, and baked and browned near serving time. Instead of using a 2-quart casserole, prepared potatoes can be put in a crock-pot several hours ahead of time and kept on low heat.

*Audubon County Memorial Hospital,
submitted by Joan Fancher*

Salmon Casserole

5 slices white bread
1 c. shredded cheese
1 (16 oz.) can salmon
3 eggs

2 c. milk
1/2 tsp. salt
1 tsp. grated onion
Paprika

Cube the bread; spread half of cubes in a buttered 2-quart baking dish. Sprinkle half the cheese over bread cubes. Drain and flake salmon. Sprinkle over cheese. Repeat bread and cheese. Beat eggs slightly; stir in milk, salt and onion. Pour over cheese and bread. Sprinkle with paprika. Bake 50 to 55 minutes at 325°.

Louise Molgaard

Sweet Potato Casserole

2 c. mashed, cooked sweet
potatoes
1 1/4 c. sugar
1 tsp. vanilla

1 lg. can evaporated milk
2 eggs, beaten
1/4 stick margarine

TOPPING:
1/4 c. nuts
1/2 c. coconut

1 c. crushed corn flakes
1/4 c. brown sugar
3/4 stick margarine

Mix sweet potatoes, sugar, vanilla, milk and eggs. Put into a large casserole. Bake 25 to 30 minutes in 350° oven. Mix nuts, coconut, margarine, corn flakes and brown sugar. Sprinkle on casserole. Bake 15 minutes longer.

Louise Molgaard

Deluxe Mashed Potatoes

- | | |
|---------------------------------------|--------------------------|
| 4 or 5 lg. potatoes (about 2 1/2 lb.) | 1 T. chopped chives |
| 1 (3 oz.) pkg. cream cheese, softened | 3/4 tsp. onion salt |
| 1/2 c. sour cream | 1/4 tsp. pepper |
| | 1 T. butter or margarine |
| | Paprika (opt.) |

Peel and cube the potatoes; place in a saucepan. Cover with water. Cook over medium heat until tender; drain. Mash until smooth (do not add milk or butter). Stir in the cream cheese, sour cream, chives, onion salt and pepper. Spoon into a greased 1 1/2-quart baking dish. Dot with butter; sprinkle with paprika, if desired. Cover. Bake at 350° for 35 to 40 minutes, or until heated through. Yield: 4 to 6 servings.

Note: This can be made ahead, refrigerated, and then popped into the oven.

Favorite Memory of KJAN: *Plays great music.*

Janice Lehman

Old-Fashioned Macaroni and Cheese

- | | |
|--|------------------------------|
| 1 c. uncooked macaroni | 3/4 c. flour |
| 1 c. broccoli flowerets, cooked (opt.) | 4 c. shredded Cheddar cheese |
| 1/2 lb. bacon, cooked & diced (opt.) | 2 T. butter |
| | Salt & pepper |
| | 3 c. scalded milk (about) |

Preheat oven to 350°. Butter 2 1/2-quart casserole dish. Cook macaroni; drain. Layer 3 times, the macaroni, broccoli, bacon, flour, dots of butter, salt, pepper and cheese. Make sure you end with cheese on top. Pour scalded milk over casserole, just to top layer of cheese. Place on cookie sheet to catch any drips. Bake 45 minutes to 1 hour, until bubbly and browned. Let stand 15 minutes before serving.

Favorite Memory of KJAN: *My favorite is the coverage of the flood of 1993.*

Sara Victora

Chicken Sherry Bake

- | | |
|---|---------------------------------------|
| 4 to 6 boneless, skinless chicken breasts | 2 c. Pepperidge Farm dressing (cubes) |
| 1 can cream of chicken soup | 1/4 c. melted butter |
| 1 c. dry cooking sherry | Slices of Swiss cheese |
| 1/2 c. chicken broth | |

Put cheese on chicken breasts in a 9x13-inch pan. Mix soup, sherry and broth; pour over chicken. Sprinkle dry dressing over all. Pour melted butter over dressing. Bake, uncovered, at 350° for 1 1/2 hours. You can also add a can of drained mushrooms to soup mixture, and can sprinkle garlic salt on chicken, if desired.

Alberta Millikan

Chicken Salad Casserole

- | | |
|---|-------------------------------------|
| 1 c. diced, cooked chicken | 1/2 c. coarsely-chopped ripe olives |
| 2 c. chopped celery | 1/2 c. chopped onion |
| 1 (4 oz.) can pimiento, chopped & drained | 1/2 c. salad dressing or mayonnaise |

Mix all together; place in a casserole. Cover with crushed potato chips. Bake 30 minutes at 350°. Serve with hot rolls and Jello salad. Yield: 6 to 8 servings.

*Maxine Lambertsen,
Atlantic, IA*

Creamy Beef Bake

- | | |
|------------------------------|-------------------|
| 1 pkg. macaroni & cheese | 1 lb. ground beef |
| 2 T. chopped onions | 2 T. margarine |
| 1 can cream of mushroom soup | 1/2 c. milk |

Prepare Kraft dinner as directed. Brown meat and onion in margarine. Stir in soup and milk. In a greased 1 1/2-quart casserole dish, layer the Kraft dinner and meat in the pan. Bake at 350° for 25 minutes. Yield: 4 to 6 servings.

Note: A 7- or 8-ounce box of elbow macaroni and 1 pound sharp Cheddar cheese may be substituted.

*Marilyn Gard,
Atlantic, IA*

Broccoli and Ham Easy and Tasty Casserole

- | | |
|--|------------------------------------|
| 1 (6 oz.) pkg. seasoned long-grain & wild rice | 1 can cream of celery soup |
| 1 (10 oz.) pkg. frozen chopped broccoli | 1 c. Miracle Whip |
| 1 (4 oz.) can sliced mushrooms, drained | 2 tsp. prepared yellow mustard |
| | 1/4 c. grated Parmesan cheese |
| | 1 center-cut ham slice (1 1/2 lb.) |

Preheat oven to 350°. Cook rice and broccoli according to package directions. Spread rice in bottom of buttered 9x13x2-inch dish. Top with chopped broccoli, then ham (cut in cubes) mushrooms and cheese. Blend soup with Miracle Whip and mustard. Pour this soup mixture over all. Sprinkle a little more Parmesan cheese over all. Bake at 350° for 45 minutes.

Favorite Memory of KJAN: *After being the KJAN Homemaker for over 18 years, it would be impossible to pick one favorite memory! Working for 3 super bosses, Bob Einhaus, Frank Miller and Red Faust, is a good memory. The many interesting people I had the opportunity to meet and interview, the live broadcasts offered a few very interesting memories...Sweethearts Day...a long list of good memories!*

Nancy Zellmer

Potato Casserole

9 to 10 med. to lg. potatoes
1 stick oleo
1 ctn. half & half cream

Parmesan cheese
2 c. grated Cheddar cheese

Wash and boil potatoes in skins until done. Cook potatoes; refrigerate overnight. Peel potatoes; grate into a 9x13-inch dish, sprayed with Pam. Heat 1 stick oleo and half & half (do not boil). Pour over potatoes. Salt to taste. Pour the rest of half & half. Sprinkle with Parmesan cheese generously. Add grated cheese on top. Bake at 325° for 1 hour, or until done.

Mrs. Robert (Mary) Abild

Tuna Noodle Casserole

1 (8 oz.) pkg. rainbow or
spinach noodles, cooked &
drained
1 c. grated Cheddar cheese

1 can cream of mushroom soup
1 or 2 cans tuna, drained
1/4 c. milk, or as desired

Mix all ingredients together; add milk. Place in a greased 6x10-inch, or larger, glass pan. May sprinkle wheat germ or bread crumbs over top, and grated Cheddar cheese. Dot with butter. Bake 30 to 40 minutes at 350°. Yield: 6 servings.

Martha Waters

Calico Beans

1 lb. ground beef
1/2 lb. bacon
1/2 c. chopped onion
1/2 c. catsup
3/4 c. brown sugar
1 tsp. salt
2 tsp. vinegar

1/2 c. white sugar
1 tsp. dry mustard
1 (16 oz.) can pork & beans
1 (16 oz.) can lima beans
1 (16 oz.) can red kidney beans
1 (16 oz.) can butter beans

Brown bacon until crisp; crumble. Brown ground beef; drain of excess grease. Add bacon and onion. Continue simmering; add catsup, brown sugar, white sugar, salt, vinegar and dry mustard. Add pork & beans, lima beans, kidney beans and butter beans, with their juices. Mix well. Bake in a casserole at 350° for 40 minutes, or cook in a crock-pot. Also, can be cooked in a large kettle on top of the stove for 45 minutes.

Lyle L. Larsen

Oven-Easy Beef and Potato Dinner

4 c. frozen hash browns, thawed	1/2 tsp. garlic salt
3 T. vegetable oil	1 (10 oz.) pkg. frozen mixed vegetables, thawed
1/8 tsp. pepper	1 (4 oz.) pkg. shredded Cheddar cheese
1 lb. ground beef	1 (2.8 oz.) can French-fried onions
1 c. water	
1 pkg. brown gravy mix	

Combine potatoes, oil and pepper. Bake in an 8x12-inch dish at 400°. Firmly press potato mixture evenly across sides and bottom to form a shell. In a skillet, brown ground beef; drain. Stir in water, gravy mix and garlic salt. Bring to a boil. Add mixed vegetables. Reduce heat to medium; cook 5 minutes. Add 1/2 cup cheese and 1/2 cup French-fried onions. Put in hot potato shell; reduce oven to 350°. Bake 15 minutes. Add the rest of cheese and onions; bake 5 more minutes.

Favorite Memory of KJAN: *I've always tuned into KJAN. Everybody's my favorite. But, did enjoy Bob Kelso, and enjoy everybody that's on now.*

Janet Bornholdt

Mexican Chicken Casserole

1 stick margarine	1 can cream of chicken soup
1 sm. onion	1 can milk
1 (10 oz.) can Ro-Tel tomatoes & chillies	Cooked chicken, cut in sm. pcs.
1 (8 oz.) jar taco sauce	1/2 lb. grated cheese
	1 pkg. Doritos

Mix everything but chicken, cheese and Doritos. Crush 1/2 of Doritos into bottom of a 9x13-inch pan. Layer chicken, then sauce, then grated cheese. Do the whole process again. Bake 1 hour at 350°.

Linda Knop

Chicken or Turkey Tetrazzini

7 oz. thin spaghetti
2 (8 oz.) cans mushrooms, or
use fresh, sliced
3/4 to 1 c. chopped celery
1 med. onion, chopped
1/4 c. margarine
4 whole chicken breasts

2 cans cream of chicken soup
2 c. light sour cream
1 (4 oz.) jar chopped pimentos
Salt & pepper, to taste
1 tube Ritz crackers
Parmesan cheese
1/4 c. margarine

Cook spaghetti, broken into thirds, as directed; rinse with cold water and drain. Sauté mushrooms, celery and onion in margarine about 5 minutes. Cook chicken; remove from bone and cut into bite-sized pieces. To above mixture, add cream of chicken soup, sour cream and pimentos; mix gently. Transfer to a 2 1/2- to 3-quart ovenproof casserole; refrigerate overnight. Remove from refrigerator 1 hour before baking. Crumble crackers with melted margarine for topping. Sprinkle generously with Parmesan cheese. Bake in 350° oven for 45 to 50 minutes.

Moved to Atlantic in 1999.

Mary Ellen O'Rourke

Baked Corn in Casserole

1 (16 oz.) can cream-style corn
1 (16 oz.) can whole kernel
corn, drained
1/2 c. chopped onion
1/2 c. chopped green pepper
1/2 c. milk

1 c. fine soda cracker crumbs
1 c. grated Cheddar cheese
4 T. butter, melted
2 T. sugar
1/4 tsp. pepper

In a large bowl, combine all ingredients; mix well. Pour into a buttered 2-quart casserole. Bake at 350° for 1 hour. Yield: 8 to 10 servings.

Favorite Memory of KJAN: *My favorite memory is the many times I have been able to listen to local basketball games being broadcast on KJAN, and the scores of games reported after the games.*

Mrs. Elva Rasmussen

Cranberry Baked Beans

Vegetable cooking spray	1 (15 oz.) can kidney beans, drained
1/4 c. chopped green onions	1/2 c. whole-berry cranberry sauce
1/4 c. chopped green pepper	1/2 tsp. ground ginger
1 (16 oz.) can vegetarian beans in tomato sauce	1/2 tsp. dry mustard

Coat a Dutch oven with cooking spray; place over medium-high heat until hot. Add green onions and green peppers; sauté until tender. Add remaining ingredients; stir well. Bring to a boil. Reduce heat; simmer, uncovered, 20 minutes. Yield: 6 servings.

Marietta Petersen

Chicken Casserole

1 chicken, cooked	1 can mushrooms (opt.)
1 (10 oz.) pkg. noodles, cooked	1 jar pimento (opt.)
1 can peas, drained	2 hard-boiled eggs, chopped
1 can cream of mushroom soup	Salt & pepper

SAUCE:

4 T. oleo	2 c. chicken broth
4 T. flour	1 c. Velveeta cheese

Cut chicken up into bite-sized pieces. Stir together the ingredients. Make sauce; stir it all together. Put in a 9x13-inch glass pan or two 8x8-inch glass pans. Top with crushed potato chips. Bake, covered, for 45 to 60 minutes; uncovered for 15 minutes.

Note: This casserole freezes well.

Favorite Memory of KJAN: A couple years ago, you were having "The Steak BBQ" through beef promotion. It was at the very last few days to send postcards. I had a few postcards here, so I filled out friends' names. And guess what? Dave Best won and he didn't know I had sent the cards. We had a great time and a wonderful meal!

*Nancy Madsen,
Elk Horn, IA*

Corn Casserole

1/2 c. cream-style corn	1 stick margarine (sometimes I use less)
1/2 c. whole kernel corn, undrained	
1 c. dry macaroni	1 c. cubed Velveeta cheese

Mix all together; put in a good-sized casserole dish. Make sure you have at least 1-inch clearance at top of dish for baking. Bake at 350° for 30 minutes, or until done. Yield: 4 to 6 servings.

*Mary Jo Blunk,
Atlantic, IA*

Fancy Macaroni and Cheese

8 strips bacon	2/3 c. milk
1/2 c. chopped onion	2 1/2 c. shredded sharp Cheddar cheese
2 c. (8 oz.) elbow macaroni	1 (10 oz.) pkg. frozen peas, thawed
1 (10 3/4 oz.) can cream of mushroom soup	2 T. chopped pimento (opt.)
1 (4 oz.) can mushroom stems & pcs. (opt.)	

Fry bacon until crisp. Drain on absorbent towel. Crumble into pieces. Sauté onions in bacon drippings; drain on absorbent towel. Cook macaroni according to package directions. Combine all ingredients; mix well. Pour into a 2 1/2-quart greased casserole. Bake at 350° for 30 to 40 minutes.

Donna Bjorn

Cheese-Potato Casserole

1 or 2 lb. package frozen hash brown potatoes	1/2 c. onion
2 1/2 c. melted oleo	2 c. shredded Cheddar cheese
1/2 or 1 pt. sour cream	1 tsp. salt
10 1/2 oz. cream of chicken or celery soup	1/2 tsp. pepper

TOPPING:	1/2 c. melted oleo
2 c. crushed corn flakes	1 c. cheese, for topping

Grease a 9x13-inch pan. Bake at 350° for 20 minutes, covered. Bake another 20 minutes, uncovered.

Note: Can make ahead (overnight), and bake for 1 hour and 15 minutes at 350°.

Jean Ann Schwaderer

Three-Vegetable Casserole

2 cans French-style green beans	1 can cream of mushroom soup
1 pkg. frozen chopped broccoli	Cheese slices
1 pkg. frozen cauliflower	

Cook the frozen vegetables five or six minutes after they start to boil; drain. Mix with beans and soup; mix all together. Place in a casserole; top with cheese slices. Bake 1/2 hour at 350°.

Favorite Memory of KJAN: *I always enjoyed listening to "Worry Bird" when it was on the radio. I also enjoyed the interviews of the 4-H kids during the Cass County Fair.*

Ruth Steffen

Corn Casserole

1 can cream-style corn	1 stick oleo, melted
1 can whole corn	1 ctn. (1 c.) sour cream
4 eggs, beaten	1 box Jiffy cornbread mix

Mix the corn, eggs, oleo and sour cream. Add the Jiffy cornbread. Bake in a 9x9-inch square pan for 1 hour at 350°.

I found this recipe in the Sharpsburg Centennial Cookbook in 1984. It soon became a family favorite.

Favorite Memory of KJAN: *I always like the "Worry Bird" in the mornings. The local news and weather reports are an important part of our morning listening.*

Avis Becker

Chicken Casserole

2 c. chicken, cut up	1 c. onion
1 c. water	2 cans mushroom soup
1 c. raw rice	1 can cream of chicken soup
2 c. celery	

Mix. Bake for 1 1/2 hours at 325°, in a 9x13-inch pan. Can top with crushed chips, if you like.

Joy Grantham

Chicken Chalupas

2 c. shredded Monterey Jack cheese	1 (4 oz.) can green chilies
2 c. shredded Cheddar cheese	8 oz. sour cream
1 bunch green onions (tops only), chopped	2 c. cooked, skinned & cubed chicken
2 cans cream of mushroom soup	1/2 c. black olives, sliced
	6 (6") flour tortillas

Combine cheeses; divide into 2 portions. Divide onion tops into 2 portions. Combine 1 portion of cheeses, 1 portion of onion tops, soups, chilies, sour cream and black olives. Set aside 3/4 cup of mixture for topping. Add chicken to remainder of mixture for filling; mix well. Place 1/3 cup of filling on each tortilla; roll. Place tortillas, seam side down, in a lightly-oiled, shallow baking dish. Spread reserved topping over tortillas; cover with remaining cheese and onion tops. Refrigerate overnight or freeze. If frozen, defrost totally before baking. Bake at 350° (325° for glass) for 45 minutes, uncovered. Let stand 5 minutes before serving. Yield: 6 servings.

Jo Jacobs

Country Chicken Casserole

1 lb. Velveeta cheese, cubed	1 (10 oz.) pkg. frozen peas & carrots, cooked & drained
1 c. milk	5 oz. spaghetti, cooked & drained
1/2 c. Miracle Whip	1 T. chopped chives
3 c. chopped, cooked chicken or turkey	

Heat cheese, milk and salad dressing over low heat; stir until sauce is smooth. Add remaining ingredients; mix well. Pour into a 2-quart casserole. Bake at 350° for 40 to 45 minutes. Yield: 6 to 8 servings.

Favorite Memory of KJAN: In 1955, Robin Morrow doing the arrangement of *The Lord's Prayer*, which won the Peabody Radio Award. KJAN brought the Nashville Brass for all to enjoy 25 years ago!

**Fern H. Nelson,
Atlantic, IA**

Zucchini Casserole

1/2 stick butter
1 lb. hamburger
1 c. crushed white crackers
1 sm. onion, chopped

1 zucchini, sliced
Velveeta cheese, thinly sliced
1 can cream of celery soup

Brown hamburger with onions; drain. Pat into a 9x13-inch glass dish. Layer thin slices of zucchini, a layer of cheese, then another layer of zucchini slices. On top of this, put 1 can cream of celery soup. Brown the butter; add cracker crumbs. Pat on top. Bake 40 minutes, or until bubbly, at 350°. Yield: 5 to 6 servings.

*Marcella Weppeler,
Lewis, IA*

Asparagus Casserole

6 potatoes, sliced
2 onions, sliced
1 c. asparagus (fresh, frozen
or canned), drained well

Salt & pepper, to taste
Butter or margarine
4 slices cheese

Arrange vegetables in layers in buttered casserole. Put salt and pepper over vegetables; dot with butter or margarine. Top with cheese. Cover; bake about 45 minutes at 350°.

*Marcella Weppeler,
Lewis, IA*

California Sunshine Casserole

1 1/2 lb. hamburger
1/2 onion, cut up
2 c. flat noodles, uncooked

1 1/2 c. carrots, sliced thin
1 pkg. dry onion soup mix
3 1/2 c. hot water

Brown hamburger and onions in electric skillet at moderate temperature; drain grease. Add the rest of ingredients; steam for 10 minutes. May add 1 can onion soup, if needed, for larger batch or more moisture. Yield: 4 servings.

*Marcella Weppeler,
Lewis, IA*

Hamburger-Mashed Potato Casserole

1 lb. hamburger
1 sm. onion, chopped
1 can cream of mushroom soup

1/2 box frozen peas & carrots or
mixed vegetables
Salt & pepper, to taste
4 to 6 med. potatoes

Brown hamburger and onion in skillet. Drain fat. Add soup, vegetables, salt and pepper. Put in casserole; cover. Bake at 350° for 30 to 40 minutes. While this is in the oven, peel and cook potatoes. Mash and spoon over hamburger mixture. Put under the broiler for a few minutes, until light golden brown (watch closely). Serve with rolls and salad.

*Joan C. Sorensen,
Audubon, IA*

Beef Stroganoff

1 1/2 lb. ground beef
1 c. chopped onion
1 (12 oz.) can whole corn,
drained
1 can cream of mushroom soup
1 can cream of chicken soup

1 (8 oz.) ctn. sour cream
3/4 tsp. salt
1/2 tsp. Accent (opt.)
1/4 tsp. pepper
3 c. (8 to 12 oz.) cooked, dry
noodles

Brown beef and onion; drain off fat. Mix together all the rest of ingredients; add to meat mixture. Put in ungreased 9x13-inch pan. Top with bread crumbs. Bake at 350° for 35 minutes.

*Favorite Memory of KJAN: I like the "Birthday Club" and "Worry Bird."
Bonnie Anderson*

Scalloped Chicken

4 c. cooked chicken, cut up
1 qt. chicken broth
6 T. flour
6 c. dry bread cubes
1 1/4 tsp. sage or poultry
seasoning

3/4 c. melted butter
1/4 c. half & half
Pepper, to taste
3/4 tsp. salt
1/2 med. onion, chopped
2 to 3 stalks celery, chopped

Make gravy from broth and flour. Sauté onion and celery in melted butter. Put a layer of chicken in a flat 9x13-inch pan. Mix sautéed vegetables with dry bread crumbs, pepper, salt, half & half and seasoning. Put on top of chicken. Pour gravy over top of dressing. Bake 35 minutes in 350° oven. Can be made in advance and frozen, before baking.

Dorine Koob

Parmesan Potato Rounds

4 med. potatoes, thinly sliced	1/4 c. grated Parmesan cheese
1 sm. onion, thinly sliced & separated into rings	1/4 tsp. salt
3 T. butter or margarine, melted	1/8 tsp. pepper
	1/8 tsp. garlic powder

Place half of the potatoes in a greased 2-quart or 7x11x2-inch baking dish. Top with onion and remaining potatoes; drizzle with butter. Sprinkle with Parmesan cheese, salt, pepper and garlic powder. Bake, uncovered, at 450° for 25 to 30 minutes, or until the potatoes are golden brown and tender. Yield: 4 servings.

Mardell Richter

Enchilada Casserole

1 1/2 lb. beef	1 can tomato soup
1/2 c. green pepper	1 can mushroom soup
1/2 c. onion	2 c. shredded Cheddar cheese
1 can enchilada sauce	12 corn tortillas

Brown beef, onion and pepper; drain. Stir in enchilada sauce and soups. Add 1 1/2 cups of cheese. Cut tortillas into small pieces; add to beef mixture. Pour into a greased 9x13-inch pan. Top with remaining cheese. Bake at 350° for about 45 minutes. Serve with sour cream, chopped tomatoes, onions and nacho chips. Yield: 6 servings.

Linda Meyer

Carrot Casserole

5 c. sliced cooked carrots (until just tender)	1/2 lb. Velveeta cheese
---	-------------------------

Spray Pam in casserole. Layer carrots and cheese until all gone. Sauté 1 small, chopped onion and 1/2 cup margarine in pan or microwave. Pour over casserole. Crumble finely, Ritz crackers or potato chips over all. Bake 30 minutes at 300° to 350°.

*Alice Kauffman,
Audubon, IA*

Green Bean and Hamburger Casserole

1 1/2 lb. hamburger
 1 med. onion, chopped
 Tater Tots to cover casserole

1 qt. green beans, drained
 2 cans cream of chicken soup

Brown ground beef and chopped onions; season to taste. Put into a 9x13-inch baking dish. Add 1 quart of green beans on top. Add 2 cans cream of chicken soup on top of this; spread out. Top with Tater Tots. Bake at 350° for 1 hour.

Darlene Kirchhoff

Calico Beans Casserole

1 lb. hamburger
 4 to 6 slices bacon, chopped
 1/2 to 1 c. chopped onion
 1/2 c. catsup
 1 tsp. salt
 1 tsp. dry mustard
 1/4 c. sugar

3/4 c. brown sugar
 2 tsp. vinegar
 1 (No. 2) can pork & beans
 1 (No. 2) can red kidney beans,
 drained
 1 can lima beans, drained

Brown and drain hamburger, onion and bacon. Combine all other ingredients; mix with hamburger. Mix; bake for 40 to 45 minutes in 350° oven.

Darlene Kirchhoff

Chicken-Vegetable Casserole

32 oz. mixed vegetables
 1 c. chopped celery
 1/4 c. chopped onion
 1/4 c. chopped green pepper
 1/2 tsp. salt
 1 can chicken, or chicken off
 bone, or ham, or turkey

1 c. mayonnaise
 1 can water chestnuts
 2 c. crackers, buttered &
 crushed
 1/2 c. melted butter
 Cheddar cheese

Cook vegetables; drain. Add celery, onion, green pepper, salt, meat, mayonnaise and water chestnuts. Mix well. Put into a greased 9x13-inch pan. Cover with crackers, and cheese; or put cheese in the mix. Bake for 30 minutes at 350°.

Ronda Harry

Scalloped Chicken

8 slices white bread, cubed	2 T. chopped onion
1 1/2 c. low-sodium cracker crumbs, divided	3 c. cubed cooked chicken breast
3 c. low-sodium chicken broth	1 (8 oz.) can sliced mushrooms, drained
3 eggs	2 tsp. margarine
3/4 c. diced celery	

In a bowl, combine bread cubes and 1 cup cracker crumbs. Stir in broth, eggs, celery, onion, chicken and mushrooms. Spoon into a 2-quart baking dish coated with nonstick cooking spray. In a saucepan, melt margarine; brown remaining cracker crumbs. Sprinkle over casserole. Bake at 350° for 1 hour. Yield: 8 servings.

Note: For easy preparation, make everything but the topping a day ahead and then refrigerate it. The next day, remove from the refrigerator 30 minutes before baking and add the topping.

Nutritional Information: (Serving size: 1/8 recipe): 243 calories, 5 gm total fat, 19% calories from fat, 2 gm saturated fat, 114 mg cholesterol, 389 mg sodium, 27 gm carbohydrate, 16 gm protein.

*Connie Viether,
Atlantic, IA*

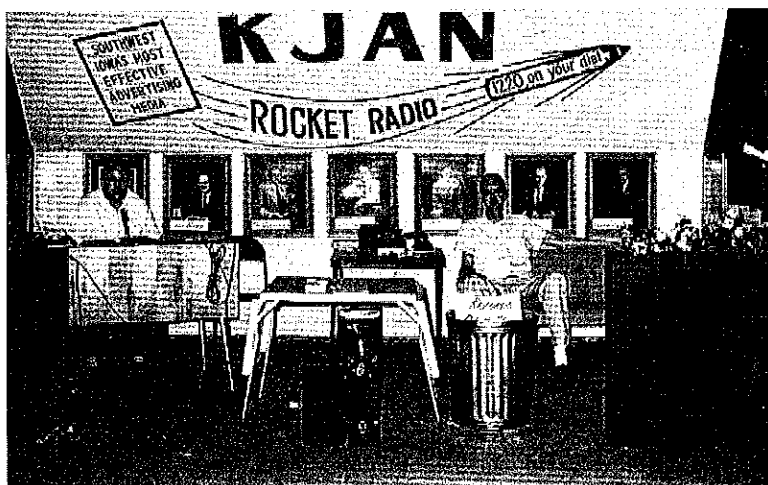
Ham and Cheese Casserole

1 lb. ham, cubed	2 c. milk
1/2 lb. American cheese, cubed	1/4 tsp. dry mustard
6 slices bread, crust removed & cubed	Salt & pepper
3 eggs	1/4 c. melted butter

Put cubed ham in a buttered 9x13x2-inch pan. Add cubed cheese, then bread cubes. Beat eggs; add milk and seasonings. Pour over mixture in pan. Pour melted butter over this. Cover with foil. Refrigerate overnight. Remove foil. Bake, uncovered, at 325° for 1 hour.

Lois Felker

Meats & Main Dishes



Before the permanent booth was built in 1966, KJAN was located along one of the commercial buildings. Bob Kelso is at the mic and Red Faust is making sure Bob doesn't miss his cue!

Pasta Guide

Macaroni:

A round hollow or pierced pasta product. Almost 20 sizes of hollow pasta are manufactured with some cut long like spaghetti, but most are cut into 1- to 2-inch pieces or into cooking sizes. Some are curved, like elbow macaroni, some have ridges like rigatoni, and some come large enough to stuff like the **SHELL** and **TUFOLI**. **PERCIATELLI**, **MACARONI**, and **ZITA** are long and hollow and vary in size.

COCHIGLIE: "Conch Shells" are shaped like seashells in varied sizes; good for salads, baking dishes and stuffing.

DITALI and **DITALINI**: "Thimbles," cut in very short lengths and good for salads.

ELBOW MACARONI: Are semi-circles made of hollow tubular pasta in many sizes, from spaghetti size to 1/2 inch around.

ELENA: A narrow rippled macaroni named after an Italian queen, and can be substituted for lasagna.

MANICOTTI: "Small muff," a tube 4 inches long and 1 inch in diameter with ends cut diagonally and is stuffed.

MOSTACCIOLI: "Small mustaches," 2-inch long hollow pasta tubes, either smooth or ridged, and used in baked dishes.

RIGATONI: Large grooved hollow pasta tubes, used either with sauce or in a baking dish, substituting for mostaccioli.

Spaghetti:

"A length of cord or string" is a solid round rod and the most famous pasta of all and generally made long. Sizes run from "fine as a hair" to slightly oversized. The finest, **CAPELLINI**, **VERMECELLI** and **SPAGHETTI**. The largest, **VERMECELLI**, comes in folded form too and is popular in soups.

FUSILLI: "Twists," spaghetti twisted in a corkscrew hairpin, also in a large spiral.

ROTE: Shaped like wheels.

LASAGNA: Latin, "lasanum" meaning "pot" a very wide spaghetti used in baked dishes.

LINGUINE: "Small tongue," a spaghetti but flatish or oval like narrow thick noodles.

Meats & Main Dishes

Peach Pork Chops

4 pork chops	1/4 c. packed brown sugar
1 can peach halves	1/4 c. ketchup
1 env. Shake 'N Bake	2 T. vinegar

Drain a can of peach halves, reserving the syrup. Moisten the pork chops in 1/4 of the reserved peach syrup. Coat with Shake 'N Bake. Bake 40 minutes in a 9x13-inch baking dish, at 425°. Place peach halves on top of pork chops; brush with peach syrup. Bake 20 minutes longer. Do not cover dish. Heat the remaining syrup, 1/4 cup packed brown sugar, 1/4 cup ketchup and 2 tablespoons vinegar in saucepan. Serve over pork chops.

Jody Stoll

Chicken Cordon Bleu

6 boneless chicken breasts	2 T. cornstarch
8 slices Swiss cheese	2 c. water
6 slices cooked ham	2 slices Swiss cheese
Butter for browning flour	12 toothpicks for fastening rolls

Pound chicken breasts to make cutlets; discard skins. Lay 1 slice of cheese and 1 slice of ham on each. Roll; fasten with toothpicks. Roll in flour. Brown lightly in butter. Mix water and flour; cook to make thin gravy. Add 2 slices cheese. Put meat in baking dish. Do not stack. Pour gravy over. Bake 45 minutes at 350°.

Laura Redburn

Mock Prime Rib

4 to 5 lb. beef roast	1 pkg. Good Seasons Italian dressing mix
1 pkg. au jus mix	1/2 soup can water
1 can beef broth	

Put roast in a large crock-pot. Combine ingredients; pour over roast. Cook on low for 10 to 12 hours. Slice and pour juice over pieces to serve.

Scrumptious!

*Shirley Bierbaum,
Griswold, IA*

Italian-Stuffed Meat Loaf

- | | |
|------------------------------------|---------------------------|
| 1 lb. lean ground beef | 1 egg |
| 1 c. oatmeal | 1 T. Worcestershire sauce |
| 1 (15 1/2 oz.) jar spaghetti sauce | 1 tsp. pepper |
| 1/3 c. grated Parmesan cheese | 1/2 chopped onion |

FILLING:

- | | |
|---|--------------------------------|
| 1/3 c. of the following: sliced mushrooms, shredded | 1/2 c. Mozzarella, for topping |
| Mozzarella cheese, shredded | 1/2 c. olives, for topping |
| zucchini (opt.) | |

Heat oven to 350°. Grease a small pan; combine meat, oats, 1/2 of spaghetti sauce, onion, Parmesan cheese, egg, Worcestershire sauce and pepper. Mix well. Separate mixture into 1/2; pat 1/2 in pan. Spread filling; add other half of meat. Bake 40 to 45 minutes. Top loaf with 1 cup of spaghetti sauce and 1/2 cup Mozzarella cheese. Garnish with 1/2 cup olives, remaining sauce and cheese. Put back in oven just a few minutes. *Edna Boll*

Pork Chops with Mushroom Gravy

- | | |
|---|--------------------------------------|
| 1/2 c. flour, divided | 2 T. instant beef bouillon granules |
| 1/2 c. Italian-seasoned bread crumbs, divided | 1 tsp. browning sauce |
| 4 (1/2" thick) pork chops | 2 bay leaves |
| 2 T. cooking oil | 1 (4 1/2 oz.) can mushrooms, drained |
| 1 med. onion | 1/2 c. cold water |
| 2 garlic cloves, minced | |
| 3 c. water | |

In a shallow bowl, combine half of the flour and bread crumbs; coat pork chops. In a large skillet over medium heat, brown chops on both sides in oil. Add onion, garlic and water. Stir in bouillon, browning sauce and bay leaves; bring to boil. Reduce heat; cover and simmer 1 1/2 hours, or until pork is tender. Remove bay leaves. Remove pork to serving platter, and keep warm. Add mushrooms to skillet. Combine cold water and remaining flour until smooth. Stir into pan juices. Bring to boil, stirring constantly, until thickened and bubbly. Stir in remaining bread crumbs. Serve over pork chops. Yield: 4 servings.

Mary Ellen Yarger

Simply-Elegant Steak

2 T. oil

2 lg. onions, cut into rings

1 1/2 lb. steak or stew meat,
cut into strips

Brown steak in oil; add onions. Cook until tender-crisp. Use 1 can of mushroom soup, 1 or 2 (4-ounce) cans mushrooms, the liquid off one 4-ounce can mushrooms and 1 1/4 cups of wine or pop; mix together. Pour over browned steak. Bake at 350° until tender, about 1 hour. Serve over rice or noodles.

*Audubon County Memorial Hospital,
submitted by Sally Kerwin*

Barbecued Beef Brisket

3 to 4 lb. beef brisket

1 tsp. garlic salt

1 1/2 tsp. salt

2 tsp. celery seed

1 tsp. onion salt

2 tsp. Worcestershire sauce

2 tsp. pepper

1 c. "Chuck's" extra-touch

2 T. liquid smoke

barbecue sauce

Mix above ingredients together, except for 1 cup "Chuck's" barbecue sauce; rub on both sides of meat. Wrap very well in foil. Put in refrigerator overnight. Bake on a cookie sheet or pan for 5 hours at 275°. (Do not open foil.) At the end of 5 hours, open foil; add 1 cup barbecue sauce. Cook 1 hour, with foil open. For serving, slice across grain of meat in about 1/2-inch slices.

Ruth Andersen

Vegetable-Meat Loaf

1 1/2 lb. lean ground beef

1 stalk celery, chopped fine

1/2 lb. ground turkey

1/2 sm. onion, chopped

1 shredded parsnip (size of a
quarter in diameter)

1 T. parsley flakes

1 shredded carrot (size of a
nickel in diameter)

1 c. ketchup

1 c. quick oatmeal, uncooked

1/2 (8 oz.) ctn. Egg Beaters

Mix ground beef and turkey well. Add the rest of the ingredients; mix well. Spray meat loaf pan with cooking spray. Place mixture in pan; press in from sides so the fats can drain away from the meat. Bake 1 1/2 hours at 375°.

For diabetics and people who need low fats and no salt.

Bernard Lauritsen

Desperation Pork Chops

4 to 6 pork chops
1 can green beans, French cut
1 can cream of mushroom soup

1 can French-fried onion rings
Cashews

Brown chops; put in a baking dish. Mix green beans, soup and 1/2 cup onion rings. Pour mixture over chops. Bake 1 hour, or until tender, at 350°. Top with rest of onion rings and cashews. Bake an additional 15 minutes.

Janet Spielman

Grandma Patt's Ham Loaves

1 lb. lean pork, ground
1 lb. cured ham, ground
1/2 lb. ground beef
3 eggs

1 sm. onion, minced
1 c. bread crumbs
1/2 c. milk, mixed with 1 c.
tomato juice

TOPPING:

1 can tomato soup
1 c. brown sugar

1/3 c. vinegar
1 tsp. mustard

Mix well; make into balls (loaves), 1/2 cup each. Bake for 1 1/2 hours at 350°. Pour topping over loaves before baking.

Topping: Combine ingredients; do not cook. This will keep in refrigerator for several days.

Carole J. Jensen

Grandma Olson's Porcupine Meat Balls

1 c. tomato soup
1 c. water
1/2 c. uncooked rice
1 lb. hamburger

1 onion
1 1/2 tsp. salt
1/4 tsp. pepper

Mix soup and water. Combine rice, meat, onion, salt and pepper. Mix well; form into balls. Place in casserole; cover with remaining soup mix. Bake 1 1/2 hours at 350°. Remove cover for last 15 minutes.

Carole J. Jensen

Pizza Loaf

1 loaf frozen bread dough	1 lb. ground beef or pork
1 med. onion, chopped	1 c. pizza sauce
Salt & pepper	1 c. shredded Cheddar cheese
2 T. melted butter	1 c. Mozzarella, shredded

Thaw bread dough; let rise until double. Brown meat and onion; salt and pepper. Drain fat. Stir in pizza sauce; simmer 30 minutes. Cool. Punch down dough; roll into a 12x15-inch rectangle. Spoon meat mixture down the center of rectangle. Top with cheese. Pull dough over meat; pinch to seal. Turn dough over; place seam-side down on greased cookie sheet. Brush top with melted butter. Bake at 350° for 30 minutes.

Janet Pigg Adams

Stuffed Pork Chops

Pork chops, as you desire	Sage
Bread for dressing	Salt
1/4 c. (or more) chopped celery	Pepper
Onion, chopped	Tomato juice

Brown chops. Place layer of chops in a greased casserole. Make bread, etc. into dressing, using tomato juice to moisten. Put dressing on top of chops. May put another layer of chops on top. Pour 1/2 cup tomato juice over top. Cover. Bake in moderate oven for 1 1/4 to 1 1/2 hours. May remove cover.

Rachel L. Jensen

Salmon Loaf

1 (1 lb.) can red salmon	2 eggs
1 c. cooked Cream of Wheat	Pepper, to taste

Beat eggs; add to Cream of Wheat and flaked salmon. Mix well to break up cereal. Add pepper. Place in a well-greased loaf pan. Bake in 350° oven for 40 to 45 minutes.

This recipe appeared on Cream of Wheat box 65 or more years ago. Still a favorite.

Rachel L. Jensen

Family-Favorite Meat Loaf

2 eggs	1/4 c. chopped onion
1 c. milk	1 1/4 tsp. salt & pepper, to taste
1 c. bread crumbs	
2 lb. lean ground beef	

Beat eggs; add milk and crumbs. Add remaining ingredients. Put into greased, shallow, Corning Ware baking dish, 10x10-inch square, or a 9x13-inch Pyrex dish. Score top with knife; cover with sauce.

SAUCE:

3 T. brown sugar	1/4 tsp. nutmeg
1/4 c. catsup	1 tsp. mustard

Bake at 350° for 1 hour, or until done. Yield: 4 to 6 servings.

*Maxine F. Blunk,
Atlantic, IA*

Roast Beef Au Jus

1 (2 to 5 lb.) roast	1 can beef broth
1 pkg. au jus mix	1 can water
1 pkg. Good Seasons Italian salad dressing	1 beef bouillon cube

Put roast in crock-pot. Add all other ingredients. Cook all day or overnight. Remove meat. Strain broth; refrigerate to defat. Use two forks and pull roast into small pieces, removing fat and tissue. Refrigerate. When ready to serve, remove solid fat from broth. Combine defatted broth and meat pieces. Heat. Serve on hoagie buns, with broth for dipping.

Note: Leftover meat makes yummy beef and noodles!

Favorite Memory of KJAN: *It was always fun to listen to Bob Einhaus' comments and his music programs.*

Rosemary Davidson

Oven-Barbecued Chicken

1 (10 1/2 oz.) can tomato soup	2 tsp. garlic flakes
1/3 c. water	2 tsp. chili powder
1/3 c. white vinegar	2 tsp. dry mustard
1/2 tsp. salt	1 chicken, cut in pcs.

Arrange cut-up chicken in a large oblong cake pan. Mix all ingredients; pour over chicken. Bake at 375° for 1 hour, or until done.

Marietta Petersen

Grandma Meyer's Old-Fashioned Homemade Oatmeal Sausage

3 lb. pork (such as shoulder or
any lean cut)

1 lb. beef (lean ground beef)

Cook the above 4 pounds of meat in the pressure cooker, until tender, with 1 teaspoon salt and 1 quart of water, at 15 pounds of pressure, for 50 minutes. (Or in a regular kettle for 2 hours, or until tender.) Remove the meat from the pan; set aside to cool. Pour the broth in a pan; cool. (Let both the meat and the broth cool overnight.) Remove fat from broth.

Add:

1 qt. water

3 T. finely-chopped onion

5 c. quick-cooking oatmeal

Cook the water, oatmeal and onion for 10 minutes. While that mixture is cooking, grind the meat real fine. After the 10 minutes are up (the oatmeal should be done by then), add the following:

1 T. salt

1/4 tsp. cloves

1 tsp. pepper

1/4 tsp. allspice

Mix very thoroughly. Fry for breakfast in a small amount of butter.

Note: This can be frozen and keeps well for 6 months.

*Kathy McCarty,
Council Bluffs, IA*

Mom's Turkey or Chicken Dressing

2 loaves of bread

1/2 c. celery

8 eggs

1 1/2 tsp. salt

1 c. pork sausage

1 tsp. poultry seasoning

1 1/2 c. gizzards & hearts

1 tsp. sage

1/2 c. green pepper

1/2 tsp. pepper

1/4 c. onion

Mix all ingredients thoroughly in a dish pan or other very large pan. Add warm water (enough to get a nice runny consistency). Stuff turkey or chicken. Bake in a 350° oven for 4 hours. You can also just make the dressing. Put in roasting pan and place chicken pieces on top. Be sure to salt the chicken. Yield: 4 servings.

Note: My mom is Mrs. Loren C. Petersen.

Favorite Memory of KJAN: Bob Kelso and "The Worry Bird." We always listened to the program while we were eating breakfast or getting ready for school.

Kathy Petersen McCarty

Grilled Lemon Chicken

2 lb. chicken pcs.	2 tsp. sweet basil
1/4 to 1/2 c. lemon juice, to taste	2 tsp. thyme
1/4 c. vegetable oil	2 tsp. seasoning salt
2 tsp. paprika	1/2 tsp. garlic powder

Place chicken in a plastic bag. Combine remaining ingredients; pour over chicken. Marinate at least 2 hours, turning bag a few times. Place chicken in a glass pan; microwave on HIGH for 10 minutes, or until nearly cooked. Grill 8 to 10 minutes per side, until juices are clear. Baste with marinade while grilling. Grill should not be at high heat and watch for flare-ups, unless you want blackened chicken.

Fay Eblen

Grilled Halibut

MARINADE:	1/4 c. freshly-squeezed lime juice
2 T. extra-virgin olive oil	1 T. chopped fresh basil
1 T. chopped fresh cilantro	4 (1/2 to 3/4 lb.) center-cut halibut steaks
1/2 tsp. coarse kosher salt	
1/2 tsp. freshly-ground black pepper	

Combine the marinade ingredients in a baking dish. Add the halibut; coat well. Cover with plastic wrap. Refrigerate 2 to 3 hours. Turn fish once. Heat the grill, allowing it to get very hot, and then cool down slightly. Brush the grill with vegetable oil. Immediately place the fish on the grill. Grill each side 7 to 10 minutes, until grill marks appear. Remove fish; serve.

Allison Heiken

Hamburger Loaf

1 long loaf French bread	1 egg
1 can evaporated milk	1 tsp. salt
1 lb. ground beef	1/4 tsp. oregano
1 c. minced onion	1/4 tsp. nutmeg
1 c. diced green pepper	1/2 tsp. pepper

Cut a thin slice, lengthwise, from top of the loaf. Scoop out the inside. Measure 2 cups of the bread; soak in the evaporated milk for 10 minutes. Add remaining ingredients to the softened bread, mixing well. Pack mixture into hollowed-out loaf. Replace top crust; wrap in foil. Place on a cookie sheet. Bake at 350° for 1 1/4 hours. Slice and serve.

Avis Becker

Tiger Sauce Duck

2 ducks	1 c. rice
1 ea. green, red, yellow, orange pepper	1 red onion
1 clove garlic	Stir-fry vegetables
Lite teriyaki sauce	Tiger brand seasoning sauce
Wok oil (cooking oil)	Salt

Bring to boil, 2 cups water and 1/2 teaspoon salt; add 1 cup white rice. Cover and simmer approximately 10 minutes, or until done to desired level. Remove and store. Cut breast of duck into stir-fry strips. Place in teriyaki marinade for at least 2 hours. Cover and store. Slice peppers thin; dice onion. Prepare stir-fry vegetables, sliced thin, and crushed garlic. Preheat wok or frypan. Add vegetables; when prepared, add strips of duck meat, with teriyaki as desired. Shake in Tiger sauce to desired flavor (a little goes a long way). Serve with rice.

Note: Can be served without rice, as hors d'oeuvres, as well.

Favorite Memory of KJAN: *Over the years I've had many laughs listening to Bob Einhaus on "Worry Bird" carry on one-sided conversations. There was a real controversy as to whether Bob was just filling time or talking to people, until the "Iowa Boy" came out to visit and Fay E. became a regular call-in personality.*

Bob Sharp

Duck Nugget

2 duck breasts	Lite teriyaki sauce
Water chestnuts, sliced	Sesame seed oil
1/2 lb. bacon	Wok oil or olive oil (cooking oil)

Filet or breast ducks. Cube breast meat into small to medium cubes. Marinate cubed duck meat in lite teriyaki, like a sesame oil, for a minimum of 2 hours. Use sesame oil lightly, as it has a strong affect. (There is available, a premix of teriyaki-sesame oil.) Remove duck cubes; wrap water chestnut, duck meat with bacon; secure with round toothpicks. Sauté in frypan with oil flavored to your taste. Yield: 4 breasts make 50 pieces.

Favorite Memory of KJAN: *J.C. Radio Days. Thirty people in the taping room trying to hold back laughs. (not very much though.) While taping the ads. The whole radio days project was a great learning experience!*

Bob Sharp

Round Steak Sauerbraten

1 1/2 lb. round steak, 1/2" thick	2 T. wine vinegar
2 env. brown gravy mix	1 tsp. Worcestershire sauce
1 T. instant minced onion	1/4 tsp. ground ginger
1 T. brown sugar	1 bay leaf
	Hot, buttered noodles

Cut meat in 1-inch squares. Brown meat in 1 tablespoon hot shortening. Remove meat from skillet; add gravy mix and 2 cups water. Bring to boiling, stirring constantly. Stir in next 6 ingredients, 1/2 teaspoon salt and 1/4 teaspoon pepper. Add meat. Turn into a 1 1/2-quart casserole. Cover. Bake at 350° for 1 1/2 hours. Remove bay leaf. Serve on noodles. Yield: 5 or 6 servings.

Very good!

Favorite Memory of KJAN: *I remember when moving down here to Villisca 15 years ago, we could hear you on FM. Now it's only AM. Wish you could go back to FM. Do enjoy the news. Listen every day.*

**Norma Gangestad,
Villisca, IA**

Maidrites

1 lb. hamburger	1 T. vinegar
2 T. sugar	Salt, to taste
2 T. mustard	3/4 c. ketchup
1 onion, chopped	

Brown hamburger and onion in skillet; add remaining ingredients. Turn heat on low; simmer for at least 30 minutes. The longer, the better. Stir occasionally.

**Terry Lauridsen,
Exira, IA**

Barbecued Meat Balls

3 lb. ground beef
1 c. oatmeal
2 eggs
1/2 tsp. garlic powder
1/2 tsp. pepper

1 (12 oz.) can evaporated milk
1 c. cracker crumbs
1/2 c. chopped onion
2 tsp. salt
2 tsp. chili powder

BARBECUE SAUCE:

2 c. catsup
1/2 tsp. liquid smoke, or to taste

1 c. brown sugar
1/2 tsp. garlic powder
1/4 c. chopped onion

Meat Balls: Combine all ingredients. (Mixture will be soft.) Shape into medium-sized balls. Place meat balls in a single layer on waxed-paper-lined cookie sheet; freeze until solid. Store frozen meat balls in freezer bags until ready to use.

Sauce: Combine all ingredients; stir until sugar is dissolved. Place meat balls in pan (as many as you want); pour sauce over. Bake at 350° for 1 hour. Yield: 45 to 50 meat balls.

These are so handy to have on hand to use when one is pressed for time.

Delores Stevens

Meat Balls

1 lb. ground beef
1 tsp. salt
1 egg

2 c. seasoned stuffing mix
1 c. milk

Mix together; mold into small balls. Brown in oil. Drain on brown paper. Place in baking dish. Pour over these, 1 can cream of celery soup, mixed with 1 can of milk. Bake 30 minutes at 350°.

Verley Johnson

Sweet-and-Sour Meat Loaf

1 1/2 lb. ground beef
1 c. dry bread crumbs
1 tsp. salt
1/4 tsp. pepper
2 eggs
1 tsp. instant minced onion

1 (15 oz.) can tomato sauce,
divided
1/2 c. sugar
2 T. brown sugar
2 T. vinegar
2 tsp. prepared mustard

Mix together beef, bread crumbs, salt, pepper and eggs. Add onion and half of the tomato sauce. Form into a loaf in a 5x9x3-inch pan. Bake at 350° for 50 minutes. In a saucepan, combine sugars, vinegar, mustard and remaining tomato sauce. Bring to a boil. Pour over meat loaf. Bake 10 minutes more. Yield: 6 servings.

Shara Cooper

Barbecued Meat Balls

1 1/2 lb. ground beef

3/4 c. oatmeal

1 c. milk

3 T. chopped onion

1 1/2 tsp. salt

1/2 tsp. pepper

SAUCE:

2 T. sugar

2 T. Worcestershire sauce

1 c. catsup

1/2 c. water

3 T. vinegar

6 T. chopped onion

In a large mixing bowl, combine beef, oatmeal, milk, onion, salt and pepper. Make into balls; roll in flour. Brown quickly in a skillet with a small amount of shortening; drain. Place meat balls in a baking pan. In a small bowl, combine all sauce ingredients; pour over meat balls. Bake, covered, for about 30 minutes, uncovering during the last 10 minutes. Serve warm.

Note: These freeze well.

Connie Wiechmann

Lemon Pheasant

2 pheasants

2 c. lemon juice

1 c. flour

1 T. paprika

1 tsp. white pepper

1/2 c. canola oil or extra-virgin
olive oil

1/4 c. brown sugar

1 tsp. lemon extract

1/2 c. chicken bouillon

2 T. lemon zest

2 lemons, sliced thin

Marinate cut-up pheasant in lemon juice for 1 hour. Combine flour, paprika and white pepper. Drain pheasant; dredge in flour mixture. Brown in oil. In a Dutch oven, put browned pheasant. Top with mixture of brown sugar, lemon extract, bouillon and lemon zest. Cover with sliced lemons. Cover; bake at 325° for 45 minutes, or until tender. Yield: 4 servings.

Bill McCrory

Chicken Lasagna

8 oz. lasagna noodles, cooked	3 c. cooked chicken, chopped
1/2 c. chopped onion, or onion powder	2 c. shredded Velveeta cheese
1/2 c. green peppers	1/2 c. grated Parmesan cheese
3 T. butter	1/3 c. milk
1 can cream of chicken soup	1/2 tsp. basil
	1 can mushrooms, drained

Sauté onions and green peppers in 3 tablespoons butter. Stir in soup, milk, mushrooms and basil. Put layers of noodles, 1/2 sauce, 1/2 cheese, 1/2 chicken and other cheeses in a 9x13-inch pan. Make 2 layers. Bake at 350° for 45 minutes.

Favorite Memory of KJAN: *My memories of KJAN span from childhood to present. I remember snowy mornings with my sisters and brothers listening to KJAN for school cancellations. The KJAN jingle with the rooster crowing always takes me back in time.*

***Jo Armstrong,
Anita, IA***

Creamy Chicken and Vegetables

2 c. cooked chicken (see note)	1 can cream of chicken soup
1 bag frozen mixed vegetables (corn, carrots, green beans, peas)	2/3 c. milk
	Salt & pepper, to taste

Cook vegetables; drain. Add soup and milk to vegetables; mix well. Add chicken; heat to a boil. Reduce heat; cook for 5 minutes longer, stirring often. Serve over mashed potatoes, noodles or rice. Yield: 4 servings.

Note: Leftover turkey can be substituted.

Barb Krall

Chicken and Rice Casserole

- | | |
|---|------------------------------|
| 1 whole chicken, cut into frying pcs. (raw) | 2 tsp. salt |
| 1 1/2 c. raw rice | 2 1/2 c. water |
| 1 can cream of chicken soup | 1/2 stick oleo |
| 1 can cream of celery soup | 1 can cream of mushroom soup |

Melt butter in a deep saucepan. Add the 3 soups, mixed well with the water. Add salt. Spread raw rice in bottom of a 9x13-inch pan; pour half of soup mixture over rice. Place raw chicken over this. Cover raw chicken with remaining soup mix. Bake, uncovered, at 325° for 2 to 2 1/2 hours, until top is brown and crusty, and soup has been absorbed.

Mary Jane Nielsen

Spaghetti Skillet

- | | |
|---|--|
| 1/2 lb. ground beef | 1 (4 oz.) can mushroom stems & pcs., drained |
| 1/4 to 1/2 lb. Italian sausage | 2 celery ribs, sliced |
| 1 (15 oz.) can tomato sauce (Hunt's chunky Italian) | 4 oz. uncooked spaghetti, broken into thirds |
| 1 (14 1/2 oz.) can stewed tomatoes | 1/4 tsp. oregano |
| 1 c. water | 1 sm. chopped onion |
| | Salt & pepper, to taste |

In a skillet, cook beef and sausage until no longer pink; drain. Add remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 20 minutes, until spaghetti is tender. I use my electric skillet and add more water if sticking. Yield: 6 servings.

Note: I serve with Parmesan cheese, breadsticks and lettuce salad.

Favorite Memory of KJAN: *We have listened to KJAN ever since we have been married, 44 years. We have liked it because we get the local news.*

Beverly Uhlman

Meat Loaf Deluxe

- | | |
|-------------------|---------------------------|
| 2 lb. hamburger | 1/4 tsp. pepper |
| 1 1/2 c. tomatoes | 1 tsp. salt |
| 2 eggs | 1 med. onion, chopped |
| 1 T. soy sauce | 2 c. crushed potato chips |
| 1 tsp. sage | |

Combine ingredients. Bake at 350° for 1 1/2 hours.

Maxine Carlson

Potato Pizza

- | | |
|-------------------------------|-----------------------------|
| 1 1/2 lb. hamburger | 1 sm. onion, chopped |
| 1 can Cheddar cheese soup | 1/2 c. milk |
| 4 c. sliced potatoes (6 or 7) | 1 can tomato soup |
| 2 T. oleo | Mozzarella cheese, shredded |

Brown hamburger and onion; drain. Combine with cheese soup and milk. Place raw potato slices in bottom of a greased 9x13-inch pan. Spread on meat mixture, then tomato soup; dot with oleo. Bake at 350° for 45 to 50 minutes. Remove from oven; top with Mozzarella cheese. Bake 15 minutes more.

Joan Andersen

Hiland Potato Chip Turkey Stuffing

- | | |
|---|-----------------------------------|
| 1 (1 lb.) loaf day-old bread | 2 beaten eggs |
| 3 c. crushed potato chips | 2 tsp. sage or poultry seasoning |
| 1 c. diced celery | 1 tsp. salt |
| 1/2 c. chopped onion | 1/4 tsp. pepper |
| 1/2 c. butter, or bacon or
sausage drippings | 3/4 c. broth from cooking giblets |

Cube bread; add other ingredients. Toss together lightly, until well mixed. Stuff lightly into turkey. Yield: enough for a 12-pound bird.

Maxine Carlson

Bubble Pizza

- | | |
|--|-------------------------|
| 1 lb. ground beef, browned | Green pepper (opt.) |
| 1 (32 oz.) jar Prego spaghetti sauce | Pepperoni (opt.) |
| 1 can mushrooms | 8 oz. Cheddar cheese |
| 2 rolls biscuits; cut each into 4 pieces | 8 oz. Mozzarella cheese |

Bake at 400°, in a 9x13-inch pan, for 20 minutes. Top with 8 ounces Mozzarella cheese and 8 ounces Cheddar cheese. Bake 10 more minutes.

Norene Moreland

Cavatini

- | | |
|--|---|
| 1 lb. ground beef | 1 (32 oz.) jar spaghetti sauce (garden style) |
| 1/2 tsp. garlic powder | |
| 1 ea. med. onion & green pepper, chopped | 1 1/2 c. curly noodles, cooked & drained |
| 1/2 lb. pepperoni, thinly sliced | 1 1/2 c. rigatoni, cooked & drained |
| 1 sm. can mushrooms, drained | 1/2 lb. grated Mozzarella cheese |

Brown the ground beef. Add garlic, onion and green pepper. Cook until tender, stirring frequently. Drain. Stir in pepperoni, mushrooms and spaghetti sauce. Combine noodles and rigatoni. Layer noodles, cheese and ground beef mixture, alternately, in a greased 9x13-inch baking dish. Bake at 375° for 35 to 40 minutes, or until bubbly. Let stand for 10 minutes before serving. Yield: 8 to 10 servings.

Norene Moreland

Crock-Pot Pizza

- | | |
|--------------------------------|--------------------------|
| 2 lb. ground beef | 8 oz. Cheddar cheese |
| 1 onion | 8 oz. Mozzarella cheese |
| 1 (30 oz.) jar Ragu sauce | 1 pkg. pepperoni, sliced |
| 1 (12 oz.) pkg. Kluski noodles | 1 (4 oz.) can mushrooms |

Brown beef and onion. Add sauce; cook noodles. In a crock-pot, layer noodles, meat mixture, cheese, mushrooms, and pepperoni; repeat. Cook on high for 30 minutes, then on low for 1 hour, or until cheese melts.

Norene Moreland

Mom's Pizza

- | | |
|----------------------------|---------------------------------------|
| 2 T. warm water | 1 heaping tsp. garlic powder |
| 1 cake yeast | 1 tsp. salt |
| 3 T. shortening | 1/2 lb. Cheddar cheese, |
| 1 c. hot water | shredded |
| 2 c. flour, divided in 1/2 | 1 to 2 lb. link sausage or Italian or |
| 1 1/2 tsp. salt | Polish sausage |
| 1 qt. cooked tomatoes | 1 lb. hamburger |
| 1 med. onion, chopped | |

Grease 2 pizza pans or cookie sheet. In a large bowl, melt 3 tablespoons shortening in 1 cup hot water. Next, add 1 1/2 cups flour and the yeast dissolved in the 2 tablespoons warm water. Last, add 1 1/2 cups more flour and 1 1/2 teaspoon salt. Divide dough in 2 parts. Roll each to fit the pan. Make a ridge around the pan to hold the filling. Fry onions with garlic powder. Fry sausage; cut in small pieces. Fry hamburger and 1 teaspoon salt; drain off grease. Mix onions, garlic and tomatoes in a bowl. Spread over pizza dough, then the meat and cheese. Bake at 400° for 30 minutes, or until brown. Yield: 2 pizzas.

***Favorite Memory of KJAN:** We listen to you every morning to get the weather and all the news in the area. It starts our day. When the kids were home, we listened to see if there was school. Keep up the good work.*

*Alice Lamer, Walnut, IA
In Memory of Bertha Proksel*

Pepperoni Roll

- | | |
|--------------------------------------|--|
| 1 loaf frozen bread dough,
thawed | Sliced pepperoni |
| 5 T. butter, melted | 2 c. shredded Mozzarella
cheese |
| 1/4 tsp. oregano | Chopped onion, mushrooms,
black olives & green pepper |
| 1/2 tsp. parsley | (any amount you want) |
| 1/2 tsp. seasoned salt | |

Roll dough to a 10x15-inch rectangle. Melt butter with seasonings; brush some on dough. Place pepperoni, onions, mushrooms, black olives and green pepper on dough; sprinkle the cheese on top. Roll up like jellyroll on a cookie sheet. Brush more seasoned butter on dough. Bake at 350° for 30 minutes. Brush with more butter. Yield: 6 to 8 servings.

*Alice Lamer,
Walnut, IA*

Hungarian Goulash

- | | |
|---|----------------------------|
| 1 lb. beef chuck or round, cut
into 1" cubes (or use stew
meat) | 2 tsp. paprika |
| 1 c. sliced onions | 1/2 tsp. dry mustard |
| 1 sm. clove garlic, minced | Dash of cayenne red pepper |
| 3/4 c. catsup | Salt, to taste |
| 2 T. Worcestershire sauce | 1 1/2 c. water |
| 1 T. brown sugar | 2 T. flour |
| | 1/4 c. cold water |
| | 2 to 3 c. cooked noodles |

Brown beef, using a nonstick skillet, or add 1 tablespoon shortening. Add onions and garlic near end of browning. Stir in catsup, Worcestershire sauce, sugar, seasonings and 1/2 cup water; cover. Simmer 2 to 2 1/2 hours, until meat is tender. Blend flour and cold water. Stir gradually into meat mixture. Boil and stir 1 minute, until thickened. Serve over noodles. Yield: 4 to 6 servings.

Fay Eblen

Chicken Bundles

- | | |
|---|-----------------------------|
| 1 tube crescent rolls | Bread crumbs |
| 2 c. cooked chicken | 1/4 tsp. salt |
| 3 T. melted margarine (reserve
1 T.) | 1/8 tsp. pepper |
| 2 T. chopped onion | 1 (3 oz.) pkg. cream cheese |
| | Dash of garlic powder |

Drain chicken. Soften cream cheese; add 2 tablespoons margarine, onion and seasonings. Mix well, with a fork. Place 1/4 of mixture on one rectangle of crescents (press 2 triangle pieces together and roll out a little.) Bring up 4 corners; seal well. Put into a greased baking dish. Brush with rest of margarine and sprinkle with bread crumbs. Bake 25 minutes at 350°.

Favorite Memory of KJAN: Listening to the "Worry Bird" at 7:30 every morning.

Sheri Conn

Beef and Noodle Casserole

- | | |
|----------------------------|-------------------------------|
| 1 lb. ground beef | 2 cans tomato soup (sometimes |
| 1 onion | 1 use spaghetti sauce) |
| 1 (8 oz.) pkg. egg noodles | 2 c. grated Cheddar cheese |

Sauté beef and onion; drain any grease off. Cook noodles; drain (do not rinse). Combine meat mixture, noodles and sauce; mix well. Place in a 9x13-inch pan. Place cheese on top. Bake at 350°, until slightly browned on top and cheese is melted.

Karen Miller

Tuna Ring

- | | |
|------------------------------|-----------------------|
| 3 c. Bisquick | 1/2 c. butter or oleo |
| 3/4 c. cold water | 1/2 c. Bisquick |
| 2 cans tuna | 4 c. milk |
| 1 egg | 1 c. Cheddar cheese |
| 1 T. instant onion | Salt |
| 1/2 c. grated Cheddar cheese | Pepper |
| 1 T. parsley | Garlic salt |
| 1 tsp. celery salt | 1 egg, to brush with |
| 1/4 tsp. pepper | |

Make 3 cups Bisquick and 3/4 cup cold water into a soft dough; roll out to fit on an 11x14-inch pan, sprayed with oil. Mix next 7 ingredients well; spread on 1/2 of dough. Fold dough over to cover tuna ingredients. Form semi-circle in pan. Clip every 1 1/2 inches with scissors and do 1/2 turns. Brush dough with a beaten egg. Bake at 350° for 35 to 45 minutes. While baking, make cheese sauce. Make a roux of 1/2 cup butter or oleo and 1/2 cup Bisquick. Add 4 cups milk, 1 cup Cheddar cheese, salt, pepper, and garlic salt, to taste.

LeAnn Hawthorne

Oven Spaghetti

- | | |
|--------------------------------------|----------------------------|
| 1 1/2 lb. beef, browned &
drained | 1 c. water |
| 1 (28 oz.) jar spaghetti sauce | 1/2 c. Parmesan cheese |
| 1 pkg. dry spaghetti season mix | 1/2 lb. spaghetti noodles |
| | 1 1/2 c. Mozzarella cheese |

Brown and drain beef. Add to spaghetti sauce, dry spaghetti packet, water and Parmesan cheese. Parboil 5 minutes, spaghetti noodles. (Break them into 4 to shorten noodles.) Drain and stir into sauce mix. Place into a sprayed and greased 9x13-inch pan. Top with Mozzarella cheese. Bake at 350°, for 40 minutes covered and 10 minutes uncovered.

Note: Can refrigerate for up to 3 days, or freeze.

*Mildred Weddum,
LeAnn Hawthorne*

Swiss 'N Chicken Casserole

- | | |
|------------------------------------|----------------------------------|
| 4 c. chopped cooked chicken | 1 c. Miracle Whip Light dressing |
| 2 c. sliced celery | 1/2 c. milk |
| 2 c. croutons | 1/4 c. chopped onion |
| 2 c. (8 oz.) shredded Swiss cheese | 1 tsp. salt |
| | 1/8 tsp. pepper |

Heat oven to 350°. Mix all ingredients. Spoon into a 2-quart casserole. Bake 30 minutes, or until thoroughly heated. Yield: 6 servings. *Carol Hascall*

Vegetable Pizza

- | | |
|---------------------------------|----------------------|
| 1 1/2 to 2 tubes crescent rolls | 1 tsp. dill weed |
| 2 (8 oz.) pkg. cream cheese | 1 tsp. garlic powder |
| 2/3 c. mayonnaise | 1 T. seasoned salt |

Unroll crescent rolls; press into cookie sheet. Bake 10 minutes at 350°. Cool. Cream the cream cheese, mayonnaise and dill weed. Spread over cooked roll crust. For topping, use whatever you have, green peppers, broccoli, grated carrots, olives, celery, radishes, cauliflower or tomatoes. You can put 3, 4, 5 or 6 vegetables on it. *Carolyn Steele*

Honey-Ginger Grilled Salmon

- | | |
|----------------------|------------------------|
| 1 tsp. ground ginger | 1/4 c. honey |
| 1 tsp. garlic powder | 1 scallion, chopped |
| 1/3 c. soy sauce | 1 1/2 lb. salmon filet |
| 1/3 c. orange juice | |

Mix first 6 ingredients well. Pour over salmon; turn salmon to marinate completely. Refrigerate 15 minutes, up to 30 minutes for stronger flavor. Turn occasionally. Lightly grease grill rack. Preheat grill to medium heat. Grill 12 to 15 minutes per inch of thickness, or until fish flakes easily with fork. Brush with reserved marinade during cooking. Discard leftover marinade. Yield: 4 servings. *Deb Lamb*

Salmon and Lima Spoonettes

- | | |
|------------------------|---------------------------|
| 1 (1 lb.) can salmon | 2 T. chopped green pepper |
| 1 c. cooked lima beans | 1 tsp. salt |
| 1/4 c. catsup | 1 tsp. chopped onion |
| 1/3 c. flour | 2 eggs, beaten |

Remove bones and skin from salmon; separate into fine flakes. Add next 6 ingredients; blend. Add egg; mix well. Drop by spoonfuls into hot fat; fry about 3 minutes, or until brown. Serve with lemon wedges. Yield: 6 servings. *Dean Kopp*

Beef Stroganoff

- | | |
|----------------------------|---|
| 1 1/2 to 2 lb. beef strips | 1 (8 oz.) can mushrooms,
undrained |
| 1/4 c. margarine | 2 T. flour |
| 1/2 c. onion, chopped | 2 (10 oz.) cans cream of
mushroom soup |
| 1 clove garlic, chopped | 1 c. sour cream |
| 1/2 tsp. pepper | 1 pkg. cooked noodles |
| 1 tsp. salt | |

Melt margarine. Add onion and garlic; brown. Add beef. Cook until redness disappears. Add salt, pepper, mushrooms, flour and soup. Stir occasionally. Cook 20 minutes. Add sour cream before serving. Serve over noodles.
Yield: 6 servings.

Carol Hascall

One-Dish Meal

- | | |
|---------------------|------------------------|
| 1 lb. ground beef | 1 can vegetable soup |
| 1 med. onion | 1 T. sugar |
| 1 can mushroom soup | 1 T. soy sauce |
| 1 can tomato soup | 1/2 lb. cooked noodles |

Brown hamburger and onion together; drain. Mix with condensed soups, sugar, soy sauce and noodles. Heat and enjoy!

In Memory of Mrs. Ralph Arn

Beef Chow Mein

- | | |
|----------------------------|-------------------------------|
| 2 lb. round or chuck steak | 2 lg. cans meatless chow mein |
| 1 lg. onion | Soy sauce |
| 1 bunch celery | Cornstarch |

Cube steak in 1-inch squares; fry. Chop onion; brown with meat until done. Boil chopped celery in a large pan with water until done. Add meat and onion; simmer. Add meatless chow mein and enough soy sauce to taste. Thicken with cornstarch. Serve over rice or chow mein noodles.

In Memory of Grace Arn

Beef Stroganoff

1 pkg. egg noodles
2 cans cream of mushroom
soup

1 can cheese soup, Nacho or
Cheddar
1 1/2 c. milk
1 to 2 lb. hamburger

Cook noodles as directed on package. Put in pan over burner, or in oven, or in crock-pot. Mix in cream of mushroom soup and cheese soup. Add milk and browned hamburger. Cook until heated up and ready to serve. Salt and pepper, to taste.

*Kevin Lauridsen,
Des Moines, IA*

Old-Fashioned Texas Chili

3 to 4 lb. ground beef
1 gal. chili beans
1 (28 oz.) can tomatoes
1 med. hot pepper
2 tsp. oregano

2 med. onion, chopped
4 cloves garlic, chopped
3 bay leaves, crumbled
1 tsp. sugar
Salt & pepper, to taste

Mix ingredients. Simmer 5 hours.

*Arnold Farstrup,
Exira, IA*

Clean-Your-Plate Casserole

1 (8 oz.) pkg. angel hair pasta
1 lb. ground beef
1 (16 oz.) can Italian-style
tomato sauce
2 tsp. sugar
1/4 tsp. garlic powder

1/4 tsp. pepper
1 c. sour cream
3/4 c. chopped green onions
1 (3 oz.) pkg. cream cheese,
room temp.
1 1/2 c. grated Cheddar cheese

Cook pasta according to the directions on the package. Drain and set aside. Brown hamburger; add next 4 ingredients. In a small bowl, mix together sour cream, chopped green onions and cream cheese. Combine 2 mixtures; mix well. In a 9x13-inch glass baking dish, put the pasta on the bottom; top with the hamburger and cream cheese mixture. Top with grated Cheddar cheese. bake, uncovered, in a preheated 350° oven for 30 minutes, or until hot and cheese is melted.

***Favorite Memory of KJAN:** Sandbagging in '93. Oh the blisters from filling those bags.*

Denise King

Pork Chops O'Brien

1 T. vegetable oil
 6 (1/2" to 3/4" thick) pork
 chops
 Seasoned salt
 1 (10 3/4 oz.) can cream of
 celery soup
 1/2 c. milk
 1/2 c. sour cream

1/4 tsp. pepper
 1 (24 oz.) bag frozen O'Brien
 hash browns, thawed
 1 c. (4 oz.) shredded Cheddar
 cheese
 1 (2.8 oz.) can French's French-
 fried onions

Preheat oven to 350°. In a large skillet, heat oil. Brown pork chops on both sides. Sprinkle chops with seasoned salt; set aside. In a large bowl, combine soup, milk, sour cream, pepper and 1/2 teaspoon seasoned salt. Stir in potatoes, 1/2 cup cheese and 1/2 can French-fried onions. Spoon mixture into a 9x13-inch baking dish. Arrange chops on top. Bake, covered, at 350° for 35 to 40 minutes. Top chops with remaining cheese and onion. Bake, uncovered, 5 more minutes, until cheese is golden. Yield: 6 servings.

Favorite Memory of KJAN: *I am a die-hard Cubs fan and my favorite thing was listening to Chicago Cubs on KJAN. Then you switched to St. Louis Cardinals.*

Shara Cooper

Chicken and Noodles

5 c. water
 4 tsp. chicken bouillon
 1 1/2 tsp. minced onion

1 tsp. parsley
 2 c. cooked chicken
 12 oz. frozen noodles

Put onion, water, parsley and chicken in a large pan. Bring to a boil. Add bouillon; stir to dissolve. Drop in noodles. Stir to separate noodles. Simmer 50 minutes.

Pam Rodriguez

Skillet Supper

- | | |
|--|---------------------|
| 1 lb. bulk sausage | 1 T. sugar |
| Chopped onion, to taste | 2 tsp. salt |
| 1 (8 oz.) pkg. wide noodles,
cooked | 1 tsp. chili powder |
| 2 1/2 c. stewed tomatoes | 1 c. sour cream |

Cook sausage in a skillet until meat is brown. Drain off excess fat. Add cooked noodles, tomatoes, sugar, salt and chili powder. Cover; let simmer about 15 minutes. Stir in sour cream. Heat to serving temperature. Yield: 4 to 6 servings.

Our family enjoyed this one-dish meal on Friday nights in the living room while we watched Route 66 on TV. We called it the Friday Night Special.

Delma Stuetelberg

Hash Brown Quiche

- | | |
|---|---------------------------|
| 3 c. frozen, loose-pack
shredded hash browns, thawed | 1/4 c. diced green pepper |
| 1/3 c. margarine, melted | 2 eggs |
| 1 c. diced, fully-cooked ham | 1/2 c. milk |
| 1 c. (4 oz.) shredded Cheddar
cheese | 1/2 tsp. salt |
| | 1/4 tsp. pepper |

Press hash browns between paper towels to remove excess moisture. Press into the bottom and up the sides of an ungreased 9-inch pie plate. Drizzle with butter. Bake at 425° for 25 minutes. Combine the ham, cheese and green pepper; spoon over crust. In a small bowl, beat eggs, milk, salt and pepper; pour over all. Reduce heat to 350°. Bake for 25 to 30 minutes, or until a knife inserted near the center comes out clean. Allow to stand for 10 minutes before cutting. Yield: 6 servings.

Suzanne Just

Noodles and Cabbage

- | | |
|----------------------|------------------------------|
| 6 c. water | 1 c. shredded cabbage |
| 1/4 tsp. salt | 1/2 c. plain low-fat yogurt |
| 2 oz. med. noodles | 1/2 tsp. caraway seed (opt.) |
| 1/4 c. chopped onion | Dash of pepper |

In a large saucepan, bring water and salt to boiling. Add noodles and onion. Reduce heat slightly; boil gently, uncovered, for 5 minutes. Add cabbage; cook for 3 to 5 minutes, or until noodles and cabbage are tender. Drain well. Return noodles and cabbage to saucepan. Stir in yogurt, caraway seeds and pepper. Heat through, but do not boil. Yield: 4 servings.

LaVon Eblen

Beef Stew

- | | |
|------------------------|--------------------------|
| 2 lb. beef stew meat | 1/2 c. chopped celery |
| 1 c. canned tomatoes | 3 (or more) red potatoes |
| 6 med. carrots, cut up | 1 T. sugar |
| 1 med. onion, diced | 1 c. water |

Mix and place in a covered baking dish. Bake at 350° for 4 hours.

Donna Boll

Vegetable-Turkey Stew

- | | |
|--|--|
| 3 c. fresh baby carrots | 1 c. sliced onion |
| 6 c. cubed (1") peeled russet potatoes | 2 lb. boneless skinless turkey thighs (2 thighs), cut into 1" pcs. |
| 6 stalks celery, cut into 1" pcs. (1 1/2 c.) | 2 (12 oz.) jars roasted turkey gravy |

Spray a 4- to 5-quart slow-cooker with nonstick cooking spray. Layer all vegetables in slow-cooker. Top with turkey. Pour gravy over turkey. Cover; cook on high setting for 4 hours, or on low setting for 8 hours. Stir just before serving. Yield: eight (1 1/2-cup) servings.

Marietta Petersen

Beef Stew

- | | |
|--------------------------------|------------------------------|
| 2 lb. stew meat | 1 pkg. Lipton onion soup mix |
| 1 sm. can golden mushroom soup | 1/2 c. cheap, red wine |

Mix the golden mushroom soup, onion soup mix and wine together. Place stew meat in a casserole dish; pour mixture over the meat. Cook in a covered casserole at 300° for 3 hours. You do not need to brown the meat first. You may put vegetables in, if desired, but increase wine accordingly.

Dee Reilly

Shipwreck

2 or 3 potatoes	1 lg. green pepper
1 lb. hamburger	1 lg. onion
1 (16 oz.) can kidney beans	1 (29 oz.) can stewed tomatoes
4 ribs celery, diced	

Peel and slice potatoes. Dice green pepper, reserving 15 slivered half rings from large part of pepper for garnish. Slice onions, or dice if you prefer. In an oiled 9x13-inch (or larger) pan, arrange sliced potatoes over entire bottom of pan, at least 2 layers deep. Crumble raw hamburger over potatoes. Pour beans (undrained) over hamburger. Sprinkle diced celery over bean layer. Sprinkle diced green pepper over celery (reserving the 1/2 rings). Arrange onions over entire layers. Pour stewed tomatoes evenly over last layer. Salt and pepper, if desired. Arrange slivered green pepper slices for garnish. Bake at 350° for one hour, or until potatoes are done. Yield: 8 servings.

Jim's sister's recipe with my additions.

Marvel Van Ginkel

Helen Pont's Chicken and Noodles

6 egg yolks	2 c. flour
1/2 c. milk or cream	1 tsp. baking powder
1 chicken	1/2 tsp. salt
1 gal. chicken broth	

Boil chicken in a large container. When done, remove chicken from liquid; debone. Add water (or chicken broth from can) to make 1 gallon liquid. Beat together 6 egg yolks; add 1/2 cup milk (or cream). Beat. Sift together flour, baking powder and salt. Add to egg mixture. Place mixture on floured surface; divide into 3 parts. Pat into 3 balls, adding flour, if necessary, to make a stiff dough. Let stand for 15 minutes (or longer). Roll the first ball out flat and cut into strips (approximately 2 inches times the length of the dough). Roll out and cut all three balls this way. Layer 2-inch strips, sprinkling flour in between each strip. Cut noodles 1/8-inch thinner. (Noodles will be 1/8x2-inches.) Drop by handfuls into boiling chicken broth. Stir constantly. Simmer until noodles are done.

Carole Schuler

Pizza-Getti

- | | |
|--------------------------------------|----------------------------|
| 1 lb. ground beef, browned & drained | 1/2 c. milk |
| 1 (10 oz.) pkg. spaghetti, cooked | 1 (32 oz.) jar Prego sauce |
| 1 egg | 1 c. Cheddar cheese |
| | 1 c. Mozzarella cheese |
| | Pepperoni slices |

Brown and drain ground beef. Cook one 10-ounce package of spaghetti; drain. Add egg and 1/2 cup milk. Stir in meat and Prego sauce. Put in a 9x13-inch pan. Top with pepperoni slices. Sprinkle cheese on top. Bake, covered, 30 to 35 minutes at 350°, until cheese melts.

Dorine Koob

Inez Christensen's Noodles

- | | |
|-----------|------------|
| 1 egg | 1 c. flour |
| 2 T. milk | |

Mix 1 egg and 2 tablespoons of milk together. Add 1 cup flour. Roll out to desired thickness. Let stand 15 to 20 minutes. Roll up; cut to desired thickness. Cook in desired broth until tender.

Favorite Memory of KJAN: "Worry Bird" was a "great memory" for my mom and also my family. It always made us feel our problems were amongst others.

Connie May

Spaghetti

(A specialty of the house)

- | | |
|--------------------------------|------------------------------|
| Boiling water | 1 lb. ground beef, thawed |
| Dash of salt | 1 (15 oz.) can Chef Boyardee |
| A bit of oil or margarine | spaghetti sauce with meat |
| 4 med. handfuls long spaghetti | |

Use a 2 1/2-quart saucepan half-full of water. Add the salt and oil or margarine; bring to a boil. Break spaghetti into thirds in a bowl; add to boiling water. Allow it to come to a hard boil. Stir twice with a fork; cover. Remove the pan from the heat. Do not remove the lid (not even to peek) for 20 minutes. Meantime, brown 1 pound of thawed ground beef in a covered 9-inch skillet over medium heat, stirring several times. Add spaghetti sauce to the meat and simmer. Can add a little water as needed. Drain spaghetti; stir with a fork. Combine with meat and sauce in skillet. Cook over low heat at least 15 minutes, stirring occasionally, to enhance flavor. Yield: 4 generous servings.

Favorite Memory of KJAN: When KJAN had a studio in the Minor Building on East Fourth Street in the 1950's. I was one of several RYP members who did a broadcast telling about activities of the Rural Young People's Organization. That was my first experience appearing on a radio program.

Trena Chinitz

Souper Meat Loaf

- | | |
|---|-----------------------|
| 1 can Campbell's cream of
onion soup | 1 1/2 lb. ground beef |
| 1/2 c. fine, dry bread crumbs | 2 T. chopped parsley |
| 1 egg, slightly beaten | 1 tsp. salt |
| 1/4 c. water | 1/4 tsp. soy sauce |

Mix thoroughly, 1/2 cup soup, beef, bread crumbs, parsley, egg and salt. Shape firmly into a loaf. Place in a loaf pan. Bake at 350° for 1 hour and 15 minutes. Blend remaining soup, water, soy sauce and 2 to 3 tablespoons drippings. Heat, stirring occasionally. Serve with loaf. Yield: 6 servings.

Kay Winston

Easy Hamburger-Noodle Dish

- | | |
|---------------------------------------|-------------------------|
| 1 1/2 to 2 lb. hamburger | 2 cans pizza sauce |
| 1 med. onion, chopped | 8 oz. Mozzarella cheese |
| 1 (12 oz.) pkg. frozen egg
noodles | |

Brown hamburger and onion together; drain excess grease. Cook noodles according to package directions; drain. Mix together beef, onion, noodles and pizza sauce. Put into a 9x13-inch pan. Cover with cheese. Bake at 400° for 10 minutes, or until cheese has melted.

Suzanne Just

American Goulash

- | | |
|-------------------------------|-----------------------------|
| 1 c. macaroni | 1/2 lb. hamburger |
| 1 lg. chopped onion | 1 T. butter |
| 2 tsp. salt | 1/2 tsp. pepper |
| 1 (No. 2 1/2) can tomato soup | 1 can condensed tomato soup |

Cook macaroni in salted water; drain. Brown meat and onion in butter. Add macaroni and season. Add tomatoes and soup to your meat. Pour into a greased baking dish. Bake 30 minutes in a moderate 350° oven.

*Marcella Weppeler,
Lewis, IA*

Best Meat Loaf

- | | |
|-----------------------|----------------------|
| 2 c. crushed cracker | 2 beaten eggs |
| 1 pt. tomato juice | 1/2 c. chopped onion |
| 1 1/2 lb. ground beef | 3/4 tsp. sage |
| 1/2 lb. ground pork | 1 c. corn flakes |

Soak cracker crumbs and corn flakes in tomatoes. Add rest of ingredients; mix well. Pack into a greased 7 1/2 x 10-inch pan. Spread BBQ sauce on top. Bake in oven at 350° for 1 hour and 15 minutes. Yield: 6 to 8 servings.

Dean Kopp

Baked Spaghetti

- | | |
|---------------------------------------|------------------------------------|
| 1 c. chopped onion | 1 lb. ground beef |
| 1 c. chopped green pepper | 12 oz. spaghetti, cooked & drained |
| 1 T. margarine | 2 c. shredded Cheddar cheese |
| 1 (28 oz.) can tomatoes | 1 (10 3/4 oz.) can mushroom soup |
| 1 (4 oz.) can mushroom stems & pcs. | 1/4 c. water |
| 1 (2 1/4 oz.) can sliced, ripe olives | 1/4 c. Parmesan cheese |
| 2 tsp. dried oregano | |

In a large skillet, sauté onion and green pepper in margarine until tender. Add hamburger. Cook until no longer pink. Add tomatoes, mushrooms, olives and oregano. Simmer, uncovered, for 10 minutes with 1/2 the sauce and half the cheese; repeat layers. Mix soup with water; spread over top of casserole. Sprinkle Parmesan cheese on top. Bake, uncovered, at 350° for 30 to 35 minutes.

Nancy Rourick

Spaghetti Chicken

- | | |
|------------------------------|---------------------------------------|
| 1 lg. hen or 3 whole breasts | 1 can peas |
| 1 1/2 sticks margarine | 1 can Ro-Tel tomatoes & green chilies |
| 2 green peppers, chopped | 1 sm. jar pimento |
| 2 lg. onions, chopped | 3 c. Velveeta cheese |
| 2 (12 oz.) pkg. spaghetti | |

Cover chicken with water; cook on low heat until tender. Save broth. Remove chicken from broth; cut into pieces. Sauté green pepper and onion in margarine on low heat for 30 minutes. Cook spaghetti in broth. Add extra water only if necessary. Do not drain. Add cheese, onions, peppers, tomatoes, peas, pimento and chopped chicken; mix well. Put into two 9x13-inch casseroles. Bake at 350° for 1 hour. Yield: feeds a crowd.

Note: May be frozen.

Jean Michalski

Chicken and Noodles

2 egg yolks	Sprinkle of black pepper
3 whole eggs	2 1/2 c. flour (or more)
1 tsp. salt	4 c. cooked & boned chicken
2 T. melted margarine	2 qt. chicken broth

Beat eggs with whip. Add salt, pepper and margarine; stir in flour, enough to make a stiff dough. Roll out on a well-floured surface until desired thickness. Cut into strips; let dry for a while. Drop into boiling hot chicken broth. Reduce heat; let boil at medium heat for 15 minutes. Add chicken pieces. Serve plain or over mashed potatoes.

Favorite Memory of KJAN: *So good to hear all the 4-H fair reports and the evening grandstand programs live from the Free Cass County Fair.*

Beulah Ostrus

Cordon Bleu

3 chicken breasts, skinned & boned	1 tsp. salt
6 thin ham slices	1/3 c. oil or margarine
6 thin Swiss cheese slices	Water
1/4 c. flour	Wine
1/4 c. Parmesan cheese	Almonds

Cut each breast in half and pound thin. Place ham, then cheese, on chicken. Roll up; tuck ends and secure with a toothpick. Dip into flour, cheese and salt mixture; chill at least 1 hour. In a skillet, heat oil or oleo and sauté chicken. Put chicken in a 9x13-inch baking dish. Use leftover flour mixture to make a gravy-sauce. Use water and wine for liquid. Pour over chicken rolls. Bake 1 to 1 1/2 hours at 350°. Garnish with slivered almonds. Yield: 6 servings.

Favorite Memory of KJAN: *Listening to KJAN during the flood of 1958, while I was in the hospital after the birth of my daughter, Tammie, on July 3rd.*

Shirley Ferguson

Beef Stew

2 lb. stew meat	4 potatoes, cut up or diced
1 onion, cut up	1 can mushrooms
1 sm. bag carrots	2 cans cream of mushroom soup
4 stalks celery	

Mix all of above, or you can also put it in layers in order listed. Spray or grease bottom of a 9x13-inch pan. Put in pan and cover. Bake at 325° for 3 hours in oven. Be sure to cover, and do not look at, or uncover.

Karen Miller

Pizza Spaghetti Pie

MEAT LAYER:

1 lb. ground beef
1/2 c. fine, dry bread crumbs
1/2 c. chopped onion

1 tsp. salt
Dash of pepper
2/3 c. evaporated milk

SPAGHETTI LAYER:

4 oz. spaghetti, cooked &
drained

1 egg, beaten
1/4 c. grated Parmesan cheese
2 T. butter

TOPPING:

1 (8 oz.) can pizza sauce
1/2 tsp. oregano

1 c. (4 oz.) shredded Mozzarella
cheese

Heat oven to 350°. Combine ground beef, bread crumbs, onion, salt, pepper and evaporated milk. Press firmly onto bottom and sides of a 9-inch pie plate. Bake 35 to 40 minutes. Spoon off drippings. Combine spaghetti with egg, Parmesan cheese and butter. Spread in baked meat shell. Top with pizza sauce, oregano and Mozzarella cheese. Bake an additional 10 minutes. Let stand 5 minutes before cutting into wedges.

Ruth Murray

Beef Stir-Fry

1 tsp. beef bouillon granules
1 c. boiling water
2 T. cornstarch
1/3 c. soy sauce
1 lb. boneless sirloin steak,
cut into thin strips
1 tsp. garlic salt

1 tsp. ground ginger
1/4 tsp. pepper
2 T. vegetable oil
1/2 bag frozen stir-fry
vegetables
4 c. instant rice, cooked

Dissolve bouillon in water. Combine cornstarch and soy sauce until smooth. Add to bouillon. Set aside. Toss beef with garlic, ginger and pepper, in wok or tall Teflon-coated skillet, over medium-high heat. Stir-fry beef in oil. Take meat out and set aside. Add vegetables; stir-fry until done and a little crisp. Add meat back with vegetables; stir-fry in soy mixture. Boil for 2 minutes. Serve over rice.

Cheryl Christensen

Lasagna

(Without Cottage Cheese)

1 lb. hamburger	1/4 tsp. black pepper
1/2 c. chopped onions	10 lasagna noodles, cooked & drained well
1 (28 oz.) can chopped tomatoes	2 (6 oz.) pkg. Mozzarella cheese
1 (6 oz.) can tomato paste	1/2 lb. Velveeta cheese, sliced thin
1/3 c. water	1/2 c. Parmesan cheese
1 clove garlic, minced (opt.)	
1 tsp. oregano	

Brown hamburger; add onions. Cook until tender. Add tomatoes, paste, water, garlic and seasonings. Cover and simmer 30 minutes. In an 8x12-inch pan, layer noodles, meat sauce, then cheese. Repeat layers. Bake at 350° for 30 minutes. Yield: 6 servings.

Favorite memory of KJAN: *I start every day with KJAN and always have. It goes very well with my first cup of coffee.*

Shirley Warne

Beef Stroganoff

3/4 lb. boneless beef round steak	1/2 c. water
1/4 lb. canned or fresh mushrooms	1 T. catsup
1/2 c. sliced onions	1/8 tsp. pepper
1/2 c. condensed beef broth	2 T. flour
	1 c. buttermilk
	2 c. noodles or rice, cooked

Trim fat from steak. Slice steak across grain into thin strips, about 1/8-inch wide and 3 inches long. (Easier to slice meat thinly when partially frozen.) Wash and slice mushrooms. Cook beef, mushrooms and onions in nonstick frypan until beef is lightly browned. Add broth, water, catsup and pepper. Cover; simmer until beef is tender, about 45 minutes. Mix flour with 1/4 cup buttermilk until smooth. Add remaining buttermilk. Stir into beef mixture. Cook, stirring constantly, until thickened. Serve over noodles or rice. Yield: 4 servings.

Note: This stroganoff is lower in fat and calories than most, but don't tell anyone. They'll never know.

LaVon Eblen

Easy Lasagna

- | | |
|--|----------------------------------|
| 2 lb. hamburger, browned & drained | 1 c. water |
| 9 cooked lasagna noodles | 8 oz. Mozzarella cheese |
| 1 (28 oz.) jar spaghetti sauce (your favorite) | 8 oz. mild Cheddar cheese |
| | 1/8 to 1/4 tsp. Mrs. Dash (opt.) |

Combine meat sauce and water. Place 3 noodles in a 9x13-inch pan. Sprinkle on 1/3 of meat sauce and 1/3 of each cheese. Add another noodle layer, then alternate layers, ending with meat sauce and cheeses as topping. Bake at 350° for 30 minutes. Yield: 10 to 12 servings.

Mrs. Glen Clemson

Texas Ranch Stew

- | | |
|------------------------------------|-------------------------------------|
| 3/4 lb. round steak, cubed | 1 (15 oz.) can pinto beans, drained |
| 1 T. oil | |
| 1 med. onion, chopped | 1 (16 oz.) can green beans, drained |
| 1 (14 1/2 oz.) can stewed tomatoes | 2/3 c. smokey barbecue sauce |

In large skillet, cook meat in hot oil until almost brown. Add onion; cook until soft. Stir in remaining ingredients. Cook; simmer 5 minutes. Good served with cornbread.

Note: Also works in a crock-pot, but don't add green beans until 10 minutes before serving, or until heated.

Favorite Memory of KJAN: Listening to "This is Your Nishna Valley" as we sat down to Sunday dinner after coming home from church.

*Jolene Sisler,
Employee, 1990 to present*

Favorite Beef Supper

- | | |
|---------------------------------|----------------------------|
| 1 1/2 lb. ground beef | 1 c. French onion chip dip |
| 1 sm. onion, chopped | 1 c. milk |
| 2 lb. potatoes, peeled & sliced | 1 tsp. salt |
| 1 can cream of mushroom soup | 1/2 tsp. pepper |
| 1 c. shredded Cheddar cheese | 1 1/2 c. crushed cereal |

Heat oven to 350°. Brown ground beef and onion until done; drain. Boil sliced potatoes until done; drain. In mixing bowl, combine potatoes and ground beef. Add soup, chip dip, salt, pepper and milk. Stir lightly to combine. Put mixture into 8x11-inch glass baking dish. Sprinkle with cheese, then cereal. Put in oven. Bake 45 minutes.

Favorite Memory of KJAN: My favorite memory of KJAN would have to be the "Good Morning Song." It was a real eye opener for my kids.

Diane Harris

Chicken Pasta Parmesan

- | | |
|--|---|
| 1 1/2 lb. boneless, skinless
chicken breasts, cut in 1x2"
pcs. | 2 T. cooking sherry |
| 2 T. oil | 1 can cream of chicken soup |
| 1 c. fresh, sliced mushrooms | 1/2 c. thinly-sliced red & green
peppers |
| 1/4 c. chopped onion | 1/2 c. grated Parmesan cheese |

In a skillet, cook chicken in oil until browned. Remove; set aside. In hot drippings, cook mushrooms and onion until tender. Add sherry and soup; heat through, stirring often. Add chicken and peppers. Cover; simmer 10 minutes, stirring occasionally. Stir in cheese until melted. Serve over hot cooked pasta of your choice. Also good over rice.

Alberta Millikan

Chicken-Broccoli Casserole

- | | |
|---|------------------------------|
| 2 1/2 to 3 c. cooked chicken | 1 T. chopped onion |
| 2 c. uncooked sm. shell
macaroni | 1 can cream of mushroom soup |
| 2 pkg. frozen broccoli, thawed
& cut in sm. chunks | 1 can cream of chicken soup |
| 1 (8 oz.) can sliced water
chestnuts | 1 soup can milk |
| 1 (2 oz.) jar diced pimento | 1 1/2 c. chicken broth |
| 1/2 green pepper, finely chopped | 1/2 tsp. salt |
| | Dash of pepper |
| | 2 oz. slivered almonds |
| | 1/2 c. grated Cheddar cheese |

Put diced chicken in a buttered 9x13-inch pan. Put 2 cups uncooked small shell macaroni over chicken. Put the thawed broccoli, cut in chunks, over macaroni. Put sliced water chestnuts over broccoli. Put pimento, onion and green pepper over chestnuts. Combine soups, milk, chicken broth, salt and pepper. Pour over ingredients in pan. Sprinkle almonds and cheese over soup. Cover with foil; refrigerate overnight. Bake at 350° for 2 hours. Remove foil before baking.

Lois Felker

Pasta alla Carbonara

- | | |
|------------------------|------------------------|
| 2 lb. bacon | 2 or 3 onions, chopped |
| 1 1/2 lb. mushrooms | 1 c. whipping cream |
| 8 eggs | 1/2 c. chopped parsley |
| 1/2 c. Parmesan cheese | 2 lb. spaghetti |

Fry bacon; drain off fat. Add onions and mushrooms. In a bowl, beat eggs with cream; add cheese and parsley. Cook spaghetti; drain. Pour egg mixture over hot spaghetti. Pasta will cook eggs. Mix in bacon, onions and mushrooms.

Viola Kilworth

Breakfast Pizza

- | | |
|---|---------------------------|
| 1 lb. sausage | 1 c. sharp Cheddar cheese |
| 1 (8 oz.) pkg. refrigerated
crescent rolls | 1/4 c. milk |
| 1 c. frozen hash browns, thawed | 1/2 tsp. salt |
| 5 eggs, beaten | 1/2 tsp. pepper |
| | 2 T. Parmesan cheese |

Brown your sausage and drain off fat. Separate dough into 8 triangles. Place triangles, with points toward the center, in greased 12-inch pizza pan. (Spread the triangles out as best you can to cover the pan.) Sprinkle the hash browns over crust. Sprinkle sausage over hash browns. Beat together 5 eggs with milk, salt and pepper. Pour over top. (I sometimes leave out the salt, as the sausage and cheese will add salt.) Sprinkle top with Parmesan cheese. Bake at 375° for 25 minutes.

*Leita Blunk,
Atlantic, IA*

Impossible Cheeseburger Pie

- | | |
|------------------------------|----------------------------|
| 1 lb. ground beef | 1 c. milk |
| 1 c. chopped onion | 1/2 c. Bisquick baking mix |
| 1/2 tsp. salt | 2 eggs |
| 1 c. shredded Cheddar cheese | |

Heat oven to 400°. Cook ground beef and onion; drain. Stir in salt. Spread in greased 9-inch pie plate; sprinkle with cheese. Stir in remaining ingredients with fork until blended. Pour into plate. Bake 25 minutes, or until knife inserted in center comes out clean. Yield: 8 servings.

High Altitude: Bake 30 to 35 minutes.

Donna Sue Vorrath

Asian Beef and Noodles

- | | |
|---|--------------------------------|
| 1 1/4 lb. ground beef | 2 c. frozen vegetable mixture |
| 2 (3 oz.) pkg. Oriental flavor
instant Ramen noodles | 1/4 tsp. ground ginger |
| 2 c. water | 2 T. thinly-sliced green onion |

In large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes, or until beef is no longer pink, breaking up into 3/4-inch crumbles. Remove with slotted spoon; pour off drippings. Season beef with 1 seasoning packet from noodles; set aside. In same skillet, combine 2 cups water, noodles (broken up), vegetables, ginger, and remaining seasoning packet. Bring to boil; reduce heat. Cover; simmer 3 minutes, or until noodles are tender, stirring occasionally. Return beef; heat through. Stir in green onion. Yield: 4 servings.

Preparation Time: 25 minutes.

Marietta Petersen

"One-Skillet" Enchiladas

- | | |
|---|--|
| 1 lb. meat, cooked & diced
(leftover chicken, beef, pork,
etc.; even well-drained
ground beef works) | 1 bunch chopped green onions
(reserve some for garnish) |
| 1 can cream of mushroom soup | 1 sm. can sliced black olives |
| 1 can enchilada sauce | Jalapeño peppers (opt.) |
| 1/2 c. milk | 2 c. shredded Cheddar cheese |
| | Sour cream |

Use a large skillet with cover. Combine first 7 ingredients in skillet; bring to simmer, stirring often so it doesn't stick. Simmer, covered, for 20 minutes on low heat, stirring occasionally. While sauce is simmering, put cheese in tortillas; roll up. When sauce is done, lay stuffed tortillas on top of sauce. Cover tortillas with remaining cheese; put a large dollop of sour cream on each tortilla. Cover and simmer 10 minutes, or until cheese melts. To serve, carefully lift tortillas onto individual plates (2 to a plate) and spoon sauce all around the sides. Garnish with reserved chopped green onion.

Favorite Memory of KJAN: *I love the "Trading Post"!* **Sara Victoria**

Wild Rice and Chicken

- | | |
|--|------------------------------|
| 1 (6 oz.) pkg. long-grain & wild
rice mix, cooked | 1/2 c. mayonnaise |
| 1 (10 oz.) pkg. frozen chopped
broccoli, thawed | 1 can cream of mushroom soup |
| 3 c. cooked, diced chicken | 1/4 tsp. dry mustard |
| 1 c. American processed
cheese, cubed | 1/4 tsp. curry powder |
| 1 c. fresh sliced mushrooms | 1/4 c. Parmesan cheese |
| | 1/2 c. crushed croutons |
| | 2 T. butter |

Preheat oven to 350°. In a lightly-greased 9x13-inch glass pan, layer rice, broccoli, chicken, cheese and mushrooms. In a small bowl, combine mayonnaise, soup, mustard and curry. Pour over chicken mixture. Sprinkle with Parmesan cheese. Melt butter; add to crushed croutons. Sprinkle over cheese. Bake 30 minutes, or until bubbling hot. Yield: 10 servings.

Favorite Memory of KJAN: *I grew up just north of KJAN. We always listened to KJAN and I especially enjoyed the "Worry Bird" and birthdays while getting ready for school.* **Vicki Euker Heiken**

Meat Balls Hawaiian

- | | |
|-------------------------------------|---------------------------|
| 1 lb. ground pork or beef | 1/8 tsp. allspice |
| 1 egg | 1/8 tsp. cloves |
| 2 slices fresh bread, crumbled | Pineapple chunks, drained |
| 1 T. chopped onion (fresh or dried) | Ketchup |
| 1 tsp. salt | Brown sugar |

Drain pineapple; reserve juice. Mix meat, egg, bread, spices and 2 tablespoons pineapple juice. Mold small amount of meat around each pineapple chunk (about the size of a ping-pong ball to golf ball). Place in baking dish, 8x12 inches. Cover with waxed paper. Microwave on HIGH for 4 minutes. Rearrange meat; cook 1 1/2 minutes more. Drain. Combine 1/2 cup pineapple juice, 1/2 cup ketchup and 1/3 cup brown sugar. Pour over meat balls. Cook 3 to 5 minutes. Use tidbits for smaller meat balls (appetizers).

Kathy McCrory

Manwich Meat Loaf

- | | |
|--|---|
| 2 cans Manwich | 1 1/2 lb. ground beef, cooked & drained |
| 1 c. milk | 3/4 c. Quaker Oats |
| 2 eggs | |
| 3 or 4 c. day-old bread, toasted in oven & cut in pcs. | |

Combine all ingredients. In a 9x13-inch Pyrex dish, bake at 350° for 45 minutes to 1 hour.

Favorite Memory of KJAN: *I listened to "Old Trading Post" years ago, and still do.*

*Wanda Brown,
Anita, IA*

Sloppy Joe Under a Bun

- | | |
|-------------------------------|-------------------------|
| 1 1/2 lb. ground beef | 2 c. biscuit baking mix |
| 1 (15 oz.) can sloppy joe mix | 2 eggs, beaten |
| 2 c. shredded Cheddar cheese | 1 c. milk |

In a skillet, cook beef until no longer pink; drain. Stir in sloppy joe sauce; mix well. Put in a lightly-greased 9x13x2-inch baking dish. Sprinkle with cheese. In a bowl, combine biscuit mix, eggs and milk just until blended. Pour over cheese. Bake, uncovered, at 400° for 25 minutes, or until golden brown. Yield: 8 servings.

Lela Judd

Cranberry Pork Roast

- | | |
|---|------------------------|
| 1 boneless rolled pork loin
roast (2 to 3 1/2 lb.) | 1 tsp. dry mustard |
| 1 (16 oz.) can jellied cranberry
sauce | 1/4 tsp. ground cloves |
| 1/2 c. sugar | 2 T. cornstarch |
| 1/2 c. cranberry juice | 2 T. cold water |
| | Salt, to taste |

Place pork roast in a slow-cooker. In a medium bowl, mash cranberry sauce. Stir in sugar, cranberry juice, mustard and cloves. Pour over roast. Cover; cook on low 6 to 8 hours, or until meat is tender. Remove roast; keep warm. Skim fat from juices; measure 2 cups, adding water, if necessary. Pour into a saucepan. bring to a boil over medium-high heat. Combine the cornstarch and cold water to make a paste; stir into gravy. Cook and stir until thickened. Season with salt. Serve with sliced pork. Yield: 4 to 6 servings.

Favorite Memory of KJAN: *I can remember when KJAN first began broadcasting from their downtown studio.*

Robert Vernon

Barbecued Meat Balls

- | | |
|-------------------------|----------------------|
| 3 lb. ground meat | 1/4 tsp. garlic salt |
| 1 can evaporated milk | 1/4 tsp. pepper |
| 2 c. quick oatmeal | 3 tsp. chili powder |
| 2 eggs | 2 tsp. salt |
| Chopped onion, to taste | |

SAUCE:

- | | |
|------------------|----------------------|
| 1 c. brown sugar | 2 T. liquid smoke |
| 2 c. catsup | 1/2 tsp. garlic salt |
| | 1/2 c. water |

Meat Balls: Mix well; form into meat balls the size of walnuts. Place in a single layer in pan.

Sauce: Combine ingredients; bring to boil for 1 minute. Pour over meat balls. Bake 1 hour at 350°. Yield: 60 balls.

These freeze very well.

Favorite Memory of KJAN: *I guess I can say that KJAN has been our favorite radio station since they came on the air. Then, quite a few years ago, someone from the station called on me to give a weekly walnut report. I reluctantly agreed to try, even though I felt very nervous and unsure of myself. But, I have found the staff so nice. After all these years, we are on a first-name basis, even though I'm not able to put a face with each name.*

Mary Hansen

Grilled Turkey

1 (10 to 12 lb.) turkey
4 or 5 slices bacon
1 lemon, cut in chunks

1 apple, cut in chunks
1 med. to lg. onion, quartered

BASTING SAUCE:

1/4 c. butter
1 c. brown sugar

1/4 c. wine
Salt & pepper, to taste

Wash and clean outside and cavity of bird; pat dry. Place 1 or 2 slices of cut-up bacon, cut-up chunks of lemon, apple and cut-up onion in cavity of bird. Wrap 2 or 3 slices of bacon around turkey. Combine butter, brown sugar, wine, salt and pepper to taste, to use as basting sauce; melt in microwave. Cover turkey with aluminum foil after basting. Place in pan with a little water in bottom of pan. Turn gas grill on high; place turkey on grill and cook for 15 to 20 minutes. Turn grill to low and cook until done (approximately 1/2 hour per pound), basting with sauce every 15 to 20 minutes.

*Judy Lauridsen,
Exira, IA*

Deer Sausage

2 lb. ground deer
2 T. Tender Quick salt
1/2 tsp. mustard seed
1/2 tsp. onion powder

1/2 tsp. garlic powder
1/2 tsp. liquid smoke
1 tsp. pepper
1 c. water

Mix all ingredients together; form into two rolls. Wrap rolls in heavy foil, folding the end to seal. Refrigerate rolls for 24 hours. Take rolls out of refrigerator; boil in foil for 1 hour. Open ends; let drain. Let cool in the foil. Slice; enjoy.

Georgia Chamberlin

Honey Lemon Herb Chicken

1/3 c. honey
1/4 c. ReaLemon
2 tsp. dried rosemary leaves,
crushed

1/4 tsp. crushed red pepper
2 lb. chicken pcs. or breasts

Combine all ingredients, except chicken. Brush half of sauce on chicken. Bake at 350° for 1 hour, or until thoroughly cooked, brushing on remaining sauce halfway through baking time.

*Donna Brahms,
3 Bee Honey Farms*

Ham Rolls

3/4 lb. smoked ham, ground	1/4 tsp. salt
1 1/2 lb. lean ground pork	1 egg
34 c. corn flake crumbs	1/2 c. milk

SAUCE:	2 T. dry mustard
3/4 c. brown sugar	3 T. vinegar

Mix first 6 ingredients together; make into small rolls.

Sauce: Boil and stir sauce. Watch. Pour over rolls. Baste rolls twice while baking. Bake, uncovered, at 325° for 1 hour.

Favorite Memory of KJAN: When "Worry Bird" was on, and also when kids would keep calling to see if there was school. **Ruth Turner**

Norwegian Meat Balls

2 lb. ground beef	1/2 onion, chopped fine
2 eggs	1 tsp. salt
2 T. cornstarch	1/8 tsp. ginger
4 T. half & half	1/8 tsp. allspice

Thoroughly blend ingredients. Form into balls. Brown in skillet until done.

Deb Lamb

Greek Chicken

1 lb. chicken wings, or cut-up chicken	1/2 tsp. paprika
Fresh lemon juice	1/4 tsp. pepper
1 tsp. garlic powder	1 T. Greek oregano
1 tsp. seasoning salt	Butter

Wash chicken; pat dry. Place chicken in a non-metal bowl; coat with lemon juice. Let chicken stand from 1 hour to all day with lemon juice. Preheat oven to 400°. Place chicken in a glass baking dish; season with above seasoning. Turn chicken; repeat seasoning on the other side. Place pats of butter on chicken. Place in oven; bake for 1 hour. Baste twice while baking. (Chicken will not brown in metal pans.)

Favorite Memory of KJAN: I appreciate KJAN's coverage of the Cass County Fair. Especially the opportunity for 4-H'ers to do live interviews over the radio. **Deb Lamb**

Ham Balls

5 lb. ham loaf mix
2 c. milk

3 eggs
3 c. crushed graham crackers

Mix all together. Use a measuring cup to form the balls, 1/2 cup, or the size you wish.

Cover with the following sauce:

2 cans tomato soup
3/4 c. vinegar

1 c. brown sugar
2 tsp. dry mustard

Bake at 350° for 30 minutes in a 9x13-inch pan.

***Favorite Memory of KJAN:** I remember when KJAN first came on the air and how nice it was to have a local station.*

Avis Becker

Prime Rib in Crock-Pot

1 (3 1/2" to 4") rump roast
1 (16 oz.) can beef broth

1 pkg. Good Seasons Italian
dressing
1 pkg. au jus mix

Place roast in a sprayed crock-pot. Mix other ingredients together in a bowl; pour over the roast. Cook on low for 8 hours. Use juice for a dip.

Karen Miller

Honey-Glazed Peasant or Quail

4 pheasant breasts, or 8 quail
Butter
Sesame seeds

Honey
Cooking oil
Celery seed

Breast pheasant. (Can use quail on bone with hip and legs removed, but keep legs and prepare in similar manner.) Sauté breast in butter. Remove; place in separate frypan with cooking oil. Add sesame seeds; lightly add celery seed. Fry at low to medium heat. Remove when thoroughly cooked; place on a serving tray. Add light amount of regular honey over breast; serve. Yield: 4 servings.

Note: Celery seed can be deleted. It has an interesting flavor. It is unique.

Bob Sharp

Succulent Pork Roast

MARINADE:

1/2 c. dry white wine
1/4 c. vegetable oil
6 T. Dijon mustard
1/4 c. chopped mushrooms
2 T. soy sauce

2 T. fresh lemon juice
2 T. minced onion
2 T. butter
1/2 tsp. celery seed
1/2 tsp. salt
1/2 tsp. black pepper

1 (5 lb.) pork loin roast, boned,
rolled & tied

In a large bowl, mix together all marinade ingredients. Place roast in a glass baking dish; pour marinade over it. Cover and refrigerate for 24 hours, turning meat occasionally. Drain and reserve marinade. Roast at 350° for 2 1/2 hours, or to internal temperature of 160°. Baste frequently with reserved marinade during last 30 minutes of roasting time.

LaVon Eblen

Crusty Horseradish Pork Chops

4 (1 1/2" thick) center loin pork
chops
2 cloves garlic, minced
1 tsp. chopped rosemary
1 tsp. chopped thyme

2 T. olive oil
1 tsp. salt
1/2 tsp. black pepper
1 tsp. olive oil

HORSERADISH CRUST:

1 stick (1/2 c.) butter or
margarine

6 T. prepared horseradish
1/4 tsp. black pepper
1 c. fine, dry bread crumbs

Prepare crust; refrigerate. Soften butter; mix all crust ingredients together. In a large, self-sealing plastic bag, mix oil and garlic herbs. Add chops. Refrigerate overnight. Remove chops from bag. Season with salt and pepper. Heat oven to 425°. Heat 1 teaspoon olive oil in a large nonstick skillet over high heat. Add chops; cook 5 minutes on each side. Remove chops to shallow baking pan. Top with crust mixture. Bake 6 to 8 minutes, until crust is golden brown. Yield: 4 servings.

LaVon Eblen

Baked Pheasant with Rice

Breasts, legs & thighs of 2
pheasants

Salt & pepper

1 (3 oz.) can mushrooms

2 c. water

3/4 c. rice, uncooked

1 T. onion, grated

2 tsp. chicken-seasoned base

stick (can use bouillon cube)

1/2 stick butter or oleo

Roll pheasant pieces in flour; brown. Cut breasts in half. Place rice, salt and pepper in a large greased casserole; add onion. Add mushrooms and juice. Add pheasant pieces. Add chicken stock, dissolved in water. Dot with butter. Bake at 300° for 1 hour and 30 minutes.

Elaine Bowen

Apple Pork Chops

4 center-cut pork chops

1 (8 oz.) can apple juice

2 c. sliced apples

3/4 c. brown sugar

3/4 c. raisins

Pinch of cinnamon

Pinch of nutmeg

Brown 4 pork chops; pour apple juice over the chops. Bake for 45 minutes in 350° oven. Take out; add the brown sugar, raisins, cinnamon and nutmeg. Add sliced apples. Bake until apples are soft.

Zeta Eblen

Zesty Brats or Franks

Brats or franks

Buns

1 can Frank's Bavarian kraut, drained

1 c. salsa, thick & chunky

Drain kraut; add salsa to kraut. Mix. Refrigerate for 30 minutes or more. Grill or fry brats or franks. Serve in buns. Top with kraut mixture.

Bobbie Burns

Sausage-Tater Tot Skillet Meal

1 lb. sausage, seasoned

1/2 green pepper, chopped

1/2 med. onion, chopped

1 (32 oz.) pkg. Tater Tots

1 1/2 c. water

Velveeta cheese, strips or cubes

Brown above ingredients in a large frying pan. Drain off excess fat. Add Tater Tots and water. Heat through for 10 minutes over low to medium heat; cover. Add one good-sized chunk of cheese, cut in strips or cubes, over top of Tater Tots. Cover. Heat through, over low heat, until cheese is melted. Add more water, if necessary

Variation: May use seasoned hamburger in place of sausage. However, sausage is the best.

Jean Ann Schwaderer

Potato Sausage

2 lb. lean pork, beef, deer, or mixed	1 onion
1/2 lb. raw potatoes, peeled	1/2 tsp. (or more) sage
2 tsp. salt	1/4 tsp. allspice
	1/2 tsp. pepper

Can grind meat, raw potatoes and onion together, or grate the potato and onion if meat is pre-ground. Add seasonings; mix well. Can stuff in casings or use as patties. Fresh, or frozen for later.

Rachel L. Jensen

Simply-Delicious Pork Chops

6 Iowa chops or pork chops	1 T. lemon juice
2 T. cooking oil	1 T. Worcestershire sauce
2 T. catsup	1 T. soy sauce

Arrange chops in a single layer in baking dish. In a small bowl, combine oil, catsup, lemon juice and sauces, using a wire whisk. Spread 1/2 over chops. Bake, uncovered, in 350° oven for 30 minutes. Turn chops; spread with remaining seasoning mixture. Bake, uncovered, 30 minutes more. Can use regular chops, just don't bake as long.

Lois Nelson

Maidrites

3 lb. hamburger, browned with onion, to taste, drained	1 (8 oz.) can water
2 (8 oz.) cans tomato sauce	2 dry sloppy joe mixes

Put in crock-pot. Cook on low for 8 to 10 hours, or on high for 5 hours. Stir occasionally.

Norene Moreland

Frikadeler

1 lb. hamburger	1 tsp. salt
1/8 tsp. pepper	1 tsp. instant onion
1 slice bread, broken up	2 T. flour
1/3 c. milk	2 eggs, beaten

Mix with your hands; shape in about 12 frikadeler. Fry on medium-high. Turn and finish on medium.

This is a Danish dish that my grandma used to fix us.

Norene Moreland

Chicken Pot Pie

CRUST:

1 c. Bisquick

1/2 tsp. sage

1/4 c. milk

Pat crust into greased deep-dish pie pan or casserole dish.

FILLING:

1/2 c. finely-chopped carrots

1/2 c. chopped celery

1/2 c. chopped onion

2 T. butter

Sauté until tender, about 1/2 hour.

Add:

2 c. cooked cubed chicken, or

1 sm. can sliced mushrooms

2 cans chicken

3/4 c. shredded Cheddar cheese

1 can cream of mushroom soup

Heat until warm. Pour filling into crust. Sprinkle with 1/4 cup shredded cheese. Bake at 400° for 30 minutes. Let stand 10 minutes.

***Favorite Memory of KJAN:** I remember getting up every morning on school days and listening to the "Worry Bird" with Bob Kelso and Bob Einhaus.*

Janet Pigg Adams

Pizza Cups

3/4 lb. ground beef

1 (10 oz.) can refrigerated
biscuits

1 (6 oz.) can tomato paste

1/2 to 3/4 c. shredded

1 T. instant minced onion

Mozzarella cheese

1 tsp. Italian seasoning

1/2 tsp. salt

Brown and drain beef. Stir in tomato paste, onion and seasonings. (Mixture will be thick.) Cook over low heat for 5 minutes, stirring frequently. Place biscuits onto greased muffin tins, pressing each to cover bottom and sides. Spoon about 1/4 cup meat mix into biscuit-lined cups; sprinkle with cheese. Bake at 400° for 12 minutes, until golden brown. Yield: 12 pizza cups.

Note: May substitute Pizza Quick sauce, or other, for the tomato paste mixture.

Janet Pigg Adams

Momma's Porcupine Meat Balls

16 oz. 90% lean ground turkey
or beef
1 c. (3 oz.) uncooked Minute
Rice
1/4 c. finely-chopped onion
1 (10 3/4 oz.) can Healthy
Request tomato soup

3/4 c. Healthy Request tomato
juice, or any reduced-sodium
tomato juice
1/4 tsp. dried minced garlic
1 tsp. prepared mustard

In a large bowl, combine meat, uncooked rice, onion and 1/4 cup tomato soup. Form into 24 (1-inch) meat balls. Place meat balls in a large skillet sprayed with butter-flavored cooking spray; brown meat balls for 3 to 4 minutes. Meanwhile, in a medium bowl, combine remaining tomato soup, tomato juice, garlic and mustard. Pour mixture evenly over meat balls. Lower heat; cover. Simmer for 20 minutes, stirring occasionally. For each serving, place 4 meat balls on a plate and spoon about 3 tablespoons sauce over top.

Nutritional Information: 179 calories, 7 gm fat, 15 gm protein.

Favorite Memory of KJAN: I remember the early days of "Worry Bird" with Bob Kelso and the times he sang Wabash Cannon Ball. The reports from the fairs are always fun to listen to. LaVon's show is very informative. "Agri-Talk" is great.

Dianna Essington

Mary's Porkettes

6 pork chops
1/3 c. brown sugar
1/2 tsp. dry mustard

1/2 c. orange juice
1 tsp. salt
1/4 tsp. pepper

Place chops in a shallow pan, large enough to hold chops in a single layer. Mix remaining ingredients; pour over chops. Cover and bake at 350° for 1 1/2 hours, or until done. Baste once.

Bea Suplee

Hamburger Bundles

1 1/2 lb. hamburger
1/3 c. milk
4 c. bread, broken
1/2 c. milk
1/4 c. oleo
1/4 c. celery

1/4 c. onion
1 T. sage
Salt & pepper
1 can mushroom or celery soup
2 tsp. Worcestershire sauce
1 T. catsup

Mix hamburger and 1/3 cup milk. Make into balls, approximately 2 inches. Place in a 9x13-inch pan. Indent hole in each hamburger. Mix bread, milk, melted oleo, celery, onion, salt, salt and pepper; put into holes in hamburgers. Bake 1 hour at 350°. Yield: 8 to 12 servings, depending on how large hamburger balls are.

Delma G. Wright

Sloppy Joes

1 lb. hamburger	1/2 tsp. chili powder
1 c. chopped onions	1/2 tsp. Worcestershire sauce
2 T. flour	Salt & pepper
1 c. tomato juice	2 T. brown sugar

Brown hamburger and onion; drain. Add remaining ingredients; stir and simmer for at least 20 minutes. Serve on bread slices or buns.

Mary Jane Nielsen

Pheasant

Pheasant, cut from bone into thin strips	Flour
Egg	Cracker crumbs
Milk	Oil for deep-fat frying

Amount of ingredients depends on number of pheasants you are cooking. Cut meat in narrow strips from bones of pheasant. The cutting will expose any bird shots. Dip each strip in a mixture of egg and milk; roll in flour. Again, dip the strips in the egg-milk mixture. Roll in crushed cracker crumbs. Fry in deep fat until golden brown.

Favorite Memory of KJAN: My favorite radio station - good local news.

Florence Edwards

Best-Ever Meat Loaf

1 1/2 lb. lean ground beef	1 egg or 2 egg whites, slightly beaten
1 c. tomato juice (see note)	1/4 c. chopped onions
3/4 c. oats (quick or old- fashioned), uncooked	1/2 tsp. salt
	1/4 tsp. pepper

PIQUANT SAUCE:

3 T. brown sugar	1/4 tsp. nutmeg
1/4 c. catsup	1 tsp. dry mustard

Heat oven to 350°. Combine all ingredients; mix lightly, but thoroughly. Press into a 4x8-inch loaf pan, or form in a small roaster. Cover with Piquant Sauce. Bake 1 hour; drain. Let stand 5 minutes. Yield: 8 servings.

Note: V-8 juice may be used; adds extra flavor and vitamins.

Ardath Euken

Maidrite Surprise

1 lb. hamburger	1/2 c. water
1/2 c. ketchup	1 c. Rice Krispies
1/4 tsp. dry mustard	1/4 c. brown sugar
1 tsp. Worcestershire sauce	

Brown hamburger; drain. Add all other ingredients, except brown sugar which goes in at the end. Simmer. Put on hamburger or hoagie buns. Yield: 6 to 8 sandwiches, depending how full you fill them.

Favorite Memory of KJAN: My favorite "memory" is the last KJAN cookbook with Ginger Capen. Although it's tattered, torn, glued and taped, I've always used it regularly. When I think of "KJAN," it is the people to whom I have listened to over 40 years and "watched" grow into fine professionals. One being Meryln Christensen. He developed into a fine ad man, worked very hard on learning his craft, and pounded the pavement getting ads from businesses in the community. He worked with Hensley's Clothing a number of years and always appeared when he had something he thought we might be interested in. All we had to do was call and say, "Hey, we need some spots," and he was there. It is because of the dedication of people like Meryln Christensen, Bob Einhaus, Nancy Zellmer and the "young" folks, Jim Field and Rod Christensen, that "KJAN" will continue to be the station to learn from and enjoy in the year 2000. Thank you for always being there!

Carol Hensley

Taco Burgers

1 lb. ground beef	1 c. crushed tortilla chips
3/4 c. picante sauce	1/2 c. shredded Cheddar cheese

Mix all ingredients together; shape into patties. Fry or broil until done. Yield: 5 or 6 patties.

Note: Easy way to crush tortilla chips is to put chips in a clear plastic bag, roll with a rolling pin; pour into cup.

Barb Krall

Pies & Desserts



In 1966, KJAN debuted the new booth at the Cass County Fairgrounds. KJAN built the addition between the two commercial buildings which connects them with a walkway, our studio, and the Extension Office.

Noodles:

A flat dough made in long rods, folded form, loosely bent or curled and in other shapes and sizes, available in widths from 1/8 inch to over 1 inch. The width has a bearing on texture and flavor on the cooked pasta. Some noodles are made with a plain pasta dough, but most are made with eggs which give it a definite flavor.

TRENETTINE: Is a fine noodle, with **FETTUCCELLI**, then **FETTUCCINE**, and **LASAGNA** the largest.

CAVATELLI: Is a short curled noodle, similar to shell but thinner.

FARFALLE: "Butterflies" or "bowties" are usually made of eggs.

MARGHERITA: A long narrow noodle and rippled on one side.

PASTA VERDI: A green noodle, usually flavored with herbs or spinach.

RAVIOLI: Cut into squares and stuffed with cheese and meat filling. Always homemade.

TAGLIATELLE: A very wide noodle which when cooked, can be used a **TORTELLINI** dough.

TORTELLINI: "Small twists," usually homemade and stuffed.

Soup Macs:

A large variety of tiny macaroni and noodles used in soups, chicken broth, minestrone and even used as baby food.

Pies & Desserts

Pies

Sugarless Apple Pie

Pastry for 2-crust 9" pie	1 T. cornstarch
1 (6 oz.) can frozen apple juice	2 T. water
3 c. sliced apples	1 T. butter
3/4 tsp. cinnamon	1 T. nonfat milk

Preheat oven to 350°. Prepare pie crust. Place bottom crust in pie pan and set aside. Heat apple juice and apples in a covered pan; simmer until tender. Add cinnamon. Stir in cornstarch, which has been moistened with a little cold water. Fill pie shell, dot with butter, and cover with remaining crust. Make holes in top crust. Brush with milk and bake 30 minutes. *Erma Nelson*

Nancy's Lazy Peach Pie

1/2 c. margarine, melted in 9" x 13" pan in oven	3/4 c. milk 1 can sliced peaches & juice
---	---

Sift together:

1 c. flour	2 tsp. baking powder
1 c. sugar	

Mix together and pour into pan. Pour peaches and juice over butter in cake pan. Bake at 350° for 1 hour, or until done. Yield: 10 servings.

Delma Stuetelberg

Quick Raisin Cream Pie

1 c. raisins	1 tsp. lemon juice
2 (4-serving) pkg. instant vanilla pudding	1/8 tsp. cinnamon
2 c. milk	4 oz. Cool Whip or whipped topping

Cover raisins with boiling water; let stand. Mix pudding with milk. Add lemon juice and cinnamon; mix in Cool Whip and drained raisins. Pour in baked pie shell.

Variation: I prefer a graham cracker crust, baked for several minutes at 350°.

Favorite Memory of KJAN: I have enjoyed the news and weather report for years. Always listen to the 11:15 funeral report, if possible.

Warren Ladd

Boston Cream Pie

2 egg yolks
4 T. cold water
1 c. sugar
1 c. flour

1 heaping T. baking powder
1 tsp. vanilla
3 egg whites

Beat egg yolks and water for 2 minutes. Add sugar and beat until thick and lemon-colored. Add stiffly-beaten egg whites. Pour into 2 greased pie tins. Bake at 375°. When cool, split and fill with favorite pudding; dust with powdered sugar. Yield: 2 pies.

This dessert was one of us 4 kids' favorites. It was also made by my Grandmother Hansen and now it is a favorite of our family.

*Lois E. (Elits) Troll,
In Memory of my mother, Wilma Elits*

Peaches and Cream Pie

3/4 c. flour
1 sm. pkg. regular vanilla
pudding mix
1 tsp. baking powder
1 beaten egg

1/2 c. milk
3 T. softened margarine
1 (29 oz.) can sliced peaches
1 (8 oz.) pkg. cream cheese
1/2 c. sugar

Combine flour, pudding, baking powder, egg, milk and margarine; mix well. Pour into a greased 10-inch pie pan. Drain peaches well, reserving liquid. Combine 3 tablespoons peach juice, cream cheese and sugar. Arrange peach slices over batter, 1/2 inch from sides. Pour cream cheese mixture over peaches. Sprinkle with a mixture of 1 tablespoon sugar and 1/2 teaspoon cinnamon. Bake at 350° for 35 to 40 minutes, until crust is golden. Serve warm or chilled. Yield: 8 to 10 servings.

Marie Parrott

Pie Crust

*Don't let pie crust think you're afraid of it,
Or nothing toothsome will be made of it.
You've got to let pie crust know you are boss,
Or the whole episodes a total loss.
With deft, firm fingers; a smile and a song,
And right ingredients...you won't go wrong.
But, the moment your confidence ceases,
Pie crust will sense it...and go to pieces!*

Lee Avery

"Dear Abby" Pecan Pie

- | | |
|-----------------------|--------------------------------|
| 1 c. white syrup | 1 tsp. vanilla |
| 1 c. dark brown sugar | 3 whole eggs |
| 1/2 tsp. salt | 1 heaping c. pecans or walnuts |
| 1/2 c. melted butter | |

Mix syrup, sugar, salt, butter and vanilla; add 3 lightly-beaten eggs. Pour into a 9-inch unbaked pie shell. Sprinkle pecans over the filling. Bake at 350° for 45 minutes.

Mary Ann Moorman

Sour Cream Raisin Pie

- | | |
|-----------------------|--------------------------|
| 2 eggs | 1/8 tsp. salt |
| 1 c. sugar | 1/4 tsp. nutmeg |
| 1 c. sour cream | 1 T. lemon juice |
| 1 c. raisins, chopped | 1 (9") unbaked pie shell |

Beat eggs and sugar until light. Whip sour cream and fold into egg mixture. Add raisins, nutmeg, salt and lemon juice. Pour into pie shell. Bake at 400° for 10 minutes, then reduce temperature to 350° and bake 20 minutes longer.

***Favorite Memory of KJAN:** I rely on KJAN for news in our own area and reliable weather reports for our area. My most missed memory is the "Worry Bird".*

Bea Suplee

Cool 'n Easy Pie

- | | |
|----------------------------------|--|
| 2/3 c. boiling water | 1 Keebler Ready Crust (graham cracker) |
| 1/2 c. cold water | |
| Ice cubes | 1 (3 oz.) pkg. any flavor Jello |
| 1 (8 oz.) ctn. Cool Whip, thawed | |

Stir boiling water into gelatin in a large bowl, mixing 2 minutes, until completely dissolved. Mix cold water and ice to make 1 1/4 cups. Add to gelatin, stirring until slightly thickened. Remove any remaining ice. Stir in Cool Whip until smooth. Refrigerate 10 minutes, until mixture mounds well. Spoon into crust and refrigerate 4 hours, or until firm.

Bessie Huffman

Banana Split Pie

- | | |
|------------------------------|---|
| 1 or 2 lg. bananas | 1 (No. 2) can crushed pineapple,
drained |
| 1 1/2 sticks oleo | 1 sm. ctn. Cool Whip |
| 1 c. crushed graham crackers | Maraschino cherries |
| 1 egg | Nuts |
| 1 c. powdered sugar | |

Melt 1/2 stick of oleo; mix with graham crackers. Place mixture in pie plate (pack it in). Combine egg, 1 stick oleo and sugar; beat 10 minutes. Spread on top of the crust. Place the drained pineapple, sliced bananas and Cool Whip on top. Sprinkle top with nuts and decorate with the maraschino cherries. Chill several hours. Yield: 1 (9-inch) pie.

This is wonderful!

*Kathy McCarty,
Council Bluffs, IA*

Heavenly Chocolate Pie

- | | |
|------------------------|---|
| 1 (9") baked pie shell | 1 (6 oz.) pkg. semi-sweet
chocolate bits |
| 2 egg whites | 2 egg yolks |
| 1/2 tsp. vinegar | 1/4 c. water |
| 1/2 c. sugar | 1 c. whipping cream |
| 1/4 tsp. cinnamon | 1/4 c. sugar |
| 1/4 tsp. salt | 1/4 tsp. cinnamon |

Beat egg whites, vinegar, sugar, cinnamon and salt until stiff, but not dry. Spread over bottom and sides of pie shell. Bake at 325° for 15 to 18 minutes; cool. Melt chocolate chips over hot, but not boiling, water. Blend in egg yolks, which have been beaten with water. Spread 3 tablespoons over cooled meringue; chill remaining chocolate mixture. Whip cream until stiff; spread 1/2 over chocolate mixture. Fold remaining chocolate mixture into whipped cream; spread over whipped cream in pie shell. Chill 4 hours before serving.

Lois Felker

Pumpkin Pie or Bars

- | | |
|----------------------------|--|
| 1 (16 oz.) can pumpkin | 1 can sweetened condensed
milk (not evaporated) |
| 2 eggs | 2 tsp. pumpkin pie spice |
| 1/2 c. Bisquick baking mix | |

Heat oven to 350°. Beat all ingredients on high speed for 1 minute, or until smooth. Pour into a greased 10 x 1 1/2-inch pie plate, or 9x9-inch square pan. Bake 50 to 55 minutes, or until a knife inserted in center comes out clean.

Note: It makes its own crust.

Emma Mathisen

Bag Apple Pie

CRUST:
 1 1/2 c. flour
 1 tsp. salt

1/2 c. oil
 2 T. milk
 1 T. sugar

Blend all with a fork. Mold into a 9- or 10-inch pie pan.

FILLING:
 2 T. flour
 1/2 tsp. nutmeg

1/2 c. sugar
 1/2 tsp. cinnamon
 4 c. sliced apples

Toss and put into pie crust.

TOPPING:
 1/2 c. flour
 1/2 c. sugar

1/4 c. soft oleo
 1/2 c. pecans (opt.)

Mix all together; put topping over pie. Bake inside a brown paper bag, at 350° for 1 1/2 hours. Don't peek! Yield: approximately 6 servings.

Jo Jacobs

Coconut Chess Pie

Melt in a saucepan:
 1 1/2 sticks margarine

Add:
 2 c. sugar
 4 level T. cornmeal

2 level T. flour

Beat together:
 6 egg yolks

Combine yolks with 1 cup milk.

Add:
 1 can coconut

Stir milk and eggs into first mixture. When coconut is well blended, turn out into an unbaked 9 1/2-inch pie shell. Bake at 350° for 45 minutes to 1 hour, until set.

From my friend, Barb Sorenson.

DeEtta Rasmussen

Apple Pie à la Grandma

6 apples
1 c. sugar
5 T. flour
5 to 6 pats butter

1 tsp. cinnamon
Milk
2 pie crusts

Slice apples into the bottom crust in a (standard-size) metal or glass pie plate. Mix together sugar and flour; sprinkle on apples. Dot with butter; sprinkle with cinnamon. Cover with top crust and seal edges with milk; sprinkle a little additional sugar on top crust. Bake at 375° for 15 minutes. Reduce heat to 350° and bake 30 to 40 minutes, until apples are tender and crust browned.

Favorite Memory of KJAN: *It was August in the '50s. The president of AMVETS auxiliary and I went to Atlantic to be interviewed on KJAN. We were to explain the purpose of White Clover sales. Later, I received a letter thanking us, which I still have.*

Isabelle McAvoy

Key Lime Pie

1 (8" or 9") baked pastry shell
3 egg yolks
1 (14 oz.) can Eagle Brand
sweetened condensed milk
(not evaporated milk)

1/2 c. ReaLime juice, from
concentrate
Yellow or green food coloring
Whipped topping or whipped
cream

Preheat oven to 350°. In a medium bowl, beat egg yolks and stir in sweetened condensed milk, ReaLime, and food coloring, if desired. Pour into prepared pastry shell; bake 8 minutes; cool. Chill. Spread with whipped topping; garnish as desired. Refrigerate leftovers.

Note: For a 9- or 10-inch pie, double all filling ingredients. Bake 12 minutes.

*Adam and Lace Lauridsen,
Whiteman Air Force Base, MO*

Peanut Butter Pie

2 (9") graham cracker pie
crusts
1 c. sugar
1/2 c. milk

1/2 c. peanut butter
8 oz. cream cheese
8 oz. whipped topping

Mix the sugar, milk, peanut butter and cream cheese; fold in whipped topping. Pour into pie shells and freeze. Keep in freezer after serving.

*Tracy (Lauridsen) Christensen,
Exira, IA*

Peach-Pecan Pie

4 c. sliced peaches	1/2 c. flour
1/2 c. sugar	1/4 c. brown sugar
2 T. quick-cooking tapioca	1/4 c. butter
1 T. lemon juice	1/2 c. pecans, chopped

Combine peaches, sugar, tapioca and lemon juice and let stand 15 minutes. Combine flour and brown sugar, then cut in butter and pecans. Sprinkle 1/3 cup crumbled mixture on bottom of unbaked pie shell. Add peaches, then remainder of crumbled mixture on top. Bake at 450° for 10 minutes, then 350° for 20 minutes.

Ronda Harry

Pumpkin Pie

4 eggs, beaten	1 (2 c.) can pumpkin
2 c. sugar	2 c. milk
2 tsp. cinnamon	2 T. butter, melted (add last)
1 tsp. ginger	

Mix and pour into unbaked crust. Bake at 350° for 1 hour. Yield: 2 (8 1/4-inch) pies.

Favorite Memory of KJAN: John Scheffler with Big Band music.

Mary Ehrman

Easy Pie Crust

1 stick oleo, melted
2 T. sugar

1 c. flour

Mix together. Press (do not roll out) into pie pan.

Eva Simpson

Inez's Never-Fail Pie Crust

1 1/2 c. Crisco

1 tsp. salt

3 c. flour

1 egg

1 tsp. vinegar

5 T. cold water

Cut Crisco and flour with a pastry blender until pieces are the size of small peas. Add vinegar, salt, egg and cold water. Blend with a fork until mixture is able to be formed into a ball. Cut mixture in half. Roll out for bottom crust, then use remaining dough for top crust. Bake as directed for pie filling used. Yield: pastry for 1 (2-crust) pie.

Connie May, daughter

Pie Crust

4 c. flour

1 3/4 c. solid vegetable
shortening (Crisco)

1 tsp. baking powder

1/2 c. cold water

1 tsp. salt

1 beaten egg

1 tsp. sugar

1 T. vinegar

Sift dry ingredients or mix well. Mix in shortening with a pastry blender or two knives, until crumbly. Beat water, egg and vinegar; add to flour mixture. Gently make 4 to 5 balls of dough. Use as needed; thawing overnight, before rolling out.

Gloria Hansen

Pie Crust

3 c. flour

1 tsp. vinegar

1 c. lard

1 tsp. salt

1 egg

5 or 6 T. cold water

Blend shortening with flour, using a dough blender. Beat egg; add salt, vinegar and water. Combine the 2 mixtures to make a soft dough. Yield: pastry for 2 double-crust pies.

Favorite Memory of KJAN: *We have listened to KJAN since the first day it was on the air 50 years ago.*

Virginia Crozier

French Vanilla Ice Cream

2 eggs	2 c. milk
1 c. sugar	2 c. half & half
1/2 box instant vanilla pudding	1 1/2 tsp. vanilla
1/8 tsp. salt	

Beat eggs until fluffy. Add remaining ingredients, beating until sugar and pudding are dissolved. Freeze according to freezer instructions. Yield: 1/2 gallon.

Grasshopper Ice Cream: Follow vanilla ice cream recipe; omit vanilla and add 2 jiggers creme de menthe and 2 jiggers creme de cacao.

Lois Felker

French Chocolate Ice Cream

2 eggs	2 c. half & half
1 c. sugar	1 1/2 tsp. vanilla
1/2 box instant chocolate pudding	1 tsp. chocolate extract
2 c. milk	1/4 tsp. cinnamon

Beat eggs until fluffy. Add remaining ingredients and beat until sugar and pudding are dissolved. Freeze according to freezer instructions. Yield: 1/2 gallon.

Lois Felker

Rhubarb Torte

1 stick oleo	2 c. diced rhubarb
1 1/4 c. sugar	1 tsp. baking soda & baking powder
1 tsp. red food coloring	1/2 tsp. nutmeg & cinnamon
2 c. flour	

Stir oleo and sugar together. Add flour, rhubarb, coloring in water and dry ingredients. Put into a 7x11-inch pan (or double it and put into a 9x12-inch pan). Bake at 350° for 40 to 45 minutes.

Mrs. Arthur E. Jensen

Sugarless Apple Pie Filling

(Diabetic)

6 med. apples, peeled & sliced	1/4 tsp. nutmeg
1 (6 oz.) can unsweetened frozen apple juice	1 1/2 T. cornstarch
1/3 c. water	3 T. light margarine
1 1/2 T. cinnamon	7 pkg. Equal

Need pastry for a 9-inch double pie crust; place 1 crust in a 9-inch pie pan.

Place apples and thawed apple juice in a saucepan. Bring to a boil and simmer for 10 minutes. Dissolve cornstarch in hot water and add to apple mixture. Bring to a boil, then simmer until apples soften. Remove from heat and stir in cinnamon, nutmeg and Equal. Fill pastry shell and cover with second crust; baste with margarine. Bake 40 minutes at 425°.

Bernard Lauritsen

Black-Bottom Cupcakes

1/3 c. cooking oil	1 T. vinegar
1 c. water	1 1/2 c. flour
1 c. sugar	1 tsp. baking soda
1/4 c. cocoa	1/2 tsp. salt
1 tsp. vanilla	

FILLING:

8 oz. cream cheese	1/3 c. sugar
1 egg	1/8 tsp. salt
	1 c. chocolate chips

Filling: Mix the first 4 ingredients, with a mixer, in a small mixer bowl. Add chocolate chips and set aside.

Beat oil, water and sugar together with mixer. Gradually add other ingredients and beat until smooth. Fill cupcake liners 1/2-full of chocolate mixture. Place a generous teaspoonful of filling mixture in the middle of each chocolate cupcake. Bake 30 minutes at 350°. Yield: 18 cupcakes.

*Bev Godwin,
Exira, IA*

Peach Crunch

1 c. sugar	1 tsp. baking powder
1 c. flour	1 egg, beaten

Combine dry ingredients; mix in beaten egg. Mix until crumbly. Slice 6 to 8 peaches into a well-greased 7x12-inch pan. Sweeten to taste with about 1/2 cup sugar. Cover fruit with crumbly mixture, adding cinnamon, if desired. Bake 25 to 30 minutes at 350°.

Variation: Rhubarb or apples may be substituted.

*Bev Godwin,
Exira, IA*

Raspberry Delight

CRUST:

2 1/4 c. flour

2 T. sugar

3/4 c. butter, softened

FILLING:

1 (8 oz.) pkg. cream cheese

1 c. powdered sugar

1 tsp. vanilla

1/4 tsp. salt

2 c. whipped topping

TOPPING:

1 (6 oz.) pkg. raspberry Jello

2 c. boiling water

2 (10 oz.) pkg. frozen

sweetened raspberries

Additional whipped topping (opt.)

Crust: Combine flour and sugar in a bowl; blend in butter until smooth. Press into an ungreased 9x13-inch pan. Bake at 300° for 20 to 25 minutes, or until set (crust will not brown). Cool.

Filling: In a mixing bowl, beat cream cheese, powdered sugar, vanilla and salt until smooth; fold in whipped topping. Spread over crust.

Topping: Dissolve gelatin in boiling water; stir in raspberries. Chill 20 minutes, or until mixture begins to thicken. Spoon over filling. Refrigerate until set. Cut into squares and garnish with whipped topping, if desired. Yield: 12 to 16 servings.

Favorite Memory of KJAN: *I was only 14 when KJAN came on the air. At the time, "us teenagers" were sending in song requests to other radio stations and hearing our songs and names read. KJAN didn't do that, so I didn't listen to your station until I became older.*

Mary Ellen Yarger

Rhubarb Crunch

CRUST:

3/4 c. oatmeal

3/4 c. brown sugar

6 T. butter or margarine

3/4 c. flour

Pinch of salt

Mix and press 2/3 in the bottom of an 8x8-inch pan.

FILLING:

2 c. diced rhubarb

1/2 c. water

1/2 c. sugar

1/2 c. cherry pie filling

1 T. cornstarch

1/2 tsp. almond flavoring

1/4 c. chopped nuts

Few drops red food coloring

Dice rhubarb and put on top of crust. Boil sugar, water and cornstarch together until thick. Add red food coloring and flavoring. Add pie filling and spoon over rhubarb. Sprinkle remaining crust over top, then the chopped nuts. Bake 45 minutes in a moderate oven (350°). Serve with whipped cream and sliced bananas as a garnish. Also good with vanilla ice cream.

Favorite Memory of KJAN: *Got my first radio (as a teenager) about the time you came on the air. It was a portable with batteries/electrical cord. At that time, we didn't have electricity. Also remember Davey J. when he worked for you, as he also helped us in the TV-radio shop on Elm St.*

*Marilyn Gard,
Atlantic, IA*

Fresh Raspberry Pie

1 c. sugar

2 T. cornstarch

Dash of salt

1 qt. red or black raspberries

2 T. butter or margarine

Pastry for double-crust pie

Wash raspberries. Combine sugar, cornstarch and salt. Add mixture to berries and toss gently to coat fruit. Fill a pastry-lined 9-inch pie plate with berry mixture; dot with butter or margarine. Adjust top crust; seal and flute edge. Cover edge with foil. Bake at 375° for 20 minutes. Remove foil; bake for 25 minutes, or until crust is golden. Cool on a wire rack.

Rosemary lived her entire life in Cass County. Many people enjoyed her raspberry pie.

*Kyle Sothman,
In Memory of Rosemary Mallette*

Grandmother's Corn Pudding

4 eggs	5 slices day-old bread, crusts removed
1 c. milk	1 T. butter or margarine, softened
1 (15 oz.) can cream-style corn	
1/2 c. sugar	

Beat eggs and milk in a bowl. Add corn and sugar; mix well. Cut bread into 1/2-inch cubes and place in a greased 9-inch square baking dish. Pour egg mixture over bread; dot with butter. Bake, uncovered, at 350° for 50 to 60 minutes, or until a knife inserted near the center comes out clean. Yield: 9 servings.

Favorite Memory of KJAN: *Always does the best for the public.*

Janice Lehman

Peanut-Chocolate Dessert

CRUST:	1/4 c. milk
1 pkg. chocolate cake mix	1 egg
1/2 c. margarine, melted	3/4 c. chopped peanuts
FILLING:	
3/4 c. peanut butter	2 1/2 c. cold milk
1 1/2 c. powdered sugar	1 (8 oz.) ctn. Cool Whip
1 (8 oz.) pkg. cream cheese, softened	1 (5.1 oz.) pkg. instant vanilla pudding
TOPPING:	
1/2 c. peanuts, chopped	1 (1.55 oz.) milk chocolate bar, grated

Crust: Heat oven to 350°. Grease and flour the bottom only of a 9x13-inch pan. In a large bowl, combine all ingredients at medium speed until well blended. Spread evenly in pan. Bake at 350° for 20 minutes. Do not overbake. Cool.

Filling: In a small bowl, combine peanut butter and powdered sugar at low speed until crumbly; set aside. In a large bowl, beat cream cheese until smooth. Add milk, Cool Whip and pudding mix. Beat at low speed for 2 minutes, until well blended. Pour 1/2 of the cream cheese over the cooled, baked crust; spread evenly. Sprinkle with 1/2 of peanut butter mixture. Repeat with remaining cream cheese and peanut butter mixtures. Sprinkle with 1/2 cup chopped peanuts; press into filling.

Topping: Sprinkle with grated chocolate bar and chopped peanuts. Refrigerate. Yield: 16 servings.

Favorite Memory of KJAN: *Our family has listened to KJAN for many years. We enjoy each, and every program. One of our favorites is "Back Yard and Beyond" with LaVon Eblen. Keep up the pleasant listening. Thanks!*

**Rosalie Jensen,
Hamlin, IA**

Four-Layer Dessert

- | | |
|-----------------------------|--------------------------------|
| 1 3/4 c. flour | 1 lg. ctn. Cool Whip |
| 1 c. oleo | 3 pkg. any flavor instant |
| 1 (8 oz.) pkg. Philadelphia | pudding (lemon or chocolate or |
| cream cheese | butterscotch) |
| 1 c. powdered sugar | 4 1/2 c. milk |

Combine flour and oleo; put into a 9x13-inch pan. Bake 15 minutes in a 375° oven, and cool. Cream the room-temperature cream cheese, 1 cup powdered sugar and 1 cup Cool Whip together; spread over cooled crust. Beat instant pudding with milk; spread over cheese filling. Let stand 5 minutes or more, then spread remaining Cool Whip over pudding. Chill for at least 12 hours.

Mary Jane Nielsen

Fruit Pizza

- | | |
|-----------------------------|------------------------|
| CRUST: | 1 tsp. vanilla |
| 1 c. oleo | 2 3/4 c. flour |
| 2 c. sugar | 1 tsp. cream of tartar |
| 2 eggs | 1 tsp. baking soda |
| CREAM FILLING: | 1/2 c. sugar |
| 1 (8 oz.) pkg. cream cheese | 1 tsp. vanilla |
| TOPPING: | 2 fresh kiwi, sliced |
| 3 bananas, sliced | 1 c. mandarin oranges |
| 2 c. sliced strawberries | 1 c. chunk pineapple |
| GLAZE: | |
| 3/8 c. water | Dash of salt |
| 1/8 c. lemon juice | 1/2 c. orange juice |
| 1/2 c. sugar | 1 1/2 T. cornstarch |

Crust: Mix like any cookie dough; spread onto a large cookie sheet. Bake at 350° for 12 minutes. Cool.

Cream Filling: Blend together and spread on cooled crust.

Topping: Layer over crust and cream filling.

Glaze: Cook until glaze is thickened and somewhat clear. Cool, then pour over fruit topping.

Best if eaten the same day.

*Audubon County Memorial Hospital,
submitted by Sandy Bald*

Chocolate Dumplings

SYRUP:

3/4 c. brown sugar
1 T. cornstarch

Pinch of salt

1/4 c. cocoa
2 c. water

Cook until mixture boils and thickens slightly.

Mix:

1 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
2 T. cocoa

3 T. shortening
1 egg
1/3 c. milk
1 tsp. vanilla

Drop into hot syrup in a large skillet with a lid, and boil for 20 minutes.

Carole J. Jensen

Rice-Pumpkin Pudding

1 can pumpkin
3/4 c. sugar
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. nutmeg

1/4 tsp. cloves
2 beaten eggs
1 can evaporated milk
2/3 c. Minute Rice
1/2 c. raisins

Combine pumpkin, sugar, cinnamon, ginger, nutmeg and cloves. Add milk and mix well. Stir in raisins and rice. Pour into a 1 1/2-quart casserole. Place in a shallow pan of water (1 inch deep). Bake 50 to 60 minutes in a 350° oven.

Alice Brown

Death By Chocolate

1 lg. box brownie mix
1 lg. box chocolate fudge
pudding mix (not instant)

1 (16 oz.) ctn. Cool Whip
2 Heath candy bars, or Bits
'O Brickle chips

Bake brownie mix as directed on box. Cook pudding mix as directed on box. In a large, clear glass bowl, layer 1/2 of the crumbled brownies, 1/2 the pudding, 1/2 the cut-up candy bar or brickle bits, and 1/2 the Cool Whip. Repeat layering. Sprinkle top of Cool Whip with part of the candy bar or brickle bits. Refrigerate 8 hours or overnight. Serve and enjoy.

I obtained this recipe while attending a potluck at a small church atop Monteagle Mountain in Tracy City, TN.

Favorite Memory of KJAN: I remember listening to KJAN when it was a Christian radio station owned by Mr. Andersen. I understand the initials meant Keep Jesus Always Near. If that's not accurate, it's a good idea to do so, anyway.

*Alice Brown,
Atlantic, IA*

Vanilla Pudding Dessert

1 c. flour	1 (4 oz.) pkg. sliced almonds
1/4 c. brown sugar	2 pkg. French vanilla pudding
1/2 c. butter	3 c. milk
1 c. coconut	Cool Whip

Mix together flour, brown sugar, butter, almonds and coconut; brown at 350° for 10 minutes. Cool. Cook pudding and milk as directed on package. Cool. Put 1/2 the crumbs on the bottom of a 9x12-inch pan; top with pudding. Cover with Cool Whip, then sprinkle remaining 1/2 of crumb mixture on top. Chill and serve.

Favorite Memory of KJAN: *We've lived next door to KJAN for 35 years. They've been good neighbors.*

Darleen Euken

Sugarless Pineapple Pie

1 pkg. graham crackers	1 (8 oz.) ctn. sour cream
1/4 c. margarine	1 pkg. instant, sugarless French vanilla (or plain vanilla) pudding mix
1 (20 oz.) can crushed, unsweetened pineapple	

Crush the graham crackers and add the margarine. Mix together and shape into a 9-inch pie plate or 8-inch square dish (may save a little back for topping). Bake 8 minutes in a 375° oven. Let cool while mixing the crushed pineapple (with juice), sour cream and pudding mix. Pour into crust and chill. Crumbs may be used for topping before chilling; or top with Cool Whip.

Note: Double for a 9x13-inch pan. Use 1 stick of margarine for double recipe.

Alberta Heckman-Lees

Fruit Pizza

CRUST:

1/2 c. margarine
3/4 c. powdered sugar
1 egg
1/2 tsp. vanilla

1/4 tsp. almond flavoring
1 1/4 c. flour
1/2 tsp. baking soda
1/2 tsp. cream of tartar

TOPPING:

1 (8 oz.) pkg. softened cream
cheese
1 c. powdered sugar
1 T. milk

Fruit as desired: pineapple
slices, strawberries, kiwi,
grapes, mandarin oranges,
raspberries, bananas,
peaches, pears, etc.

Crust: Cream the margarine and sugar; add egg and flavorings. Mix dry ingredients together and add to the creamed mixture. Mix together; dough will be stiff. Pat onto a greased, 12-inch pizza pan. Bake at 350° for 7 to 9 minutes. Cool.

Topping: Combine the cream cheese, powdered sugar and milk. Mix well and spread over crust. Drain fruit and pat dry, using paper towels. Arrange sliced fruit on crust, covering entire crust with fruit. Chill 2 hours before serving.

Note: Dip banana slices in pineapple juice to prevent turning brown.

Donna Green

Easy Cherry Cheese

1 (9") graham cracker crust
1 (8 oz.) pkg. cream cheese
1 can sweetened condensed
milk

1/2 c. ReaLemon reconstituted
lemon juice
1 tsp. vanilla
1 can cherry pie filling

In a mixing bowl, beat cream cheese until light and fluffy. Add sweetened condensed milk; blend thoroughly. Stir in lemon juice and vanilla. Pour into crust; chill 2 hours. Top with cherry pie filling before serving. Refrigerate leftovers.

Anabelle Petersen

Apple-Slice Dessert

8 med. apples, peeled & sliced
1 T. flour

1 c. sugar
1/2 tsp. vanilla extract

PASTRY:

2 c. flour
1/2 tsp. salt
2 eggs

3/4 c. shortening
1 T. lemon juice
1 to 2 T. water

Combine the first 4 ingredients.

Pastry: Combine flour and salt; add eggs and mix well. Cut in the shortening; sprinkle with lemon juice and water. Mix until flour is just moistened. Divide into 2 balls. Roll one to line a 9x13-inch baking pan. Place apple mixture in the lined pan and dot with butter (2 tablespoons). Cover with top pastry and seal edges. Brush top with a tablespoon of milk. Bake in a 425° oven for 25 to 30 minutes. Cool.

Combine 1 cup confectioners' sugar with 2 tablespoons water. Drizzle over the top.

Favorite Memory of KJAN: *I listen to your radio station for news of weather, funerals and deaths, and sometimes I listen to the music.*

Jean Ann Schwaderer

Peach Cobbler

Arrange 3 to 3 1/2 cups sliced peaches in the bottom of a 9x13-inch baking dish.

Mix together the following:

3/4 c. sugar
4 T. butter
1/2 c. milk

1/2 tsp. salt
1 tsp. baking powder
1 c. flour

Pour over peaches. Mix together 1 cup sugar, 1 tablespoon cornstarch and 1/4 teaspoon salt; sprinkle on top of batter. Pour 1 cup boiling water over entire layered mixture. Bake at 325° for 50 to 60 minutes.

Favorite Memory of KJAN: *I listen to your radio station for news and some music.*

Jean Ann Schwaderer

Fruit Pizza

1 pkg. white cake mix
6 T. butter
1 c. oats

1 egg
1 can pie filling (any flavor)

TOPPING:

1/2 c. reserved crumb mixture
1/4 c. brown sugar
1/4 c. oats

1/2 c. chopped nuts
2 T. butter
1/2 tsp. cinnamon

Mix the first 3 ingredients and save 1/2 cup for topping. Add egg to remaining batter and press onto a pizza pan. Bake at 350° for 12 minutes. Spread pie filling over crust.

Topping: Mix ingredients together and sprinkle over pizza. Bake for 15 to 20 minutes more.

Denise Coder

Minute Cake

1 c. flour
3/4 c. sugar
1/2 T. cocoa

1/4 tsp. salt
2 tsp. baking soda

Sift above ingredients together, and add:

1/2 c. milk
1 tsp. vanilla

2 T. melted oleo
1/2 c. nuts

Pour into a buttered 9-inch square pan.

SAUCE:
1/2 c. sugar

5 tsp. cocoa
1 c. boiling water

Mix sauce well; spoon lightly over the top of cake. Bake at 350° for 30 minutes. Sauce goes to bottom.

Serve with ice cream or Cool Whip.

Favorite Memory of KJAN: My radio is always on KJAN.

Jeannette Almonrode

Baked Custard

1 3/4 c. milk
1/4 c. sugar
1/2 tsp. vanilla

3 eggs
Pinch of nutmeg

Place milk in a 4-cup glass measuring cup. Microwave 4 1/2 minutes on HIGH, or until very warm, but not boiling. Add remaining ingredients, except nutmeg. Beat well with beaters. Pour into the 4-cup measuring cup; sprinkle with nutmeg. Microwave 5 1/2 to 10 minutes on MEDIUM. Remove and set aside for 5 minutes.

Madonna Einhaus

Apple Pie Pizza

1 Pillsbury frozen pie shell
1 can apple pie filling

Crumb topping

CRUMB TOPPING:
1 c. flour

1/2 c. brown sugar
1/2 c. margarine

Crumb Topping: In a small bowl, mix ingredients together until crumbly; set aside.

Line a pizza pan with the pie shell. Spread on pie filling, then sprinkle with topping. Bake at 350° until brown and bubbly. Cut with a pizza cutter. Serve warm.

Note: I use my AirBake pizza pan for this recipe.

Norma McMichael

Strawberry Delight Cake

1 (3 oz.) pkg. sugar-free
strawberry Jello
1 (3 oz.) pkg. sugar-free cook
& serve vanilla pudding
1 1/2 c. water

2 c. frozen, sliced, unsweetened
strawberries
1/2 c. Cool Whip Free
1/2 round angel food cake

Break cake into bite-size pieces in an 8x12-inch pan. Bring Jello, pudding and water to a boil, and cook until clear and beginning to thicken. Remove and add frozen berries and Cool Whip. Pour over cake. Refrigerate. Yield: 8 servings.

Favorite Memory of KJAN: During our 43 years of marriage, you have always been there!

Janet Westphalen

Pumpkin Pie Dessert

CRUST:

1 (18 oz.) pkg. yellow cake mix
(set aside 1 c.)

1/2 c. melted butter or
margarine
1 egg

Mix together and spread in the bottom of a 9x13-inch pan.

FILLING:

2 eggs
1 (1 lb.) can pumpkin
1/2 tsp. vanilla
1/2 tsp. salt

3/4 c. sugar
2/3 c. evaporated milk
1 tsp. cinnamon
1/2 tsp. ginger
1/8 tsp. ground cloves

Mix as for pie, and pour over crust.

TOPPING:

1 c. reserved cake mix
1/4 c. sugar

1 tsp. cinnamon
1/4 c. soft oleo

Mix until crumbly, and sprinkle over filling. Bake at 350° for 45 to 60 minutes, or until a knife comes out clean.

*Marcella Weppier,
Lewis, IA*

Sherbet Dessert

1 roll (or more) Ritz crackers
2/3 c. oleo, melted
1/2 c. sugar

1/2 gal. raspberry sherbet
1 ctn. whipped topping

Make crust from crackers, oleo and sugar; reserve some of the crumbs for top, if desired. Whip the topping and sherbet together; place on crust. Sprinkle reserved crumbs on top.

*Marcella Weppier,
Lewis, IA*

Apple Crunch

1 qt. sliced apples
1 tsp. cinnamon
1 c. Bisquick
1/4 c. margarine

1 c. sugar
2 T. butter
1 c. sugar
1 egg

Layer the first 4 ingredients in a 9x9-inch baking pan. Crumble the next 4 ingredients and sprinkle over apples. Bake at 350°.

Gertrude Koob

Ice Cream Crunch

2 c. crushed Rice Chex
1/2 c. nuts (opt.)
2/3 c. brown sugar
1/3 c. melted butter

1/2 gal. ice cream of choice
(our favorites: vanilla, butter
crunch, butter brickle,
peppermint)

Mix Chex, nuts, brown sugar and butter and toast in a 9x13-inch pan in a slow oven (300°) for 15 to 20 minutes. Stir occasionally. Put 1/2 of the toasted mix on the bottom of the 9x13-inch pan; top with the ice cream. Place rest of toasted mix over top of ice cream. Freeze.

Won't last very long once you taste it!

LeAnn Hawthorne

Blueberry Dessert

16 crushed graham crackers
1/2 c. powdered sugar
1/4 c. melted butter
2 eggs, beaten
1/2 c. sugar

1 lg. pkg. Philadelphia cream
cheese
1 tsp. vanilla
1 can blueberry pie mix
1 T. lemon juice

Mix graham crackers, powdered sugar and melted butter and press into a 9x9-inch pan. Whip together the beaten eggs, sugar, cream cheese and vanilla, until smooth. Put on crust and bake 20 minutes at 325°. Let cool. Mix pie mix and lemon juice; spread on cooled crust. Let stand. Put into refrigerator and chill (can stand overnight). Serve with whipped cream or ice cream.

Variation: Also good with cherry or strawberry pie filling, instead of blueberry.

Rosie Masteller

Coconut Dessert

1 c. flour	2/3 c. sliced almonds
1/4 c. brown sugar	3 (3 oz.) pkg. vanilla pudding
1/2 c. butter	4 1/2 c. milk
1 c. flaked coconut	1 c. cream, whipped

Mix together flour, brown sugar and butter; add coconut and almonds. Place on a cookie sheet in a 350° oven until slightly browned, stirring once in a while, so it browns evenly. Cool. Make pudding, either cooked or instant. Put 1/2 of the coconut mixture in the bottom of a 9x13-inch pan. Cover with pudding, then whipped cream; and put rest of coconut crumb mixture on top. Chill. Yield: 12 to 15 servings.

Favorite Memory of KJAN: We've appreciated KJAN's news and public service announcements for many years. Especially enjoy the contests, Saturday's polka music and LaVon's "Backyard and Beyond" show. Congratulations on 50 years! We wish you many more.

Mary Ann Christensen

Cream Puffs and Dumplings

(From one recipe)

1 c. water	1 c. flour
1/2 c. butter	4 eggs
1 pkg. instant pudding	

Cream Puffs: Heat water and butter to boiling in a saucepan. Stir in flour, all at once, stirring quickly until mixture forms a ball. Remove from heat and cool. With an electric mixer, beat in one egg at a time, until mixture is smooth and velvety. Drop from spoon onto ungreased baking sheet. Do not crowd, as these puff larger. Bake at 400° for 45 to 50 minutes. They will be hollow inside and crisp outside, and a nice, golden-yellow color. Cut off tops when cool. Remove filaments of soft dough and fill; replace tops. Dust with confectioners' sugar.

Dumplings: Prepare the above ingredients as for Cream Puffs (do not bake). Drop by tablespoon into boiling soup or broth. Cover and simmer for 10 to 15 minutes; complete the soup.

Bernice Baier

Homemade Ice Cream

4 eggs, well beaten	1 (6 oz.) pkg. instant vanilla
2 c. sugar	pudding mix
1 qt. Coffee Rich, thawed	1 tsp. vanilla

Beat eggs; add sugar while continuing to beat. Add all ingredients and mix. Pour into ice cream freezer, then fill with milk and freeze. Yield: 1 gallon.

Ronda Harry

"Different" Cupcakes

4 sq. semi-sweet baking chocolate	1 3/4 c. sugar
2 sticks margarine	1 c. flour
1/4 tsp. butter flavoring	4 lg. eggs
1 1/2 c. broken or chopped pecans	1 tsp. vanilla

Melt chocolate and margarine in a pan; add butter flavoring and nuts. Stir well, and set aside. Combine sugar, flour, eggs and vanilla; mix only to blend. Add chocolate-nut mixture and mix carefully, not overbeating. Put into paper baking cups in muffin pan. Bake at 325° for 35 minutes. Needs no frosting.

Favorite Memory of KJAN: *Listening to KJAN the evening and night of the June, 1998 flood. I came into Omaha on a late and delayed flight, and we listened to KJAN to find a route into Atlantic.*

Nancy Major

Homemade Chocolate Pudding Mix

DRY MIX:	1 1/3 c. cornstarch
4 c. nonfat dry milk solids	1 to 1 1/3 c. baking cocoa
2 2/3 c. sugar	1/2 tsp. salt

PUDDING:	1 T. oleo
2 c. milk <u>or</u> water	1/2 tsp. vanilla
1 c. dry mix	

Dry Mix: Mix well or sift together. Store in an airtight container. Yield: 9 batches.

Pudding: Combine dry mix and milk or water in a large microwave bowl. Cook on FULL POWER in microwave until it comes to a good boil, stirring occasionally. Remove and stir in oleo and vanilla.

Barba Jean Duvall

Apple Crunch

12 baking apples	2 c. flour
1 tsp. cinnamon	1 c. margarine or butter
1 c. white sugar	2 c. brown sugar

Spread peeled and sliced apples in a buttered 9x13-inch baking pan. Cover and toss white sugar and cinnamon over apples. Mix flour, margarine or butter, and brown sugar to coarse crumb mixture; sprinkle over apples. Bake 1 hour at 325°.

Wonderful served warm with vanilla ice cream.

Favorite Memory of KJAN: *KJAN radio was always a part of our household growing up in Atlantic, and continues today in my home in Kimballton.*

Calla L. Poldberg

Fruit Crisp

1 c. packed brown sugar
1 c. oatmeal

1 stick margarine

FRUIT (1 OF THE FOLLOWING):

1 can cherry pie filling

5 c. sliced apples

1 can apricot pie filling

5 c. chopped rhubarb

Mix the first 3 ingredients together until crumbly. Put about 1/2 into the bottom of a 10x10-inch square microwavable dish. Add fruit; top with remaining crumb mixture. Cook in microwave on HIGH for 15 minutes, turning every 2 minutes. Serve hot or cold with ice cream. Yield: 9 servings.

Note: No need to add sugar for fresh fruits; there is enough in topping.

Kathee McCrory

Grasshopper Torte

- | | |
|----------------------------|----------------------------------|
| 24 lg. marshmallows | 2 c. whipping cream, whipped |
| 3/4 c. milk | Green food coloring (opt.) |
| 2 T. white creme de cacao | 1 lg. round, or loaf angel food |
| 2 T. white creme de menthe | cake |
| 1/4 tsp. salt | 1/2 c. toasted, slivered almonds |

Place marshmallows and milk in the top of a double boiler. Cook over hot water until marshmallows are melted. Cool. Stir in liqueurs and salt; chill until partially set. Fold in whipped cream. If desired, add 1 or 2 drops of food coloring. Cut cake into 3 layers. Spread mixture between layers and over top and sides of cake. Place almond into frosting, porcupine-style, or just sprinkle over top and sides of cake. Chill for several hours or overnight.

This was one of my mother's specialties and was consumed with oooohs and aaaahs.

Marvel Van Ginkel

Possum Trot

(Rhubarb Pudding)

- | | |
|-----------------------------|-----------------------------|
| 3 qt. 1/2" cubed rhubarb | 1 T. cinnamon |
| 1 qt. 1/2" cubed bread, 1/2 | 1 (3 oz.) pkg. raspberry or |
| white & 1/2 whole wheat | strawberry Jello |
| 1 c. sugar | 1/2 c. melted butter |

Mix rhubarb, bread, sugar and cinnamon, thoroughly. Turn into a 9x13-inch pan. Sprinkle Jello over top, then pour melted butter over top. Bake at 350° for 30 minutes. Stir and bake 10 more minutes. Serve warm, with ice cream.

Marvel Van Ginkel

Butter Pecan Dessert

- | | |
|---------------------|---------------------------------|
| 1 c. flour | 1 sm. pkg. instant butterscotch |
| 1/2 c. brown sugar | pudding |
| 1/2 c. margarine | 1 sm. pkg. instant French |
| 1 c. flaked coconut | vanilla pudding |
| 2 1/2 c. milk | 1 (8 oz.) ctn. Cool Whip |
| 1 c. chopped pecans | 1 (3 oz.) pkg. cream cheese |

Mix flour, brown sugar, margarine, coconut and nuts together and bake at 350° for 15 minutes, stirring often. Cool well. Mix pudding mixes with the milk and let stand. Add Cool Whip and softened cream cheese. Put 1/2 of the crumbs on the bottom of a 9x13-inch pan. Add pudding filling and top with remainder of crumbs. Chill.

This also freezes well.

Julia McNees

Glazed Pumpkin Pie Squares

CRUST:

1 c. flour
1/2 c. quick-cooking rolled
oats

1/2 c. brown sugar, packed
1/2 c. margarine

FILLING:

2 c. pumpkin
1 (13 1/2 oz.) can evaporated
milk
2 eggs, slightly beaten

3/4 c. sugar (1/2 white & 1/2
brown)
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves

TOPPING:

1/2 c. chopped nuts

1/2 c. brown sugar, packed
2 T. butter

Crust: Combine flour, oatmeal brown sugar, and margarine or butter in a large mixing bowl; mix until crumbly. Press into an ungreased 9x13-inch pan. Bake at 350° for 15 minutes.

Filling: Combine pumpkin, milk, eggs, sugar, salt and spices, and beat well. Pour over crust and bake at 350° for 20 minutes.

Topping: Combine nuts, brown sugar and butter; mix well. Sprinkle over pumpkin filling. Return to oven and bake for 15 to 20 minutes, until a knife comes out clean.

Cut into squares and serve with whipped cream. Yield: 12 to 15 servings.

*Helen M. Thompson,
Audubon, IA*

Carol Schuler's Dessert

1 stick oleo
1 c. flour
1 (8 oz.) pkg. pecans
8 oz. cream cheese
1 c. powdered sugar
1 lg. ctn. Cool Whip

1 sm. pkg. instant vanilla
pudding
1 sm. pkg. instant chocolate
pudding
2 1/2 c. milk
1 tsp. vanilla

Crust: Mix the oleo, flour and pecans; press into a 9x13-inch container. Bake at 350° for 20 minutes.

Soften the cream cheese; add powdered sugar and 2/3 of the container of Cool Whip. Mix and spread on cooled crust. Combine the pudding mixes with the milk and vanilla; mix 2 minutes. Spread on top of cream cheese layer; let set. Frost with rest of Cool Whip; decorate with chocolate curls.

Carole Schuler

Skillet Cake

3 egg yolks
3 T. cold water
1 c. sugar
1 c. flour
1 tsp. baking powder

1 tsp. vanilla
3 egg whites, beaten stiff
3 T. butter
1 c. brown sugar
Canned fruit

Cake Batter: Beat egg yolks until foamy; add cold water. Add sugar and extract, then sifted flour and baking powder. Fold in beaten egg whites.

Melt the butter and brown sugar in a No. 8 iron skillet and stir over heat until syrupy. Add any kind of drained, canned fruit (example: sliced pineapple and place a maraschino cherry in the center of each slice). Pour cake batter over fruit. Bake at 350° for 30 to 35 minutes. Serve topped with ice cream.

Virginia Crozier

Chocolate Eclair Dessert

- | | |
|--|--------------------------------|
| 1 box graham crackers | 3 c. milk |
| 2 sm. boxes instant French vanilla pudding mix | 8 oz. Cool Whip |
| 3 oz. unsweetened baking chocolate | 3 T. milk |
| 3 T. margarine | 1 tsp. vanilla |
| | 2 T. corn syrup |
| | 1 1/2 c. sifted powdered sugar |

Line the bottom of a 9x13-inch pan with whole graham crackers. Beat pudding mix and milk until smooth and fold in Cool Whip. Spread 1/2 of the pudding mixture over the graham crackers. Place another layer of graham crackers over pudding. Top with remaining pudding and cover with layer of crackers.

Topping: Melt chocolate and margarine. Beat remaining ingredients into chocolate until smooth. Frost top layer of crackers.

Chill 24 hours before serving.

Julia McNees

Fruit Pizza

- | | |
|---------------------------|------------------------|
| CRUST: | 1 tsp. vanilla |
| 1 c. oleo | 2 3/4 c. flour |
| 2 c. sugar | 1 tsp. cream of tartar |
| 2 eggs | 1 tsp. baking soda |
| CREAM FILLING: | 1/2 c. sugar |
| 8 oz. cream cheese | 1 tsp. vanilla |
| TOPPING: | |
| 3 bananas, sliced | 1 c. mandarin oranges |
| 2 c. strawberries, sliced | 1 c. chunk pineapple |
| 2 kiwi, sliced | Grapes (opt.) |
| GLAZE: | |
| 3/8 c. water | Dash of salt |
| 1/8 c. lemon juice | 1/2 c. orange juice |
| 1/2 c. sugar | 1 1/2 T. cornstarch |

Crust: Mix like any cookie dough. spread onto a large cookie sheet. Bake at 350° for 12 minutes. Cool.

Cream Filling: Blend together and spread on crust.

Topping: Layer over crust and cream filling.

Glaze: Cook until glaze is formed; cool. Pour over fruit.

Best if eaten the same day.

Note: Any variety of fruits may be used according to seasonal availability. May want to double the recipe for the glaze.

Favorite Memory of KJAN: LaVon Eblen's "Back Yard and Beyond" is a delightful, informative, and interesting addition to your more recent programming.

Doris Christensen

Rocky Road Fudge Bars

LAYER #1:

1/2 c. (1 stick) butter

1 pkg. Choco-Bake, or 1 sq.
unsweetened chocolate

Melt in a medium pan; remove from heat.

Add:

1 c. sugar

2 beaten eggs

1 tsp. vanilla

1 c. flour

1 tsp. baking powder

LAYER #2:

6 oz. cream cheese, softened

1/2 c. sugar

1/4 c. butter

1 egg

2 T. flour

1/2 tsp. vanilla

Stir well and drop by tablespoons over first layer, then sprinkle 2 cups mini semi-sweet chocolate chips on top. Bake in a greased 9x13-inch pan for 30 to 35 minutes at 350°. Remove from oven and sprinkle 2 cups mini marshmallows over top. Return to oven and bake 2 minutes only! Immediately swirl Layer #3 over top of marshmallows.

LAYER #3: Cook the following over low heat to melt (will look like pudding):

1/4 c. butter

2 oz. cream cheese

1 oz. unsweetened chocolate,
or 1 pkg. Choco-Bake

Begin cooking this before the first 2 layers come out of oven. This is a fudge frosting and is swirled over the marshmallows right after they come out of the oven.

Remove from heat, then add and stir:

1/4 c. milk

3 c. powdered sugar

1 tsp. vanilla

Pour this over marshmallows and swirl. Chill a couple of hours until firm. Cut in small bars.

These are very rich.

Favorite Memory of KJAN: *Couldn't wait until Bob Einhaus' daughter Mary's birthday party. Bob would bring 45 records from KJAN for prizes! Also enjoyed "Worry Bird".*

Bethany Meyer

Chocolate Chip Cheesecake

CRUST:

1 1/2 c. graham cracker crumbs
1/3 c. cocoa

1/3 c. sugar
1/3 c. melted butter or oleo

FILLING:

3 (8 oz.) pkg. cream cheese
1 (14 oz.) can Eagle Brand milk
3 eggs

2 tsp. vanilla extract
1 c. semi-sweet mini chocolate chips, divided
1 tsp. all-purpose flour

Crust: Heat oven to 300°. Combine graham cracker crumbs, cocoa, sugar and butter in a bowl; press evenly on the bottom of a 9-inch springform pan. In a large mixer bowl, beat cream cheese until fluffy. Gradually add sweetened condensed milk, beating until smooth. Add eggs and vanilla; mix well. In a small bowl, toss 1/2 cup mini chips with flour to coat; stir into cheese mixture. Pour into prepared pan; sprinkle remaining chips evenly over top. Bake 1 hour. Turn off oven and allow to cool in oven for 1 hour. Remove from oven; cool to room temperature, then refrigerate.

Lisa Shaver

Plum Soup

5 lb. red plums, peeled, pitted
& chopped
2 qt. apple juice

4 oz. honey
1/2 tsp. arrowroot, to taste
1 oz. lemon juice, to taste

Standard Sachet d'Epices, plus:

2 lg. slices fresh ginger
1 cinnamon stick

8 to 10 grains allspice
6 to 8 black peppercorns

GARNISH (PER SERVING):

2 tsp. sour cream

1/2 tsp. almonds, slivered &
toasted

Simmer the plums in enough apple juice to cover, along with the Sachet d'Epices and the honey, until the plums are tender. Discard the Sachet d'Epices. Purée the soup until it is very smooth; strain, if desired. Return the soup to a simmer; thicken with diluted arrowroot, if necessary. Adjust the flavor with lemon juice to taste. Chill the soup thoroughly. At service, garnish each portion with sour cream and toasted, slivered almonds.

Bill McCrory

Pumpkin Pie Crunch

1 pkg. deluxe yellow cake mix	4 tsp. pumpkin pie spice
1 (16 oz.) can solid pumpkin	1/8 tsp. salt
1 (12 oz.) can evaporated milk	1 c. chopped pecans
3 eggs	1 c. butter or margarine, melted
1 1/2 c. sugar	Whipped topping

Preheat oven to 350°. Grease the bottom of a 9x13x2-inch pan. Combine pumpkin, evaporated milk, eggs, sugar, pumpkin pie spice and salt in a large bowl. Pour into pan. Sprinkle dry cake mix evenly over pumpkin mixture. Top with pecans, then drizzle with melted butter. Bake at 350° for 50 to 55 minutes, or until golden. Cool. Serve with whipped topping. Refrigerate leftovers.

Shara Cooper

Strawberry Yum-Yum

1 c. flour	1 c. sugar
1/2 c. butter	2 tsp. lemon juice
1/4 c. brown sugar, packed	1 (10 oz.) pkg. frozen strawberries
1/2 c. nuts, chopped	1 (8 oz.) ctn. Cool Whip
2 egg whites	

Mix the first 4 ingredients until crumbly; press into an 8x8-inch pan. Bake at 350° for 20 to 25 minutes. Cool and break into crumbs; set aside. Combine the egg whites, lemon juice, sugar and strawberries, and beat at medium speed for 15 to 20 minutes. Fold strawberry mixture into whipped topping. Put 1/2 of the crumb mixture into the bottom of a greased 9x9-inch pan. Spread strawberry mixture over crumbs, and top with remaining crumbs. Freeze.

Favorite Memory of KJAN: *I remember all the times during floods when KJAN was surrounded by water, yet stayed on the air to keep everyone else informed as to what was happening.*

Marilyn Vernon

White Chocolate Cheesecake

4 (8 oz.) pkg. cream cheese	1 1/2 tsp. vanilla
1 c. sugar	8 oz. white baking chocolate
4 lg. eggs	

Beat the cream cheese until soft and smooth. Add the sugar in divided portions. Add the eggs, one at a time, then add the vanilla. Melt the white baking chocolate just to the melting stage, not too hot, and add to the batter. Put into a springform pan and place in a larger pan with water. Bake 2 hours at 250°. Let stand 5 minutes out of the oven, then remove the sides of the pan and refrigerate. Serve with puréed raspberry sauce or chocolate sauce.

Nancy Major

Lemon Sponge Pie

1 c. sugar	2 T. grated lemon rind (zest)
1 T. butter	1 c. milk
3 T. flour	2 eggs, separated
Dash of salt	1 unbaked 8" pie crust
Juice of 1 lemon	

Separate egg yolks from the whites; beat the whites until light. Blend the yolks with the milk and mix with the sugar, butter, flour, lemon juice and grated rind; fold in the egg whites. Pour the mixture into an unbaked 8-inch pie crust. Bake at 350° until the center is set. Chill and serve plain, or with whipped topping or sweetened whipped cream. Yield: 6 large servings.

This is a very old recipe, but served at a tea room I visited recently.

Favorite Memory of KJAN: Our best source of local news.

JoAnn Gerlock

Cobbler

3 to 4 c. fruit	1 tsp. baking powder
3/4 c. sugar	1/4 tsp. salt
1 c. flour	1/2 c. milk

Mix and set aside:

1 c. sugar	1/4 tsp. salt
1 tsp. cornstarch	

Clean fruit; put into a 9x13-inch pan. Cream together the 3/4 cup sugar, flour, baking powder, salt and milk, and spread over the fruit; do not stir together. Pour the sugar, cornstarch and salt mixture over the top; do not stir or mix this. Pour 1/2 cup boiling water over entire batter. Bake at 375° for 1/2 hour, then at 350° for 1/2 hour, or until crust is a golden brown.

Favorite Memory of KJAN: Hearing the "good morning" song and listening to the "Worry Bird" program while getting ready for school. Now, 20+ years later, listening to the "good morning" song and "Heartbeat Today" program, while getting my kids ready for school.

Ruth Christensen

Apple Crisp

3 c. sliced apples
1 c. sugar

3 rounded T. flour
Salt & cinnamon, to taste

Mix and put in pan.

Top with:

1/4 tsp. baking soda
1/4 tsp. baking powder
1/3 c. melted butter

3/4 c. oatmeal
3/4 c. flour
3/4 c. brown sugar

Mix all ingredients together; pat on top of apple mixture. Bake in a preheated 350° oven for 35 to 40 minutes. Do not overbake.

*Judy Lauridsen,
Exira, IA*

Four-Layer Dessert

FIRST LAYER:

1 1/2 c. flour

1/2 c. margarine

Mix and press into a 9x13-inch pan. Bake at 350° for 20 minutes.

SECOND LAYER:

1 (8 oz.) pkg. cream cheese

1 c. powdered sugar
1 (8 oz.) ctn. Cool Whip

Combine cream cheese and powdered sugar; fold in Cool Whip. Spread on first layer.

THIRD LAYER:

2 sm. pkg. instant pudding

2 1/2 c. milk

Combine pudding and milk; beat until thick. Spread over second layer.

FOURTH LAYER:

Cool Whip

Crushed nuts (opt.)

Spread Cool Whip over top of third layer; garnish with crushed nuts. Yield: 12 to 15 servings.

*Judy Lauridsen,
Exira, IA*

Apple-Caramel Dessert

APPLE MIXTURE:

4 c. sliced apples

1 c. water

1 T. cornstarch

1/3 c. sugar

Cook sliced apples and water until apples are tender. Mix cornstarch and sugar and stir into apples; cook until thickened. Cool.

CRUMB MIXTURE:

1 3/4 c. flour

1 c. oatmeal

1/2 c. brown sugar

1/2 tsp. baking soda

1/2 tsp. salt

1 c. finely-chopped pecans

1 c. cold butter

Combine all ingredients, except butter. Cut butter into mixture until crumbly. Reserve 1 1/2 cups and pat remainder into a 9x13-inch pan. Bake 15 minutes at 375°.

CARAMEL MIXTURE:

1 (14 oz.) can sweetened
condensed milk

20 unwrapped caramels

Melt caramels in milk over low heat, stirring until smooth.

Remove crumb mixture from oven after 15 minutes. Spoon apple mixture over crumb mixture and top with caramel mixture and reserved crumb mixture. Bake about 20 minutes, or until set. Serve warm with ice cream.

DeEtta Rasmussen

Best-Ever Apple Crisp

3/4 c. brown sugar
1/2 c. white sugar
3/4 c. + 1 T. flour
5 T. stick margarine

5 c. coarsely-sliced apples
Cinnamon
Nutmeg

Combine sugars, flour and margarine in a medium bowl. Work together with a pastry blender until crumbly. Place the apples in a greased, shallow, 6 1/2 x 10-inch baking dish or pan. Sprinkle generously with cinnamon and lightly with nutmeg. Spread the crumbly mixture over the apples. Bake, uncovered, in a 350° oven for 50 to 60 minutes, until apples are done and top is browned. Serve with ice cream or whipped topping, if desired. Yield: 6 servings.

Leah Berry

Danish Rice Dessert

1 c. cooked rice
2 T. sugar
1/4 c. almonds
1 tsp. vanilla

1/2 c. heavy cream, whipped
Raspberry or strawberry sundae
syrup

Place rice in a mixing bowl. Add sugar, almonds, vanilla and whipped cream; mix well. Serve with syrup after chilling.

*Salem Lutheran Homes,
Elk Horn, IA*

Cream Puffs

1/2 c. butter or margarine
1 c. water
1/2 tsp. salt

1 c. sifted all-purpose flour
4 eggs

In a medium saucepan, heat butter with water over high heat, stirring occasionally, until butter is melted and mixture is boiling. Add salt and flour all at once. Stir vigorously over low heat, until mixture leaves sides of pan in a smooth, compact ball; remove from heat. Quickly add eggs, one at a time, beating well after each addition, until smooth and shiny. Drop mixture by spoonful, 3 inches apart, on ungreased cookie sheet, shaping each into a mound. Bake in a 400° oven for 50 minutes. Cool on a wire rack.

To serve, slice top from each cream puff, fill with pudding and replace top; sprinkle with confectioners' sugar. Yield: about 12 medium puffs.

Ruth Steffen

Bing Cherry Salad or Dessert

Drain the juice from a can of bing cherries and a small can of crushed pineapple and add enough water to make 1 3/4 cups liquid. Bring to a boil and dissolve 1 package of cherry or bing cherry Jello. Add the bing cherries and put into refrigerator to set. When set, add topping.

Topping: Melt 20 marshmallows and 1/2 cup milk in a double boiler; let cool. Whip 2 pts whipping cream and fold in drained pineapple, marshmallow mixture, and 1/2 cup pecans. Spread on top of set Jello.

Variation: May use a little vanilla extract.

Jean Ann Schwaderer

Oreo Dessert

1 sm. pkg. Oreo cookies
4 to 5 Butterfinger candy bars
1 stick margarine, melted

1/2 gal. softened ice cream,
your favorite flavor (French
vanilla is good)

Crush cookies and candy bars; mix with melted margarine. Pat 1/2 of this mixture into a 9x13-inch pan. Spread softened ice cream over this mixture and spread remaining Oreo mixture on top. Freeze until time to serve.

Keeps very well in Tupperware in freezer and you will have a dessert ready to serve at any time.

Hint: Place cookies and candy bars into plastic bag and crush with a steak hammer.

Quick and easy.

Favorite Memory of KJAN: Remember "Worry Bird"? Good morning program!

Mrs. Glen Clemens

Peach Dumplings

2 c. flour
1 tsp. salt
2 tsp. baking powder

3/4 c. shortening (I use lard)
1/2 c. milk

SAUCE: Bring to a boil:

2 c. sugar
2 c. water

1/4 c. oleo
1 tsp. vanilla

Sift dry ingredients; cut in shortening. Add milk and stir. Roll out 1/4-inch-thick on a floured surface; cut in 6 squares. Slice 1/2 fresh peach on each square. Sprinkle with sugar, dot with butter, fold up and seal. Place in baking pan; pour syrup over. Bake at 350° for 30 minutes.

Note: To seal dumplings, wet one side of pastry with a little water and press together.

Variation: For apple dumplings, add 1/2 teaspoon cinnamon and 1/2 teaspoon nutmeg to syrup, and omit vanilla.

Shirley Warne

Hoe Cobbler

- | | |
|--------------------|--|
| 3/4 stick oleo | 1/2 c. milk |
| 1 c. flour | 2 c. fruit & juice (I use pie filling) |
| 1 c. sugar | |
| 1 T. baking powder | |

Preheat oven to 350°. Melt oleo in a 7x11-inch pan. Sift flour, sugar and baking powder into a mixing bowl. Add milk and mix well. Pour batter over melted oleo; do not stir. Pour the hot fruit over batter; do not mix. Bake at 350° for about 30 minutes, or until brown. The dough should rise to the top.

Favorite Memory of KJAN: *I think it was called "Robin's Nest".*

Anabelle Petersen

Eggnog Dessert

- | | |
|---------------------|--------------|
| 2 env. Knox gelatin | 1 qt. eggnog |
| 1/2 c. cold water | |

CRUST:

- | | |
|---------------------|--------------------|
| 1 c. flaked coconut | 4 T. melted butter |
|---------------------|--------------------|

Crust: Combine ingredients. Press into a 9x9-inch pan. Bake at 350° for 10 minutes.

Soften gelatin in cold water. Add 1 cup eggnog and heat until gelatin is melted; remove from heat. Add remaining eggnog; mix well. Chill until partially set. Beat with a mixer until light and fluffy; pour over crust. Garnish with whipped cream and cinnamon or nutmeg.

Lois Felker

Sugar-Free Pie

- | | |
|--|----------------------------------|
| 1 (3 oz.) pkg. sugar-free Jello
lemon, lime or strawberry | 1 (8 oz.) pkg. lite cream cheese |
| 2/3 c. boiling water | 1 (8 oz.) ctn. lite Cool Whip |
| 1 c. cottage cheese | 1 graham cracker crust |

Mix water and Jello in blender. Add cottage cheese and cream cheese; blend until smooth. Fold in Cool Whip; pour into crust. Chill well.

Viola Kilworth

Barb's Oatmeal Cake

1 1/2 c. boiling water
1 c. oatmeal
1 stick oleo
2 eggs
1 c. sugar
1 c. brown sugar

1 1/3 c. flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt

TOPPING: (Mix)

6 T. soft oleo
1/2 c. brown sugar
1 c. coconut

1 c. nuts
1/4 c. cream (or milk)
1/2 tsp. vanilla

Put oatmeal and oleo into a large bowl; pour boiling water over. Cover and let stand 20 minutes. Add eggs and beat well. Add remaining ingredients and beat again. Bake in a 9x13-inch pan at 350° for 35 to 45 minutes; cool slightly.

Topping: Add topping; put under broiler for a few minutes. Watch carefully, it burns easily.

This is better the second day.

Favorite Memory of KJAN: *The "Worry Bird" was a must-listen-to while it was on the air. I still miss it.*

Rosemary Davidson

Apple (Dessert) Crisp

6 or 8 med. apples
1/2 c. sugar
3/4 c. orange juice
1/2 tsp. cinnamon

3/4 c. flour
1/2 tsp. salt
1/2 c. sugar
6 or 8 T. butter

Peel and thinly slice the apples into an 8x8-inch pan. Cover with 1/2 cup sugar, orange juice and cinnamon. Cream the flour, sugar, salt and butter together; spread on apple mixture. Bake at 350° until apples are tender. Yield: about 6 servings.

Opal Shahan

Linda Bar

1 c. margarine	2 1/2 c. flour
2 c. brown sugar	1 tsp. baking soda
2 eggs	1 tsp. salt
2 tsp. vanilla	3 c. quick-cooking oatmeal

FILLING:

1 (11 1/2 oz.) pkg. milk	2 T. margarine
chocolate chips	1 c. chopped walnuts
14 oz. sweetened condensed milk	2 tsp. vanilla

Cream together the margarine and brown sugar. Add eggs and vanilla; beat well. Sift dry ingredients; add to first mixture. Add oatmeal and mix well; set aside.

Filling: Mix together milk, margarine and chips over low heat until smooth; add nuts and vanilla. Spread 2/3 of the oatmeal mix into a jellyroll pan; cover with chocolate mixture. Add flour to rest of oatmeal, until crumbly. Bake at 350° for 30 to 35 minutes, or until lightly browned. *Donna Sue Vorrath*

Rhubarb Butter Crunch

3 c. diced rhubarb	1 c. uncooked oatmeal
1 c. sugar	1 1/2 c. flour
3 T. flour	1/2 c. margarine
1 c. brown sugar	1/2 c. shortening

Combine the first 3 ingredients and place in a greased 8x8-inch baking dish. Combine brown sugar, oatmeal and flour; cut in margarine with a pastry cutter. Sprinkle over rhubarb mixture. Bake at 375° for 40 minutes.

Donna Sue Vorrath

Rhubarb Crunch

3 to 4 c. finely-cut rhubarb	1 c. flour
3/4 c. sugar	1 tsp. baking powder
3 T. margarine	1/4 tsp. salt
1/2 c. milk	

TOPPING:

1 c. sugar	1 T. cornstarch
	1/4 tsp. salt

Put rhubarb into an 8x8-inch pan. Cream sugar and margarine; add milk, flour, baking powder and salt. Combine and pour over rhubarb.

Topping: Mix sugar, cornstarch and salt. Sprinkle over the top, then pour 1 cup boiling water over all. Bake 1 hour at 350°.

Helen Kopaska

Fresh Peach Cobbler

2 lg. peaches, peeled & sliced
 1 1/2 c. sugar, divided
 1/2 c. margarine, melted
 1 c. all-purpose flour

2 tsp. baking powder
 1/4 tsp. salt
 Dash of nutmeg & cinnamon
 3/4 c. milk

Combine peaches and 3/4 cup sugar in a bowl; set aside. Pour melted butter or margarine into an 8-inch square pan. In a bowl, combine flour, baking powder, salt, nutmeg, cinnamon, and remaining sugar. Stir in milk just until combined; pour over butter. Top with the peaches. Bake at 375° for 45 to 50 minutes, or until golden brown.

Beverly Uhlman

Praline Cheesecake

1 1/4 c. crushed graham
 crackers
 1/4 c. granulated sugar
 1/4 c. chopped pecans
 1/4 c. melted butter
 3 (8 oz.) pkg. cream cheese,
 softened

1 c. brown sugar
 2/3 c. canned evaporated milk
 2 T. flour
 1 1/2 tsp. vanilla
 3 eggs

Combine cracker crumbs, sugar and chopped pecans in a small bowl; stir in melted butter. Press crumb mixture over the bottom and 1 1/2 inches up the sides of a 9-inch springform pan. Bake at 350° for 10 minutes.

Mix together the cream cheese, brown sugar, evaporated milk and vanilla. Add eggs; beat until blended. Pour over baked crust. Bake at 350° for 55 minutes, until set. Cool in pan 30 minutes, then loosen sides and remove rim. Cool completely. Arrange pecan halves on top of cheesecake.

Before serving, combine corn syrup, cornstarch and brown sugar in a saucepan. Cook and stir until thickened and bubbly; remove from heat. Stir in 1 teaspoon vanilla; cool slightly. To serve, spoon some of the warm sauce over the nuts on the cheesecake. Chill several hours. Yield: 12 servings.

Favorite Memory of KJAN: *I remember back in the late 40's, every Saturday afternoon KJAN had a talent contest upstairs in the city hall. I remember my sister Joann sang a couple of songs. I was so embarrassed, because she sang soprano so loud. My friends and I went to it every Saturday.*

Jeannette Smith

Poppy Seed Cookies

1 c. vegetable shortening	2 T. yogurt
3/4 c. granulated sugar	1 1/2 tsp. grated orange rind
1 egg	2 1/2 c. all-purpose flour
1/4 c. poppy seeds	1/2 tsp. baking powder

In a large bowl, cream shortening and sugar until fluffy. Add egg, poppy seeds, yogurt and orange rind; mix well. Sift flour with baking powder. Add to creamed mixture and mix well. Divide dough into 3 portions and shape into logs about 2 inches in diameter. Wrap in plastic and chill 6 hours or overnight. Preheat oven to 350°. Grease a cookie sheet. Cut logs into 1/4-inch slices. Transfer slices to ungreased cookie sheet and bake 8 to 10 minutes. When done, transfer cookies to wire racks and let cool.

Favorite Memory of KJAN: Every morning KJAN was on at home. There I was, waiting for the school bus, listening to the station. KJAN reminds me of home.

Stacy Hayes

Custard Bread Pudding

1 qt. scalded milk	1/3 c. sugar
2 c. bread crumbs	2 whole eggs
1 tsp. vanilla	1/3 c. raisins
1/2 tsp. salt	1/4 c. margarine

Scald milk and add bread crumbs, margarine and raisins; let soak for 15 minutes. Beat eggs; add sugar and salt. Mix thoroughly, then add to bread and milk mixture. Add vanilla and sprinkle nutmeg on top. Set baking dish in a pan of warm water. Bake at 350° until done. Great warm or chilled.

Susan (Nielsen) Swinford,
Conception Jct., MO

Rhubarb Dessert

6 1/2 c. raw rhubarb	1 1/2 c. sugar
----------------------	----------------

Mix the above and put into the bottom of a 9x12-inch pan.

Mix:

1 1/2 c. white sugar	3 eggs
1 1/2 c. flour	1 c. oleo

Pour on top of rhubarb mixture. Bake at 375° for 1 hour.

LuAnn Nielsen,
Earlham, IA

Frosty Strawberries

- | | |
|-----------------------------------|----------------------------------|
| 2 egg whites | 2 T. lemon juice |
| 1 c. sugar | 1 c. whipping cream, whipped; or |
| 2 c. frozen or fresh strawberries | Cool Whip (I use Cool Whip) |

Combine egg whites, berries and lemon juice in a very large bowl. With an electric mixer, beat at high speed to stiff peaks, about 10 minutes. Fold in whipped cream (or Cool Whip). Put into graham cracker or vanilla wafer crust, or just in dessert cups. Put in freezer.

Favorite Memory of KJAN: *I think one of my favorite memories of KJAN is when you would interview us 4-H'ers. You made it fun. My husband Louie is a bus driver for Walnut schools and has brought a lot of young people on tour to KJAN. Most of the time, you get him to say "Hi" on air.*

Lois E. (Eilts) Troll,
Walnut, IA

Frozen Fudge Sundae Dessert

- | | |
|---|---------------------|
| 2 1/4 c. finely-crushed snack
crackers | 1 stick melted oleo |
|---|---------------------|

Mix and press into a 12x15-inch pan. Put in freezer to set.

- | | |
|------------------------|-----------------------|
| 1 stick margarine | 1 can evaporated milk |
| 2/3 c. chocolate chips | 2 c. powdered sugar |

Cook all 4 ingredients for 8 minutes, then cool. Spread over crust and cool.

- | | |
|--|--------------------------------|
| 2 pkg. instant butter pecan
pudding | 1 1/2 c. milk |
| | 1 qt. vanilla ice cream (soft) |

Mix and spread over chocolate chip mixture and cool.

- | | |
|-----------------|------|
| 8 oz. Cool Whip | Nuts |
|-----------------|------|

Finish with Cool Whip and nuts, and freeze until served.

Edna Boll

Mom's Bread Pudding

PUDDING:

2 c. dry bread cubes
4 c. milk, scalded
1 T. butter
1/4 tsp. salt

3/4 c. sugar
4 slightly-beaten eggs
1 tsp. vanilla
1/2 c. raisins (opt.)

LEMON SAUCE:

1/2 c. sugar
1 T. cornstarch
1/8 tsp. salt

1/8 tsp. nutmeg
1 c. boiling water
2 T. butter
1 1/2 T. lemon juice

Pudding: Scald milk in microwave. Soak bread in the milk for 5 minutes (can use more bread, if you wish). Add butter, salt and sugar; pour slowly over beaten eggs. Add vanilla and mix well; add raisins. Pour into a greased 2-quart baking dish. Set in a pan of water (I use a 9x13-inch cake pan) and bake at 350°, until firm, about 50 minutes. Yield: 6 to 8 servings.

Lemon Sauce: Mix the sugar, cornstarch, salt and nutmeg. Add the boiling water and cook over low heat until thick and clear. Add butter and lemon juice. Serve warm over bread pudding. (Don't leave out the sauce.)

*Shirley Bierbaum,
Griswold, IA*

Slushy Fruit Cups

- | | |
|---|---|
| 1 (12 oz.) can frozen pineapple juice concentrate, prepared according to directions | 3 med. firm bananas, sliced |
| 1 (6 oz.) can frozen orange juice concentrate | 1 (16 oz.) pkg. frozen unsweetened strawberries |
| 1 c. water | 1 (15 oz.) can mandarin oranges, drained |
| 1 c. sugar | 1 (8 oz.) can crushed pineapple |
| 2 T. lemon juice | 18 (9 oz.) clear plastic cups |

In a large bowl, prepare (thawed) pineapple juice according to directions on can. Add (thawed) orange juice, water, sugar, lemon juice and fruits. Fill cups about 1/2 to 2/3 full. Place in a pan and freeze. Remove from freezer 40 to 50 minutes before serving. Yield: approximately 18 servings.

Note: I slice bananas and strawberries and place a few in each cup, then I pour the juice into the cups.

Favorite Memory of KJAN: *Since I was a little girl, I've enjoyed seeing the horses in the pasture next to KJAN.*

Bethany Meyer

Cherry Strip

- | | |
|------------|------------------|
| 4 c. flour | 1/2 tsp. salt |
| 3 T. sugar | 1 pkg. dry yeast |

Mix well, in a 3-quart plastic bowl.

Scald 1 cup of milk in a 2-cup Pyrex measuring pitcher. Add 1 1/2 sticks (or 3/4 cup) margarine until melted. Beat 2 eggs in a 1-cup measuring cup; fill with 1/2 cup cool water to make 1 cup. Add to dry ingredients and mix well. Cover tightly and chill overnight. Using 1/2 the dough, roll thin (1/4-inch) on a floured board. Cut dough into 4 (6x18-inch) strips. Place dough on a greased a cookie sheet. Fill with 1/2 can of cherries, peaches, apples, or cooked prunes, pitted and cooled. Fold sides, overlapping, and seal; let rise 30 minutes. Bake in a 350° oven for 30 minutes, until golden brown. Frost lightly with powdered sugar icing with almond flavoring.

A family favorite. Quick, easy and attractive. A Danish treat.

Favorite Memory of KJAN: *The local coverage of births and deaths, funerals and anniversary parties. "This is Your Nishna Valley" is a regular—I've missed very few programs. I always have KJAN on—for nearly 50 years now. It is about the only station I ever listen to. In the car, I turn to others, but at home, it's usually on to keep me company. You are part of the family of friends.*

Doris Christensen

Apple Torte

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

2 eggs
1/2 c. chopped nuts
2 c. chopped apples
3 tsp. vanilla

Cut apples (finely) into a bowl; stir in sugar, eggs and vanilla. Add flour, baking powder and salt; put into a 7 1/2 x 11-inch pan. Bake at 350° for 30 to 40 minutes, or until lightly browned.

Note: Can double this recipe and put into a 9x12-inch pan.

Mrs. Arthur E. Jensen

Danish Puff

1 c. flour
1 stick margarine
2 T. water

1 c. flour
3 eggs
1 tsp. almond flavoring

FROSTING:

1 c. powdered sugar
1 T. margarine
1/2 tsp. almond flavoring

A little hot water (3 tsp.) to
reach spreading consistency
Slivered almonds

Mix as for pie crust. Grease hands and pat down very thin on a 10 1/2 x 15 1/2-inch pan. Bring to boil 1 cup water and 1 stick margarine. Add 1 cup flour and stir until smooth. Add the 3 eggs, one at a time, beating well after each. Add the almond flavoring; spread on top of pastry crust. Bake at 350° for 40 to 45 minutes, or until golden brown.

Frosting: Combine powdered sugar, margarine and almond flavoring, adding a little hot water to reach spreading consistency. Sprinkle with slivered almonds.

Favorite Memory of KJAN: That KJAN is a great supporter of 4-H. This dessert, made by Adam, received a blue ribbon at the Cass County Fair in 1992.

Sandy Kneisel

Never-Fail Pie Crust

3 c. sifted flour
1 tsp. salt
1 c. Crisco

1 egg
1 tsp. vinegar
5 to 7 T. milk

Cut the flour, salt and Crisco together. Mix the egg, vinegar and milk in a small dish. Mix together all ingredients. Divide in 6 parts and keep in refrigerator, well covered; or roll out and make your pies. Yield: enough for 3 (2-crust) pies.

*Maxine Lambertsen,
Atlantic, IA*

Meringue for Pie

1/2 c. cold water
6 T. sugar
1 T. cornstarch

3 egg whites, beaten (not too stiff)

Cook the water, cornstarch and sugar until clear. Cool slightly, and pour over the egg whites. Bake 20 minutes in a 350° oven.

*Darlene Jones,
Lewis, IA*

Desserts

Apple Torte

3 T. margarine, softened
1 c. sugar
Egg substitute equivalent to
1 egg
1 c. all-purpose flour
1 tsp. baking soda
1/2 tsp. ground cinnamon

1/2 tsp. ground nutmeg
1/2 tsp. salt
3 c. peeled, diced apples
3 T. chopped walnuts
1 tsp. vanilla extract
Light whipped topping (opt.)
Apple wedges (opt.)

In a mixing bowl, cream margarine, sugar and egg substitute. Stir together dry ingredients; add to creamed mixture (batter will be very thick). Stir in the apples, nuts and vanilla. Spread into an 8-inch square baking pan coated with nonstick cooking spray. Bake at 350° for 35 to 40 minutes, or until cake tests done. Serve warm or cold. Garnish with whipped topping and apple wedges, if desired. Yield: 9 servings.

Nutritional Information Per Serving (Serving size: 1/9 recipe, calculated without garnish): 216 calories, 6 gm total fat (calories from fat, 25%), 1 gm saturated fat, 0 gm cholesterol, 318 mg sodium, 40 gm carbohydrate, 3 gm protein.

Connie Viether

Double Cherry Chocolate Pie

1/2 c. mini semi-sweet chocolate pieces	1 (16 oz.) can pitted, tart red cherries, drained
5 T. margarine or butter	1/4 tsp. almond extract
3/4 c. quick-cooking rolled oats	1/2 c. all-purpose flour
3/4 c. all-purpose flour	2 T. packed brown sugar
1/4 c. packed brown sugar	2 T. quick-cooking rolled oats
1 (16 oz.) can reduced-calorie cherry pie filling	3 T. butter, softened
	1/4 c. mini semi-sweet chocolate pieces

Grease a 10-inch pie plate; set aside.

Crust: Melt the 1/2 cup chocolate pieces and 5 tablespoons butter in a medium saucepan; remove from heat. Stir in the 3/4 cup oats, 3/4 cup flour and 1/4 cup brown sugar. Press onto bottom and sides of pie plate and form a firm, even crust. Bake in a 350° oven for 10 minutes.

Filling: Combine the pie filling, cherries and almond extract in a medium mixing bowl; pour into baked crust.

Topping: Stir together 1/2 cup flour, 2 tablespoons brown sugar and 2 tablespoons oats, in a small mixing bowl. Cut in the 3 tablespoons butter until mixture resembles coarse crumbs. Stir in the 1/4 cup chocolate pieces; sprinkle over filling. Bake in a 350° oven for 35 minutes.

Cool on a wire rack for 10 minutes. Yield: 1 (10-inch) pie. *Bill McCrory*

Easy-Crust Apple Pie

CRUST:

1 c. flour	1/4 c. milk
1/3 c. oil	1/4 c. oatmeal

FILLING:

5 c. thinly-sliced apples, fresh or rehydrated (1 c. boiling water) dried apples	1 (4 serving) pkg. regular vanilla or butterscotch pudding
--	--

TOPPING:

1/3 c. flour	1/4 c. oats
1/3 c. brown sugar	3 T. soft butter or margarine

Crust: Combine ingredients; stir until blended. Press into bottom and sides of a 9-inch pie pan.

Filling: Toss apples with dry pudding; pour into crust.

Topping: Cut butter into dry ingredients, to resemble fine crumbs. Put on top of filling. Bake at 375° for 50 to 60 minutes, until apples are tender.

Amy McCrory Thompson

Sour Cream-Apple Pie

2 eggs	1 c. (8 oz.) sour cream
1 c. sugar	2 T. all-purpose flour
1 tsp. vanilla extract	1/4 tsp. salt
3 c. peeled, chopped, cooking apples	3 T. butter or margarine, softened
1 unbaked 9" pie shell	4 T. all-purpose flour
1/4 c. packed brown sugar	

Beat eggs in a large bowl; add sour cream. Stir in sugar, 2 tablespoons flour, vanilla and salt; mix well. Stir in apples. Pour into pie shell. Bake at 375° for 15 minutes. Meanwhile, combine softened butter, brown sugar and 4 tablespoons flour; sprinkle over top of pie. Return to oven for 20 to 25 minutes, or until filling is set. Cool completely on a wire rack. Serve; or cover and refrigerate. Yield: 8 servings.

*Alice Kauffman,
Audubon, IA*

Honey-Pumpkin Pie

2 eggs, slightly beaten	1 tsp. cinnamon
3/4 c. honey	1/4 tsp. cloves
2 T. flour	1/2 tsp. salt
1/8 tsp. ginger	1 1/2 scalded milk
1/4 tsp. allspice	1 to 1 1/4 c. pumpkin

Combine dry ingredients. Add the rest of the ingredients and blend well. Add scalded milk; blend. Pour into unbaked, prepared crust. Bake at 400° for 35 minutes, or until a knife inserted partway between outer edge and center comes out clean.

Donna Brahms

Frozen Hawaiian Pie

1 (14 oz.) can sweetened condensed milk	1/2 c. chopped English walnuts
1 (12 oz.) ctn. frozen whipped topping, thawed	1/2 c. chopped maraschino cherries
1 (20 oz.) can crushed pineapple, drained	2 T. lemon juice
	2 (9") graham cracker crusts

Combine milk and whipped topping in a bowl. Gently fold in pineapple, nuts, cherries and lemon juice; pour into crusts. Freeze until firm (about 4 hours). Remove from freezer about 20 minutes before serving. Can garnish with mint leaves, nuts and cherries. Yield: 2 pies; 6 to 8 servings per pie.

Favorite Memory of KJAN: *I remember when Ginger Capen called for recipes for her cookbook for the 20th anniversary. She drew a name from each category and I won a cookbook for salad recipes.*

Marilyn Hilyard

Aunt Annabell's Rhubarb Pie

1 1/2 c. sugar	1/2 tsp. lemon extract
2 to 3 T. flour	3 to 4 c. chopped rhubarb
3 eggs	1 (2-crust) pie shell
1/2 tsp. nutmeg	

Combine sugar, flour and nutmeg; beat in eggs and lemon extract. Add rhubarb and mix well. Put into prepared 2-crust pie shell. Bake at 350° for 1 hour. Sprinkle a little sugar on pie shell when done.

Charlotte Bancroft

Sunkist Lemon-Coconut Glamour Pie

1/2 c. butter	2 egg yolks
1 c. sugar	6 T. Sunkist lemon juice
2 whole eggs	2 tsp. grated lemon peel
MERINGUE:	4 T. sugar
2 egg whites	1/2 c. coconut (or more)

Cream butter and sugar in the top of a double boiler. Add whole eggs, egg yolks, lemon juice and peel; mix well. Place over boiling water and cook until thick. Chill. Pour into a 9-inch pie shell and top with meringue. Bake in a hot oven (400°) for 7 to 10 minutes.

***Favorite Memory of KJAN:** When you started to build KJAN, I was working for McDermott across the road, and would look over there quite often. I thought it was all right that we could have a radio station close by.*

*Gwendolyn Johnston,
Hamlin, IA*

Rhubarb Cream Pie

2 c. cut-up rhubarb	2 heaping T. flour
1 c. cream	Pastry for 2-crust pie
1 1/2 c. sugar	

Combine ingredients and place on top of pie crust; put on top crust. Bake at 425° for 15 minutes, then at 400° for 24 minutes, or until bubbly and browned.

*Shawn and Jeanne Spoo,
Delavan, WI,
In Memory of Margaret Spoo*

Raisin Cream Pie

2 c. milk	1/4 tsp. salt
1 c. sugar	1 tsp. vanilla
2 eggs, divided	1/2 c. raisins
1 1/2 T. cornstarch	1 tsp. butter

Bring milk to a boil, then add egg yolks, beaten with sugar and salt. Add cornstarch (that has been mixed with water) to the milk and egg mixture, just as it comes to a boil. When thickened, add raisins that have been cooked until done. Cook together for 2 minutes, then add vanilla and butter. Cool and put into pie crust; cover with meringue.

Meringue: Beat the 2 egg whites until they stand in peaks. Add 2 tablespoons of sugar to egg whites and beat until they stand in peaks. Add 1/4 teaspoon cream of tartar and 1 teaspoon vanilla, and beat well. Cover pie filling with meringue and bake in a 350° oven until golden brown.

Very good!

Mrs. Loren Petersen

Zucchini Pie

2 1/2 to 3 c. zucchini	3 tsp. lemon juice
1 tsp. cinnamon	1 c. sugar
3 T. flour	

Make like an apple pie. Peel, slice, and remove seeds from zucchini; sprinkle with lemon juice. Mix cinnamon, sugar and flour; spread over zucchini and dot with butter. Bake at 350° for 45 minutes, or until zucchini is tender.

Geraldine Kommes

Apple Pudding Pie

1 c. sugar	1/4 tsp. nutmeg
1/4 c. oleo, melted	1/4 tsp. cinnamon
1 egg	2 c. chopped apples
1 c. flour	1/4 c. nuts (walnuts are good)
1 tsp. baking soda	

Combine above ingredients. Bake in a greased 9-inch pie pan at 350° for 45 minutes. Cut like a pie. Serve with ice cream.

Jeannette Almonrode

Lemon Pie

2 T. cornstarch	1 c. sugar
1 1/4 c. warm water	1 T. butter
Juice of 1 lemon	3 egg yolks, beaten (save whites)
Small amount of lemon rind	

Mix cornstarch and sugar together; add to lemon juice and beaten egg yolks. Pour water into this mixture. Place in a double boiler and stir and cook until thickened; add butter. Pour into baked pie shell, cover with meringue and place in a slow oven (300°) to brown.

MERINGUE:	2 T. powdered sugar
3 egg whites	1/2 tsp. vanilla

Beat whites until stiff; fold in sugar and add flavoring.

Elaine Bowen

Easy Custard Pie

Blend or mix:	
2 c. milk	6 T. oleo

Add and blend:	
1 c. sugar	2 tsp. vanilla
4 eggs	

Pour into a greased, 10-inch, deep-dish pie pan. Sprinkle nutmeg or cinnamon on top. Bake at 350° for 50 minutes, or until done.

Favorite Memory of KJAN: *I have listened to KJAN news, weather and sports since it came on the air.*

Eva Simpson

Open Rhubarb Pie

1 egg	1/2 tsp. salt
2 T. flour	Butter or margarine for top
1/4 c. sugar	

Cut fresh rhubarb into chunks. Mix the first 4 ingredients in a small bowl. Put rhubarb into pie crust; add remaining ingredients. Slice margarine on top to taste. Bake at 350° for approximately 1 hour.

Good in Easy Pie Crust (recipe in this section).

Eva Simpson

Sour Cream-Peach Pie

1 unbaked pie crust

FILLING:

2 c. fresh peaches
3/4 c. sugar
2 T. flour

1 c. sour cream
1 egg, slightly beaten
1 tsp. vanilla
Pinch of salt

TOPPING:

1/3 c. sugar

1/3 c. flour
2 T. oleo (soft, but not melted)

Filling: Mix sugar, egg and dry ingredients. Add sour cream and vanilla and mix well. Add sliced fresh peaches; stir well. Pour into unbaked pie crust. Bake for 15 minutes at 400°, then reduce oven temperature to 350° and bake for another 25 minutes.

Topping: Mix ingredients together until crumbly, and sprinkle over pie. Bake for another 10 minutes, at 350°.

*Audubon County Memorial Hospital,
submitted by JoAnn Barten*

Oatmeal-Pecan Pie

1/2 c. butter

2/3 c. sugar

2/3 c. dark corn syrup

2/3 c. regular rolled oats

2 eggs

1 tsp. vanilla

1 (9") unbaked pie crust

1/2 c. chopped pecans

Melt the butter or margarine in a saucepan. Remove from heat and stir in the sugar, corn syrup and oats; then stir in the eggs and vanilla. Pour mixture into the prepared crust; top with pecans. Cover the edge of the pie with foil to prevent overbrowning. Bake at 325° for 20 to 25 minutes. Remove foil; bake for 20 to 25 minutes more, or until set. Cool on wire rack.

Recipe from Midwest Living.

Mary Ann Moorman

Oatmeal Pie

1/2 stick oleo, melted

1/2 c. brown sugar

1/2 c. sugar

3/4 c. white syrup

3/4 c. milk

1 c. coconut

3/4 c. oatmeal

1 unbaked pie shell

Cream butter and sugars; add rest of ingredients. Pour into crust and bake at 350° for 1 hour.

Recipe from Sharon Howard.

Mary Ann Moorman

Banana Cream Pie

3/4 c. sugar
3 T. cornstarch
1/2 tsp. salt
2 c. milk, scalded

3 egg yolks
1 tsp. vanilla
1 tsp. butter
2 bananas

Blend sugar, cornstarch, milk and salt. Cook until thick, stirring. Beat egg yolks, add to mixture and cook 2 minutes. Add vanilla and butter. Slice bananas. Place in a baked pie shell. Chill.

*Darlene Jones,
Lewis, IA*

Custard Pie

2 c. milk, scalded
5 T. sugar
1/4 tsp. nutmeg

3 eggs
1/8 tsp. salt
1/2 tsp. vanilla flavoring

Beat eggs; add sugar, salt, nutmeg and flavoring. Mix thoroughly. Add scalded milk slowly, stirring constantly. Pour into pastry-lined pie pan. Bake in a hot oven (425°) until inserted knife comes out clean.

*Darlene Jones,
Lewis, IA*

Coconut Delight

1 c. flour
1/2 c. butter
1/2 c. chopped pecans
1 (8 oz.) pkg. cream cheese

2 (3 3/4 oz.) pkg. instant
coconut pudding mix
1 c. milk
1 (8 oz.) ctn. Cool Whip
1/3 c. toasted coconut

Combine flour, butter and pecans; pat into a 9-inch pie plate or 9x13-inch pan. Bake at 350° for 15 minutes; cool. Beat cream cheese and sugar until smooth. Combine pudding and milk; beat 2 minutes. Add cream cheese and mix, then add 1 cup of Cool Whip to pudding. Pour over crust; spread top of pie with rest of Cool Whip. Sprinkle with toasted coconut, then chill until firm.

This may be frozen.

Favorite Memory of KJAN: *We enjoyed starting our morning with KJAN. My parents were from Atlantic, so this keeps us in touch.*

Mrs. Delbert (Ruth) Benton

Bars & Cookies



The Valentine's Day Sweetheart Promotion has changed over the years but it remains very popular with local businesses. Here, Bob Einhaus, Bob Bebensee, Max Rossean, Al Hazelton and Merlyn Christensen greet those arriving.

Converting Recipes to Microwave

1. Figure the microwave time by starting with 20% of the normal cooking time — it may take a little longer, but you can always add a little extra time if you feel it is needed.

2. Double check the microwave time for a recipe by looking up a similar recipe in a microwave cookbook.

3. Generally, you will need to pre-cook meats used in a one-dish meal, such as hamburger and sausage casseroles. Then combine with the other ingredients.

4. Decrease liquids in microwaved foods compared to similar recipes done in a conventional oven. Remember, there is no dry heat in the microwave to evaporate excess moisture.

Conversion Chart

Most recipes are developed in countertop microwave ovens with 600 to 650 watts. If your oven has a different wattage, use the following conversion chart to determine cooking times.

Recipe times for 600-700 watt oven	Convert to - in 500-600 watt oven	Convert to - in 400-500 watt oven
15sec.	18 sec.	20 sec.
30 sec.	35 sec.	45 sec.
45 sec.	55 sec.	1 min.
1 min.	1 min. 15 sec.	1 min. 30 sec.
2 min.	2 min. 30 sec.	2 min. 50 sec.
3 min.	3 min. 30 sec.	4 min. 15 sec.
4 min.	4 min. 50 sec.	5 min. 45 sec.
5 min.	6 min.	7 min.
6 min.	7 min. 15 sec.	8 min. 30 sec.
7 min.	8 min. 30 sec.	9 min. 50 sec.
8 min.	9 min. 30 sec.	11 min. 15 sec.
9 min.	10 min. 50 sec.	12 min. 30 sec.
10 min.	12 min.	14 min.

Bars & Cookies

Bars

Pumpkin Bars

2 c. white sugar	2 c. flour
2 c. (1--1 lb. can) pumpkin	1 tsp. cinnamon
3/4 c. oleo	2 tsp. ginger
1 tsp. vanilla	1 tsp. baking soda
4 eggs	2 tsp. baking powder

Cream sugar and oleo. Beat in the eggs, then add vanilla and dry ingredients. Lastly add pumpkin. Grease and flour a 9x13x2-inch pan, or a large cookie sheet with sides (jellyroll pan). Bake at 350° for 20 to 25 minutes. When cool, cut into squares.

These are good in the autumn and fall.

Marie Beymer

Caramel Rice Krispie Bars

FIRST LAYER:	4 c. mini marshmallows
1/4 c. oleo	4 c. Rice Krispies

Melt together oleo and marshmallows. Then add Rice Krispies. Spread in jellyroll pan.

SECOND LAYER:	
14 oz. caramels	1 can sweetened condensed milk
1 1/4 sticks oleo	

Melt and pour over Rice Krispies. Refrigerate for 40 minutes.

Third Layer: Same as first layer.

Keep refrigerated.

Peanut Butter Bars

1/2 c. margarine
1/2 c. white sugar

1/2 c. brown sugar

Cream all of the above together.

Then add in order:

1 egg
1/3 c. peanut butter
1/2 tsp. baking soda
1/4 tsp. salt

1 c. sifted flour
1 c. quick oatmeal
1/2 tsp. vanilla

Mix together. Spread all of the above in a 9x13-inch greased and floured pan. Bake at 350° for approximately 20 minutes. Invert toothpick to test.

While hot, sprinkle 1 cup chocolate chips over top. Let the chips melt and then spread over top with a knife. Mix and dribble over the melted chips, 1 cup sifted powdered sugar, 1/4 cup peanut butter and 2 to 4 tablespoons milk.

Julia McNees

Mounds Bars

STEP 1:

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

3 T. cocoa
1 c. flour
1/2 c. nuts

STEP 2:

2 c. flaked coconut

1 can sweetened condensed milk

FROSTING:

1 1/2 c. sugar
6 T. milk
3 T. oleo

2/3 c. chocolate chips (milk chocolate)
1 tsp. vanilla

Step 1: Cream oleo and sugar. Add eggs and beat. Add flour, cocoa and nuts. Beat. Spread on greased 11x17-inch cookie sheet. Bake 20 minutes at 350°.

Step 2: Spread coconut and condensed milk over first layer. Bake 10 minutes at 350°.

Frosting: Bring sugar, milk and oleo to a boil. Remove from heat. Add chips and vanilla. Let chips melt, then beat. Spread on bars immediately. Make frosting while baking last 10 minutes. Frost while warm.

Makes a large batch. So good!

Favorite Memory: My shut-in parents depended on KJAN for their regular worship during the winter months. It was a time of silence and reverence if we came to visit at this time.

Doris Christensen

Pumpkin Bars

4 well-beaten eggs
1 c. vegetable oil
2 c. sugar
1 c. pumpkin
2 c. flour

1 tsp. baking soda
1 tsp. baking powder
Pinch of salt
2 tsp. cinnamon

Mix all ingredients together. Bake at 350° for 25 to 30 minutes, or until comes out clean on toothpick, in small cookie sheet (10 1/2 x 18 1/2 x 1 inch). Frost when cooled. Yield: 24 bars.

Frosting: Cream 6 tablespoons oleo, 1 small package cream cheese, 1 tablespoon vanilla, 1 3/4 cups powdered sugar, and milk. If too thin, add more powdered sugar.

Mardell Richter

Banana Bars

1/2 c. mashed bananas
2 eggs
1/2 c. salad oil
1/4 tsp. salt
1 c. sugar

1 c. flour
1/2 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
1/2 c. nuts

CARAMEL FROSTING:
3/4 c. brown sugar

3/4 stick margarine
1/4 c. milk

Mix in order given, beating bananas, eggs and oil together. Add dry ingredients. Pour into a 9x13-inch greased and floured pan. Bake 25 minutes at 350°. Cool and frost. Yield: 15 or more.

Frosting: Put all ingredients together and bring to a boil. Boil 1 minute. Cool. Add powdered sugar to make spreading consistency. May add more nuts. Cut into bars.

Pearl Penton

Cherry Bars

1 can cherry pie filling
1 c. oleo
1 3/4 c. sugar
4 eggs

1 tsp. vanilla
3 c. flour
1 tsp. salt
1 1/2 tsp. baking powder

Cream oleo and sugar. Add eggs, one at a time. Add vanilla and dry ingredients; mix well. Save 1 cup dough. Spread with pie filling. With a teaspoon, dot the rest of the dough on top of the cherries. Bake at 350° for 35 minutes. Drizzle with powdered sugar frosting and cut into bars.

Ronda Harry

Chocolate-Caramel Bars

- | | |
|-----------------------------|---------------------------------|
| 1 German chocolate cake mix | 2/3 c. evaporated milk |
| 1 c. chopped nuts (opt.) | 1 (14 oz.) pkg. caramels |
| 3/4 c. margarine or butter | 1 (12 oz.) pkg. chocolate chips |

Preheat oven to 350°. Grease and flour a 9x13-inch cake pan. Mix together cake mix, nuts, margarine and 1/3 cup evaporated milk. Spread half of mixture in greased pan. Bake 8 minutes. Melt caramels with other 1/3 cup milk, then immediately spread over the baked batter. Sprinkle chocolate chips over top of caramels; put on rest of cake batter and bake 20 minutes longer. Let cool and serve.

Karen Miller

Raisin Bars

- | | |
|------------------------|-----------------|
| 1 1/2 c. raisins | 2 tsp. cinnamon |
| 1 1/2 c. sugar | 1/2 tsp. cloves |
| 1 c. margarine | 1/2 tsp. nutmeg |
| 2 eggs | 3 c. flour |
| 1 1/2 tsp. baking soda | |

Cook raisins in water until they are puffy. Drain and save 1 cup of liquid. Add baking soda to the cooled liquid. Mix everything together and spread on a cookie sheet. Bake at 350° until a toothpick inserted in the center comes out clean. You may frost, if desired.

This is a recipe of my mother's and she didn't frost it so I prefer it that way.

Favorite Memory: We appreciate all the Public Service that is provided by KJAN, the announcements on "Daily Diary," cancellations when necessary, are among many others. Thanks for 50 years of service.

Avis Becker

Chocolate-Toffee Crescent Bars

1 (8 oz.) can Pillsbury
refrigerated crescent rolls
2/3 c. firmly-packed brown sugar
2/3 c. butter or margarine

1 to 1 1/2 c. nut halves &
chopped nuts (pecans are good)
1 (6 oz.) pkg. (1 c.) semi-sweet
chocolate pieces

Preheat oven to 375°. Separate crescent dough into 2 large rectangles. Place in ungreased 10x15-inch jellyroll pan. Gently press dough to cover bottom of pan; seal perforations. In small saucepan, combine brown sugar and butter; boil 1 minute. Pour evenly over dough. Sprinkle with nuts. Bake 14 to 18 minutes, or until golden brown. Remove from oven; immediately sprinkle with chocolate pieces. Slightly swirl pieces as they melt, leaving some whole. Cool; cut into bars. Yield: 3 to 4 dozen bars.

Favorite Memory: *I always wake up to KJAN and have to listen to find out what's going on every morning. I can't imagine a morning without KJAN!*

Elaine Furne

Hip Padder Bars

1 (15 oz.) can sweetened
condensed milk
2 T. margarine
1 c. chocolate chips
1 tsp. vanilla

3/4 c. margarine
1 1/2 c. brown sugar
1 egg
1 3/4 c. flour
3/4 c. oatmeal

Combine first 4 ingredients in double boiler and melt; let cool. Cream margarine and brown sugar; beat in egg. Mix in remaining ingredients. Pat 2/3 of dough in greased 9x13-inch pan. Spread on chocolate mixture and dot rest of dough on top. Bake 25 minutes in 350° oven.

Enjoy.

Favorite Memory: *I worked lots of KJAN Christmas parties, as well as the Valentine parties at the Pines. I remember one Christmas party when Miller couldn't remember where he put the bonus checks. He had everyone looking for them; finally found them in the Christmas tree. Another time they gave door prizes--and it was an actual old car door. They sure knew how to have a party--lots of fun.*

Norma Jean Brix

Brownies

1 c. sugar	1 1/4 c. flour
1/2 c. margarine	1/2 tsp. salt
4 eggs	1/2 tsp. baking powder
1 can Hershey's syrup	Nuts (opt.)
1 tsp. vanilla	

Cream sugar and margarine; drop in eggs, one at a time. Sift dry ingredients and add alternately with syrup. Add vanilla, and nuts if desired. Bake in a greased and floured 10x15-inch pan at 325° for 20 to 25 minutes. Do not overbake.

FROSTING:

6 T. butter (not oleo)	6 T. milk
6 T. cocoa	1 lb. powdered sugar

Combine melted butter and cocoa, blending well. Add milk slowly to make a smooth paste. Let boil for a bit, not long. Beat in powdered sugar until smooth. Add a touch of vanilla. Spread, when of spreading consistency.

Note: Don't beat too long, or it will get too stiff to spread. Can use this frosting for anything you want to frost.

*Judy Lauridsen,
Exira, IA*

Kraft Caramel Bars

Crumb together the mixture of:

3/4 c. oleo & butter	1/2 c. nutmeats
3/4 c. powdered sugar &	1 tsp. vanilla
1 1/2 c. flour, sifted together	

Press down in a 9x13-inch buttered pan. Bake 15 minutes at 325°.

TOPPING:

33 Kraft caramels (butterscotch flavor)	1/4 c. half & half cream
	1/4 c. butter
	1 1/4 c. powdered sugar, sifted

Melt all together in double boiler and spread on baked crust while both are warm—not hot. Cool completely.

Note: Let stand overnight before cutting. These can be frozen.

Mary Lowene Kempf

Coffee Bars

1 c. golden raisins
2/3 c. strong coffee
1/2 tsp. cinnamon
2/3 c. shortening
1 c. sugar

2 eggs
1 1/2 c. flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt

Combine raisins, coffee and cinnamon; let stand. Mix rest of ingredients together. To the above mixture, add the raisin mixture. Spread on cookie sheet (11x15 inch). Bake at 350° for 20 to 25 minutes.

Connie Klemish

Cherry Custard Bars

1 c. flour
1/2 c. butter or margarine
3 T. powdered sugar
2 eggs
1 c. sugar
1/4 c. flour

1/2 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla
3/4 c. nuts
1 c. chopped maraschino
cherries

Blend flour, butter and powdered sugar. Press into 9x9-inch pan. Bake at 350° for 25 minutes. Beat eggs, flour, baking powder, salt, vanilla, nuts and cherries. Pour over baked crust. Bake at 350° for 25 minutes. Cool before cutting.

Viola Kilworth

Fudge Nut Bars

1 c. butter
2 c. brown sugar
2 eggs
2 tsp. vanilla

2 1/2 c. flour
1 tsp. baking soda
1 tsp. salt
3 c. quick oatmeal (uncooked)

FILLING:

1 (12 oz.) pkg. chocolate chips
1 can Eagle Brand sweetened
condensed milk

2 T. butter
1 tsp. salt
1 c. nuts, chopped
2 tsp. vanilla

Cream butter, sugar, eggs and vanilla together. Add flour, baking soda, salt and oatmeal. Save 1/3 of mixture and spread the rest of mixture in a greased jellyroll pan. Melt chips, milk, butter and salt over low heat; add nuts and vanilla. Spread over oatmeal mixture in pan. Dot chocolate mixture with remaining oatmeal mixture. Bake at 350° for 25 minutes in a 12x16-inch jellyroll pan.

Shirley Jorgensen

Butterscotch Bars

- | | |
|--------------------------------|------------------------------------|
| 1 c. sugar | 1/2 c. flaked coconut |
| 2 eggs, beaten | 1/2 c. nuts (opt.) |
| 3/4 c. margarine | 1 (12 oz.) pkg. butterscotch chips |
| 2 1/2 c. graham cracker crumbs | 1/2 c. peanut butter |
| 2 c. mini marshmallows | |

Cook sugar, eggs and oleo together for 4 minutes, stirring constantly. Cool somewhat before adding cracker crumbs, coconut, marshmallows and nuts. Press into 9x13-inch pan. Melt chips and add peanut butter. Spread on top of bars.

*Darlene Petersen,
Atlantic, IA*

Club Cracker Wafer Bars

- | | |
|----------------------------|-------------------------------------|
| Club crackers | 3/4 c. brown sugar |
| 1/2 c. margarine | 1/2 c. sugar |
| 1 c. graham cracker crumbs | 1/3 c. milk |
| TOPPING: | 1 1/2 c. semi-sweet chocolate chips |
| 2/3 c. peanut butter | |

Butter bottom of a 9x13-inch pan. Layer bottom of pan with Club crackers. Boil margarine, graham cracker crumbs, brown sugar, sugar and milk in a pan on medium heat for 5 minutes. Pour mixture over Club crackers. Let set for a while (at least 2 hours). Put another layer of Club crackers on top (pressing down lightly). Melt peanut butter and chocolate chips together over low heat. Pour over Club crackers and spread evenly over top. Let set for a while.

Preslee Sisler

Pumpkin Bars

- | | |
|----------------------|--------------|
| 2 c. flour | 2 c. sugar |
| 2 tsp. baking powder | 4 eggs |
| 1 tsp. baking soda | 2 c. pumpkin |
| 1/2 tsp. salt | 1 c. oil |
| 2 tsp. cinnamon | |

Mix all ingredients together and bake in a greased (Crisco) cookie sheet. Bake at 350° for 25 minutes.

FROSTING: Blend together:

- | | |
|-----------------------------|-------------------------|
| 1 (3 oz.) pkg. cream cheese | 1 T. vanilla |
| 3/4 stick butter | 1 3/4 c. powdered sugar |
| 1 T. milk | |

Preslee Sisler

Banana Bars

1/2 c. butter	3/4 c. sour cream
1 1/2 c. sugar	2 c. flour
3 soft bananas	1 tsp. baking soda
2 eggs	1 tsp. vanilla

Mix the ingredients together and put into a 9x13-inch pan. Bake at 350° for 25 minutes. Let bars cool and then frost with powdered sugar frosting.

Donna Boll

Rhubarb Dream Bars

CRUST:	3/4 c. powdered sugar
2 c. flour	1 c. butter

Combine flour and sugar. Cut in butter. Press into jellyroll pan. Bake at 350° for 10 to 15 minutes.

FILLING:	1/2 tsp. salt
1/2 c. flour	4 eggs
4 c. diced rhubarb	2 c. sugar

While crust bakes, prepare filling. Blend eggs, sugar, flour and salt until smooth. Fold in rhubarb. Spread over hot crust. Bake 40 to 45 minutes, until filling is light brown.

Helen Kopaska

Pumpkin Pie Squares

1 c. sifted flour	1/2 tsp. salt
1/2 c. quick-cooking rolled oats	1 tsp. cinnamon
1/2 c. brown sugar, packed firm	1/2 tsp. ginger
1/2 c. butter	1/4 tsp. cloves
1 (1 lb.) can pumpkin (2 c.)	1/2 c. chopped pecans
1 can evaporated milk	1/2 c. brown sugar, firmly packed
2 eggs	2 T. butter
3/4 c. sugar	

Combine flour, rolled oats, 1/2 cup brown sugar and 1/2 cup butter in mixing bowl. Mix until crumbly, using mixer on low speed. Press into an ungreased 9x13x2-inch pan. Bake at 350° for 15 minutes. Combine pumpkin, evaporated milk, eggs, sugar, salt and spices in mixing bowl; beat well. Pour over crust. Bake at 350° for 20 minutes. Combine pecans, 1/2 cup brown sugar and 2 tablespoons butter; sprinkle over pumpkin filling. Return to oven and bake for 15 to 20 minutes, until filling is set. Cool in pan. Cut into 24 pieces.

Myrna L. Petersen

Crackle Brownies

1 c. milk chocolate pieces
1/3 c. margarine, softened
3/4 c. sugar
2 eggs

1 tsp. vanilla
1 c. flour
1/2 tsp. baking powder
1/3 c. rice cereal

Melt 1/2 cup chocolate over low heat. Cool. Cream butter and sugar; beat in eggs just until blended. Stir in cooled chocolate and vanilla. Sift together flour, baking powder and 1/4 teaspoon salt; add to chocolate mixture. Spread in greased 9x9-inch pan. Bake at 350° for 25 to 30 minutes. Immediately sprinkle with remaining chocolate; let stand for 5 minutes. Spread evenly over top; sprinkle with cereal. Cool. *Mary Ann Moorman*

Chocolate-Cherry Bars

1 pkg. fudge cake mix
21 oz. cherry pie filling

1 tsp. almond extract
2 eggs, beaten

Combine ingredients by hand; stir until mixed. Spread in a greased and floured jellyroll pan. Bake 20 to 30 minutes. While bars cool, prepare frosting. Combine 1 cup sugar, 5 tablespoons butter and 1/3 cup milk. Boil, stirring constantly, 1 minute. Remove from heat and stir in 1 (6-ounce) package semi-sweet chocolate chips. Pour over partially-cooled bars. *Mary Ann Moorman*

Chocolate-Oatmeal Bars

CHOCOLATE MIXTURE:

1 c. chocolate chips
1 c. butterscotch chips

1 can Eagle Brand sweetened
condensed milk
1 tsp. salt
2 T. butter (oleo)

DOUGH:

1 c. oleo
2 c. brown sugar
2 beaten eggs
2 tsp. vanilla

2 1/2 c. flour
1 tsp. salt
3 c. quick oatmeal
1 tsp. baking soda

Chocolate Mixture: Mix together over low heat until chips are melted; add 1 cup chopped nutmeats and set aside.

Dough: Cream oleo and brown sugar. Add eggs and vanilla. Then add rest of ingredients; mix well.

Spread about 3/4 of batter in a large jellyroll pan. Spread chocolate mixture over this. Sprinkle remaining dough on top. Bake at 350° for 20 to 25 minutes.

*Audubon Co. Memorial Hospital,
submitted by Thelma Umland*

Dream Bars

1/2 c. margarine	1/2 tsp. baking powder
1/2 c. brown sugar	1/4 tsp. salt
1 1/2 c. flour	1 c. coconut
1 c. brown sugar	1 c. chocolate or butterscotch chips
2 eggs	1/2 c. chopped nuts
1 tsp. vanilla	
2 T. flour	

Mix first 3 ingredients; pat into a 9x13-inch pan (greased). Bake 10 minutes at 325°. Mix next 6 ingredients and spread over hot crust. Cover with last 3 ingredients. Bake at 325° for 25 minutes (approximately). Cool. Cut into 15 to 20 squares.

Teresa M. Noland

Brownies

2 c. sifted flour	3 T. cocoa
2 c. sugar	2 eggs
1/2 tsp. salt	1 tsp. baking soda
2 sticks oleo	1/2 c. buttermilk
1 c. water	1 tsp. vanilla

FROSTING:

1/2 c. evaporated milk	1 c. chocolate chips
1 c. sugar	1 tsp. vanilla
1 T. butter	1 c. nuts

Sift flour, sugar and salt together. Melt oleo and water; add cocoa. Add to flour mixture. Add eggs. Mix baking soda in buttermilk and add to mixture; add vanilla. Beat 2 minutes. Bake in jellyroll pan for 20 minutes at 350°.

Frosting: Boil evaporated milk and sugar for 2 minutes, stirring constantly. Remove from heat; add butter, chocolate chips, vanilla and nuts.

Favorite Memory: *As a child, the first thing I ever won was a radio from a KJAN contest.*

Marcene Arn

Rhubarb Bars

3 c. rhubarb, cut fine
1 1/2 c. sugar

1/4 c. water

Boil until tender.

Add:

2 T. cornstarch

1 tsp. vanilla

CRUST:

1 1/2 c. oatmeal

2 tsp. baking soda

1 c. oleo

1 1/2 c. flour

1 1/2 c. nutmeats

1 c. brown sugar

1/2 c. coconut

Pat 3/4 of mixture into a 9x13-inch pan. Add filling and the rest of crust on top. Bake at 350° for 30 minutes.

I use for dessert and put a dab of whipped cream on top.

Allison Sander

Lemon Bars

1 c. butter

2 c. flour

1/2 c. powdered sugar

TOPPING:

4 eggs

4 T. flour

1 tsp. baking powder

2 c. sugar

Pinch of salt

6 T. lemon juice

Mix first 3 ingredients like pie crust and pack into a 9x13-inch pan. Bake at 350° for 20 minutes.

Topping: Beat eggs well. Add rest of ingredients. Pour topping over hot crust. Bake 25 minutes more at 350°.

Remove from oven and sprinkle with powdered sugar while still warm.

Note: If you use a glass pan, set oven at 325°.

Margaret Parmley

Cherry Brownies

1 (18 oz.) box chocolate cake
mix

1 (21 oz.) can cherry pie filling
3 eggs

FROSTING:

5 T. margarine
1 c. sugar

1/3 c. milk
1 c. chocolate chips

Brownies: In a large mixing bowl, place cake mix and eggs. Mix well with mixer. Stir in cherry pie filling. Spread in greased and floured jellyroll pan and bake at 350° for 50 minutes. Cool.

Frosting: Combine margarine, sugar and milk in saucepan; stir together. Bring to a boil for 1 minute. Remove from heat and add chocolate chips, stirring until melted. Cool and spread over brownies.

Note: Freezes well.

Sooo good!!

Favorite Memory: I appreciate the cooperation of everyone when you so generously announce the special things of cancer society activities at no charge.

Dorthea Petersen

Treasure Chest Bars

1/2 c. sugar
1/2 c. brown sugar
1/2 c. butter or oleo
2 eggs, beaten
1 tsp. vanilla
2 c. flour
1 1/2 tsp. baking powder

1/2 tsp. salt
3/4 c. milk
1 c. nuts, chopped
1 c. maraschino cherries,
chopped
1 c. chocolate chips

FROSTING:

1/4 c. butter, browned
2 c. powdered sugar

1 tsp. vanilla
2 T. milk

Cream sugars and butter. Beat in eggs. Add vanilla. Add sifted flour, baking powder and salt alternately with the milk. Stir in nuts, maraschino cherries and chocolate chips. Pour into a lightly-greased 9x13-inch pan or a jellyroll pan. Bake at 325° for 25 to 30 minutes.

Frosting: Brown butter; beat in milk, powdered sugar and vanilla. Spread onto warm bars.

Favorite Memory: When we need quick information on news or weather, KJAN is there for us!

*Clara Scheffler,
Avoca, IA*

Sue McGinn's Fat-Free Pumpkin Bars

Beat until fluffy:

4 eggs

1 2/3 c. sugar

1 c. applesauce

1 (16 oz.) can pumpkin

Add:

2 c. flour

2 tsp. baking powder

2 tsp. cinnamon

1 tsp. salt

1 tsp. baking soda

Bake in jellyroll pan at 350° for 30 to 40 minutes. Insert toothpick to test for doneness. Yield depends on how you cut it.

Favorite Memory: When Bob Kelso was on the air.

Janet Bornholdt

Chocolate Brownies

2 sticks oleo, softened

1 c. sugar (white)

4 eggs

3/4 c. black walnuts

1 (16 oz.) can chocolate syrup

1 c. flour + 2 T.

1 tsp. vanilla

1 tsp. baking powder

ICING:

2 c. powdered sugar

2 T. Nestlé Quik

5 to 6 T. milk

5 T. margarine or oleo

Cream together butter and sugar. Add beaten eggs, syrup, flour, vanilla and nuts. Bake in a large 10x15x1-inch greased and floured pan. Bake at 350° for 30 to 35 minutes. When done and out of oven, make the frosting.

Icing: Cook in 1-quart pan and boil for 2 minutes. Cool pan in cool water for 5 minutes, then put on brownies, stirring all the time.

*Maxine Lambertsen,
Atlantic, IA*

Homemade Oatmeal Cookies

1 c. (2 sticks) margarine
1 c. brown sugar
1/2 c. granulated sugar
2 eggs
1 tsp. vanilla
1 1/2 c. flour

1 tsp. baking soda
1 tsp. ground cinnamon
1/2 tsp. salt
3 c. Quaker Oats (quick or
old-fashioned)
1 c. raisins (opt.)

Heat oven to 350°. Beat together margarine and sugars. Add eggs and vanilla; beat well. Add combined flour, baking soda, cinnamon and salt; mix well. Stir in oats and raisins. Drop by rounded tablespoon onto ungreased cookie sheet.

Variation: Substitute 1/2 cup applesauce for 1 stick margarine and cut fat from 4 to 2 grams.

Favorite Memory: *That KJAN is a great supporter of 4-H. These cookies, made by Jodi in 1997, received a blue ribbon at Cass County Fair.*

Sandy Kneisel

Danish Spritz Cookies

1 c. shortening (1/2 c. butter
& 1/2 c. margarine)
1 c. sugar
1 egg, or 2 yolks
2 1/2 c. flour

1/2 tsp. baking powder
Pinch of salt
1 1/2 tsp. almond extract
(can also use vanilla or both)

Cream shortening and sugar. Add 1 egg and beat well. Add flavoring. Mix dry ingredients together and add to egg mixture. Beat well and chill dough overnight. Let stand to room temperature and put through cookie press. Bake at 350°. Yield: approximately 45 cookies; fewer with large press.

Decorate cookies for Christmas.

*Helen M. Thompson,
Audubon, IA*

Molasses Cookies

3/4 c. Crisco (white solid)
1 c. sugar
1 egg
1/4 c. molasses (Grandma's
brand)
2 c. flour

2 tsp. baking soda
1/4 tsp. salt
1 tsp. cinnamon
3/4 tsp. powdered cloves
3/4 tsp. ginger

Mix first 4 ingredients. Mix remaining ingredients and combine with first 4. Stir. Roll into balls and in sugar. Place on greased cookie sheets. (Do not flatten.) Bake at 375° for 12 minutes. Yield: approximately 40 cookies.

Beth Meyer

Drop Cookies

1 c. brown sugar	1 tsp. baking powder
1 c. white sugar	1 tsp. baking soda
1 c. Hy-Klas soft shortening	1 c. corn flakes
2 eggs	1 c. oatmeal
2 1/2 c. Hy-Klas flour	1 c. ground peanuts

Mix in order given and drop by spoonfuls on greased cookie sheet.

This is a good lunchbox cookie.

Favorite Memory: Frank and Wayne's Hy-Klas Food Stores, Inc., September 13-19, 1964, KJAN Radio 1220 at 8:15 a.m. daily. *Marilyn Vernon*

Apricot-Coconut-Chip Cookies

1/2 c. white sugar	1 c. oatmeal (quick)
1/2 c. packed brown sugar	1/2 c. flaked coconut
1/2 c. soft margarine	1/2 tsp. baking soda
1 egg	1/4 tsp. salt
1/2 tsp. vanilla flavoring	1/2 c. vanilla baking chips
1/2 tsp. butterscotch flavoring	1/2 c. plumped apricots, cut up
1 1/4 c. flour	1/2 c. chopped pecans

Combine sugars, egg, flavorings and margarine. Beat until light and fluffy. Add flour, oats, baking soda and salt. Beat until soft dough forms. Stir in coconut, chips, apricots and nuts. Drop by teaspoonfuls, 2 inches apart, onto greased cookie sheet. Bake 7 to 10 minutes at 350°, or until edges are lightly browned. Let cool 1 minute before removing from cookie sheet. Cool completely before packaging! Yield: about 40 cookies.

Favorite Memory: Our appreciation for news, hospital news, births and obituaries. *Mabel Hobbs*

Date-Nut Cookies

2 c. flour	1 tsp. salt
1 c. brown sugar	1/2 tsp. baking soda
1 egg	3/4 c. shortening
2 T. milk	1/2 tsp. vanilla
1/2 c. chopped nuts	1/2 c. chopped dates
1/4 c. coconut	

Sift flour, baking soda and salt together in a bowl. Add sugar, shortening, egg, milk and vanilla. Beat well for 2 minutes. Stir in nuts, dates and coconut. Drop by spoonful on cookie sheet. Bake 10 minutes at 375°.

Favorite Memory: Being from a large metropolitan city on the east coast, I was really surprised when I learned I could get local news and events on a local radio station. Keep up the good work. *Audrey Stetzel*

Skor Cookies

1 1/2 sticks soft butter	2 1/4 c. flour
3/4 c. white sugar	1 tsp. baking soda
3/4 c. packed brown sugar	1/2 tsp. salt
2 eggs	1 c. Skor toffee bits
1 tsp. vanilla	1 c. milk chocolate bits or chips

Stir together flour, baking soda and salt. Beat butter, sugars and vanilla until well blended. Add eggs; blend. Gradually add flour mixture, beating well. Stir in bits and chips. Drop by rounded spoonful onto ungreased cookie sheet. Bake at 350° for 10 minutes, until lightly browned. Cool slightly; remove from sheet. Cool completely. Yield: 4 dozen.

Favorite Memory: *"Who's New in Pink and Blue" (when there were lots of babies).*

Kay Jessen

Chocolate Chip Cookies

2/3 c. butter or margarine	3 c. flour
1 c. brown sugar	2 eggs, well beaten
1 c. white sugar	1 tsp. vanilla
1 tsp. baking soda	1/2 tsp. salt
2 T. hot water	1 (6 oz.) pkg. chocolate chips

Mix all together. Roll into balls the size of a large walnut. Bake on cookie sheet for 12 to 14 minutes at 350°.

Ronda Harry

Dan's Cookies

1 c. sugar	2 c. peanut butter
1 c. white syrup	4 c. corn flakes

Cook syrup and sugar until it boils. Remove from heat. Blend in peanut butter. Add corn flakes. Drop by teaspoons onto foil.

Ronda Harry

Snickerdoodles

1 c. softened shortening	2 3/4 c. flour
1 1/2 c. sugar	2 tsp. cream of tartar
2 eggs	1 tsp. baking soda
1 tsp. vanilla	1/2 tsp. salt

Mix first 3 ingredients together, then add remaining flour and other ingredients. Chill dough! Roll into balls the size of walnuts. Roll the balls in mixture of 2 tablespoon sugar and 2 teaspoons cinnamon. Place on ungreased baking sheet and bake 8 to 10 minutes, or until browned, at 400°. Yield: 3 to 5 dozen, depending on size of cookie you want.

Karen Miller

Oatmeal Drop Cookies

3/4 c. fork-stirred all-purpose flour	1 1/2 c. quick-cooking oats
1/2 tsp. baking powder	1/3 c. corn oil
1/2 tsp. salt	1 lg. egg
1/2 tsp. cinnamon	1 T. water
3/4 c. brown sugar, firmly packed	1 tsp. vanilla
	1/2 c. raisins

Do not use mixer. Put all dry ingredients into a large bowl; stir well with a wooden spoon. May have to use back of spoon to mash lumps of brown sugar. When lumps are all gone, make a well in the center of these dry ingredients; add corn oil, unbeaten egg, water, vanilla and raisins. Stir vigorously until the dry ingredients are moistened. Drop by level tablespoonfuls, 2 inches apart, on ungreased cookie sheet. Bake in preheated oven until lightly browned, about 13 to 15 minutes. Remove from oven; remove cookies with a wide spatula onto a wire rack to cool. Yield: about 2 1/2 dozen cookies.

Variation: I add chopped peanuts! I prefer to use dark brown sugar. Use old-fashioned Quaker Oats for part of oatmeal.

Note: Recipe may be doubled.

Recipe from Atlantic paper in about 1983. Favorite of my husband and grown sons.

Favorite Memory: Like your news and music! My favorite station!!

Aurel V. Brown

Old-Fashioned Oatmeal-Raisin Cookies

3 well-beaten eggs	2 1/2 c. all-purpose flour
1 c. raisins	1 tsp. salt
1 tsp. vanilla	1 tsp. ground cinnamon
1 c. softened butter	2 tsp. baking soda
1 1/3 c. brown sugar	2 c. quick-cooking oatmeal
3/4 c. white sugar	3/4 c. nuts (opt.)

Combine well-beaten eggs, raisins and vanilla in a bowl; let stand, covered, for 1 hour. Preheat oven to 350°. Cream together butter with brown sugar and white sugar. Add flour, salt, cinnamon and baking soda; mix well. Add raisins mixture, oatmeal and nuts. Don't worry if the dough seems too dry. Drop by tablespoonfuls, about 2 inches apart, onto ungreased cookie sheet. Bake 10 to 12 minutes, until lightly browned. Cool on rack.

Favorite Memory: We have the 1970 cookbook for KJAN and it is fun to look at the pictures in that and remember them. Always enjoyed the live talk show. Thanks for all the good you do for the community. Keep up the good work.

Mrs. Norman Blunk

Grandma's Dunking Cookies

1 c. sugar	2 c. unsifted flour
1/2 c. shortening	1 tsp. cinnamon
1 egg	1/4 tsp. salt
1/4 c. molasses	2 tsp. baking soda

Cream sugar and shortening. Add egg and molasses. Add cinnamon, salt and baking soda to flour; add to creamed mixture (this will be stiff). Refrigerate overnight. Roll in balls; dip in sugar. Do not press down. Bake at 350° for 8 to 10 minutes.

Family Favorite: *Our mother had a radio in every room of the house and even carried a radio to the garden so she could listen to KJAN.*

In Memory of Mabel Bailey

Nutty Cracker Delights

42 Club crackers (2 1/2" x 1")	1 tsp. vanilla
1/2 c. butter	1 c. slivered almonds or pecans,
1/2 c. sugar	chopped

Place crackers in a single layer in a foil-lined 10x15x1-inch baking pan. In a saucepan over medium heat, melt butter. Add sugar; bring to a boil, stirring constantly. Boil 2 minutes (no longer). Remove from heat; add vanilla. Pour evenly over crackers; sprinkle with nuts. Bake at 350° for 10 to 12 minutes, or until lightly browned. Immediately remove from pan. Cool on wire racks. Store in airtight container. Yield: 3 1/2 dozen.

Janice Andersen

Graham Cracker Cookies

1 box graham crackers	1 can of your favorite frosting
-----------------------	---------------------------------

Break graham crackers in half. Put a layer of frosting between graham cracker halves and you have a good after school snack.

Favorite Memory: *When I hear there is no school.*

Jonathan Bancroft

Never-Fail Sugar Cookies

3 c. flour
2 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1/4 tsp. nutmeg

2 eggs
1 c. shortening
4 T. milk
1 c. sugar
1 T. vanilla

Sift together flour, baking powder, baking soda, salt and nutmeg. Add eggs, shortening, milk, sugar and vanilla. Drop on cookie sheet by spoonfuls; smash with a sugared glass bottom. Bake at 375° for 8 to 10 minutes.

Variation: For rolled cookies, add a little more flour and chill dough.

Favorite Memory: *I enjoyed Hymn Time, Birthday Club and Worry Bird.*

David E. Anderson,
Des Moines, IA

S'mores

1 box graham crackers
1 pkg. lg. marshmallows

Plain Hershey candy bars

Break a graham cracker in half. Put 1 large marshmallow and 1/2 of candy bar between graham cracker halves. Put in microwave on a microwave-safe plate for 30 seconds on FULL POWER. There, you have a cookie.

Favorite Memory: *What the school menu's are.*

Alexis Bancroft

Gram's Connecticut Ginger Cookies

1 c. sugar
1 c. molasses
1 c. lard

1 T. baking soda & 1 tsp. ginger,
dissolved in 1/3 c. warm water
6 c. flour (try less)

Blend sugar, molasses and lard. Add warm water mixture. Mix in flour until stiff enough to roll out. Roll on floured surface. Cut out round cookies. Bake in 350° oven for 10 to 12 minutes. Frost with pink frosting. Yield: 3 to 4 dozen.

Favorite Memory: *I realized recently when my grandchildren were visiting that they are the 6th generation of our family to listen to KJAN, starting with Gram Kathryn Russell, Grace Russell Jordan, Russell Jordan, Pam Jordan Wolfe, Michael Jordan Wolfe and Caitlin Jane Wolfe.*

Pam Wolfe

Noels

1 1/4 c. all-purpose flour	1 egg
1/2 tsp. baking soda	1 tsp. vanilla
1/4 tsp. baking powder	1/2 c. dairy sour cream
1/2 tsp. salt	1 pkg. (2 c.) chopped dates
1/2 c. butter	3/4 c. broken pecans
1/4 c. packed brown sugar	

Combine flour, baking soda, baking powder and salt in small bowl. Combine chopped dates and pecans in small bowl. In a larger bowl, beat butter for 1 minute. Add brown sugar. Beat until combined. Add vanilla. Beat until combined. Add flour mixture and sour cream alternately, beating until just combined. Stir in dates and nuts. Drop by teaspoon on lightly-greased cookie sheet. Bake at 375° until lightly browned, 10 to 12 minutes.

Lois Felker

Shortbread Cookies

1/2 lb. (2 sticks) softened butter	1/2 c. cornstarch
(must use butter, not margarine)	2 c. flour
3/4 c. white sugar	1/4 tsp. salt

Beat butter and sugar together; add rest of ingredients and mix thoroughly. May have to knead with hands. Roll out to 1/4-inch thickness; cut into squares (like crackers) or with small cookie cutters. Prick with a fork and sprinkle with sugar (you can do this first, before cutting). Bake for approximately 30 minutes at 300°, or until very lightly browned.

Note: Baking time depends on thickness of cookies.

Alberta Millikan

Soft Molasses Sugar Cookies

1/2 c. butter or margarine	1/2 tsp. salt
1/2 c. shortening (like Crisco)	2 1/4 tsp. baking soda
1 1/2 c. white sugar	2 tsp. ginger
1/2 c. molasses	1 1/2 tsp. cloves
2 eggs	1 1/2 tsp. cinnamon
4 c. flour	

Cream butter, shortening and sugar until fluffy. Beat in molasses and eggs. Combine all dry ingredients and blend into first mixture. Roll dough into 1 1/2-inch balls and dip tops in sugar. Bake at 350° for 11 minutes. Do not overbake.

Alberta Millikan

White Chocolate Macaroons

1 (18 oz.) pkg. Pillsbury
refrigerated white chocolate
chunk cookies

2 1/4 c. coconut
2 tsp. vanilla
1/2 tsp. coconut extract

Heat oven to 350°. Lightly grease cookie sheets or line with parchment paper. In a large bowl, break up cookie dough. Add all remaining ingredients; mix well. Drop dough by teaspoonfuls onto greased cookie sheets. Bake at 350° for 10 to 12 minutes, or until golden brown. Cool 2 minutes. Remove from cookie sheets. Yield: 2 1/2 dozen cookies.

Marietta Petersen

M&M Cookies

2 c. flour
3/4 tsp. baking soda
1 c. butter
1/2 c. brown sugar
3/4 tsp. salt

1 egg
1 pkg. M&M candies
2/3 c. granulated sugar
1 tsp. vanilla

In a small bowl, combine flour, baking soda and salt. In a large bowl, cream together butter and sugars until light and fluffy; beat in egg and vanilla. Gradually blend in flour mixture. Stir in M&M's. Drop by teaspoons, about 2 inches apart, onto ungreased cookie sheet. Bake at 375°. May frost with powdered sugar frosting when cool! Yield: about 5 dozen cookies.

Donna Boll

Peanut Blossom Cookies

Cream:

1/3 c. peanut butter
1/2 c. butter

1/2 c. white sugar
1/2 c. brown sugar

Add:

1 eggs
1 tsp. vanilla
1 3/4 c. flour

1 tsp. baking soda
1/2 tsp. salt

Shape into balls; roll in sugar and place on greased cookie sheet. Bake 5 minutes at 375°. Remove from oven. Top with chocolate stars. Press down star so cookie cracks, then return to oven. Bake 2 to 5 minutes more.

*Donna Boll,
Walnut, IA*

Monster Cookies

Beat together:

3 eggs
1/2 c. butter or margarine
1 c. brown sugar

1 c. white sugar
4 T. vanilla

Add and blend:

1 1/2 c. peanut butter
2 tsp. baking soda

4 1/2 c. oatmeal

Add:

1/2 c. chocolate chips

1/2 c. M&M candies

Roll into balls and place on greased cookie sheet. Bake 10 to 12 minutes, or so, in 350° oven.

Donna Sue Vorrath

Oatmeal Refrigerator Cookies

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
1 1/2 c. sifted flour

1 tsp. baking soda
1 tsp. salt
3 c. oatmeal
1 tsp. vanilla

Shape into 2-inch diameter rolls. Chill several hours--but not absolutely necessary. Slice. Place on ungreased pan and bake 8 to 10 minutes at 400°. Yield: about 6 1/2 dozen.

Favorite Memory: *I have several memories. One was the time that "Snickerdoodles" first came out. Joan Voss Presnall--now Johnson--began a homemakers program. She asked for recipes and I sent her this one. She called me to come to the station. I was presented with a set of earrings by Thomsen Jewelry. Another time was when a group of beginner band students went out to play their instruments, and how nervous my son was.*

Wilma Henderson

Gingersnaps

3/4 c. shortening	2 tsp. baking soda
1 c. brown sugar (packed)	1 tsp. cinnamon
1 egg	1 tsp. ginger
1/4 c. molasses	1/4 tsp. salt
2 1/4 c. all-purpose flour	Granulated sugar

Cream shortening, brown sugar, egg and molasses. Mix in remaining ingredients, except granulated sugar. Cover and chill 1 hour. Heat oven to 350° to 375°. Shape dough by rounded teaspoonfuls into balls. Dip tops in granulated sugar. Place balls, sugared-side up, 3 inches apart, on lightly-greased baking sheet. Bake 10 to 12 minutes, or just until set. Immediately remove from baking sheet. Yield: 4 dozen.

Favorite Memory: *Fun times and a favorite memory....In the late 1970's and the early 1980's, Bob Bebensee and I met in my office at Harlan Auto Mart on Monday mornings to record 3 minute spots to be aired at various times through the week on KJAN.*

Elliott Svendsen

Chocolate Turtle Cookies

2 sq. chocolate	3/4 c. sugar
1/2 c. butter	1 c. flour
2 eggs	1 tsp. vanilla

FROSTING:

1/4 c. milk	1 T. cocoa
1/2 c. sugar	1 tsp. vanilla
1 T. butter	Powdered sugar

Melt chocolate and butter. Cool. Beat eggs with sugar. Add flour, vanilla and above chocolate mixture. Make a chocolate powdered sugar icing. Heat waffle iron; drop 1 teaspoon batter in each section of waffle iron. Bake 1 minute. Remove with fork; frost while warm.

Note: They burn easily. Have frosting made before baking cookies because it is put on immediately after they are removed from the waffle iron.

Frosting: Mix all ingredients. Boil a little; cool. Add powdered sugar and vanilla.

Favorite Memory: *You're the best. The 4-H enjoy the fair reports you give during the fair, the kids enjoy the interviews you have with them.*

Cheryl Hansen

Gingersnaps

3/4 c. shortening	2 tsp. baking soda
1 c. brown sugar (packed)	1 tsp. cinnamon
1 egg	1 tsp. ginger
1/4 c. molasses	1/4 tsp. salt
2 1/4 c. all-purpose flour	Granulated sugar

Cream shortening, brown sugar, egg and molasses. Mix in remaining ingredients, except granulated sugar. Cover and chill 1 hour. Heat oven to 350° to 375°. Shape dough by rounded teaspoonfuls into balls. Dip tops in granulated sugar. Place balls, sugared-side up, 3 inches apart, on lightly-greased baking sheet. Bake 10 to 12 minutes, or just until set. Immediately remove from baking sheet. Yield: 4 dozen.

Favorite Memory: *Fun times and a favorite memory....In the late 1970's and the early 1980's, Bob Bebensee and I met in my office at Harlan Auto Mart on Monday mornings to record 3 minute spots to be aired at various times through the week on KJAN.*

Elliott Svendsen

Chocolate Turtle Cookies

2 sq. chocolate	3/4 c. sugar
1/2 c. butter	1 c. flour
2 eggs	1 tsp. vanilla

FROSTING:

1/4 c. milk	1 T. cocoa
1/2 c. sugar	1 tsp. vanilla
1 T. butter	Powdered sugar

Melt chocolate and butter. Cool. Beat eggs with sugar. Add flour, vanilla and above chocolate mixture. Make a chocolate powdered sugar icing. Heat waffle iron; drop 1 teaspoon batter in each section of waffle iron. Bake 1 minute. Remove with fork; frost while warm.

Note: They burn easily. Have frosting made before baking cookies because it is put on immediately after they are removed from the waffle iron.

Frosting: Mix all ingredients. Boil a little; cool. Add powdered sugar and vanilla.

Favorite Memory: *You're the best. The 4-H enjoy the fair reports you give during the fair, the kids enjoy the interviews you have with them.*

Cheryl Hansen

No-Bake Macaroons

- | | |
|----------------------|------------------------|
| 1 c. coconut | 2 c. sugar |
| 3 c. oatmeal (quick) | 1/2 c. margarine |
| 6 T. cocoa | 1/2 c. milk |
| 1 tsp. vanilla | Nuts or peanuts (opt.) |

In a large mixing bowl, put coconut, oatmeal, cocoa and vanilla. In a saucepan, bring just to a boil, the sugar, butter and milk. Add to dry ingredients and mix. Quickly drop onto waxed paper with a teaspoon. Let stand until hardened, then serve. Do not bake.

Favorite Memory: Lots of advertising.

Annette Santisteban

Crackjack Cookies

- | | |
|--|------------------------------|
| 2 sticks (1 c.) butter or
margarine, softened | 2 tsp. vanilla |
| 1 c. granulated sugar | 1 1/2 c. unsifted flour |
| 1 c. lightly-packed brown sugar
(when measuring sugar, spoon
lightly into cup) | 1 tsp. baking powder |
| 2 eggs | 1 tsp. baking soda |
| | 2 c. oatmeal (old-fashioned) |
| | 2 c. Rice Krispies |
| | 1 c. coconut |

Thoroughly cream together butter and sugars. Add eggs and vanilla; mix well. Sift together flour, baking powder and baking soda. Combine flour and egg mixture. Add oatmeal, coconut and cereal; mix well. Drop by heaping teaspoonfuls, about 2 inches apart, onto greased baking sheet. Bake in preheated 350° oven about 10 minutes, or until browned. Remove from baking sheet immediately. Yield: about 6 dozen.

Mrs. Robert (Mary) Abild

Rice Krispie Treats for Kids

- | | |
|-----------------------|--------------------------------------|
| 1 pkg. Kraft caramels | 1/2 c. Eagle Brand condensed
milk |
| 1 stick oleo | Lg. (regular size) marshmallows |

Melt caramels, oleo and condensed milk in double boiler. Dip regular-size marshmallows, using a toothpick, into caramel mixture. Roll in Rice Krispies, then use hands and shape them round. Let set on waxed paper.

Mary Jane Nielsen

Cracked Sugar Cookies

1 c. margarine, soft
2 c. sugar (white)
1/2 tsp. vanilla
3 egg yolks

2 c. flour
Dash of salt
1 tsp. baking soda
1 tsp. cream of tartar

Cream margarine, sugar and vanilla. Add egg yolks, then flour, salt, baking soda and cream of tartar. Roll in small balls. Bake at 300° for 20 minutes on ungreased cookie sheet. Let cool on cookie sheet for 2 to 3 minutes before taking then off.

Favorite Memory: *We were around Wiota and went to Wiota school through 12th grade.*

***Margaret Wagner,
West Des Moines, IA***

Danish Cream Wafer

DOUGH:

1 c. soft butter

2 c. flour

1/3 c. thick whipping cream

FILLING:

1/4 c. soft butter

3/4 c. powdered sugar

1 egg yolk

1 tsp. vanilla

Mix and chill dough. Roll out to 1/4-inch thickness on floured board. Roll out 1/3 of dough at a time. Cut with 1 1/2-inch small cookie cutter; coat 1 side with sugar. Prick cookie with fork and bake at 350° for 7 to 9 minutes. When cookies are cool, frost and put together like a sandwich with filling in between.

At Christmas, may use red or green frosting.

Edna Boll

Sugar Cookies

1 c. butter or oleo	1 tsp. vanilla
1 c. Kraft salad oil	4 c. flour
1 c. white sugar	1 tsp. baking soda
1 c. powdered sugar	1 tsp. cream of tartar
2 whole eggs	1/2 tsp. salt

Cream butter, oil, white sugar and powdered sugar. Add eggs and vanilla. Then add flour, baking soda, cream of tartar and salt. Mix together well (batter will appear as a drop cookie). Chill several hours, or overnight. Make into balls the size of walnuts. Press down with glass dipped in sugar. Bake at 375° for 10 to 12 minutes.

*Darlene Jones,
Lewis, IA*

Banana Spice Cookies

1 1/2 c. shortening	1/4 tsp. baking soda
1 c. brown sugar (packed)	1/4 tsp. salt
2 eggs	1/2 tsp. cinnamon
1 c. mashed bananas (about 2)	1/4 tsp. cloves
2 c. flour	1/2 c. chopped nuts
2 tsp. baking powder	

Mix well shortening, sugar and eggs. Stir in bananas. Measure flour by dip-level-pour method. Mix dry ingredients and stir in. Blend in nuts. Chill about 1 hour. Heat oven to 375°. Drop rounded tablespoonfuls, 2 inches apart, on lightly-greased baking sheet. Bake 8 to 10 minutes. Frost with thin confectioners' sugar icing. Yield: 3 to 4 dozen cookies.

Favorite Memory: *Helping promote many fine cookbooks for various organizations. The fun was in passing on many great recipes to my listeners on "Partyline".*

Nancy Zellmer

Salted Peanut Cookies

1 c. shortening	3 c. flour
3/4 c. white sugar	1 tsp. baking soda
1 1/2 c. brown sugar	1/2 tsp. baking powder
2 eggs	1/2 c. coconut
1 tsp. vanilla	1 1/2 c. salted Spanish peanuts

Cream shortening with sugars. Add eggs. Mix baking soda and baking powder with flour; add gradually to creamed mixture. Add vanilla, coconut and peanuts. Drop by teaspoon on ungreased cookie sheet. Bake in 350° oven for 15 minutes, or until lightly browned.

Mrs. George Kregel

Cookie Pizza

1 (20 oz.) pkg. refrigerated
sugar or peanut butter cookie
dough
All-purpose flour (opt.)

6 oz. (1 c.) semi-sweet
chocolate chips
1 T. + 2 tsp. shortening, divided
1/4 c. white chips

TOPPINGS:

Gummy fruit
Chocolate-covered peanuts
Assorted roasted nuts

Raisins
Jelly beans
Other assorted candies

Preheat oven to 350°. Generously grease a 12-inch pizza pan. Remove dough from wrapper according to package directions. Sprinkle dough with flour to minimize sticking, if necessary. Press dough into bottom of prepared pan, leaving 3/4-inch space between edge of dough and pan. Bake 14 to 23 minutes, or until golden brown and set in center. Cool completely in pan on wire rack, running spatula between cookie crust and pan after 10 to 15 minutes to loosen. Melt semi-sweet chocolate chips and 1 tablespoon shortening in microwavable bowl on HIGH (100%) for 1 minute; stir. Repeat process at 10 to 20 second intervals, until smooth. Spread melted semi-sweet chocolate mixture over crust to within 1-inch of edge. Decorate with desired toppings. Drizzle melted white chocolate over toppings to resemble melted Mozzarella cheese. Cut and serve. Yield: 10 to 12 pizza slices.

*Kimberly Jones,
Lewis, IA*

KJAN

Rich Peanut Butter Cookies

1 c. Crisco	4 eggs, well beaten
1 c. butter or margarine (soft)	6 c. flour
2 c. peanut butter (Skippy, creamy)	1 tsp. baking soda
2 c. white sugar	1 tsp. salt
2 c. brown sugar (light, Hy-Vee brand)	1 tsp. vanilla

Cream shortening and sugar. Add peanut butter and mix well. Add eggs, then the dry ingredients sifted together. Add vanilla; mix well and shape into balls, like a walnut. Place 2 1/2 inches apart and flatten with a fork, until 1/4-inch thin. Bake on an ungreased cookie sheet at 375° for 10 to 15 minutes.

Got this recipe from my Home Ec teacher in the 1950's.

*Maxine Lambertensen,
Atlantic, IA*

Gumdrop Cookies

1 c. oleo	1 tsp. baking powder
1 c. brown sugar	2 eggs
1 c. white sugar	1 c. coconut
2 c. unsifted flour	1 c. cut-up gumdrops
1/2 tsp. salt	2 c. oatmeal
1 tsp. baking soda	1 tsp. vanilla

Bake at 350° for 12 to 15 minutes. Yield: 3 1/2 dozen cookies.

Mrs. Delbert Andersen

Candy Bar Cookies

CRUST:

3/4 c. butter

3/4 c. powdered sugar

1 tsp. vanilla

2 tsp. Pet milk

1/4 tsp. salt

2 c. flour

FILLING:

28 lite-colored caramels

1/4 c. Pet milk

1/4 c. butter

1 c. powdered sugar

1 c. pecans

ICING: Melt:

12 oz. chocolate chips

Crust: Cream butter; gradually add sugar, vanilla and milk. Mix well. Blend in flour. Roll out on floured board. Cut circles. Place on greased cookie sheet. Bake at 325° for 12 to 15 minutes. Cool.

Filling: Melt caramels in microwave. Add butter, sugar, nuts and milk. Mix and spread on each cookie.

Icing: Melt chips in microwave and spread on each top.

Yield: 4 dozen 2-inch cookies.

Mrs. Delbert (Ruth) Benton

Thumbprint Cookies

1/2 c. butter

1/4 c. brown sugar

1 egg yolk

1 tsp. vanilla

1 c. flour

1/4 tsp. salt

Egg whites

Pecans, chopped

Combine ingredients. Roll into 1-inch balls; dip into slightly-beaten egg whites and roll in finely-chopped pecans. Place about 1-inch apart on greased cookie sheet. Bake 5 minutes. Remove from oven. Press thumb on cookie. Bake 8 minutes in 375° oven. Cool. Put powdered sugar frosting on thumbprint.

*Darlene Jones,
Lewis, IA*

Unbaked Chocolate Cookies

2 c. sugar	Pinch of salt
3 T. cocoa	1 tsp. vanilla
1/2 c. milk	1/2 c. peanut butter
1 stick oleo	3 c. quick oatmeal

Boil hard for 1 minute, all the above ingredients, except vanilla. Then add vanilla, peanut butter and oatmeal; stir well. Drop onto waxed paper and let set.

Mary Jane Nielsen

Sugar Cookies

1 c. sugar	1 c. buttery oil
1 c. powdered sugar	1 T. vanilla
2 sticks margarine	4 1/2 c. flour
1/2 tsp. salt	1 tsp. baking soda
2 eggs, well beaten	1 tsp. cream of tartar

Chill. Roll in balls. Then roll top in sugar. Bake on ungreased cookie sheet. (Works good in cookie press, but do not chill.) Bake at 350°. Makes a large batch.

Viola Sander

Frosted Orange Cookies

1 1/2 c. brown sugar	1 tsp. vanilla
2/3 c. shortening (Crisco or similar, do not use margarine or butter--makes them go flat)	3 c. flour
2 eggs	1 tsp. baking soda
1 c. sour milk (sour the milk by putting 1 T. vinegar or lemon juice in cup & add milk)	2 tsp. baking powder
	Grated rind of 1 orange

ICING:

Juice of 1 orange
4 T. soft margarine

Enough powdered sugar to make spreadable

Mix brown sugar and shortening well. Add eggs; beat well. Add milk and vanilla, then add dry ingredients that have been mixed together. Add grated rind. Drop by spoonfuls and bake at 375° for 10 to 12 minutes, or less (until no indent remains when touched). Frost when cool.

*Alberta Millikan,
In Memory of my grandmother, Minnie Jarvis*

Soft Sugar Cookies

Cream together until fluffy:

1 c. butter	2 eggs
1 1/2 c. sugar	

Add:

1 c. cream	2 tsp. vanilla
5 c. flour	2 1/2 tsp. baking powder
1/2 tsp. salt	

Chill thoroughly. Roll on floured surface. Cut as thick as you like. Bake at 300° for 15 minutes. Great cookie, sprinkled with sugar or frosted.

FROSTING:

1 box powdered sugar	1 pkg. cream cheese
	1 stick butter

Can use canned frosting too.

Dianna Essington

No-Bake Cookie

3/4 c. brown sugar	2/3 c. peanut butter (I like to use crunchy peanut butter)
1/2 c. white sugar	1 c. chocolate chips
1/3 c. milk	Keebler Club crackers
1/2 c. oleo	
1 1/4 c. graham cracker crumbs	

Butter a 9x13-inch pan. Place a layer of whole crackers on the bottom of the pan. In a saucepan, combine graham cracker crumbs, brown and white sugars, milk and oleo. Boil 5 minutes. Pour over crackers in the pan. Top with another layer of crackers. Melt peanut butter and chocolate chips in microwave until spreadable. Spread over the crackers. Chill until hard and cut into squares.

A favorite of the grandchildren.

Ruth Andersen

Molasses Cookies

4 c. flour	1/2 c. molasses
4 tsp. baking soda	2 eggs
1/2 tsp. salt	2 tsp. cinnamon
1 1/2 c. shortening	2 tsp. cloves
2 c. sugar	2 tsp. ginger

Mix all ingredients well. Drop by spoonfuls onto cookie sheet. Bake until browned, or until done, at 350°.

Note: A #40 dipper makes a nice size cookie.

*Audubon Co. Memorial Hospital,
submitted by Thelma Umland*

Soft Sugar Cookies

Cream together until fluffy:

1 c. butter	2 eggs
1 1/2 c. sugar	

Add:

1 c. cream	2 tsp. vanilla
5 c. flour	2 1/2 tsp. baking powder
1/2 tsp. salt	

Chill thoroughly. Roll on floured surface. Cut as thick as you like. Bake at 300° for 15 minutes. Great cookie, sprinkled with sugar or frosted.

FROSTING:	1 pkg. cream cheese
1 box powdered sugar	1 stick butter

Can use canned frosting too.

Dianna Essington

No-Bake Cookie

3/4 c. brown sugar	2/3 c. peanut butter (I like to use crunchy peanut butter)
1/2 c. white sugar	
1/3 c. milk	1 c. chocolate chips
1/2 c. oleo	Keebler Club crackers
1 1/4 c. graham cracker crumbs	

Butter a 9x13-inch pan. Place a layer of whole crackers on the bottom of the pan. In a saucepan, combine graham cracker crumbs, brown and white sugars, milk and oleo. Boil 5 minutes. Pour over crackers in the pan. Top with another layer of crackers. Melt peanut butter and chocolate chips in microwave until spreadable. Spread over the crackers. Chill until hard and cut into squares.

A favorite of the grandchildren.

Ruth Andersen

Molasses Cookies

4 c. flour	1/2 c. molasses
4 tsp. baking soda	2 eggs
1/2 tsp. salt	2 tsp. cinnamon
1 1/2 c. shortening	2 tsp. cloves
2 c. sugar	2 tsp. ginger

Mix all ingredients well. Drop by spoonfuls onto cookie sheet. Bake until browned, or until done, at 350°.

Note: A #40 dipper makes a nice size cookie.

*Audubon Co. Memorial Hospital,
submitted by Thelma Umland*

Snickerdoodles

Mix together thoroughly:

1 c. soft shortening

2 eggs

1 1/2 c. sugar

Sift together and stir in:

2 3/4 c. sifted flour

1 tsp. baking soda

2 tsp. cream of tartar

1/2 tsp. salt

Preheat oven to 400°. Roll into balls the size of a small walnut. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place about 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes in moderately hot oven (400°) until lightly browned, but still soft. (These cookies puff up at first—then flatten out with crinkled tops.) Yield: about 5 dozen.

Wilma Henderson

June Clever's "Leave it to Beaver" Chocolate Chip Cookies

1 c. shortening (not margarine)

2 1/2 c. flour

1 c. granulated sugar

1 tsp. salt

1/2 c. brown sugar (packed)

1 tsp. baking soda

2 beaten eggs

1 (6 oz.) pkg. chocolate chips

2 tsp. vanilla flavoring

1 c. nuts

Mix shortening, sugars, eggs and vanilla thoroughly. Add dry ingredients and mix. Stir in chocolate chips and chopped nuts. Bake in 350° preheated oven for 10 minutes. Yield: 5 to 6 dozen 3-inch cookies.

Alice Brown

Unbelievable Cookies

1 c. crunchy peanut butter
1 c. sugar

1 egg
1/2 c. flaked coconut

Mix peanut butter and sugar. Beat in egg. Stir in coconut. Roll into 1-inch balls and then flatten with a fork. Bake at 350° for 13 minutes. Yield: 24 cookies.

Iola Waldau

Deluxe Sugar Cookies

1 c. margarine
1 1/2 c. powdered sugar
1 egg
1 tsp. vanilla

2 1/2 c. flour
1 tsp. baking soda
1 tsp. cream of tartar

Thoroughly mix margarine, powdered sugar, egg and vanilla. Blend in flour, baking soda and cream of tartar. Cover. Chill 2 to 3 hours. Heat oven to 375°; divide dough in half. Roll each half 3/16-inch-thick on lightly-floured, cloth-covered board. Cut into desired shapes; sprinkle with granulated sugar, or colored sugars, or frost. Place on lightly-greased baking sheets. Bake 7 to 8 minutes, or until lightly browned on edges.

Bessie Huffman

Orange Cookies

Grind 2 oranges, peeling and all (take out thick center and seeds); set aside.

1 c. butter or oleo
1 c. sour milk
1 1/2 c. sugar (or 2 T. Sweet 10
& 1/2 c. sugar)

1 egg
3 1/2 c. flour (or more)
1 tsp. baking soda

FROSTING:

1 T. butter or oleo
2 T. hot milk

Juice & rind of 1/2 ground orange
Powdered sugar, to stiffen

Melt butter in sour milk. Cool to lukewarm. Add sugar, oranges and egg. Mix. Add flour and baking soda gradually. Bake on greased cookie sheet for 12 to 15 minutes, until light brown, at 350°. Frost. Yield: around 5 dozen.

Frosting: Melt oleo in milk. Add orange and powdered sugar.

Dean Kopp

Crunchy Oatmeal Cookies

1 c. shortening	1 tsp. baking soda
2 c. brown sugar	3/4 tsp. salt
1 egg, unbeaten	1 1/2 c. rolled oats
1 tsp. vanilla	1 c. shredded coconut
2 c. sifted flour	3/4 c. chopped nuts
2 tsp. baking powder	

Cream shortening and sugar together until fluffy. Add egg and vanilla; beat well. Add flour that has been sifted with baking powder, baking soda and salt. Gradually stir in rolled oats, coconut and nuts. Shape into walnut-size balls on ungreased baking sheet. Bake at 375° for 12 minutes. Yield: 5 1/2 dozen.

Maxine Carlson

Peanut Butter Cookies

1 c. shortening	1 c. peanut butter
1 c. granulated sugar	3 c. sifted flour
1 c. brown sugar	2 tsp. baking soda
2 eggs	1/2 tsp. salt
1 tsp. vanilla	

Cream together shortening, sugar, eggs and vanilla until light and fluffy. Stir in peanut butter. Sift together dry ingredients; stir into creamed mixture. Form in small balls; place 2 inches apart on greased cookie sheet. Flatten with fork tines. Bake in moderate oven (375°) about 10 minutes; cool slightly and remove from pan. Yield: 6 dozen.

Favorite Memory: I always listen to the news, and hospital and funeral reports.

Zeta Eblen

Sugar Cookies

1 1/2 c. sugar	1/2 tsp. salt
1 c. shortening (1/2 butter & 1/2 margarine)	1/2 tsp. nutmeg
2 eggs	1/2 tsp. baking powder
2 tsp. vanilla	1/2 tsp. baking soda
5 T. milk	3 1/2 c. flour

Cream sugar and shortening. Add eggs, vanilla and milk; mix well. Add all the dry ingredients and mix. Chill dough thoroughly. Roll out and sprinkle with sugar; cut out the cookies. Bake at 350° until the edges of the cookies turn light brown, about 5 to 8 minutes. They will get hard if you overbake. Yield: about 6 dozen.

Favorite Memory: As seniors at Wiota Consolidated School in 1951, we got to visit the radio station and talk on the radio—quite exciting! I don't remember why we got to go, as students did not have "field trips" back then!

Dolores Curry

Oatmeal-Chocolate Chip Cookies

1 c. shortening	1 tsp. hot water
3/4 c. brown sugar	1 tsp. salt
3/4 c. white sugar	1 1/2 c. flour
2 eggs	2 c. uncooked oatmeal
1 tsp. vanilla	1 1/4 c. chocolate chips
1 tsp. baking soda	

Cream shortening and sugars until light and fluffy, then add unbeaten egg and beat well. Stir in vanilla. Dissolve baking soda in hot water and add, then add salt and flour. Lastly, mix in oatmeal and chocolate bits. Drop by spoonfuls on baking sheet and bake 12 to 15 minutes at 350°. Yield: about 5 dozen.

Variation: I also use butterscotch or peanut butter bits.

Jean Boots

Farmer Cookies

1 c. shortening	1 tsp. baking powder
1 c. white sugar	2 c. oatmeal
1 c. brown sugar	2 c. corn flakes
2 eggs	1 c. walnuts
2 c. flour	1 tsp. vanilla
1/2 tsp. salt	

Mix together shortening, sugars and eggs, then add other ingredients. When mixed well, roll into balls the size of a walnut. Press down and bake in 350° oven for 10 to 12 minutes.

These are very good!

Mrs. Loren Petersen

Oatmeal Scotchies

1 c. margarine	1 tsp. baking soda
1 1/2 c. brown sugar (packed)	1 tsp. salt
2 eggs	1 1/2 c. quick-cooking oatmeal
1 T. water	1 (12 oz.) pkg. butterscotch chips
2 1/8 c. flour	
2 tsp. baking powder	

Beat margarine, sugar, eggs and water until light and fluffy; stir in flour mixture. Mix well. Add oatmeal and butterscotch chips (can use chocolate chips instead, or use half butterscotch and half chocolate). Drop onto ungreased cookie sheet. Bake at 375° for 10 to 12 minutes. Do not overbake. Yield: about 3 dozen.

Kathy Petersen McCarty

Chocolate-Top Peanut Cookies

1/2 c. shortening	1 egg
1/2 c. peanut butter	1 tsp. vanilla
1/3 c. white sugar	1 3/4 c. flour
1/2 c. light brown sugar	1 tsp. baking soda

Cream shortening, peanut butter, white and brown sugars. Add egg and vanilla to creamed mixture. Form dough into balls the size of walnuts. Roll in white sugar. Bake at 350° for 10 minutes; remove from heat and place a chocolate candy star on top, then bake 3 minutes more. Yield: 2 1/2 dozen.

Kids like these cookies and they sell good at the bake sales.

Marie Beymer

Chocolate Thumbprint Cookies

1/2 c. margarine	1 (1 oz.) sq. unsweetened chocolate, melted & cooled
1/2 c. sugar	1 c. flour
1 T. milk	1/4 tsp. salt
1 tsp. vanilla	1/3 c. mini semi-sweet chocolate chips
1 egg yolk	

FILLING:

2 T. margarine	1 c. confectioners' sugar
1/3 c. creamy peanut butter	2 T. milk
	1/2 tsp. vanilla

Heat oven to 350°. Combine margarine, sugar, milk, vanilla and egg yolk. Beat on medium speed until well blended. Add melted chocolate; mix well. Combine flour and salt; add to chocolate mixture. Stir in chocolate chips. Form dough into 1-inch balls. Place, 2 inches apart, on greased cookie sheet. Press thumb into each cookie. Bake for 8 minutes. Remove to cooling rack. Cool. Fill centers with filling.

Filling: Combine margarine and peanut butter in bowl. Stir in confectioners' sugar. Add milk and vanilla; blend. Fill centers.

Yield: 2 1/2 dozen.

Bev Huffman

Corn Flake Cookies

1 c. brown sugar	1/2 tsp. salt
1 c. white sugar	1 c. coconut
1 c. shortening	2 c. oatmeal
2 eggs	2 c. corn flakes
1 tsp. vanilla	2 c. flour
1/2 tsp. baking powder	1 tsp. baking soda

Cream shortening and sugar. Add eggs and mix well. Add vanilla. Sift flour, baking powder, baking soda and salt. Add to above mixture. Add oatmeal, cereal and coconut. Drop by teaspoon onto cookie sheet. Bake in 350° oven for 10 minutes.

In Memory of Elsie Pollock

Sour Cream Cookies

1 c. brown sugar	1 tsp. baking soda
1/2 tsp. white sugar	1/2 tsp. salt
1/2 c. margarine	1 c. sour cream
2 eggs	1 tsp. vanilla
2 1/2 c. flour	2/3 c. nuts (opt.)
1/2 tsp. baking powder	

FROSTING:

6 T. butter	4 T. hot water
1 tsp. vanilla	Powdered sugar

Cream margarine and sugars; add eggs. Add dry ingredients, sour cream, vanilla and nuts. Drop by teaspoon on greased cookie sheet at 350° for 8 to 10 minutes. Chilling improves dough.

Frosting: Melt and brown butter; add water and vanilla. Mix enough powdered sugar in to spread.

In Memory of Mabel Bailey

Buttermilk Sugar Cookies

2 c. sugar	1 c. buttermilk
1 c. shortening	4 c. flour
2 eggs	2 tsp. baking soda
2 tsp. vanilla	1/2 tsp. salt

Cream shortening and sugar; beat in eggs. Add vanilla to buttermilk and add to mixture alternately with dry ingredients. Dough is not stiff. Chill. Roll and cut in large circles. Bake at 350° until brown around edges. Ice with powdered sugar frosting.

In Memory of Mabel Bailey

Cut-Out Sugar Cookies

Sift:

3 c. flour
1 1/2 tsp. baking powder

1/2 tsp. salt
1 c. sugar

Cut in:

1 c. soft oleo
1 slightly-beaten egg

3 T. cream
1 tsp. vanilla

Blend all together; sometimes I use my hand as it is quite crumbly. Chill at least 2 hours. Roll half at a time to 1/8- to 1/4-inch thickness. Cut out with favorite shaped cutters. Bake at 350° for 8 to 10 minutes.

*Grace Mackrill,
Adair, IA*

Peppernuts

(Pfeffernusse)

1 c. brown sugar
1 c. white sugar
1 c. lard
1 c. dark syrup
2 eggs
1 tsp. salt
1 tsp. vanilla

1 tsp. baking soda (in a little water)
1 T. cinnamon
1/2 tsp. allspice
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 tsp. ginger
6 to 7 c. flour, to stiffen

Roll part of dough out like a rope to a thickness the size of a nickel; cut into 1/2-inch pieces. (Use your own judgment on size preferred.) Roll into balls. Bake at 350° for 10 to 12 minutes.

Note: Dough can be stored in refrigerator for several days.

This recipe has always been a family favorite. A must at the holidays. We would lose track of how many batches mom would make to send to relatives and give away.

*In Memory of Arlene Wickey,
submitted by Jacque Wickey, Atlantic, IA*

Drop Cookie

1 c. brown sugar	1 tsp. baking powder
1 c. white sugar	1 tsp. baking soda
1 c. soft shortening	1 c. corn flakes
2 eggs	1 c. oatmeal
2 1/2 c. flour	1 c. ground peanuts

Mix in order given and drop by spoonfuls onto greased cookie sheet.

This is a good lunchbox cookie. This recipe comes from the Hiland potato chip contest done on KJAN many years ago.

Barb Sisler

Jingle Bell Cookies

1 c. margarine	1 1/2 c. brown sugar
2 eggs	3 c. flour
1 tsp. baking soda	1 tsp. vanilla
1/4 tsp. salt	1 tsp. cinnamon
1 c. filberts	1 c. pecans
1 c. walnuts	1 c. candied cherries
1 c. candied pineapple	1 1/2 c. chopped dates

Chop fruits and sprinkle with some flour before adding to batter. Cream margarine and sugar. Add eggs and vanilla. Cream other ingredients in. Last, mix in the fruit and nuts by hand. Bake at 350° until lightly browned, about 15 minutes. Yield: 6 dozen cookies.

Delores Stevens

Chocolate Temptations

1/2 c. butter	1 1/4 c. flour
1/2 c. sugar	3/4 tsp. baking soda
1/2 c. brown sugar	1/2 tsp. salt
1 egg	36 mini Reese's peanut butter cups
1/2 c. peanut butter	
1/2 tsp. vanilla	

Cream softened butter and sugars. Add egg, peanut butter and vanilla; blend well. Add dry ingredients. Chill. Form into balls. Place in miniature muffin pans (ungreased). Bake at 350° for 8 to 10 minutes, until lightly browned. Press a peanut butter cup into center of each cookie. Cool for 15 minutes before removing from pans. Yield: 36 cookies.

Linda Meyer

Chocolate Peanut Butter-Filled Cookies

3 c. flour	1 c. margarine
1/2 c. cocoa	1/2 c. peanut butter
1 tsp. baking soda	2 eggs
1 c. white sugar	1 tsp. vanilla
1 c. brown sugar	

FILLING:

1 c. peanut butter (smooth or chunky)	1 c. powdered sugar
---------------------------------------	---------------------

Using #40 cookie portion dipper or 1 tablespoon dough, roll into ball, flatten in palm of hand, put peanut butter in center of cookie dough, fold up around it. Lay seam-side down on cookie sheet. Flatten to 1/3-inch with glass dipped in granulated sugar. Bake at 375° for 7 to 9 minutes, until set and slightly dry and cracked. A cookie press makes an interesting indentation.

Filling: Mix in bowl—by hand. Blend in 3 balls to mix well. Then make 3/4-inch balls and set aside.

Wonderful and unique.

Favorite Memory: *Shelby County News is a good way to keep up with "neighbors" activities and hi-lights. The Audubon Boy Report reminds us of local activities! Thanks Sam! Thanks to the sponsors who promote our city and county.*

Doris Christensen

Everything Cookie

Cream:

1 c. margarine	1 egg
1 c. brown sugar	1 c. oil
1 c. white sugar	2 tsp. vanilla

Sift:

3 1/2 c. flour (approx.)	1 tsp. baking soda
1 tsp. salt	1 tsp. cream of tartar

Add sifted ingredients and:

1 c. rice cereal	1 c. chocolate chips or chunks
1 c. oatmeal (toasted)	1 c. chopped macadamia nuts,
1 c. coconut (toasted)	or the nuts your family likes (opt.)

Drop by spoon onto cookie sheets. Bake at 350° for 10 to 12 minutes.

Note: The flour amount depends on what type of flour or brand you use. I try to use unbleached. The toasting makes the difference!

Favorite Memory: *When my grandchildren win the birthday cakes from Hy-Vee on the birthday club promotion.*

Dorothy Kerkhoff

Cookies

World-Famous Sugar Cookies

1 c. powdered sugar	1/4 tsp. salt
1 c. sugar	2 tsp. vanilla
1 c. oleo	5 c. flour
1 c. corn oil	1 tsp. baking soda
2 eggs, beaten	1 tsp. cream of tartar

Cream together the sugars, oil and margarine. Add eggs and vanilla; mix well. Add dry ingredients which have been sifted together; mix well. Chill 1/2 hour. Roll into small balls. Using a glass dipped in sugar, press balls onto ungreased cookie sheet. Bake at 350° for about 10 minutes, until done, but not brown. Sprinkle with colored sugars or decorate for special occasion. Yield: 6 dozen.

I have sold dozens of these cookies at the Atlantic Garden Market where I was Market Master for many years.

Marie Watson

Kiss Cookies

5 egg whites	1 tsp. vanilla
1 c. sugar	Pinch of salt

Beat egg white until peaks form. Then beat in sugar, a little at a time, and keep beating until thick. Add vanilla and salt. Drop onto 2 greased cookie sheets. Bake in 200° oven about 2 1/2 hours. Sprinkle with colored sugar.

Lorraine V. Larsen

Easy Sugar Cookies

1 stick butter	2 1/2 c. flour
1 c. sugar	1/4 tsp. salt
1 egg, beaten	1 tsp. baking soda
1/4 c. butter-flavored oil	1 tsp. baking powder
1/2 tsp. vanilla	

Cream butter and sugar. Add egg, oil and vanilla. Mix together dry ingredients, then add to butter-sugar mixture. Roll into balls, drop in sugar, flatten. Bake at 350° for 10 to 12 minutes.

*Jo Armstrong,
Anita, IA*

Brownies

2 c. flour, slightly heaped	1 c. water
2 c. sugar	1/2 c. salad oil (scant)
4 T. cocoa	1 stick margarine
1 c. buttermilk	2 eggs
1 tsp. baking soda	1 tsp. vanilla

In large bowl, put flour, sugar and cocoa. Mix a little. In a small pan, bring water, oil and margarine to a boil. In a small bowl, beat buttermilk, baking soda, egg and vanilla. Have the 3 sets of ingredients ready. Beat in the hot portion, then the egg mixture. Beat until smooth. Have ready a greased and floured 11x15-inch bar pan. Bake at 350° for 15 to 20 minutes. Frost while warm.

FROSTING: Bring to boil:

1/4 c. margarine	1/3 c. buttermilk
1/4 c. cocoa	

Pour into 1 pound powdered sugar and add 1 teaspoon vanilla.

Note: I cut down the ingredients for the frosting. I don't care for such thick frosting.

Gladys A. Hall

"Everything but the Kitchen Sink" Bar Cookies

1 (18 oz.) pkg. refrigerated chocolate chip cookie dough	1 1/2 c. toasted corn cereal
1 (7 oz.) jar marshmallow creme	1/2 c. mini candy-coated chocolate pieces
1/2 c. creamy peanut butter	

Preheat oven to 350°. Grease a 9x13-inch baking pan. Remove dough from wrapper according to package directions. Press dough into prepared baking pan. Bake 13 minutes. Remove baking pan from oven. Drop teaspoonfuls of marshmallow creme and peanut butter over cookie base. Bake 1 minute. Carefully spread marshmallow creme and peanut butter over cookie base. Sprinkle cereal and chocolate pieces over melted marshmallows and peanut butter mixture. Bake 7 minutes. Cool completely on wire rack. Cut into 2-inch bars. Yield: 3 dozen bar cookies.

*Kimberly Jones,
Lewis, IA*

Danish Puff

1 c. flour
1/2 c. margarine
2 T. water
1/2 c. margarine

1 c. flour
3 eggs
1 c. water
1 tsp. almond flavoring

Measure 1 cup flour and cut into 1/2 cup margarine. Sprinkle with 2 tablespoons water and mix with a fork. Divide in half. Pat dough into 2 long strips (3x12 inches), 3 inches apart, on ungreased cookie sheet.

Bring 1/2 cup margarine and water to rolling boil. Add flavor and remove from heat. Stir to keep flour from lumping. When smooth, add one egg at a time, beating until smooth. Divide in half and spread evenly over pastry. Bake at 350° for 50 minutes. Top with icing.

Margaret Parmley

Chocolate Revel Bars

1 c. butter or margarine
2 c. brown sugar
2 eggs
2 tsp. vanilla

2 c. flour
1 tsp. baking soda
1 tsp. salt
2 1/2 c. quick oatmeal

FILLING:

1 (12 oz.) pkg. chocolate chips
1 (15 oz.) can sweetened
condensed milk

2 T. margarine or butter
1/2 tsp. salt
2 tsp. vanilla
1 c. nuts (opt.)

Cream margarine and sugar until light and fluffy. Add eggs and vanilla. Sift dry ingredients. Add oatmeal.

Filling: Melt filling in double boiler. When smooth, add vanilla and nuts.

Spread 2/3 of oatmeal mixture in pan. Cover with chocolate mixture. Dot with remaining oatmeal mix. Bake 30 minutes at 350° in a 9x13-inch pan.

Favorite Memory: *When I was 10, a friend and I did a 4-H demonstration at the County Fair that received a top rating. Needless to say, we got interviewed on KJAN. Thank you so much for all the coverage you gave Audubon County!*

Barb Smith

Krumble Bars

1/2 c. butter or oleo	1/2 c. nuts
3/4 c. sugar	3 1/2 c. mini marshmallows
1/4 tsp. butter flavoring	1 (6 oz.) pkg. butterscotch chips
2 eggs	1 c. peanut butter
1 tsp. vanilla	1/2 to 1 c. Rice Krispies
3/4 c. flour	

Beat together butter, sugar, butter flavoring and eggs. Stir in vanilla and flour. Put in greased and floured 9x13-inch pan. Bake at 350° for 15 minutes. This will have a texture of a thin sponge cake. Remove from oven and sprinkle with marshmallows. Return to oven for 2 or 3 minutes. In top of double boiler, melt chips and peanut butter. Stir in Rice Krispies and nuts and when melted; spread on top of cooled marshmallows and sponge cake.

Note: Freezes well.

Mary Jane Nielsen

Raspberry Bars

1/3 c. sugar	1 c. raspberry jam
1 1/2 c. flour	1 c. broken walnuts
3/4 c. margarine, softened	1/2 c. sugar
2 eggs, separated	

In a bowl, combine sugar, flour, margarine and egg yolks. Press into a greased 9x13-inch pan. Bake at 350° for 15 minutes, or until golden brown; let cool. Spread jam over crust and sprinkle with nuts. In a mixing bowl, beat egg whites and sugar until stiff. Spread meringue over the nuts. Bake another 25 minutes. To cut, use a knife dipped in hot water. Yield: about 3 dozen bars.

Lyle L. Larsen

Three-Layer Keebler Bars

1 box Club crackers
 3/4 c. sugar
 1/2 c. brown sugar

1 c. crushed graham crackers
 1/4 c. milk
 1 stick margarine

FROSTING:
 2/3 c. peanut butter

1/2 c. chocolate chips
 1/2 c. butterscotch chips

Line a lightly-greased 9x12-inch pan with whole Club crackers. Don't use whole box. Boil sugars, graham crackers, milk and margarine to a slow boil for 4 minutes, no more, so it's still sticky so you can spread it. Pour over crackers in pan and add another layer of Club crackers. Melt together peanut butter, chocolate and butterscotch chips. Pour over crackers and cool.

***Favorite Memory:** Lots of music.*

Aletha J. Hansen

Baby Food Bars

3 eggs, beaten
 1 1/4 c. oil
 2 c. flour
 1 (4 oz.) jar baby food carrots
 1 (4 oz.) jar baby food applesauce

1 (4 oz.) jar baby food strained
 apricots
 1 tsp. salt
 2 tsp. baking soda
 2 tsp. cinnamon
 2 c. sugar

Beat eggs, oil and sugar. Add all dry ingredients. Then add baby food; mix well. Bake in greased 12x18-inch cookie sheet at 350° for 30 to 35 minutes.

FROSTING:
 1 (8 oz.) pkg. cream cheese,
 softened
 2 tsp. vanilla

1/4 lb. butter, softened
 1 box powdered sugar (sifted)
 1 c. nuts (opt.)

Cream butter and cream cheese; add powdered sugar slowly, blending well after each addition. Add vanilla and nuts. If frosting is too thick, add a few drops of milk. Makes it better to spread.

Mardelle M. Maley,
Atlantic, IA

Brickle Bars

1/2 c. margarine or butter	3/4 c. flour
2 oz. unsweetened chocolate	3/4 c. almond brickle pieces
1 c. sugar	1/2 c. mini semi-sweet chocolate pieces
2 eggs	
1 tsp. vanilla	

Cook butter and chocolate until melted. Remove from heat. Stir in sugar. Add eggs and vanilla. Beat lightly with a wooden spoon just until combined (don't overbeat or cookie will rise too high, then fall). Stir in flour. Spread batter in prepared pan. Sprinkle the almond brickle pieces and chocolate pieces over batter. Bake in a greased 8x8-inch pan at 350° for 30 minutes. Cool. Yield: 16 bars.

Recipe from 1991 Christmas Cookies Better Homes and Garden.

Mary Ann Moorman

Chocolate Malt Bars

1 1/2 c. flour	1/2 c. instant malt powder
1 tsp. baking powder	1/4 c. milk
1/2 c. sugar	1 tsp. vanilla
1/3 c. butter or margarine	1 c. malted milk balls
1 egg	

FROSTING:

1/3 c. malted milk balls

Beat butter and sugar on medium speed until light. Add egg, malted milk, milk and vanilla. Beat on medium for 2 to 3 minutes. Gradually add flour, beating on low speed for 2 to 3 minutes. Fold in 1 cup chopped milk balls. Spread in greased 9x9-inch pan. Bake at 350° for 25 to 30 minutes. Combine 2 1/2 cups powdered sugar and 1/4 cup cocoa. Add 1/4 cup softened butter, 3 tablespoons boiling water and 1/2 teaspoon vanilla. Beat on low until combined. Beat on medium for 1 minute. Spread on bars and top with 1/3 cup coarsely-chopped milk balls. Yield: 16 balls.

Mary Ann Moorman

Cream Puffs

1/2 c. oleo
1 c. water
1/2 tsp. salt

1 c. flour
4 eggs

FILLING:

1 pkg. instant French vanilla
pudding

1 3/4 c. milk
Cool Whip

Boil water; add oleo and salt. After oleo is melted, add flour. Cool 2 minutes, then add 4 eggs, one at a time. Drop by spoonful onto ungreased cookie sheets (about 12). Bake at 400° for 15 minutes, then at 350° until done (15 to 20 minutes).

To store, put in brown grocery sack. Cut and put filling in before serving.

Filling: Make pudding. Let it set up, then add 1 cup Cool Whip to pudding. Stir and put in cream puffs.

Favorite Memory: *I always remember waking up to KJAN when I was in school and we still wake up to KJAN 32 years later.*

***Nancy Madsen,
Elkhorn, IA***

Brownies

1 stick oleo, melted
1 c. oil
3/4 c. cocoa
3 c. sugar

2 tsp. vanilla
6 med.-to-lg. eggs
2 heaping c. flour
1 tsp. salt

FROSTING:

1/4 c. oleo, softened
1/8 c. cocoa

3 T. milk
2 c. powdered sugar
1/2 tsp. vanilla

Brownies: Stir together oleo, oil, sugar and cocoa; add eggs. Stir in vanilla, salt and flour. Pour into greased cookie sheet. Bake 30 minutes at 325°. If you would like them fudgy, add less flour.

Frosting: Combine oleo, cocoa and milk in saucepan. Cook to boiling. Remove from heat, add remaining ingredients and mix thoroughly. Cool slightly. Spread on brownies.

Top with chopped pecans.

Note: These freeze well.

***Keith Madson,
Elkhorn, IA***

Chocolate-Marshmallow Bars

3/4 c. butter or margarine	1/2 tsp. baking powder
1 1/2 c. sugar	1/2 tsp. salt
3 eggs	3 T. cocoa
1 tsp. vanilla	1/2 c. chopped nuts (opt.)
1 1/3 c. flour	4 c. mini marshmallows

TOPPING:

1 1/3 c. chocolate chips	1 c. peanut butter
3 T. butter or margarine	2 c. Rice Krispies

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; beat until fluffy. Combine flour, baking powder, salt and cocoa; add to the creamed mixture. Stir in nuts, if desired. Spread in a greased 10x15-inch pan. Bake at 350° for 15 minutes. Sprinkle marshmallows evenly over cake and return to oven for 2 minutes. Using a knife dipped in water, spread the melted marshmallows evenly over cake. Cool.

Topping: Combine chocolate chips, butter and peanut butter in pan. Cook over low heat, stirring constantly, until melted and well blended. Remove from heat; stir in Rice Krispies. Spread over bars. Chill.

Donna Green

Twix Bars

3/4 c. white sugar	2/3 c. peanut butter
1/2 c. brown sugar	1/2 c. chocolate chips
1 c. crushed graham crackers	1/2 c. butterscotch chips
1/4 c. milk	Club crackers
1 stick margarine	

Line a lightly-greased 9x13-inch pan with whole Club crackers. Bring sugars, graham crackers, milk and margarine to a slow boil. Pour over crackers in pan and add another layer of Club crackers. Melt peanut butter, chocolate chips and butterscotch chips together. Pour over crackers. Add nuts, if desired. Cut along cracker lines.

*Darlene Petersen,
Atlantic, IA*

Bar Cookies

Take 1 box of angel food cake mix and stir in 1 can of any pie filling mix (cherry, lemon, peach or apricot). Add 1 teaspoon vanilla. Pour into an ungreased 9x13x2-inch cake pan. Bake for 30 minutes. Cut into squares when cool. Yield: 20 bars.

*Marie Beymer,
Atlantic, IA*

Caramel Bars

3/4 c. butter or margarine
3/4 c. powdered sugar
1 1/2 c. flour
1 tsp. vanilla
1/2 c. nutmeats

33 Kraft caramels
1/4 c. cream or evaporated milk
1/4 c. butter or margarine
1 c. powdered sugar

Make a crumb mixture of butter, powdered sugar, flour, vanilla and nutmeats. Press mixture into the bottom of a buttered 9x13-inch pan. Bake 10 to 12 minutes in 325° or 350° oven.

Make topping of caramels, cream, butter and powdered sugar. Melt in top of double boiler or in a pan over low heat. Spread on top of crumb mixture while crust is still warm. Ice with a very thin icing.

Bev Huffman

Butterscotch Bars

2 eggs
1 c. sugar
1 c. margarine
2 1/2 c. crushed graham
crackers

1 1/2 c. mini marshmallows
1 c. coconut
1 (6 oz.) pkg. butterscotch
chips
1/3 c. peanut butter

Cook and stir first 3 ingredients for 10 minutes. Cool. Add crushed graham crackers, miniature marshmallows and coconut. Let set; frost with butterscotch chips and peanut butter melted together.

Judy Kinser

Brownies

3 c. sugar	2 c. flour
1 c. oleo, softened	2 tsp. vanilla
6 T. cocoa	1 1/2 c. nuts
6 eggs	

Cream sugar, oleo and cocoa. Add eggs; beat well. Add flour, vanilla and nuts; mix well. Pour into greased and floured jellyroll pan. Bake at 350° for 25 minutes. Cool and frost.

Favorite Memory: *Enjoyed listening to KJAN every day ever since they've been on the air.*

Doreen Swanson

Oatmeal Carmelitas

CRUST:

1 c. flour	1/2 tsp. baking soda
1 c. oatmeal	1/4 tsp. salt
3/4 c. brown sugar	3/4 c. melted butter

FILLING:

1 c. (6 oz.) chocolate chips	3/4 c. caramel ice cream topping
1/2 c. chopped pecans	3 T. flour

Crust: In a large bowl, combine all crust ingredients. Blend well with mixer to form crumbs. Press half of crumbs into 9-inch pan. Bake at 350° for 10 minutes. Remove from oven.

Filling: Sprinkle with chocolate chips and pecans. Blend topping and flour; spread over chocolate and pecans.

Sprinkle with remaining mixture. Bake 15 to 20 minutes, until golden brown. Chill 1 to 2 hours. Cut into bars.

Suzanne Just

Frosted Brownies

1 c. sugar	1/2 tsp. salt
1 stick margarine	1 can Hershey's chocolate syrup
4 eggs	1/2 c. nuts (opt.)
1 tsp. vanilla	
1 c. flour	

FROSTING:

1 c. sugar	1/3 c. milk
5 T. margarine	6 oz. real chocolate chips

Cream sugar and margarine. Add eggs, vanilla, flour, salt and chocolate syrup; mix well. Pour into lightly-greased jellyroll pan. Bake at 350° for 20 to 25 minutes, or tests done. Cool and frost.

Frosting: Mix sugar, margarine and milk in saucepan. Boil 1 minute only. Remove from stove and stir in chocolate chips. Stir well. Spread thin over brownie bar.

Favorite Memory: *We enjoy the memories given by Bob Einhaus. He had a great radio voice and he loved people and enjoyed his work as a radio announcer.*

Beulah Ostrus

Carrot Bars

4 eggs	2 c. flour
2 c. sugar	2 tsp. baking soda
1 c. oil	1 tsp. salt
3 sm. jars carrot baby food	1 tsp. cinnamon

FROSTING:

4 T. oleo	1 1/2 c. powdered sugar
1 (3 oz.) pkg. cream cheese	1/2 tsp. vanilla

Beat eggs and sugar well. Add oil, baby food, flour, baking soda, salt and cinnamon. Put in greased brownie pan (10x15 inch). Bake 30 minutes at 350°. Frost.

Frosting: Beat cream cheese and oleo together. Add powdered sugar and vanilla.

Favorite Memory: *I always enjoy getting the local news. I turn on KJAN first thing in the morning for the weather report.*

Leta Hutchinson

Basic Brownies

(Microwave)

2 eggs	1/2 c. (1/4 lb.) butter, melted
1 c. sugar	3/4 c. unsifted flour
1/2 tsp. salt	1/2 c. cocoa
1 tsp. vanilla	1 c. chopped nuts

In a small bowl at medium speed of mixer, beat together eggs, sugar, salt and vanilla about 1 minute, until light. Add butter. Continue beating until blended. Mix in flour and cocoa on low speed. Add nuts. Spread evenly in greased 8-inch square dish. Microwave on HIGH 6 to 7 minutes, rotating dish 1/4 turn every 2 minutes. When done, top looks dry and will spring back when lightly touched. Cut when cool. Yield: about 20 brownies.

Variation: Chocolate chips or coconut can be substituted for nuts.

Ronda Harry

Danish Apple Bars

2 1/2 c. flour	1 c. corn flakes, crushed
1 tsp. salt	8 to 10 tart apples
1 c. shortening	3/4 to 1 c. sugar
1 egg yolk	1 tsp. cinnamon

Sift flour and salt. Cut in shortening. Place beaten egg yolk in cup, add milk to make 2/3 cup. Add to flour mixture. Roll half of the dough to fit an 11x15-inch pan. Sprinkle corn flakes over bottom crust. Place apples over this. Mix sugar and cinnamon; sprinkle over apples. Roll remaining dough to fit over top. Beat egg white and brush top crust. Bake 50 minutes at 375°. Frost with powdered sugar frosting while hot.

Note: Corn flakes keep the bottom crust from becoming soggy.

Ronda Harry

Brownies

1 stick margarine, melted	1 can Hershey's chocolate
1 c. sugar	syrup
4 eggs	1 tsp. vanilla
	1 c. flour

Stir together; adding eggs one at a time. Bake in 10x15-inch pan at 350° for 30 minutes.

Joy Grantham

Marble Squares

6 T. brown sugar	1 egg, beaten
6 T. white sugar	1 c. flour
1/2 c. butter	1/2 tsp. baking soda
1/2 tsp. vanilla	1/2 tsp. salt
1/4 tsp. water	

Cream sugars, butter, vanilla, egg and water.

Add:

1 c. flour	1/2 tsp. salt
1/2 tsp. baking soda	

Spread in 9x13x2-inch pan. Sprinkle chocolate chips on top and bake at 350°. Remove from oven after 1 minute and swirl the chips with a knife. Return to oven and bake 12 to 14 minutes.

Mabel Madsen

Easy Bars

1 pkg. yellow cake mix	1/3 c. butter
1 egg	1 pkg. any type chips (I prefer toffee chips)
1 can sweetened condensed milk	1 pkg. nuts (walnuts or pecans)

Mix together cake mix, butter and eggs. Spread into cookie sheet. Sprinkle with chips and nuts. Pour condensed milk on top. Bake at 350° for 20 minutes.

Very good and easy.

Darlene Kirchhoff

Chocolate-Cherry Bars

1 pkg. fudge or chocolate cake mix	1 tsp. vanilla
2 eggs, beaten with a fork	1 can cherry pie filling

FROSTING:

1 c. sugar	1/3 c. milk
5 T. margarine	6 oz. chocolate chips

Mix ingredients together with a large spoon or whip. (Do not mix with mixer.) Stir about 50 strokes. Pour into greased jellyroll pan. Bake at 350° for 25 to 30 minutes. (Test with toothpick.) Cool and frost.

Frosting: Mix sugar, margarine and milk. Boil for 2 minutes. Remove from heat; stir in chocolate chips. Spread on bars.

Enjoy!!

Kathy Ostrus

Pecan Slices

1 c. flour
1/2 c. butter

2 T. brown sugar

Blend well. Spread in 9x13-inch pan. Work down with hand. Bake at 350° for 10 to 12 minutes.

Spread with:

2 beaten eggs
1 1/2 c. brown sugar
1 1/2 c. coconut
1 c. pecans, chopped

2 T. flour
1/2 tsp. salt
1 tsp. vanilla

Bake for 25 minutes. Frost with 1 1/2 cups powdered sugar, juice of a lemon and 1 tablespoon, or so, of melted butter.

Favorite Memory: *I vaguely remember the Hiland potato chip quiz. Mom would buy Hiland chips and I believe there was a different colored slip of paper stapled to the bag each week, and I think maybe a recipe on the paper. I think KJAN would call random phone numbers and if you had that certain recipe or slip of paper, you won--I suppose a bag of Hiland potato chips--the chippiest chips around. To this day they are my favorite chip, but are hard to find in this area. I hope somebody can refresh my memory on how the quiz worked.*

Barbara Sisler

Mixed Nut Bar

1 1/2 c. flour
3/4 c. packed brown sugar
1/4 tsp. salt
1/2 c. + 2 T. cold butter or
oleo, divided

1 (11 or 12 oz.) can mixed nuts
1 c. butterscotch chips
1/2 c. light corn syrup

In a bowl, combine flour, sugar and salt. Cut in 1/2 cup butter until mixture resembles coarse crumbs. Press into a greased 9x13-inch pan. Bake at 350° for 10 minutes. Sprinkle with nuts. Melt butterscotch chips. Add corn syrup and remaining 2 tablespoons butter; mix well. Pour over nuts. Bake another 10 minutes. Cool. Yield: about 3 1/2 dozen bars.

Holly Schoenrock

Cakes & Candies



It was very much deserved, but a great loss, when Frank Miller, Bob Einhaus and Red Faust decided to retire in 1985. Bob Bebensee holds a fitting tribute to the three men who built KJAN into what it is today.

Equivalent Can Sizes

Can Size	Approximate Net Weight	Approximate Cups
No. 1/4	4 to 4 1/2 ounces	1/2 cup
No. 1/2	8 ounces	1 cup
No. 1	9 1/2 to 13 ounces	1 1/4 cups
No. 1 (tall)	16 ounces	2 cups
No. 2	20 ounces	2 1/2 cups
No. 2 1/2	29 ounces	3 1/2 cups
No. 3	3 pounds 3 ounces	5 3/4 cups
No. 10	6 1/2 to 7 pounds 5 ounces	12 to 13 cups
6 ounce	6 ounces	3/4 cup
8 ounce	8 ounces	1 cup
12 ounce	12 ounces	1 1/2 cups
No. 300	14 to 16 ounces	1 3/4 cups
No. 303	16 to 17 ounces	2 cups

Alternate Cake Pans

If a recipe calls for:

Use:

Two 8 x 1 1/2 - inch round pans	18 to 24 (2 1/2") cupcake pan cups
Three 8 x 1 1/2 - inch round pans	Two 9 x 9 x 2 - inch square pans or one 13 x 9 x 2 - inch oblong pan
Two 9 x 1 1/2 - inch round pans	Two 8 x 8 x 2 - inch square pans
One 9 x 5 x 3 - inch loaf pan	One 9 x 9 x 2 - inch square pan
Two 9 x 5 x 3 - inch loaf pans	One 10 x 4 - inch tube pan
One 8 x 4 x 3 - inch loaf pan	One 8 x 8 x 2 - inch square pan
One 9 x 3 1/2 - inch angel cake pan	One 10 x 3 3/4 - inch bundt pan or one 9 x 3 1/2 - inch fancy tube pan

Cakes & Candies

Cakes

Heath Coffee Cake

2 c. flour	1 tsp. baking soda
3/4 tsp baking powder	3/4 c. milk
2 c. brown sugar	1 tsp. vanilla
1/2 c. oleo	1 egg

Mix the flour, baking powder, brown sugar and oleo. Take out 1 cup for top of cake and set aside. Combine the baking soda, milk, vanilla and egg and mix well; add to remaining batter. Grease and flour lightly a 9x12-inch pan; pour batter into pan. Top with reserved crumbs, then top with crushed Heath candy bars. Bake at 350° for 20 to 25 minutes.

Mrs. Arthur E. Jensen

Amy's Chocolate Cake

2 c. white sugar	2 c. flour
1 stick margarine	1 tsp. baking soda
1/4 c. cocoa	1/2 tsp. salt
2 eggs	1 tsp. vanilla
1 c. cold water	

Cream sugar and cocoa with shortening. Add eggs; beat well. Add flour, baking soda and salt alternately with water; add vanilla. Bake in an oblong (9x13-inch) pan at 350° for 30 to 35 minutes. Yield: 1 (9x13-inch) cake, or 2 round layers, or 1 1/2 dozen cupcakes.

Favorite Memory of KJAN: *Since KJAN has been on the air as long as I can remember (my entire life), I have fond memories of hearing it all my growing-up days. At the present, I continue to listen 8 to 10 hours per day, when I'm at home. Favorite memories include broadcasting from the "fish bowl" at county fair with each one of my 3 children serving as a Junior Rodeo Superintendent. My favorite programs include "Worry Bird", "Hymn time and Devotion", "Back Yard and Beyond", "Trading Post," and the live coverage of ball games.*

Sandy Kneisel

Rhubarb Cake

Using any white or yellow cake mix, prepare as directed on package. Fill a greased 9x12-inch cake pan with washed, fresh rhubarb, cut in 1/2-inch pieces. Add cake mix, then sprinkle with a 6-ounce package of dry gelatin, using reds or lemon, etc. for variety. Bake until done (takes a little longer to bake). Cut in squares; can turn upside-down when serving. A little ice cream or Cool Whip may be added. Our family prefers it served in a bowl with milk.

Favorite Memory of KJAN: *Thanks for taking us to enjoy every county fair, encouraging the youth, thanking the volunteers and informing those of us in the KJAN area who can't be at the fair.*

**Doris Christensen,
Audubon, IA**

Quick Fruit Cake

1/2 c. Hy-Klas shortening	1/2 tsp. nutmeg
1 c. sugar	1/2 tsp. cloves
2 eggs	3/4 c. unsweetened applesauce
1 3/4 c. Hy-Klas flour	3/4 c. currants
3/4 tsp. salt	1/2 c. raisins
1 tsp. baking soda	1/2 c. nuts
1 tsp. cinnamon	1/2 c. cherries
2 tsp. lemon rind	

Cream shortening and sugar; add eggs and beat well. Alternate the flour (which has been sifted with the spices, baking soda and salt) with the applesauce. Add cherries and nuts last. Bake at 350° for 1 1/2 hours.

Frank & Wayne's Hy-Klas Food Stores, Inc., Nov. 8-14, 1964; KJAN Radio 1220, 8:15 a.m. Daily.

Marilyn Vernon

Old-Time Apple Cake

3 med. apples, peeled and diced (about 2 c.)	1 c. flour
1 c. sugar	1 tsp. baking soda
1 egg, slightly beaten	1 tsp. cinnamon
	4 T. wheat germ, divided

In a large bowl, sprinkle sugar over apples; let stand about 30 minutes, until juicy. Stir in egg, flour, baking soda, cinnamon and 3 tablespoons wheat germ, until well blended. Pour into a greased 8-inch square pan. Sprinkle with remaining 1 tablespoon of wheat germ. Bake in a 375° oven for 30 minutes; cool. Serve warm or at room temperature. Store leftovers in covered pan at room temperature. Can serve topped with whipped cream. Yield: 8 servings.

Barba Jean Duvall

Quick Fruit Cake

1/2 c. shortening	1/2 tsp. nutmeg
1 c. sugar	1/2 tsp. cloves
2 eggs	3/4 c. unsweetened applesauce
1 3/4 c. flour	3/4 c. currants
3/4 tsp. salt	1/2 c. raisins
1 tsp. baking soda	1/2 c. nuts
1 tsp. cinnamon	1/2 c. cherries
2 tsp. lemon rind	

Cream shortening and sugar; add eggs and beat well. Alternate the flour (which has been sifted with the spices, baking soda and salt) with the applesauce. Add cherries and nuts last. Bake at 350° for 1 1/2 hours.

This recipe comes from the Hiland potato chip contest done on KJAN many years ago.

Barb Sisler

Lemon Cake

1 box lemon velvet cake mix	3/4 c. salad oil
1 (3 oz.) pkg. <u>instant</u> lemon pudding mix	3/4 c. water
	4 whole eggs

FROSTING:

1/2 c. orange juice

3 c. powdered sugar
3 tsp. salad oil

Beat all ingredients together for 4 minutes; pour into a greased 9x13-inch pan. Bake at 350° for 30 to 40 minutes. Remove from oven and prick holes deeply all over cake. Drizzle at once the frosting you prepared while cake was baking. Serve with Cool Whip.

***Favorite Memory of KJAN:** Our son, Scott, enjoyed going to KJAN with his brother Steve, whose wife, Jolene, works at KJAN, especially when their niece Preslee was born!*

Barb Sisler

Never-Fail Pound Cake

(Bundt Pan)

1 pkg. yellow cake mix	1 (3 1/2 oz.) pkg. instant
4 eggs	vanilla pudding mix
1 c. water	1/2 c. salad oil

Mix above ingredients at medium speed for 2 minutes. Pour into a greased and floured bundt pan or tube pan and bake at 350° for 45 minutes. Let cool before turning out onto a serving plate.

Variation: May also substitute cake mix flavors, such as lemon or chocolate, and change the pudding.

Cynthia Ruth

Low-Fat Fresh Apple Cake

- | | |
|--------------------------------------|-------------------------------------|
| 2 c. flour | 1 c. raisins or chopped
nutmeats |
| 2 tsp. baking soda | 1 1/2 tsp. ground cinnamon |
| 2 eggs | 2 c. sugar |
| 4 c. peeled, thinly-sliced
apples | |

Mix the flour, cinnamon and baking soda well; set aside. Beat eggs with sugar, in a medium-size bowl. Stir in apples and reserved flour mixture, then fold in raisins. Turn into a greased 9x13-inch baking pan. Bake at 325° for 40 minutes, or until cake tests done.

*Alice Kauffman,
Audubon, IA*

Pineapple Angel Food Cake Dessert

- | | |
|-------------------------------------|--------------------|
| 1 box 1-step angel food cake
mix | 1/4 c. white sugar |
| 1 (20 oz.) can crushed
pineapple | 1 tsp. vanilla |

Put crushed pineapple in a large glass mixing bowl. Add sugar and vanilla and mix well. Add angel food cake mix and mix by hand. Pour into a 10-inch angel food cake pan and bake at 350° for 45 to 48 minutes (or 9x13-inch pan and bake 35 to 40 minutes). Invert (angel food cake) pan until cool. Can frost like any other angel food cake, or slice and top with Cool Whip for a dessert.

Favorite Memory of KJAN: *Some years ago you had a young lady who came on KJAN at sign-on time, I think her name was Karen. At 20 minutes to 7:00, she would play that little song "Good morning, good morning, good morning, it's time to rise and shine", etc. We would be milking about that time, as we milked over 30 cows. When I heard that song, it was time for me to head for the house and start breakfast. Times have changed. It's great that you still play that song each morning at the same time, but now, I'm still in bed.*

*Dee Tibben,
Exira, IA*

Sugarless Applesauce Cake

- | | |
|------------------------|----------------------------------|
| 1 c. raisins | 1 1/2 tsp. cinnamon |
| 1 c. diced dried fruit | Egg substitute to equal 2 eggs |
| 2 c. water | 1 c. unsweetened applesauce |
| 2 c. all-purpose flour | 2 T. liquid artificial sweetener |
| 1 tsp. baking soda | 3/4 c. vegetable oil |
| 1/2 tsp. salt | 1 tsp. vanilla |
| 1/2 tsp. nutmeg | 1/2 c. chopped nuts |

Combine raisins, fruit and water in a saucepan. Cook, uncovered, until water is evaporated and fruit is soft. Set aside to cool. In a large mixing bowl, combine flour, baking soda, salt, nutmeg and cinnamon. In another bowl, combine egg, applesauce, sweetener, oil and vanilla; add nuts and fruit mixture. Stir into dry ingredients and blend thoroughly. Pour into a 10-inch fluted tube pan coated with nonstick cooking spray. Bake at 350° for 35 to 40 minutes, or until the cake tests done. Yield: 32 servings.

Ronda Harry

Good and Ugly Chocolate Cake

- | | |
|---------------------------------|------------------------------|
| 1 c. chopped nutmeats | 1 tsp. vanilla |
| 1 c. coconut | 8 oz. cream cheese, softened |
| 1 box German chocolate cake mix | 1/2 c. oleo, softened |
| | 1 box (3 c.) powdered sugar |

Spray the bottom of a 9x13x2-inch cake pan. Mix coconut and nuts and spread evenly over the bottom of cake pan. Prepare cake mix as directed and spread evenly over nuts and coconut. Mix oleo, cream cheese, vanilla and powdered sugar until light and fluffy; spread over cake batter. Bake in a preheated 350° oven for 40 minutes, or until done. No frosting is needed.

Ugly, but delicious!

Favorite Memory of KJAN: Just being there for us.

Jeri Ward

Elegant Dessert Cake

- | | |
|---|---------------------------------------|
| 1 box yellow cake mix | 1/2 c. chopped pecans |
| 1 (3 oz.) pkg. instant French vanilla pudding | 1 (8 oz.) pkg. cream cheese, softened |
| 1 lg. can crushed pineapple | 1 (8 oz.) ctn. Cool Whip |
| 2 c. coconut | 1 c. milk |

Make cake according to package directions; cool. Add the milk to the pudding, then 1/2 teaspoon vanilla, and let stand. With a mixer, combine cream cheese and Cool Whip; add the pudding mix and beat until smooth. Spread the can of undrained crushed pineapple over the cake. Top with pudding mix, then sprinkle with coconut and pecans. Chill until served. Yield: 15 servings.

LaGrande Cup

Mom's Angel Food Cake

1 1/4 c. sifted cake flour	1/4 tsp. salt
1/2 c. sugar	1 tsp. vanilla
1 1/2 c. egg whites (room temp.)	1/4 tsp. almond extract
1 1/4 tsp. cream of tartar	1 1/3 c. sugar

Measure sifted flour; add 1/2 cup sugar and sift 4 times. Combine egg whites, cream of tartar, salt and flavorings in a 4-quart bowl. Beat at high speed on electric mixer until moist, soft peaks form. Fold in the rest of the sugar in 4 additions with a wire whip. Fold in flour mixture in 4 additions, turning bowl often. Pour into an ungreased 10-inch tube pan. Bake at 375° for 35 to 40 minutes. Cool upside-down in pan right away. Loosen from sides and remove.

I bake this in a loaf cake pan (4 1/2 x 15 1/2 x 4 1/2-inch), then cut in 3 slices lengthwise. Layer cake, ice cream, cake, ice cream, cake. Cover with Cool Whip; freeze. Slice while frozen, then serve. Very pretty if chocolate and strawberry ice cream are used.

This recipe has been the birthday cake of my family since my folks, C. R. and Vergie Sandage, got married in 1917. My daughter makes it now.

Favorite Memory of KJAN: We were married in November, 1949. KJAN radio station we need.

Leona Graves

Fresh Apple Cake

2 c. sugar	1 tsp. baking soda
1 1/4 c. salad oil	1 tsp. vanilla
3 eggs	3 c. diced apples
3 c. flour	1 c. black walnuts, chopped
1 tsp. salt	

Cream together sugar and salad oil; add eggs and beat. Mix in remaining ingredients, except apples and nuts, then add apples and nuts. Bake in a 9x13-inch pan at 325° for 45 minutes to 1 hour; test with a toothpick. Good served warm with ice cream. Or frost with cream cheese frosting.

FloraBelle Hays

Chocolate Applesauce Cake

1/2 c. butter	1 1/2 c. sugar
1 egg, well beaten	1 1/2 c. applesauce
2 c. flour	3/4 c. raisins
1 tsp. vanilla	1 tsp. cinnamon
1/2 tsp. cloves	2 tsp. cocoa
1/4 tsp. salt	2 tsp. baking soda in hot water
3/4 c. nuts	

Mix all together and bake in a 375° oven for 40 minutes. Needs no frosting.

Gertrude Koob

Turtle Nut Cake

1 pkg. German chocolate cake mix	6 T. butter
1 (14 oz.) pkg. caramels	1 c. chopped pecans
1/2 c. evaporated milk	1 c. chocolate chips

Prepare mix according to package directions. Pour 1/2 the batter into a greased and floured 9x13-inch pan; set remaining batter aside. Bake batter in pan at 350° for 18 minutes. Meanwhile, melt caramels, milk and butter; stir pecans into caramel mixture. Pour caramel-nut mixture over cake; sprinkle with chocolate chips. Pour reserved batter over top and bake for 20 minutes, or until cake springs back when pressed with fingertips.

*Kathy and Shane Spoo, Darien, WI,
In Memory of Margaret Spoo*

Date-Chocolate Chip Cake

Mix and set aside:

1 1/2 c. chopped dates	1 1/2 c. boiling water
1 tsp. baking soda	

Mix well:

1 1/4 c. sugar	2 eggs
1/2 c. oleo	

Add:

2 c. flour	1/2 tsp. salt
1/2 tsp. baking soda	1 c. nuts

Lastly, add date mixture. Put into a 9x13-inch pan and sprinkle over the cake batter a scant 1/2 cup sugar and 1 package of chocolate chips. Bake at 325° for 40 minutes. Top with Cool Whip.

Favorite Memory of KJAN: Talking on air with the "Man on the Street" when I was quite young.

Millie (Stuetelberg) Kerr

Kaye's Chocolate Cake

2 c. sifted flour	1/2 c. vegetable oil
2 c. sugar	1 c. coffee
1/2 c. cocoa	1 c. milk
2 tsp. baking soda	2 eggs
1/2 tsp. salt	1 tsp. vanilla
1 tsp. baking powder	

Mix above ingredients well, and pour into a greased and floured 9x13-inch cake pan. Bake at 350° for 30 to 35 minutes.

BOILED FROSTING:

1 c. sugar	1/4 c. cocoa
1/4 c. butter	1 tsp. vanilla
1/4 c. milk	Pinch of salt

Bring the above ingredients to a boil; boil 3 minutes. Beat until it thickens, then spread on cooled cake.

Variation: May leave the cocoa out, to get a caramel-like frosting.

Favorite Memory of KJAN: *Hearing my sister announce on the radio.*

Kathy Sheeder

Whacky Cake

1 1/2 c. flour	1 T. vinegar
1 c. sugar	1 tsp. salt
1 c. warm water	1 tsp. baking soda
3 T. cocoa	1 tsp. vanilla extract
6 T. Wesson oil	

Sound whacky? No, it's right, and delicious. Chewier than cake, but more tender than a brownie. Just toss all ingredients into a bowl and beat well. Pour into an oblong cake pan and bake at 325° to 350° for about 35 minutes.

Jean Ann Schwederer

Mayonnaise Cake

2 c. sifted flour	3/4 c. mayonnaise
1 tsp. baking powder	1 c. sugar
1 tsp. baking soda	1 c. water
1/2 tsp. salt	1 tsp. vanilla
1/4 c. cocoa	

Sift dry ingredients together. Cream mayonnaise and sugar together. Add the dry ingredients alternately with the water and vanilla. Bake in a 9x9-inch pan at 350° for 35 minutes.

Dee Reilly

Chocolate Applesauce Cake

2 c. flour	1/2 c. vegetable oil
1 1/2 c. sugar	1 tsp. vanilla
1/2 tsp. salt	2 eggs
1 1/2 tsp. baking soda	16 oz. (1 3/4 c.) applesauce
2 T. cocoa	
TOPPING:	3 T. brown sugar
1 (6 oz.) pkg. chocolate chips	1/3 c. chopped nutmeats

Mix dry ingredients, then add liquids; beat well. Pour into an ungreased 9x13-inch pan. Sprinkle chocolate chips over the batter, then nuts, then brown sugar. Bake at 350° for 35 to 40 minutes.

It's delicious.

Favorite Memory of KJAN: When Jim Field and Mike James did off-the-cuff banter, early on Saturday mornings! The "Worry Bird".

Daleth A. Wulf,
Exira, IA

Good, Easy Coffee Cake

1 box yellow cake mix	3/4 c. water
1 sm. box instant vanilla pudding mix	4 eggs
3/4 c. oil	1 tsp. butter flavoring
	1 tsp. vanilla

Mix cake mix, pudding, oil and water. Add eggs, one at a time, beating well after each. Add flavorings. Grease and flour a 9x13-inch pan. Pour 1/2 of the batter into pan; sprinkle 1/2 the topping over it. Layer on the rest of the batter, then rest of topping.

Topping: Mix together 1/2 cup chopped nuts, 1/4 cup sugar and 2 teaspoons sugar; add alternately into pan with cake mixture. Bake at 350° for 45 to 50 minutes, or until tests done.

While cake is baking, mix together icing.

ICING:

1 c. powdered sugar	1/2 tsp. vanilla
2 T. milk	1/2 tsp. butter flavoring

Mix together. Drizzle over cake after it has cooled for 8 minutes.

This cake is just as good, or better, after a day or two, if it lasts that long.

Mary Jo Blunk,
Atlantic, IA

Danish Puff

CRUST:

1 c. flour

1/2 c. butter

1 T. water

Mix together as pie crust. Spread out thin on cookie sheet.

SECOND LAYER:

1 c. water

1/2 c. butter

Bring to boil in a saucepan. Add 1 cup flour all at once, and remove from heat.

Add:

1 c. flour

1 tsp. almond flavoring

3 eggs

1 tsp. vanilla

Beat until smooth. Add eggs, one at a time, beating well after each addition; add flavoring. Spoon over top of crust on a cookie sheet; smooth to edges. Bake in a 350° oven for 55 minutes. Cool. Frost with powdered sugar frosting. Nuts may be sprinkled over frosting.

Lois Nelson

Good Zucchini Chocolate Cake

1 German chocolate cake mix

3/4 c. oil

1 box instant chocolate

2 c. grated zucchini

pudding mix

1 1/2 tsp. instant coffee (I

4 eggs

make mine like normal coffee)

Mix eggs, oil and zucchini together; add pudding and cake mix. Add instant coffee and mix 4 minutes. Bake at 350° for 40 minutes. I frost with a can of prepared German chocolate frosting (the coconut-pecan variety).

*Leita Blunk,
Atlantic, IA*

Chocolate Rapture Cake

1 3/4 c. cake flour, sifted

3 oz. melted chocolate, or 9 T.

1 1/2 c. sugar

cocoa & 3 T. butter or oil

3/4 tsp. salt

1 c. buttermilk or sour milk*

1/2 tsp. baking powder

1 tsp. vanilla flavoring

3/4 tsp. baking soda

2 eggs

1/2 c. vegetable shortening

1 c. fine coconut

*To sour milk, add 1 cup milk with 1 tablespoon lemon juice.

Sift flour, sugar, salt, baking powder and baking soda into a mixing bowl. Add shortening, chocolate, buttermilk and vanilla; beat 2 minutes. Add 2 unbeaten eggs and beat 2 more minutes. Stir in 1 cup coconut. Bake in a greased 9x13x2-inch pan at 325° for 40 minutes.

Alice Brown

Bram Brak

- | | |
|-------------------------|----------------------------|
| 2 c. water | 1 heaping tsp. baking soda |
| 2 c. sugar | 1 heaping tsp. cinnamon |
| 2 (1 lb.) boxes raisins | 1 tsp. cloves |
| 2 heaping T. shortening | 1 tsp. salt |
| 3 c. flour | |

Mix water, sugar, raisins (I use 1/2 yellow raisins) and shortening together and boil 5 minutes. Let cool. Mix flour, baking soda, salt and spices together and stir into raisin mixture. Mix by hand. Pour into greased and floured bundt pan. Bake at 300° for 2 hours, or until toothpick inserted comes out clean.

Can be frozen. Keeps a long time unfrozen.

This recipe is over 100 years old.

Janet Spielman

Apple Cake

- | | |
|----------------------------|--------------------|
| 4 c. finely-chopped apples | 2 tsp. baking soda |
| 2 eggs | 1 tsp. cinnamon |
| 1/2 c. oil | 2 c. flour |
| 2 c. sugar | |

Beat all the above ingredients together; add 1/2 cup nuts. Bake in a greased 8 3/4 x 13 1/2-inch pan at 350° for 45 minutes.

SAUCE:

- | | |
|----------------------|----------------|
| 1 1/2 c. brown sugar | 2 T. oleo |
| 1/3 c. cream | 1 tsp. vanilla |

Boil 3 minutes. Use on cake when you serve.

Favorite of family.

Maxine Bladt

Happy Day Cake

- | | |
|----------------------------|--------------------|
| 1/2 c. butter or margarine | 1 1/2 c. sugar |
| 2 eggs | 1 T. baking powder |
| 1 tsp. vanilla | 2 1/2 c. flour |
| 1/2 tsp. salt | 1 c. milk |

Mix butter and eggs together. Add sugar, vanilla, salt and baking powder; blend well. Add the milk and flour alternately. Pour into a greased 9x13-inch pan. Bake at 375° for 30 minutes.

Note: This cake is great for a strawberry shortcake.

*Audubon County Memorial Hospital,
submitted by JoAnn Haskins*

Lemon Cake

1 pkg. lemon cake mix	3/4 c. oil
1 pkg. instant lemon pudding mix	3/4 c. water
	4 eggs

Bake in a 9x13-inch pan at 350° for 35 minutes. Punch holes in cake while hot.

Icing: Combine 2 cups powdered sugar with 1/3 cup orange juice. Pour over hot cake.

Sharon Ludington

Oatmeal Cake

Put 1 cup uncooked quick oatmeal and 1/2 cup margarine in a bowl. Pour 1 1/2 cups boiling water over this. Cover and let stand for 20 minutes. Add 2 eggs and beat well.

Then add:

1 c. brown sugar	1 tsp. cinnamon
1 c. white sugar	1/2 tsp. salt
1 1/3 c. sifted flour	1/2 tsp. nutmeg
1 tsp. baking soda	

Beat all together thoroughly. Pour batter into a greased and floured 9x13-inch pan. Bake at 350° for 35 minutes.

*Susan (Nielsen) Swinford,
Conception Jct., MO*

Fresh Apple Cake

3 T. butter or margarine	1/2 tsp. salt
1 c. sugar	3 c. chopped apples
1 egg, beaten	1/2 c. chopped pecans
1 c. flour	1 tsp. vanilla
1 tsp. baking soda	Whipped cream or ice cream
1/2 tsp. cinnamon	(opt.)
1/2 tsp. nutmeg	

Cream butter and sugar; add egg and mix well. Stir together dry ingredients; add to creamed mixture. Stir in apples, nuts and vanilla. Pour into a greased 8x10-inch, or 9-inch square pan. Bake at 350° for 45 minutes. While still warm, top with whipped cream or ice cream, if desired. Yield: 6 to 9 servings.

Favorite Memory of KJAN: Seeing my daughter, LaVon Morrow Eblen, interview 4-H'ers at the Cass County Fair.

Ethel Morrow

Fresh Apple Cake

1 c. Mazola oil
2 c. sugar

3 eggs

Cream oil and sugar and add eggs, one at a time. Mix until creamy.

1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon

3 c. flour
3 c. apples, cut up small
3 tsp. vanilla

In a bowl, mix the baking soda, salt, cinnamon, flour, cut-up apples and vanilla. Mix with the creamed mixture. Put into a greased and floured 9x13x3-inch pan. Bake 1 hour at 325°. It makes a large cake.

Note: Before you bake, you can sprinkle sugar all over the top. Makes a glaze.

*Maxine Lambertsen,
Atlantic, IA*

Date Cake

Cream together:

1 egg
1 c. sugar

1/2 tsp. salt
1 tsp. vanilla

Combine:

1 1/2 c. chopped dates
1/4 c. shortening

1 tsp. baking soda
1 1/2 c. boiling water

Add date mixture to egg and sugar mixture, alternately, with 1 3/4 cups flour and 1 teaspoon baking powder. Mix and put into a 9x13-inch pan. Bake at 325° for about 35 minutes.

Edna Boll

Fruit Cocktail Cake

2 c. flour
1 1/2 c. sugar
1 tsp. baking soda
1/4 tsp. salt

2 eggs
1 (15 1/2 oz.) can fruit cocktail,
undrained
1 tsp. vanilla

TOPPING:

1/2 c. brown sugar

1/2 c. nutmeats, chopped

Mix dry ingredients in a large bowl; add eggs, fruit cocktail and vanilla. Mix well, and put into an ungreased 9x13-inch pan.

Topping: Mix brown sugar and nutmeats and sprinkle on top of batter. Bake at 325° for 40 to 50 minutes. Serve with whipped topping.

Gladys A. Hall

Kay's Karamels

(A Milk Made Magic Contest Winner)

1 c. butter	1 (14 oz.) can sweetened condensed milk
1 lb. brown sugar	1 tsp. vanilla
1 c. light corn syrup	1/2 tsp. salt

Line a 9x9-inch or 9x13-inch pan with aluminum foil. Grease foil with butter to receive caramel mixture. Use a heavy cooking pan and a candy thermometer. Melt butter; add sugar and salt. Mix well. Add corn syrup and condensed milk. Stir constantly until thermometer reaches 245°—very important. Remove from heat and stir in vanilla. Pour into one corner of foil-covered pan. Scrape remainder into another buttered container. Cool overnight in refrigerator. Turn out onto a cutting board and allow to warm slightly so you can cut them. Wrap in buttered foil. Store in refrigerator. They will keep indefinitely if you hide them.

Lavon Eblen

Anise Candy

1/2 c. water	A few drops of anise
1/2 c. white syrup	A few drops of red or green coloring
1 c. white sugar	
Pinch of salt	

Cook the water, syrup, sugar and salt in a heavy pan to a hard boil (270° to 290°). Add the anise and coloring, and cook until it makes a thread. Pour into a buttered 8x8-inch or 9x9-inch pan. When hard, break into small pieces.

*Alice Lamer,
Walnut, IA,*

In Memory of Bertha Prokssel

Peppermint Balls

8 oz. white almond bark	1/8 tsp. peppermint extract
1/4 c. whipping cream (not whipped)	3 drops red food coloring
	Peppermint candies, pulverized

Melt down almond bark in microwave. Add the cream; stir until smooth. Add flavor and color; stir. Can place in refrigerator or freezer for 10 to 15 minutes to cool. Take out and form small balls the size of marbles. Roll these in the crushed peppermint candies; set aside to firmly set. Yield: approximately 50 to 60, depending on ball-size.

LeAnn Hawthorne

Fudge

2 c. sugar
1 stick margarine
6 oz. evaporated milk

12 lg. marshmallows
1 tsp. vanilla

Add later:

1 c. chocolate chips

1/2 c. nuts

Bring to a boil and boil 6 to 8 minutes, stirring constantly. Add chips and nuts. Beat well, and pour into an 8x8-inch pan.

*Darlene Petersen,
Atlantic, IA*

Spiced Sugared Walnuts

2 1/2 c. English walnuts
1 1/2 c. sugar
1/2 c. water
1/4 c. honey

1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. vanilla

Toast walnuts in a moderate oven (375°) for 10 minutes, stirring once. Butter sides of a heavy, 2-quart saucepan. In it, combine sugar, water, honey, salt and cinnamon. Heat and stir until sugar dissolves and mixture comes to boiling. Cook to soft ball stage (236°) without stirring. Remove from heat; beat until mixture begins to get creamy. Add vanilla and warm nuts; stir gently, until nuts are coated. Turn out onto a buttered cookie sheet. With 2 forks, separate nuts at once.

Favorite Memory of KJAN: *I never miss LaVon Eblen's programs on "Back Yard and Beyond"! She gives a lot of information.*

Zeta Eblen

Sour Cream Fudge

2 c. sugar
2 T. light corn syrup
2 T. butter or margarine

1 c. sour cream
1 tsp. vanilla
1/2 c. chopped pecans

Combine the first 4 ingredients in a saucepan. Cook over medium heat, stirring constantly, until a small amount dropped in cold water forms a soft ball (236°). Remove from heat; add vanilla and nuts. Cool to room temperature, then beat until mixture begins to thicken. Pour at once onto a well-buttered platter. Don't spread. Top will be uneven. Cut when firm.

Peanut Brittle

1 c. raw peanuts
1 c. white sugar
1/2 c. white syrup
Dash of salt

1 T. butter
1 tsp. vanilla
1 tsp. baking soda

Combine peanuts, sugar, syrup and salt in a large glass bowl (handle preferred). Microwave 4 minutes on HIGH. Stir and continue to cook another 3 1/2 minutes on HIGH. Add butter and vanilla and stir. Continue to cook 2 1/2 minutes on HIGH. Remove and add baking soda. Stir and pour onto a greased cookie sheet. Let cool to harden; break when cool.

Note: One package of raw peanuts makes 2 batches of brittle.

Favorite Memory of KJAN: "Worry Bird" every morning before school, and the voice of Bob Einhaus.

Pat Marshall

Chocolate Fudge

2/3 c. cocoa
3 c. white sugar
1/8 tsp. salt
1 c. chopped black walnuts

1 1/2 c. whole milk
1/4 c. oleo
1 tsp. vanilla

Mix milk with cocoa, white sugar and salt in a heavy 4-quart pan. Cook slowly and bring to a boil at medium heat (bubbly), stirring constantly. At bubble stage, quit stirring. Boil, without stirring, to 234° (soft ball). Remove from heat and add oleo and vanilla. Do not stir. Cool at room temperature to 110°. Beat until fudge thickens and loses some of its gloss. Quickly add nuts and pour into a buttered 7 1/2 x 11 1/2-inch glass dish. Takes 1 1/2 hours (plus) to make. Cook at medium-low on electric stove.

Mardelle M. Maley,
Atlantic, IA

Candy Bars

1 c. sugar
1 c. butter

2 eggs, beaten

Cook in the top of a double boiler for 5 minutes, or until thick. Cool.

Add:

2 1/2 c. crushed graham
crackers

1 c. mini marshmallows
1 c. coconut

Mix well. Press into a buttered 9x13-inch pan.

Frost with:

1/2 c. creamy peanut butter
6 oz. chocolate chips

6 oz. butterscotch chips

Melt frosting ingredients in microwave; spread on bars.

Cut into small squares. Freeze well, or keep in the refrigerator.

*Susan Ronnfeldt,
Avoca, IA*

Rocky Road Candy

3 (8 oz.) Hershey's bars
3 c. mini marshmallows

3/4 c. broken walnuts

Place broken chocolate bars in a 2-quart microwave-safe bowl. Heat, uncovered, on HIGH POWER for 4 minutes in microwave, stirring once. Beat until smooth. Stir in marshmallows and nuts. Spread in a buttered 8x8x2-inch glass dish. Chill to firm chocolate. Cut in squares, then wrap in plastic wrap. Store in refrigerator.

*Susan Ronnfeldt,
Avoca, IA*

Peanut Clusters

1 lb. almond bark
1 (12 oz.) pkg. milk chocolate
chips

1 lb. cocktail peanuts

Melt almond bark and chocolate chips about 1 minute in microwave. Stir about midway through. Remove and add peanuts. Drop onto waxed paper by teaspoonful.

Dolly Bergmann

Turtles

1 c. white sugar
 1/2 c. brown sugar
 1/2 c. white corn syrup
 1 tsp. vanilla
 1/2 c. heavy cream
 1 c. milk

Whole pecans, broken
 lengthwise

Light dipping chocolates, or
 equal parts chocolate and
 butterscotch chips + 1 sq.
 paraffin

1/2 c. margarine

Line an 8x8-inch pan with well-buttered foil. In a heavy 2 1/2-quart saucepan, combine all ingredients, except vanilla, nuts, dipping chocolates or chips, and paraffin. Cook, stirring over low heat until dissolved. Cook on medium heat, stirring occasionally, to 248°, or firm ball stage. Remove from heat and add vanilla. Pour into prepared pan; cool 30 minutes or more. Cut with a knife or scissors; roll into balls. Place on buttered foil and press pecans into each piece. Melt chocolate in microwave, or in a double boiler. Spoon 1 teaspoon of chocolate over each, or hand-dip. Refrigerate to harden chocolate.

Takes awhile to cook and dip, but very good eating later.

*Marilyn Gard,
 Atlantic, IA*

Soda Cracker Toffee

24 soda crackers
2 sticks margarine
1 c. brown sugar

1 (12 oz.) pkg. chocolate chips
(either semi-sweet or milk
chocolate)

Line a 9x13-inch pan with aluminum foil. Lay crackers flat in pan. Melt margarine, add the sugar and bring to a boil; simmer 5 minutes. Pour over crackers. Place in a 400° oven for 5 minutes. Remove and let stand for a few minutes, then scatter chips over the top and spread around when softened. Refrigerate. When hardened, break into pieces.

Favorite Memory of KJAN: Yes, I can remember when you came on the air. So glad to have a station close to bring the local news and weather. Being from over east, we had Des Moines stations, so KJAN was really welcomed into our home, as I didn't care for Shenandoah, and Des Moines was too far east.

Alberta Heckman-Lees

Never-Fail Party Pink Divinity

3 c. sugar
3/4 c. white corn syrup
3/4 c. water
2 eggs, separated

1/4 tsp. salt
1 tsp. vanilla
1 (3 oz.) pkg. strawberry Jello

Cook sugar, corn syrup and water over medium heat, stirring constantly, until it boils. Cook, without stirring, to hard ball stage (250°); remove from heat. Beat the 2 egg whites in a large bowl until soft peaks form; add salt and vanilla. Gradually add strawberry Jello, beating until stiff peaks form. Slowly add syrup mixture, beating constantly at high speed, until it loses its gloss. You can add chopped nuts or coconut. Drop from a spoon onto waxed paper, or pour into a greased pan.

Joan C. Larsen

Fate

I made a cake and it was good.
 It came out just as a good cake should.
 I made some tea, fragrant, strong,
 But sadly, no one came along.
 I made a cake and it was punk.
 It rose and then it went kerplunk.
 I made some tea, 'twas weak and thin,
 And all that day, my friends dropped in.

Morning Toast

Here's to him who early rises,
 And goes thru his exercises.
 Wakens from his tranquil sleep,
 Exhales slowly, inhales deep,
 Always steps right out of bed,
 Stretching arms above his head.
 Bending over, touching toes,
 I am never one of those.
 Morning, I'm too hot or cold;
 Other times, I'm far too old.

Zeta Eblen

Buttery Cashew Brittle

2 c. sugar
 1/2 c. water

1 c. light corn syrup

1 c. butter

3 c. cashews

1 tsp. baking soda

In a 3-quart saucepan, combine sugar, syrup and water; cook and stir until sugar dissolves. Bring syrup to boiling; blend in butter. Stir frequently after mixture reaches the thread stage (230°). Add cashews when the temperature reaches soft crack stage (280°) and stir constantly until temperature reaches hard crack stage (300°). Remove from heat. Quickly stir in baking soda, mixing thoroughly. Pour into 2 buttered 10 1/2 x 15-inch baking sheets. As candy cools, stretch it by pulling it towards the edge with forks. Cool. Loosen from pan and break into pieces.

Favorite Memory of KJAN: *I usually make this candy at Christmas time when I especially enjoy listening to KJAN and the Christmas music they play. I have many favorite songs and carols that I enjoy hearing every year. Thanks KJAN!*

Becky Holmes

Peanut Clusters

- | | |
|--------------------------------------|----------------------------------|
| 1 lb. white or chocolate almond bark | 1 (12 oz.) pkg. chocolate chips |
| | 1 lb. salted or unsalted peanuts |

Melt almond bark and chocolate chips, in microwave, or at 200° for 20 minutes in oven; stir evenly. Stir in the peanuts. Drop by spoon onto waxed paper; let set. Yield: 60 to 75 clusters.

*Mildred Weddum,
LeAnn Hawthorne*

Peanut Brittle Candy

- | | |
|----------------------|--------------------|
| 1 c. sugar | 1 pkg. raw peanuts |
| 1 1/2 c. white syrup | |

Boil in a heavy saucepan for 10 minutes; it will become light brown. Mix in 2 teaspoons of baking soda all at once. Pour into a greased jellyroll pan and let cool. Break into pieces. Store in a tight container.

Favorite Memory of KJAN: *We have enjoyed having KJAN as our local radio station, covering area news, markets, weather and the many sport games that were broadcast in the past. Also have enjoyed listening to the program "This is Your Nishna Valley".*

Doreen Swanson

Cherry Mash Candy

- | | |
|--|-----------------------------|
| 1 (12 oz.) pkg. chocolate chips | 1 c. mini marshmallows |
| 3/4 c. chunky peanut butter | 1/2 c. butter or margarine |
| 1 c. chopped salted peanuts
(without skins) | 2/3 c. evaporated milk |
| 2 c. sugar | 1 tsp. vanilla |
| | 1 (5 oz.) pkg. cherry chips |

Chocolate Layer: Melt chocolate chips and peanut butter; add chopped peanuts. Spread 1/2 of the mixture into a 9x9-inch pan; chill. Keep remainder over hot water.

Mash Layer: Combine sugar, marshmallows, margarine (or butter), and evaporated milk in a pan. Bring to a boil, stirring constantly, and boil 4 minutes. Remove from heat and add vanilla and cherry chips; stir until melted. Spread cherry mash over chilled chocolate layer. Spread remainder of chocolate on top. Chill.

Bev Huffman

Candies

Peanut Brittle

1 c. raw peanuts	1/8 tsp. salt
2/3 c. white sugar	1 tsp. vanilla
1/3 c. brown sugar	1 tsp. baking soda
1/2 c. white Karo syrup	1 tsp. butter or margarine

In a large "batter bowl" or microwave-safe casserole, combine sugars, salt, syrup and peanuts; mix well. Microwave on 100% POWER for 4 minutes; stir. Microwave 4 minutes more on 100% POWER. Add vanilla and butter; stir. Microwave 1 minute more on 100% POWER. Add baking soda and stir, then pour onto buttered foil. Cool completely, and break into pieces.

*Marcia Steffens,
Wiota, IA*

Helga's Candy

1 pkg. milk chocolate chips	1 sm. pkg. mini marshmallows
1 pkg. butterscotch chips	1 c. salted nuts
1 c. peanut butter	

Combine chips and peanut butter in a microwave bowl; microwave on MEDIUM; mix until melted. Cool this mixture, then fold in the marshmallows and salted peanuts. Put into a buttered 9x13-inch pan. Chill, then cut into squares.

*Alice Kauffman,
Audubon, IA*

Del's Make-Believe Pralines

24 graham crackers, broken in half	1 tsp. vanilla
1/2 c. butter or oleo	1 c. nuts, chopped (pecans best)
1 c. brown sugar, firmly packed	

Arrange crackers on a greased baking sheet. Combine butter and sugar in a saucepan. Heat, stirring constantly, until butter is melted and mixture is completely blended; remove from heat. Stir in vanilla. Spoon mixture evenly onto crackers and sprinkle with nuts. Bake at 350° for 10 minutes. Cool on a wire rack, then break crackers apart. Store in a tight container. Yield: 4 dozen.

Delma Stuetelberg

Devils Food Hit-or-Miss Cake

Cream together quite a little bit of sugar and a small amount of butter. Add several eggs, if they are plentiful, not so many if scarce. Add in shifts, several big squirts of milk, a big pinch of baking soda and as much flour as you think necessary. Add a small quantity of chocolate, some salt and a splash of vanilla. Stir and beat until you get tired, then bake in a so-and-so hot oven until done. Ice or frost as thick as you can afford.

My favorite recipe, which was given to me on a recipe card when I got married.

Favorite Memory of KJAN: *Have enjoyed the early morning announcements on school closings or delays on stormy days.*

Pamela Jepperson,
Oakland, IA

In Memory of my grandmother, Eunice Nelson

Easy Coffee Cake

1 c. shortening
1 c. sugar
2 1/2 c. flour
1 c. milk

1 tsp. vanilla
2 eggs
1/2 tsp. salt
3 tsp. baking powder

FILLING:

1 1/2 c. brown sugar

2 tsp. cinnamon
1 c. nuts

Put 1/2 the batter into a regular cake pan, then 1/2 of the filling, remaining 1/2 of batter, then rest of filling. Pour 1/2 cup of melted butter over last layer. Bake at 350° for 30 minutes.

Favorite Memory of KJAN: *The "Worry Bird" show and the "Trading Post". I remember them continuing to be on the air when the flood water was clear around the station.*

Rita (Pont) Rohde,
Ida Grove, IA

Chocolate Cake

1 box German chocolate cake mix
1 can Eagle Brand sweetened condensed milk

1/2 jar Mrs. Richardson's hot fudge sauce
Cool Whip

Bake the cake in a 9x13-inch pan as directed on box. Immediately after taking from the oven, poke holes in the cake with a fork. Pour the Eagle Brand milk over cake. Heat the fudge sauce, then use to frost. Top with Cool Whip. Refrigerate to store.

Rita (Pont) Rohde,
Ida Grove, IA

White Texas Sheetcake

1 c. margarine	1/2 c. sour cream
1 c. water	1 tsp. almond extract
2 c. all-purpose flour	1 tsp. salt
2 c. sugar	1 tsp. baking soda
2 eggs, beaten	

FROSTING:

1/2 c. margarine	4 1/2 c. powdered sugar
1/4 c. milk	1/2 tsp. almond extract
	1 c. walnuts, chopped

In a large saucepan, bring butter and water to a boil. Remove from heat; stir in flour, sugar, eggs, sour cream, almond extract, salt and baking soda, until smooth. Pour into a greased 10x15x2-inch pan. Bake at 375° for 20 to 22 minutes, or until cake is golden brown and tests done. Cool for 20 minutes.

Frosting: Combine margarine and milk in a saucepan; bring to boil. Remove from heat. Add powdered sugar and extract and mix well; stir in walnuts. Spread over warm cake. Yield: 16 to 20 servings.

Quick and easy; 1 pan.

Favorite Memory of KJAN: *As a city girl from Omaha, coming to the farm as a new bride in 1950, KJAN was my friend, my sidekick, my salvation, until I learned the ways of country living.*

Ardath Euken

Filled Coffee Cake

4 c. flour	1 tsp. lemon extract
3 T. sugar	1 pkg. dry yeast
1 c. shortening (Crisco)	1/2 c. warm water
1 c. milk, scalded	1 jar apricot preserves (or fruit of choice)
3 eggs, separated	

Soften yeast in warm water. Cut shortening into dry ingredients. Beat 3 egg yolks (set egg whites aside) and add lemon flavoring, cooled milk and yeast. Pour over flour mixture; beat until smooth. Let rise until double in size. Divide dough; roll 1/2 of it to the size of a large cookie sheet. (May be necessary to add a small amount of flour, but keep dough very light.) Spread with well-drained fruit mixture; apricot preserves is great. Beat the egg whites until fairly stiff and spread over the filling. Roll remainder of dough and place over fruit layer. Pinch edges together and cut a few holes in the top to allow steam to escape. Let rise until light. Bake at 350° for 25 to 30 minutes. Frost with powdered sugar icing.

Favorite Memory of KJAN: *Always LaVon Eblen! Whether she reported extension news or "Back Yard and Beyond", she was always good. Local news, weather, sports, funeral and hospital reports are still a priority. Bob Einhaus' old-time music, and now, Sunday night classics.*

Erma T. Lange

Overnight Coffee Cake

1 c. sugar	2 eggs
2 T. nonfat dry milk	2 c. flour
1/2 c. brown sugar	1 tsp. baking soda
2/3 c. oleo	1 tsp. baking powder
1 c. buttermilk	1 tsp. cinnamon

TOPPING:	1 c. chopped nuts
1/2 c. brown sugar	1 tsp. nutmeg

Cream together oleo and brown and white sugars. Add eggs, one at a time, and dry milk powder. Mix together in a separate bowl, the flour, baking soda, baking powder and cinnamon. Alternate buttermilk with the dry ingredients, while blending. Spread batter into a greased 9x13x2-inch pan; spread topping over batter. Cover and let stand overnight in refrigerator. Bake at 350° for 35 minutes.

Alice Brown

Angel Food Cake

1 c. cake flour	1 1/2 c. powdered sugar
-----------------	-------------------------

Measure and sift 3 times.

1 1/2 c. egg whites (about 12), at room temp.	1/2 tsp. salt
1 1/2 tsp. cream of tartar	1 1/2 tsp. vanilla
	1/2 tsp. almond extract

Mix in a large bowl (not plastic) and beat until stiff.

Add:

1 c. granulated sugar (2 T. at a time)

Continue beating until meringue holds stiff peaks. Sift flour-powdered sugar mixture over meringue. Fold in gently until flour and sugar mixture disappears. Push batter into an ungreased 10-inch tube pan. Gently cut through batter with a knife. Bake at 350° for 35 to 45 minutes.

Carole J. Jensen

German Chocolate Toffee Delight

1 (18.5 oz.) pkg. German
chocolate cake mix
14 oz. sweetened condensed
milk

12 oz. caramel ice cream
topping
8 oz. whipped topping, thawed
3 oz. almond toffee bits

Bake cake in a 9x13-inch pan as per directions on box. Immediately upon removing from oven, poke holes in cake with the handle of a wooden spoon. Spread sweetened condensed milk and caramel topping over hot cake. Completely cool cake. Spread with whipped topping and sprinkle with candy bits. Refrigerate.

Dorothy Henriksen

Zucchini Chocolate Cake

1/2 c. soft margarine
1/2 c. oil
1 3/4 c. sugar
2 eggs
1 tsp. vanilla
1/2 c. sour cream
2 1/2 c. flour

4 T. cocoa
1/2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
2 c. chopped zucchini
1/4 c. chocolate chips

Cream margarine, oil and sugar; add eggs, vanilla, sour cream and cocoa. Stir in zucchini. Add flour and rest of ingredients. Turn batter into a greased and floured pan; sprinkle chocolate chips over top. Bake at 350° for 40 to 50 minutes.

Norene Moreland

Grated Carrot Cake

2 c. flour
2 tsp. baking soda
2 tsp. baking powder
Salt
2 tsp. cinnamon

2 c. sugar
1 1/2 c. oil
4 eggs
3 c. grated carrots
1 c. pecans

FROSTING:

8 oz. cream cheese
2 c. powdered sugar

1 stick oleo
1 tsp. vanilla

Sift flour once, and add baking soda, baking powder, salt and cinnamon; sift again. Mix sugar and oil. Add eggs and beat well. Add carrots; beat well. Add mixture, and pecans. Bake in a 9x13-inch pan at 350° for 40 to 50 minutes.

Frosting: Cream together and put on cake while still just a bit warm.

Norene Moreland

Oatmeal Cake

1 c. quick oatmeal	2 eggs
1 1/4 c. boiling water	1 1/3 c. sifted flour
1 stick oleo	1 tsp. baking soda
1 c. brown sugar	1 tsp. cinnamon
1 c. white sugar	1/2 tsp. salt

Mix the boiling water and oatmeal and let stand. Mix the oleo, the sugars and eggs together and beat well. Add the oatmeal mixture and beat well. Add the sifted dry ingredients and mix well again. Pour into a 9x9-inch pan and bake at 350° for 30 minutes, or until cake pulls away from the edge of the pan.

Dee Reilly

Pineapple Cake

1 box pineapple cake mix	1/2 c. water
3 eggs	1/2 c. oil
1 (20 oz.) can crushed pineapple	

Mix all ingredients, including the juice from the pineapple, with an electric mixer for 3 minutes. Pour into a greased 9x13-inch pan. Bake at 350° for 40 minutes. Sprinkle brown sugar over hot cake.

Erin Mathisen

Sour Cream Coffee Cake

Mix together:

1 c. oleo	2 eggs
1 c. sugar	1 tsp. vanilla

Add:

2 c. flour	1 tsp. salt
1 tsp. baking powder	1 c. sour cream

FILLING:

1/3 c. brown sugar	1 tsp. cinnamon
1/4 c. white sugar	1 c. nuts (walnuts)

Spread 1/2 of the batter in the bottom of a greased 9x13-inch pan. Sprinkle filling on top, then cover with remaining batter. Bake at 350° for 35 to 40 minutes, or until light brown.

Sara Sisler

Coffee Cake

1 yellow cake mix (dry)	4 eggs
1 pkg. instant vanilla pudding	3/4 c. water
3/4 c. oil	

Beat for 8 minutes and pour 1/2 the batter into a 9x13-inch pan sprayed with Pam.

Sprinkle with the following ingredients mixed together:

1/4 c. brown sugar	1/2 c. chopped nuts (opt.)
1 tsp. cinnamon	

Pour remaining 1/2 of mixture over, and bake at 350° for 60 minutes. Remove from oven and cool 8 minutes. Pour on glaze.

GLAZE:	1/2 tsp. almond flavoring
1 c. powdered sugar	Enough milk to make thin
1/2 tsp. vanilla	frosting

Drizzle over cake.

Note: This coffee cake may also be baked in an angel food cake pan. Remove after the 8-minute cooling time and pour on glaze.

Norma McMichael

Best-Ever Cake

1 pkg. German chocolate cake mix	1 c. caramel ice cream topping
1 can sweetened condensed milk	1 sm. ctn. Cool Whip
	2 Heath bars, crushed

Bake cake as directed in a 9x13-inch pan. While hot, poke holes all over the top of the cake, and pour sweetened condensed milk over top. Let cake absorb milk for 10 to 15 minutes, then pour caramel all over top. Refrigerate until completely cool. Frost with Cool Whip and sprinkle top with crushed Heath bars (can substitute any candy bar you can crush).

LeAnn Hawthorne

Three-Day Cake/Coconut Cake

1 (2-layer-size) pkg. yellow
cake mix
1 pt. sour cream

1 1/2 c. sugar
4 c. flaked coconut
4 oz. nondairy whipped topping

Bake cake in 2 (9-inch) layer pans according to directions; cool. Split each layer horizontally to make 4 layers. Mix sour cream, sugar and 3 cups coconut in a bowl. Set aside 1 cup of this frosting, then spread remaining frosting between cake layers, stacking to make a 4-layer cake. Combine reserved sour cream with nondairy topping. Spread over sides and top of cake. Sprinkle remaining cup of coconut over entire cake. Cover and refrigerate 3 days before cutting.

Jo Jacobs

Chocolate Mayonnaise Cake

2 c. flour
1 c. water
1 c. sugar
1/2 c. cocoa

3/4 c. mayonnaise
1/2 tsp. baking soda
1 tsp. vanilla

Add mayonnaise to water; beat well. Add other ingredients. Bake at 350° for 45 minutes.

Madonna Einhaus

Chocolate Town Special Cake

1 3/4 c. sugar
2/3 c. shortening
2 eggs
1 tsp. vanilla
2 1/2 c. flour

1 1/2 tsp. baking soda
1/2 tsp. salt
1 c. buttermilk
1/2 c. Hershey's cocoa
1/2 c. boiling water

Cream sugar and shortening together. Add eggs, one at a time, beating well; add vanilla. Sift together flour, baking soda and salt; add alternately with the buttermilk. Make a paste of the cocoa and boiling water; cool. Add and blend well. Bake in a 9-inch pan (or larger) for about 35 minutes, or until done.

Recipe from Hershey's cocoa can, years ago.

Favorite Memory of KJAN: I remember when Jim Field came to give the sports.

*Gwendolyn Johnston,
Hamlin, IA*

Wacky Chocolate Cake

2 c. sugar	2 tsp. vanilla
3 c. flour	2 T. vinegar
1 tsp. salt	1 c. salad oil
1/2 c. cocoa	2 c. water
2 tsp. baking soda	

Mix cake until smooth, in an ungreased 9x13-inch cake pan. Bake at 350° for 30 to 35 minutes.

FROSTING:

6 T. butter or oleo	1/2 c. chocolate chips
6 T. milk	Dash of salt
1 1/2 c. sugar	1 tsp. vanilla

Cook the first 3 ingredients for not more than 1 1/2 minutes after it comes to a boil. Remove from stove and add chips, salt and vanilla. Stir until chips are melted. Spread on cake.

Mom always had this cake baked and ready in case anyone would stop by, or for the afternoon snack when the guys would come in from the field.

*Jacque Wickey,
In Memory of Arlene Wickey*

Gumdrop Cake

2 lb. gumdrops, cut up	1 lb. white raisins
1 c. sugar	1 1/2 c. chopped nuts
1 c. butter	1 tsp. baking soda, dissolved in
2 eggs, well beaten	1 tsp. hot water
1 1/2 c. sweetened applesauce	1 tsp. salt
1 tsp. cinnamon	4 c. flour

Sift 2 cups flour over cut gumdrops, raisins and nuts to keep from sticking together; set aside. Cream butter and sugar. Add applesauce, eggs, seasonings, baking soda and 2 cups flour; mix well. Add gumdrops, raisins and nuts; mix well. Bake in 2 (3 5/8 x 7 3/8 x 2 1/2-inch) loaf pans at 350° for 1 hour. I use (4) 3x5-inch loaf pans (for presents) and bake at 350° for 45 minutes.

Leona Graves

Hershey's "Perfectly Chocolate" Chocolate Cake

2 c. sugar	2 eggs
1 3/4 c. all-purpose flour	1 c. milk
3/4 c. Hershey's cocoa	1/2 c. vegetable oil
1 1/2 tsp. baking powder	2 tsp. vanilla
1 1/2 tsp. baking soda	1 c. boiling water
1 tsp. salt	

Heat oven to 350°. Combine dry ingredients in a large bowl; add eggs, milk, oil and vanilla. Beat for 2 minutes on medium speed. Stir in boiling water (batter will be thin). Pour into 2 greased and floured 9-inch pans. Bake for 30 to 35 minutes. Cool 10 minutes. Remove from pans to wire racks; cool completely. Frost.

Frosting: Melt 1 stick (1/2 cup) butter or margarine; stir in 2/3 cup cocoa. Alternately add 3 cups powdered sugar and 1/3 cup milk, beating on medium speed to spreading consistency. Add more milk, if needed; add vanilla.

This is a delicious, made-from-scratch chocolate cake.

*Marilyn Both,
Atlantic, IA*

Cherry Cheesecake

1 pkg. SuperMoist yellow cake mix	2 eggs
1/3 c. margarine or butter, softened	3/4 c. sugar
1 egg	2 tsp. vanilla
2 (8 oz.) pkg. cream cheese, softened	2 c. dairy sour cream
	1/4 c. sugar
	1 T. vanilla
	1 (21 oz.) can cherry pie filling

Heat oven to 350°. Beat dry cake mix, margarine and 1 egg in a large mixer bowl, on low speed, until crumbly. Press lightly into an ungreased rectangular (9x13x2-inch) pan. Beat cream cheese, 2 eggs, 3/4 cup sugar and 2 teaspoons vanilla until smooth and fluffy; spread over cake mixture. Bake until set, 20 to 25 minutes. Mix sour cream, 1/4 cup sugar and 1 tablespoon vanilla until smooth. Spread over cheesecake; cool. Spread pie filling over sour cream mixture. Cover and refrigerate at least 8 hours. Refrigerate any remaining cheesecake. Yield: 16 to 18 servings.

Virginia Crozier

Sausage Brunch Cake

1 slightly-beaten egg	1 (8 oz.) pkg. brown & serve sausages
3/4 c. milk	1 T. sugar
2 T. margarine, melted	1/4 tsp. cinnamon
1 c. flour	8 oz. crushed pineapple
1 T. sugar	1/2 c. maple syrup
2 tsp. baking powder	2 tsp. cornstarch
1/4 tsp. salt	1/2 tsp. lemon juice
1/4 tsp. ground nutmeg	

Combine the first 3 ingredients in a mixing bowl. In a small bowl, stir together the flour, sugar, baking powder, salt and ground nutmeg. Stir in egg mixture until moist. Pour batter into a greased 6x10x2-inch baking dish and arrange sausages on top. Mix the sugar and cinnamon together and sprinkle over batter. Bake 18 to 20 minutes at 400°. Meanwhile, in a saucepan, combine the pineapple, syrup, cornstarch and lemon juice; heat until bubbly. Cook 2 minutes more. Serve over Brunch Cake.

Favorite Memory of KJAN: *Trading Post and Bob Einhaus' favorite music from the 40's.*

Dick Bolton

Apple Harvest Cake

2 eggs, beaten	1/2 tsp. salt
2 c. sugar	1 tsp. cinnamon
1 1/2 c. oil	1 c. chopped nuts
3 c. flour	3 c. peeled, finely-chopped apples
1 tsp. baking soda	

CREAM CHEESE ICING:	4 1/2 c. sifted powdered sugar
2 (3 oz.) pkg. cream cheese	2 tsp. vanilla
3 T. milk	1 tsp. cinnamon

Combine eggs, oil and sugar; beat well by hand or with a mixer. Add flour, baking soda, salt and cinnamon; mix by hand until dry ingredients are moistened. Stir in nuts and apples (will be very stiff). Bake in a well-greased and floured pan at 350°--30 minutes for a jellyroll pan, 35 to 40 minutes for 2 (8-inch) layer pans, or 1 hour for a 9x13-inch pan. Test for doneness with a toothpick (if using layers, let cool in pan for 10 minutes, then turn out on rack). When cool, put layers together with Cream Cheese Icing between layers and on top; sprinkle with nuts. Frost others in pan, or serve with ice cream or whipped cream. (We've served the jellyroll size plain, as coffeecake.)

Favorite Memory of KJAN: *Bob Einhaus and I came from the same hometown--Hampton, IA. When my family and I moved to Atlantic, it was comforting to hear that familiar, "distinctive" voice on the radio each day.*

Judy Bolton

Strawberry-Rhubarb Coffeecake

CAKE:

3 c. all-purpose flour
1 c. sugar
1 tsp. baking powder
1 tsp. salt

1 c. butter, softened
1 c. buttermilk
2 eggs, slightly beaten
1 tsp. vanilla

FILLING:

4 1/2 c. rhubarb, chopped
24 oz. frozen sliced
strawberries, thawed

3 T. lemon juice
1 1/2 c. sugar
1/2 c. cornstarch

TOPPING:

3/4 c. sugar

1/2 c. all-purpose flour
1/4 c. soft butter

Filling: Combine fruits in a saucepan and cook, covered, over medium heat for 5 minutes, stirring occasionally. Combine sugar and cornstarch; add sugar mixture and lemon juice to fruit. Cook, stirring constantly, for 5 minutes, or until thickened. Cool.

Cake: Combine flour, sugar, baking powder and salt in a large bowl; cut in butter until mixture is crumbly. Beat together buttermilk, eggs and vanilla; add to flour mixture. Spread 1/2 of the batter into a greased 9x13x2-inch baking pan; spread fruit over batter. Spoon remaining batter in small mounds on top of filling.

Topping: In a small bowl, mix topping ingredients until crumbly; sprinkle over all. Bake at 375° for 45 minutes. Serve slightly warm. Yield: 12 to 16 servings.

Connie Wiechmann

Mom's Favorite Apple Cake

2 c. white sugar

3 eggs

1 c. flour

1 tsp. cinnamon

1/2 c. soft margarine

2 tsp. baking soda

1/2 tsp. salt

1/2 tsp. vanilla

3 c. uncooked apples

1 c. chopped nuts

Mix ingredients together; pour into a lightly-greased 9x13-inch pan. Bake at 375° for 50 minutes. Cool. Serve with whipped cream or ice cream.

Favorite Memory of KJAN: So many folks enjoyed Bob Kelso on the "Worry Bird" program at 7:30 a.m., when the audience--local people--could call in and join in the program, too.

Beulah Ostrus

Quick Angel Food Cake

1 box 1-step angel food cake mix 1 (20 oz.) can pineapple
1 tsp. vanilla

Mix all ingredients in a large bowl. Stir with a spoon; do not use a mixer. Bake in a 9x13-inch pan at 350° for 30 to 35 minutes. Serve when cool, with cream cheese frosting or Wilderness cherries, whipped cream or ice cream. Yield: 12 servings.

Favorite Memory of KJAN: All time availability for local and territory news.

Dorothy Ayers

Wacky Cake

3 c. flour	3/4 c. salad oil
2 c. sugar	2 T. vinegar
1 tsp. baking soda	2 c. water
1 tsp. salt	2 tsp. vanilla
1/3 c. (5 T.) cocoa	

Mix together as listed. Stir by hand (no mixer). Put into a jellyroll pan. Bake at 350° for 25 minutes.

*Marilyn Munch,
"Darrell's Place"*

Rum Cake

1 c. chopped pecans	4 eggs
1 yellow cake mix	1/2 c. cold water
1 sm. pkg. instant vanilla pudding mix	1/2 c. vegetable oil
	1/2 c. dark rum (80 proof)

GLAZE:

1/4 lb. margarine	1 c. granulated sugar
1/4 c. water	1/2 c. dark rum (80 proof)

Preheat oven to 325°. Grease and flour a bundt pan; sprinkle nuts over bottom of pan. Mix all cake ingredients together; pour batter over nuts. Bake 1 hour; cool. Invert onto a serving plate; prick top. Drizzle and smooth glaze evenly over top and sides; allow cake to absorb glaze. Repeat until glaze is used up.

Glaze: Melt margarine in a saucepan; stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat and stir in rum.

Julia McNees

Miscellaneous



KJAN has always been a big part of community events. Here, KJAN hosted the nationally-syndicated rural talk show, "Agri-Talk," during the Atlantic Chamber of Commerce "Southwest Iowa Focus on Agriculture." Program host Ken Root is at left, KJAN's Jim Field is at the right.

Gardening & Houseplant Hints

- Plant onions next to carrots to prevent carrot worms.
- When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.
- Cut old stockings lengthwise to make ties for tomato plants. These will not cut into the stalk, and are very strong. They also work great for tying up cauliflower.
- Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.
- To remove poison ivy, mix a gallon of soapy water and 3 pounds of salt and spray the area.
- Marigolds will prevent rodents.
- Spray cut flowers with hair spray to make them last longer.
- Use a salt shaker to sow small seeds in your garden — it will distribute the seeds more evenly.
- Pour boiling salted water on grass or weeds growing between sections of sidewalk or use cheap motor oil.
- Add a teaspoon of sugar to the water in vases of marigolds to remove their strong smell.
- Plants may fail if the water is too cold or hot — use room temperature or warm water. Melted snow is very good for the plants.
- You can give added light to indoor plants by setting the pot on foil or placing foil in back of the plants to reflect sunlight.
- A tablespoon of castor oil chased by water brings sick plants out of their slump.
- Swab plant leaves with a few drops of glycerine on a cloth for a glossy shine.
- Sprinkle moth crystals around in your vegetables and flower garden to keep animals such as rabbits, chipmunks and dogs out. If you have problems with small animals eating your plants, just sprinkle with red pepper powder.
- Don't throw away your leftover coffee in the morning. Pour it around your geraniums to promote blooming.
- Your African violets will bloom longer, prettier and more abundantly, if you stick a few rusty nails in the soil alongside them.
- A potato buried beside the root of a newly set out plant provides moisture and nutrition to help the plant get started. Be sure to take the eyes out of the potato, or you'll have a potato crop, too. Peels work too.
- A geranium cutting can be started easily by boring a hole in a potato and placing the cut end of stem in the potato and planting the potato in soil.

Miscellaneous

Abelskiver

4 egg yolks, beaten
2 c. flour
1 tsp. salt
2 T. butter, melted

2 c. milk
4 tsp. baking powder
2 tsp. sugar
4 egg whites, beaten

Sift together flour, baking powder, salt and sugar; add alternately with milk to egg yolks. Add butter and then egg whites. Bake in regulation abelskiver pan.

*Darlene Jones,
Lewis, IA*

Bedstemor's Abelskiver

2 c. flour
2 c. milk
3 heaping tsp. baking powder

1 tsp. salt
3 egg yolks
3 egg whites

Mix dry ingredients. Add egg yolks. Beat egg whites until stand in peaks; fold into dry mixture.

Submitted by Salem Lutheran Homes with recipes taken from our Salem Ladies Aid cookbook. Salem Homes was founded by Rev. Anders Hansen in 1932, and the Ladies Aid was started in 1951.

*In Memory of Mrs. Anders Hansen,
Salem Home Founder's Wife*

Danish Dumplings

(Aebleskiver)

2 c. flour
1/2 tsp. baking soda
3 beaten egg yolks
3 egg whites, beaten stiff

1/4 tsp. salt
3 T. sugar
1 c. buttermilk

Sift flour, baking soda and sugar together; add beaten egg yolks and blend well. Fold in beaten egg whites. Bake in a greased Aebleskiver pan using oil for shortening, turning once with a sharp-tined fork. Serve dipped in sugar or syrup, or good with jam or jelly.

Virginia Crozier

French Toast

(Oven)

6 to 12 slices Texas toast
5 lg. eggs
1 1/4 c. whole or 2% milk
1/2 tsp. vanilla

1/3 c. butter
1/2 c. sugar
1/2 to 1 tsp. cinnamon
1/2 c. pecans (opt.)

Beat eggs, milk and vanilla. Melt butter in a 9x13-inch or large cookie sheet with edges. Sprinkle sugar, cinnamon and pecans (optional) over melted butter. Dip toast in egg mixture; lay on top of butter and sugar mix. Bake 15 to 17 minutes at 450°.

Note: Do not turn bread over!!

Sharon Wernimont Becker

My Favorite French Toast

6 eggs
1 tsp. vanilla
1/2 tsp. nutmeg
2 tsp. sugar

1/3 c. milk
Dash of salt
1 tsp. cinnamon

Mix all ingredients in bowl large enough to soak whole slices of bread. After mixing, place bread (one slice at a time) in mixture until soaked. (Flip over to soak both sides.) Place on hot griddle to fry--no grease needed if using nonstick griddle. Fry to golden brown; flip over and do the same on other side. Remove from griddle; top as you would pancakes. (Powdered sugar and butter are best!) This should make 12 slices.

Note: To adjust, each egg will make 2 slices. Add spices according to taste. Use 1/2 eggshell of milk per egg used.

Favorite Memory: *Flying over the studio during the flood to take pictures for the local paper. I believe KJAN managed to be an island!*

Brenda Wedemeyer

Egg Dish

1 doz. eggs
 1/2 lb. (1 c.) grated cheese
 4 T. oleo, melted
 Crumbled bacon or ham
 1 c. milk
 1/2 tsp. salt

Pepper
 A few drops of Worcestershire
 sauce
 2 c. hash browns, frozen &
 thawed (opt.)

Beat together all ingredients, except cheese (add last). Then add cooked-crisp bacon (crumbled) or cut-up ham. Good with 2 cups hash browns added. Pour into greased 9x13-inch pan. Bake 25 to 30 minutes at 350° (may take longer). Yield: 6 to 8 servings.

***Favorite Memory:** Robin Morrow poetry.*

Helen Pigg

Fudgins

2 tsp. yeast
 1/2 c. warm water

1/2 c. flour

Dissolve yeast in water and add flour. Cover with Saran Wrap. Let set for at least 2 hours, or up to 24 hours.

1/2 c. milk
 5 T. flour

3 c. milk

Mix flour into 1/2 cup milk and then whisk into 3 cups of milk. Cook until thickened and remove from heat.

Add:

2 T. butter
 6 T. sugar

2 tsp. salt
 1 c. raisins

Let cool to lukewarm. Add 5 eggs, one at a time, beating well. Add yeast mixture, slight 1/4 teaspoon of cardamom, and about 5 cups flour. Let rise until doubled. Drop by rounded teaspoonful into hot oil. Turn to brown. Drain on paper towel. Dip in sugar or serve with a lemon sauce, a favorite of our friends.

Growing up in a Danish community and eating aebleskivers, we were surprised when we moved to another town and were introduced to a German version of the round pancake balls they call fudgins.

DeEtta Rasmussen

Scrambled Egg Casserole

CHEESE SAUCE:

2 T. butter
2 1/2 T. flour
2 c. milk
1/2 tsp. salt
1/8 tsp. pepper

1 c. American cheese, shredded
1 c. cubed ham
1/4 c. green onion
3 T. butter
1 doz. eggs, beaten
1 can mushrooms, drained

TOPPING:

1/4 c. melted butter

2 1/4 c. soft bread crumbs

Cheese Sauce: Melt butter; blend in flour and cook 1 minute. Gradually stir in milk; cook until thick. Add salt, pepper and cheese. Stir until cheese melts; set aside. Sauté ham and onions in 3 tablespoons butter, until tender. Add eggs and cook over medium heat until eggs are set. Stir in mushrooms and cheese sauce. Spoon into greased 9x13-inch pan.

Topping: Combine topping ingredients. Spread evenly over egg mixture.

Cover and chill overnight. Uncover and bake at 350° for 30 minutes. Yield: 10 to 12 servings.

Sheri Conn

County Brunch Skillet

6 bacon strips
6 c. frozen, shredded hash
browns
3/4 c. chopped green pepper
1/2 c. chopped onion

1 tsp. salt
1/4 tsp. pepper
6 eggs
1/2 c. shredded cheese

In a large skillet over medium heat, cook bacon until crisp. Remove bacon; crumble and set aside. Drain, reserving 2 tablespoons of drippings. Add potatoes, green pepper, onion, salt and pepper to drippings. Cook and stir for 2 minutes. Cover and cook, stirring occasionally, until potatoes are brown and tender, about 15 minutes. Make 6 wells in potatoes. Break 1 egg into each well. Cover and cook on low heat for 8 to 10 minutes, until eggs are set. Sprinkle with cheese and bacon. Serve!

Favorite Memory: *Staying at my grandmother's who was hard of hearing and had "Worry Bird" turned up so loud! I know the neighbors heard it! I was awakened every morning with the radio whenever I stayed!*

Cheryl Christensen

7-Minute Microwave Bread and Butter Pickles

2 heaping c. cucumber slices	1/2 c. apple cider vinegar
1 med. onion, sliced thin	1/4 tsp. turmeric
1/2 bell pepper, sliced thin	1/4 tsp. celery seed
1 tsp. salt	1/2 tsp. mustard seed
3/4 to 1 c. sugar	

Put cucumbers, onion and pepper in 9x9-inch dish. Heat syrup; pour over cucumbers and microwave 3 1/2 minutes. Stir completely and microwave 3 1/2 minutes more. Cool in refrigerator until ready to use. Yield: 1 pint.

Favorite Memory: *I try not to miss the news program on KJAN. I guess you would say my radio dial is set on KJAN. Listen to you on Channel 10.*

Evelyn Duskin

Easy Cucumber Pickles

7 c. sliced cucumbers	1 c. vinegar
1 med. onion, sliced thin	2 tsp. celery seed
1 c. peppers (opt.)	3/4 T. salt
2 c. sugar	

Mix sugar, vinegar, salt and celery seed. Pour over all; stir well. Cover and set in refrigerator.

Note: Will last for months. Best if put in glass or crock.

Joan Andersen

Refrigerator Pickles

Med. pickles	1/4 c. salt
1 lg. onion	1 1/2 tsp. mustard seed
4 c. sugar	1 1/2 tsp. turmeric
4 c. white vinegar	1 tsp. celery seed

Wash and scrub pickles. Slice in 1/4-inch pieces. Slice onion in bottom of 1 gallon jar. Boil together sugar, vinegar and salt. Pour over pickles while hot. Sprinkle over top of pickles: mustard seed, turmeric and celery seed. Seal and keep in the refrigerator for 2 or 3 weeks before eating. Yield: 1 gallon.

Pearl Penton

Green Tomato Relish

24 green tomatoes
2 red peppers
6 green peppers
10 onions
4 tsp. salt

1 tsp. celery seed
4 tsp. mustard seed
2 c. vinegar
4 c. sugar

Grind all vegetables. Drain off juice. Add remaining ingredients; boil 30 minutes. Place the relish in hot, sterilized pint jars and seal.

Virginia Crozier

Strawberry Jam

1 orange
1/2 lemon
4 c. crushed berries

1 box Sure-Jell pectin
5 1/2 c. granulated sugar

With a knife, peel the orange down to the flesh. Cut into quarters. Remove some of the tough white center tissue. Cut up the orange into a small bowl and add pulp and juice of half the lemon, or 2 tablespoons lemon juice. Into a large kettle, measure 4 cups fruit which includes the orange-lemon mixture. Add pectin; stir and boil 1 minute. Add sugar; stir and boil 2 minutes, or a bit longer, until mixture sheets from the spoon or forms 2 drops from the edge of the spoon. Pour into sterile hot jars; seal, cool and freeze. Yield: about 3 pints.

*Clara Scheffler,
Avoca, IA*

Watermelon Jelly

4 c. seeded, diced watermelon
3 1/2 c. sugar
2 T. lemon juice

1/2 (6 oz.) pkg. liquid fruit
pectin (1 foil pouch)

Place diced watermelon in a blender container or food processor bowl. Cover and blend or process until smooth (should have 2 cups watermelon purée). In a 6 to 8 quart kettle or Dutch oven, combine the watermelon purée, sugar and lemon juice. Bring mixture to a full rolling boil (a boil that can not be stirred down) over high heat, stirring constantly with a long-handled wooden spoon. Stir in pectin all at once. Return mixture to a full rolling boil; boil hard 1 minute, stirring constantly. Remove kettle or Dutch oven from heat; skim off foam. Ladle jelly into clean, hot 1/2-pint jars, leaving 1/4-inch headspace. Wipe jar rims; adjust lids. Allow to cool completely away from drafts, then store in cool, dark place. Yield: 4 (1/2-pint) jars.

Maxine L. Carlson

Fresh Peach Jam

- | | |
|----------------------------------|--|
| 5 c. crushed fresh peaches | 2 (3 oz.) boxes peach or apricot gelatin |
| 7 c. sugar | |
| 1 (20 oz.) can crushed pineapple | |

Combine peaches, sugar and pineapple in a large saucepan. Boil for 15 minutes, or until peaches are well cooked. Then add gelatin, stirring until dissolved. Pour into jars and seal.

Lela A. Judd

Salsa

- | | |
|--|-----------------------------|
| 14 c. tomatoes, skinned & chopped | 2 c. green peppers, chopped |
| 3 c. white onions, chopped | 1 T. salt |
| 1/2 c. jalapeño peppers, chopped (or less) | 1 c. cider vinegar |
| 6 garlic cloves, chopped | 1/4 c. sugar (or less) |
| | 1 (12 oz.) can tomato paste |
| | 2 tsp. oregano |

Mix all together and boil for 30 minutes over moderate heat. Pour into jars and seal. Yield: 8 pints.

Very good.

Favorite Memory: *Living on the farm and having children in school, your school closing and late starts are a must. Weather reports are very helpful. Thanks for being there for your listeners.*

Cheryl Hansen

Green Tomato Mincemeat

- | | |
|----------------------|------------------------------|
| 3 lb. green tomatoes | 1 c. suet, or 1/2 lb. butter |
| 3 lb. apples | 1 qt. red cherries |
| 2 lb. raisins | 1 (20 oz.) can pineapple |
| 3 c. roast beef | 1 lb. dates (opt.) |

Grind or chop together.

Add to chopped ingredients:

- | | |
|------------------|-----------------|
| 1 c. vinegar | 1 tsp. cinnamon |
| 3 c. brown sugar | 1 tsp. cloves |
| 2 c. white sugar | 1 tsp. nutmeg |
| 1 T. salt | |

Use a large container and cook all ingredients for at least 20 to 30 minutes, stirring often so all ingredients will not stick to bottom of container. Can use large blue canner or large pressure cooker. Can be canned in jars or it freezes well.

Makes delicious pie.

Favorite Memory: *Sunday churches always have services broadcast for shut-in people or for those who cannot attend church.*

Dorothy Ayers

Mayonnaise Dressing

2/3 c. sugar
1 T. flour
1 tsp. salt

1 tsp. dry mustard
2 whole eggs

Mix all ingredients until smooth. Then add 2/3 cup vinegar and 1/3 cup water. Boil until thick over medium heat. Cool and refrigerate.

Note: Especially good if mixed about half and half with commercial mayonnaise--use in potato salad or for coleslaw.

Dorine Koob

Apple Salad Dressing

1 c. water
1 c. white sugar
1 T. butter

1 egg, beaten
2 T. flour
3 T. vinegar

Mix all together; boil over medium heat until thick, stirring constantly. Chill when removed from heat. When chilled, fold in 3 or 4 tablespoons whipped topping. Pour over apple salad.

Favorite Memory: Always enjoyed Bob Einhaus and still do enjoy the tapes of his that you play.

Dorine Koob

Simple Dressing for Fowl

1 loaf dry bread, crumbled
1/2 lb. hamburger, crumbled
1/2 c. onions

2 eggs
Salt & pepper

Pour boiling water over entire mixture; should be almost sloppy in consistency. Stuff fowl and roast. You won't believe how tasty this is.

Note: It is easier to stuff bird if mixture cools slightly.

*Florence Lauridsen,
Exira, IA*

Dressing for Coleslaw

Use equal amounts of powdered sugar and Miracle Whip. Stir together until smooth. Pour over coleslaw at least 1 hour before serving. Dressing will become thinner in consistency as it marinates with slaw.

Easy and so good!

Judy Lauridsen

Crab Quiche

- | | |
|---|------------------------------------|
| 1/2 c. mayonnaise | 1/3 c. chopped green onion |
| 2 T. all-purpose flour | 1 T. finely-chopped parsley |
| 2 eggs, beaten | 2 c. (8 oz.) shredded Swiss cheese |
| 1/2 c. milk | 1 unbaked 9" pastry shell |
| 2 (6 oz.) cans flaked crabmeat, drained | |

In mixing bowl, combine mayonnaise, flour, eggs and milk. Stir in crabmeat, onion, parsley and cheese. Spoon into the pastry shell. Bake at 350° for 1 hour. Yield: 6 to 8 servings.

*Alice Lamer,
Walnut, IA*

Mom's Barbecue Sparerib Sauce

- | | |
|---------------------------|-----------------------|
| 2 onions, chopped | 1/4 tsp. pepper |
| 2 T. vinegar | 1/2 tsp. chili powder |
| 2 T. Worcestershire sauce | 3/4 c. catsup |
| 3/4 tsp. salt | 1/2 c. brown sugar |
| 3/4 c. water | |

Put all ingredients into a 1-quart saucepan. Bring this mixture to a boil. Boil 5 minutes. Boil spareribs until almost done. Put spareribs in 9x13-inch baking pan and pour barbecue sauce over them. Bake at 350° for 30 minutes.

Charlotte Bancroft

Oyster Crackers

- | | |
|------------------------|---|
| 2 pkg. oyster crackers | 1 pkg. Good Season's Italian dressing, or 1 pkg. Hidden Valley dressing |
| 1 c. oil | |
| 1/4 tsp. garlic salt | |
| 1/4 tsp. dill weed | |

Mix oil, garlic, dill and dressing packet; pour over oyster crackers, stir well and allow to lay to air on large pan. Can stir or move around crackers to allow to dry.

Delicious plain or in soups!

*LeAnn Hawthorne,
Peg Bills, AK*

Addictive Crunch

- | | |
|--------------------------|---------------------------|
| 1 (12 oz.) box Corn Chex | 2 lb. brown sugar |
| 1 (12 oz.) box Rice Chex | 1 lb. butter or margarine |
| 1 (12 oz.) box Crispix | 1 c. white corn syrup |
| 1 lb. pecans | 1 T. vanilla |

Mix first 4 ingredients in large roaster. In saucepan, mix brown sugar, butter and corn syrup. Bring to a boil. Boil for 5 minutes, stirring constantly. Add vanilla. Mix and pour over cereal. Spread out on 2 cookie sheets. Bake 1 hour at 200°.

Ronda Harry

Reindeer Nibbles

- | | |
|----------------------------|---------------------------|
| 1 box thin pretzels | Garlic salt |
| 1 box Cheerios | 1 stick butter |
| 1 box wheat or rice cereal | 2 T. Worcestershire sauce |
| 1 can salted peanuts | 2 T. soy sauce |
| Salt | |

Put pretzels, cereal and peanuts in roaster pan. Toss to mix. Sprinkle with salt and garlic salt. Melt butter; mix in the Worcestershire sauce and soy sauce. Pour over mixture and toss again. Bake at 325° for about 1 hour, stirring every 15 minutes.

Hollie Reilly

Haystacks

- | | |
|-----------------------------------|-------------------------|
| 1 T. peanut butter | 1 can chow mein noodles |
| 1 (6 oz.) pkg. butterscotch chips | 1 c. roasted peanuts |

Melt peanut butter and butterscotch chips together. Add chow mein noodles and peanuts; mix. Form little clusters on foil and place in refrigerator to harden. Yield: 24 haystacks.

Holly Reilly

Pineapple Topping for Cake

Mix in a pan:

3 egg yolks

16 marshmallows

3/4 c. pineapple juice or
crushed pineapple

2 c. whipped cream

Cook egg and juice until thick. Remove from heat and add marshmallows, cut up. Let cool; fold in whipped cream. Chill.

Very good on angel food cake.

Norma Jean Brix

Cocoa Fudge

7 T. cocoa

6 T. butter

3 c. sugar

2 T. white syrup

3/4 c. + 2 T. milk

1/4 tsp. salt

4 T. shortening

Combine all ingredients and bring to rolling boil, stirring constantly. Cook to soft ball stage. Remove from heat; place in a pan of cold water and cool to lukewarm. Add 1 teaspoon of vanilla, and nutmeats if desired. Beat until it starts to thicken. Pour into buttered 8x8-inch pan. Chill until firm and cut in 1-inch squares.

Elna Nissen

Easy Fudge Frosting

(Microwave)

1 c. sugar

1 c. semi-sweet chocolate chips

1/4 c. butter

1 c. marshmallow creme (I use
mini marshmallows)

1/4 c. evaporated milk (can
use regular milk)

1 tsp. vanilla

In a 1- to 1 1/2-quart casserole, combine sugar, butter and milk. Microwave on HIGH for 3 or 4 minutes, uncovered, stirring after 2 minutes, until bubbly. Add chocolate chips, marshmallows and vanilla to hot mixture. Stir until blended. Yield: about 2 cups frosting.

Excellent on brownies or cake.

Ronda Harry

Jello Popcorn

1 c. sugar
1 c. Karo syrup

1 pkg. Jello
4 bags microwave popcorn

Pop popcorn and place in 2 or 3 large bowls. Mix sugar, syrup and Jello; bring to a boil. Pour mixture over popcorn and mix. Let cool about 1/2 hour and stir again. Ready to eat.

Note: Cover to keep fresh. Popcorn may need to be stirred to break up chunks.

Ruth Christensen

Microwave Caramel Corn

1/2 c. butter
1/2 c. brown sugar
1/4 c. corn syrup
1/4 tsp. salt

1/4 tsp. baking soda
1/2 tsp. vanilla
2 poppers of popped corn
1 brown paper sack

Mix butter, brown sugar, corn syrup and salt. Cook 4 minutes, stirring after 2 minutes. Add baking soda and vanilla. Pour over popped corn in brown paper sack. Shake. Microwave for 1 1/2 minutes. Shake. Microwave 1 minute. Shake. Microwave 1/2 minute. Shake. Let cool and break apart.

Kathie McCrory

Caramel Corn

2 sticks butter
2 c. brown sugar
1 tsp. cream of tartar
3/4 c. white syrup

Popped yellow corn (approx.
20 c., or 2 lg. bowls full--
remove any unpopped kernels
before pouring caramel
mixture over corn)

Boil butter, sugar, cream of tartar and syrup no more than 5 minutes. Pour over popcorn and stir to cover kernels. Spread corn in large roaster (half the batch). Bake 1 hour at 250°, stirring every 15 minutes. Remove from oven; salt and stir to separate kernels. Bake remaining corn.

Variation: For cinnamon popcorn, use white sugar, 5 to 10 drops oil of cinnamon and 6 to 8 drops red food coloring.

Beth Meyer

Happy Home Recipe

4 c. love	5 spoonfuls hope
2 c. loyalty	2 spoons tenderness
3 c. forgiveness	4 qt. faith
1 c. friendship	1 barrel laughter

Take love and loyalty; mix them thoroughly with forgiveness. Blend with tenderness, kindness and understanding. Add faith and hope; sprinkle abundantly with laughter. Bake it with sunshine and serve daily with generous helping.

Jeannette Almonrode

Preserved Children

1 lg. field	1 pinch of brook
1/2 doz. children	Some pebbles
2 to 3 sm. dogs	

Mix children and dogs well together; put them on the field, stirring constantly. Pour brook over the pebbles; sprinkle the field with flowers. Spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

Beverly Uhlman

Window Cleaner

1 pt. rubbing alcohol	1 T. liquid detergent
1 T. ammonia	A few drops blue food coloring

Place in gallon jug; fill with water. Shake. Put some in spray bottle. This takes water spots off mirrors.

Beverly Uhlman

Index

Appetizers & Beverages

Appetizers

Easy Beef-Cheese Nachos	
Cheddar Cheese Ball	1
Taco Dip	
Olive Nut Sandwich Spread	
Hot Pork Dip	2
Texas Dip	
Reuben Dip	
Cheese Ball	
Hidden Valley Hot Snack	3
Yummy Taco Dip	
Pickled Eggs	
Crabbies	4
Taco Platter	
Apple Caramel Dip	
Vegetable Pizza	5
Veggie Spread	
Taco Dip	
Decadent Garlic Loaf	6
Dip for Veggies and Chips	
Marinated Black Olives	
Spicy Cocktail Meat Balls	7
Liver Paste	
Sausage Stars	
Ranch Oyster Crackers	8
Chocolate-Cherry Malt Mix	
Crab Pizza	
Hiland California Dip	9
Hiland Shrimp Dip	
Egg Balls	
Frozen Fruit Cup	
Caramel Dip for Sliced Apples	10
Cheese Spread	
Cheese Ball	
Reuben Spread	
Barbecued Water Chestnuts	11
Mexican Dip Mix	
Egg and Bacon Spread	
Fruit Dip	
Frozen Fruit Cup	12
Hot Crab Dip	
Pickled Fish	

Corned Beef Roll	13
Liverspread	
Chip Dip	
Bear's Picnic Veggie Dip	
Parmesan 'N Artichoke Hearts	14
Braunschweiger Spread	
Vegetable Pizza	15

Beverages

Punch	15
Hot Chocolate Mix	
Strawberry-Watermelon Slush	16
Lemony-Iced Tea	
Graduation Punch	
Hot Chocolate Mix	17
Spiced Cider	
Punch for 100	
Hot Honey Percolator Punch	
Orange Ade	18
Hot Buttered Rum	
Hot Chocolate Mix—Dry	
Cherry Vodka Slush	
Punch	19

Breads & Rolls

A-to-Z Bread	21
Pumpkin Bread	
Banana Bread	22
Cinnamon Swirl Bread	
Nutty Apple Muffins	23
Danish Kringle	
Apple-Raisin Muffins	
Quick and Easy Pecan Bread	24
Wholesome Bread	
Banana-Nut Bread	
Refrigerator Rolls	25
Greek Christopsomo	26
Cornmeal Yeast Bread	
Apple Bread	
Lemon-Nut Bread	27
Danish Braid	
Heart of the Prairie Braided	
Egg Bread	28
Rye Bread	
Yellow Buns	

Sweet-and-Sour Leeks	
Bernie's Baked Beans	
Oven-Fried Potatoes	65
Polenta with Vegetables	
Vegetable Casserole	
Apricot Sweet Potatoes	66
Sweet 'n Sour Green Beans	
Baked Hash Browns	
Vegetable Sauce	
Summer Vegetable Bake	67
Cheddar-Baked Potato Slices	
Broccoli-Rice Casserole	
Calico Beans	68
Calico Beans	
Cheesy Potatoes	
Duo Mashed Potatoes	69
Dijon Vegetable Casserole	
Buttery Mint Carrots	
Cheesy Green Bean Casserole ..	70
Roasted Potatoes and Artichokes with Feta	
Grilled Potato Fans	
Good Italian Potatoes	71
Baked Beans	
Garlic-Roasted Potatoes	
Potato Supreme	72
Asparagus Au Gratin	
Cauliflower Casserole	
Golden Parmesan Potatoes	73
Creamed Sweet Peas	
Krispy Corn	
Hash Brown Casserole	74
Quick Parmesan Potato Rounds	
Salmon Scalloped Corn	
Escalloped Potatoes	75
Scalloped Potato Hash Browns	
Creamed Corn	
Asparagus Bouquet	
German-Style Green Beans	76
Calico Beans	
Loris' Scalloped Carrots	77

Salads

Beet Salad	
Grandmother's Orange Salad	79
Cranberry-Apple Salad	

Apricot Salad	
Italian Coleslaw	
Broccoli Salad	80
Cinnamon Apple Crown	
Cucumbers and Cream	
Berry Quick Spinach Salad	81
Raspberry Salad	
Pretzel Fluff Salad	
Cherry Salad	82
Candy Bar Salad	
Vegetable Salad	
Easy Salad	83
Rhubarb Salad	
Orange Sherbet Salad	
Frog-Eye Salad	84
Apricot Salad	
Lime Jello Salad	
Broccoli-Cauliflower Salad	85
Potato Salad	
Raspberry Yogurt	
Broccoli, Bac-O's, Raisin Salad	86
Ramen Chinese Cabbage Salad	
Molded Shrimp Salad	87
Vegetable Salad	
Cranberry Relish Mold	
Calico Salad	88
Cherry Salad Supreme	
Peach Salad	
Glazed Fruit Salad	89
Cranberry Salad Supreme	
Frozen Cabbage Salad	
Watergate Salad	90
Three-Bean Salad	
Bacon-Cheddar Pasta Salad	91
Sadie's Apricot Salad	
Fresh Fruit Shell Salad	92
Gold Salad	
Pacific Lime Mold	
Strawberry Salad	93
Broccoli-Bacon-Raisin Salad	
Spinach-Pear Salad	
Orange Buttermilk Salad	94
Red, White and Green Pasta Salad	
Mexican Corn Salad	95
Wild Rice, Chicken and Pasta Salad	

Corn Casserole	126
Three-Bean Casserole	
Hamburger in Casserole	
Wild Rice and Sausage Casserole	127
Chicken or Turkey Tetrazzini	
Baked Corn in Casserole	128
On-The-Go Casserole	
Slumgullion	
Sweet-and-Sour Rice	129
Oven-Easy Beef and Potato Dinner	
Mexican Chicken Casserole	130
Party Potatoes	
Salmon Casserole	
Sweet Potato Casserole	131
Potato Casserole	
Tuna Noodle Casserole	
Calico Beans	132
Deluxe Mashed Potatoes	
Old-Fashioned Macaroni and Cheese	
Chicken Sherry Bake	133
Chicken Salad Casserole	
Creamy Beef Bake	
Broccoli and Ham Easy and Tasty Casserole	134

Meats & Main Dishes

Peach Pork Chops	
Chicken Cordon Bleu	
Mock Prime Rib	135
Maidrite Surprise	
Taco Burgers	136
Italian-Stuffed Meat Loaf	
Pork Chops with Mushroom Gravy	137
Sloppy Joes	
Pheasant	
Best-Ever Meat Loaf	138
Simply-Elegant Steak	
Barbecued Beef Brisket	
Vegetable-Meat Loaf	139
Momma's Porcupine Meat Balls	
Mary's Porkettes	
Hamburger Bundles	140

Desperation Pork Chops	
Grandma Patt's Ham Loaves	
Grandma Olson's Porcupine Meat Balls	141
Chicken Pot Pie	
Pizza Cups	142
Pizza Loaf	
Stuffed Pork Chops	
Salmon Loaf	143
Potato Sausage	
Simply-Delicious Pork Chops	
Maidrites	
Frikadeler	144
Family-Favorite Meat Loaf	
Roast Beef Au Jus	
Oven-Barbecued Chicken	145
Baked Pheasant with Rice	
Apple Pork Chops	
Zesty Brats or Franks	
Sausage-Tater Tot Skillet Meal	146
Grandma Meyer's Old- Fashioned Homemade Oatmeal Sausage	
Mom's Turkey or Chicken Dressing	147
Succulent Pork Roast	
Crusty Horseradish Pork Chops	148
Grilled Lemon Chicken	
Grilled Halibut	
Hamburger Loaf	149
Ham Balls	
Prime Rib in Crock-Pot	
Honey-Glazed Peasant or Quail	150
Tiger Sauce Duck	
Duck Nugget	151
Ham Rolls	
Norwegian Meat Balls	
Greek Chicken	152
Round Steak Sauerbraten	
Maidrites	153
Grilled Turkey	
Deer Sausage	
Honey Lemon Herb Chicken	154
Barbecued Meat Balls	
Meat Balls	

Easy Custard Pie	
Open Rhubarb Pie	188
Banana Split Pie	
Heavenly Chocolate Pie	
Pumpkin Pie or Bars	189
Raisin Cream Pie	
Zucchini Pie	
Apple Pudding Pie	190
Bag Apple Pie	
Coconut Chess Pie	191
Aunt Annabell's Rhubarb Pie	
Sunkist Lemon-Coconut Glamour Pie	
Rhubarb Cream Pie	192
Apple Pie à la Grandma	
Key Lime Pie	
Peanut Butter Pie	193
Sour Cream-Apple Pie	
Honey-Pumpkin Pie	
Frozen Hawaiian Pie	194
Peach-Pecan Pie	
Pumpkin Pie	195
Double Cherry Chocolate Pie	
Easy-Crust Apple Pie	196
Easy Pie Crust	
Inez's Never-Fail Pie Crust	
Pie Crust (2)	197
Never-Fail Pie Crust	
Meringue for Pie	198

Desserts

Apple Torte	198
French Vanilla Ice Cream	
French Chocolate Ice Cream	
Rhubarb Torte	199
Apple Torte	
Danish Puff	200
Sugarless Apple Pie Filling	
Black-Bottom Cupcakes	
Peach Crunch	201
Slushy Fruit Cups	
Cherry Strip	202
Raspberry Delight	203
Mom's Bread Pudding	204
Rhubarb Crunch	
Fresh Raspberry Pie	205
Frosty Strawberries	

Frozen Fudge Sundae Dessert	206
Grandmother's Corn Pudding	
Peanut-Chocolate Dessert	207
Poppy Seed Cookies	
Custard Bread Pudding	
Rhubarb Dessert	208
Four-Layer Dessert	
Fruit Pizza	209
Fresh Peach Cobbler	
Praline Cheesecake	210
Chocolate Dumplings	
Rice-Pumpkin Pudding	
Death-By-Chocolate	211
Linda Bar	
Rhubarb Butter Crunch	
Rhubarb Crunch	212
Vanilla Pudding Dessert	
Sugarless Pineapple Pie	213
Barb's Oatmeal Cake	
Apple (Dessert) Crisp	214
Fruit Pizza	
Easy Cherry Cheese	215
Hoe Cobbler	
Eggnog Dessert	
Sugar-Free Pie	216
Apple-Slice Dessert	
Peach Cobbler	217
Bing Cherry Salad or Dessert	
Oreo Dessert	
Peach Dumplings	218
Fruit Pizza	
Minute Cake	219
Best-Ever Apple Crisp	
Danish Rice Dessert	
Cream Puffs	220
Baked Custard	
Apple Pie Pizza	
Strawberry Delight Cake	221
Apple-Caramel Dessert	222
Pumpkin Pie Dessert	
Sherbet Dessert	223
Apple Crisp	
Four-Layer Dessert	224
Apple Crunch	
Ice Cream Crunch	
Blueberry Dessert	225

Cookies

World-Famous Sugar Cookies	
Kiss Cookies	
Easy Sugar Cookies	264
Homemade Oatmeal Cookies	
Danish Spritz Cookies	
Molasses Cookies	265
Chocolate Peanut Butter-Filled Cookies	
Everything Cookie	266
Drop Cookies	
Apricot-Coconut-Chip Cookies	
Date-Nut Cookies	267
Drop Cookie	
Jingle Bell Cookies	
Chocolate Temptations	268
Skor Cookies	
Chocolate Chip Cookies	
Dan's Cookies	
Snickerdoodles	269
Cut-Out Sugar Cookies	
Peppernuts	270
Oatmeal Drop Cookies	
Old-Fashioned Oatmeal-Raisin Cookies	271
Corn Flake Cookies	
Sour Cream Cookies	
Buttermilk Sugar Cookies	272
Grandma's Dunking Cookies	
Nutty Cracker Delights	
Graham Cracker Cookies	273
Chocolate-Top Peanut Cookies	
Chocolate Thumbprint Cookies	274
Never-Fail Sugar Cookies	
S'mores	
Gram's Connecticut Ginger Cookies	275
Oatmeal-Chocolate Chip Cookies	
Farmer Cookies	
Oatmeal Scotchies	276
Noels	
Shortbread Cookies	
Soft Molasses Sugar Cookies ...	277
Crunchy Oatmeal Cookies	
Peanut Butter Cookies	
Sugar Cookies	278
White Chocolate Macaroons	
M&M Cookies	
Peanut Blossom Cookies	279
Unbelievable Cookies	
Deluxe Sugar Cookies	
Orange Cookies	280
Monster Cookies	
Oatmeal Refrigerator Cookies ...	281
Snickerdoodles	
June Weaver's "Leave it to Beaver" Chocolate Chip Cookies	282
Gingersnaps	
Chocolate Turtle Cookies	283
Soft Sugar Cookies	
No-Bake Cookie	
Molasses Cookies	284
No-Bake Macaroons	
Crackjack Cookies	
Rice Krispie Treats for Kids	285
Unbaked Chocolate Cookies	
Sugar Cookies	
Frosted Orange Cookies	286
Cracked Sugar Cookies	
Danish Cream Wafer	287
Candy Bar Cookies	
Thumbprint Cookies	288
Sugar Cookies	
Banana Spice Cookies	
Salted Peanut Cookies	289
Rich Peanut Butter Cookies	
Gumdrop Cookies	290
Cookie Pizza	291

Cakes & Candies

Cakes

Heath Coffee Cake	
Amy's Chocolate Cake	293
Quick Angel Food Cake	
Wacky Cake	
Rum Cake	294
Rhubarb Cake	
Quick Fruit Cake	
Old-Time Apple Cake	295
Strawberry-Rhubarb Coffeecake	
Mom's Favorite Apple Cake	296

Dutch Boy		Soft Taco Shells	
Egg Casserole	330	Margaret's Party Mix	
Egg Dish		Cracker Snacks	
Fudgins	331	Oyster Party Mix	342
Breakfast Egg Casserole		Crab Quiche	
German Pancake and Syrup	332	Mom's Barbecue Sparerib Sauce	
Scrambled Egg Casserole		Oyster Crackers	343
County Brunch Skillet	333	Honey-Glazed Snack Mix	
Broiled Grapefruit		Honey Apple Dip	
Sun Pickles		Honey Barbecue Sauce	
Solar Dill Pickles	334	Honey Horseradish Mustard	344
7-Minute Microwave Bread and Butter Pickles		Addictive Crunch	
Easy Cucumber Pickles	335	Reindeer Nibbles	
Refrigerator Pickles	335	Haystacks	345
Mom's Cucumbers and Onions		Granola Cereal Snack	
No-Sugar Sweet Pickle Relish		Hot Fudge Sauce	
Piccalilli Relish	336	Old-Time Cake Filling	346
Green Tomato Relish		Pineapple Topping for Cake	
Strawberry Jam		Cocoa Fudge	
Watermelon Jelly	337	Easy Fudge Frosting	347
Rhubarb Jam		Grandma Larsen's Lemon Frosting	
Tomato Jam		Old-Time Popcorn Balls	
Strawberry Jam	338	Cinnamon Popcorn	348
Fresh Peach Jam		Jello Popcorn	
Salsa		Microwave Caramel Corn	
Green Tomato Mincemeat	339	Caramel Corn	349
Frozen Corn		Dog Treats	
French Dressing		Glenda's Pony Cakes	
"Super Good" Coleslaw Dressing	340	Bubbles	350
Mayonnaise Dressing		Happy Home Recipe	
Apple Salad Dressing		Preserved Children	
Simple Dressing for Fowl		Window Cleaner	351
Dressing for Coleslaw	341		

ORDER BLANK

NAME _____

ADDRESS _____

CITY & STATE _____ ZIP _____

How many copies? _____ Amount enclosed _____

Price per book \$10.00

Postage & handling 3.50

Total \$13.50

Please make checks payable to:

KJAN

Mail orders to:

KJAN

P.O Box 389
Atlantic, IA 50022

ORDER BLANK

NAME _____

ADDRESS _____

CITY & STATE _____ ZIP _____

How many copies? _____ Amount enclosed _____

Price per book \$10.00

Postage & handling 3.50

Total \$13.50

Please make checks payable to:

KJAN

Mail orders to:

KJAN

P.O Box 389
Atlantic, IA 50022

EXCELLENT FUND-RAISING IDEAS

In addition to printing cookbooks for fund-raising organizations, JUMBO JACK'S COOKBOOKS also offers the proven successful fund-raising products shown below. The products shown below are just a few of the many items you might select for your next fund-raising project, or perhaps in conjunction with your cookbook project. Any of these will be beautifully imprinted with your organization's logo and name.

If you are interested in helping your organization make money with these successful fund-raising products, just mark the products you'd like more information about, and give us your name and address.

Name _____

Address _____

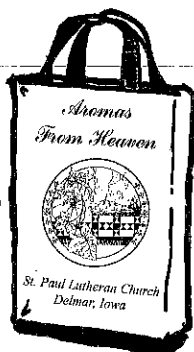
Phone _____

Tear out this page and mail it to:

JUMBO JACK'S COOKBOOKS
P.O. 247 • AUDUBON, IOWA 50025



☐ OVEN MITT



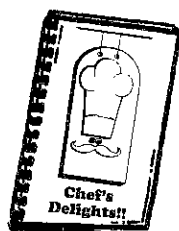
☐ TOTE BAG



☐ HOT PAD



☐ APRON



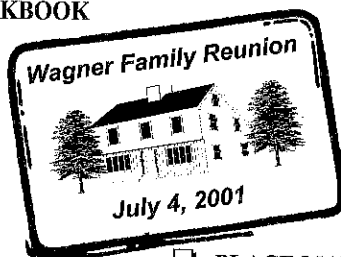
☐ COOKBOOK



☐ T-SHIRT



☐ MUG



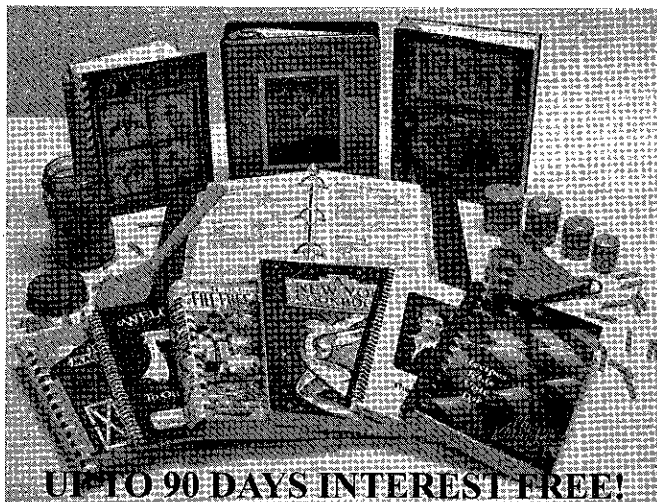
☐ PLACE MAT

Or, if you prefer, give Jeanne a toll free call at 1-800-798-2635, ext. 231
FAX: 1-712-563-3118 • COLLECT: 1-712-563-2635

We hope you are enjoying using this cookbook and find it useful in your kitchen. This book was printed by JUMBO JACK'S COOKBOOKS. If you are interested in having cookbooks printed for your organization, please write us for prices and details.

A cookbook is a good way for YOUR organization to make money.

If you are interested in more information, just tear out this page and mail it to us with your name and address, or just call us toll-free 1-800-798-2635.



**Featuring
the 3-ring
easel binder**

*We also do hardback covers,
square back wire covers, and
other types of binding.*

Yes - please send me more information!

Name _____


Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____

**Or, if you prefer, give Val (ext. 238), Mitzi (ext. 225),
or Mike (ext. 224) a call: Toll free: 1-800-798-2635;
Collect: 1-712-563-2635; or fax us: 1-712-563-3118.**

JJ **JUMBO**  **COOKBOOKS**
AUDUBON MEDIA CORPORATION
AUDUBON IA 50025 • 1-800-798-2635

Notes & Recipes

KJAN

[illegible]

Quick Fruit Cake	
Lemon Cake	
Never-Fail Pound Cake	297
Sausage Brunch Cake	
Apple Harvest Cake	298
Low-Fat Fresh Apple Cake	
Pineapple Angel Food Cake	
Dessert	299
Hershey's "Perfectly Chocolate" Chocolate Cake	
Cherry Cheesecake	300
Sugarless Applesauce Cake	
Good and Ugly Chocolate Cake	
Elegant Dessert Cake	301
Wacky Chocolate cake	
Gumdrop Cake	302
Mom's Angel Food Cake	
Fresh Apple Cake	303
Three-Day Cake/Coconut Cake	
Chocolate Mayonnaise Cake	
Chocolate Town Special Cake	304
Chocolate Applesauce Cake	
Turtle Nut Cake	
Date-Chocolate Chip Cake	305
Coffee Cake	
Best-Ever Cake	306
Kaye's Chocolate Cake	
Whacky Cake	
Mayonnaise Cake	307
Oatmeal Cake	
Pineapple Cake	
Sour Cream Coffee Cake	308
Chocolate Applesauce Cake	
Good, Easy Coffee Cake	309
German Chocolate Toffee	
Delight	
Zucchini Chocolate Cake	
Grated Carrot Cake	310
Danish Puff	
Good Zucchini Chocolate Cake	
Chocolate Rapture Cake	311
Overnight Coffee Cake	
Angel Food Cake	312
Bram Brak	
Apple Cake	
Happy Day Cake	313

White Texas Sheetcake	
Filled Coffee Cake	314
Lemon Cake	
Oatmeal Cake	
Fresh Apple Cake	315
Devils Food Hit-or-Miss Cake	
Easy Coffee Cake	
Chocolate Cake	316
Fresh Apple Cake	
Date Cake	
Fruit Cocktail Cake	317

Candies

Peanut Brittle	
Helga's Candy	
Del's Make-Believe Pralines	318
Kay's Karamels	
Anise Candy	
Peppermint Balls	319
Peanut Clusters	
Peanut Brittle Candy	
Cherry Mash Candy	320
Fudge	
Spiced Sugared Walnuts	
Sour Cream Fudge	321
Fate	
Morning Toast	
Buttery Cashew Brittle	322
Peanut Brittle	
Chocolate Fudge	323
Soda Cracker Toffee	
Never-Fail Party Pink Divinity	324
Candy Bars	
Rocky Road Candy	
Peanut Clusters	325
Turtles	326

Miscellaneous

Abelskiver	
Bedstemor's Abelskiver	
Danish Dumplings	327
Norwegian Waffles	
Millie's Buttermilk Pancakes	
Belgian Waffle	328
French Toast	
My Favorite French Toast	329

Lemon Sponge Pie	
Cobbler	226
Coconut Dessert	
Cream Puffs and Dumplings	
Homemade Ice Cream	227
Pumpkin Pie Crunch	
Strawberry Yum-Yum	
White Chocolate Cheesecake ...	228
"Different" Cupcakes	
Homemade Chocolate Pudding	
Mix	
Apple Crunch	229
Chocolate Chip Cheesecake	
Plum Soup	230
Fruit Crisp	231
Rocky Road Fudge Bars	232
Grasshopper Torte	
Possum Trot	
Butter Pecan Dessert	233
Chocolate Eclair Dessert	
Fruit Pizza	234
Glazed Pumpkin Pie Squares	
Carol Schuler's Dessert	235
Skillet Cake	236

Bars & Cookies

Bars

Pumpkin Bars	
Caramel Rice Krispie Bars	237
Pecan Slices	
Mixed Nut Bar	238
Peanut Butter Bars	
Mounds Bars	239
Marble Squares	
Easy Bars	
Chocolate-Cherry Bars	240
Pumpkin Bars	
Banana Bars	
Cherry Bars	241
Basic Brownies	
Danish Apple Bars	
Brownies	242
Chocolate-Caramel Bars	
Raisin Bars	243
Frosted Brownies	
Carrot Bars	244

Chocolate-Toffee Crescent	
Bars	
Hip Padder Bars	245
Brownies	
Oatmeal Carmelitas	246
Brownies	
Kraft Caramel Bars	247
Bar Cookies	
Caramel Bars	
Butterscotch Bars	248
Coffee Bars	
Cherry Custard Bars	
Fudge Nut Bars	249
Chocolate-Marshmallow Bars	
Twix Bars	250
Butterscotch Bars	
Club Cracker Wafer Bars	
Pumpkin Bars	251
Cream Puffs	
Brownies	252
Banana Bars	
Rhubarb Dream Bars	
Pumpkin Pie Squares	253
Brickle Bars	
Chocolate Malt Bars	254
Crackle Brownies	
Chocolate-Cherry Bars	
Chocolate-Oatmeal Bars	255
Three-Layer Keebler Bars	
Baby Food Bars	256
Dream Bars	
Brownies	257
Krumble Bars	
Raspberry Bars	258
Rhubarb Bars	
Lemon Bars	259
Danish Puff	
Chocolate Revel Bars	260
Cherry Brownies	
Treasure Chest Bars	261
Brownies	
"Everything but the Kitchen	
Sink" Bar Cookies	262
Sue McGinn's Fat-Free	
Pumpkin Bars	
Chocolate Brownies	263

Sweet-and-Sour Meat Loaf	155
Cranberry Pork Roast	
Barbecued Meat Balls	156
Barbecued Meat Balls	
Lemon Pheasant	157
Meat Balls Hawaiian	
Manwich Meat Loaf	
Sloppy Joe Under a Bun	158
Chicken Lasagna	
Creamy Chicken and Vegetables	159
"One-Skillet" Enchiladas	
Wild Rice and Chicken	160
Chicken and Rice Casserole	
Spaghetti Skillet	161
Breakfast Pizza	
Impossible Cheeseburger Pie	
Asian Beef and Noodles	162
Meat Loaf Deluxe	
Potato Pizza	
Hiland Potato Chip Turkey Stuffing	163
Chicken Pasta Parmesan	
Chicken-Broccoli Casserole	
Pasta alla Carbonara	164
Bubble Pizza	
Cavatini	
Crock-Pot Pizza	165
Easy Lasagna	
Texas Ranch Stew	
Favorite Beef Supper	166
Mom's Pizza	
Pepperoni Roll	167
Lasagna	
Beef Stroganoff	168
Hungarian Goulash	
Chicken Bundles	169
Pizza Spaghetti Pie	
Beef Stir-Fry	170
Beef and Noodle Casserole	
Tuna Ring	
Oven Spaghetti	171
Chicken and Noodles	
Cordon Bleu	
Beef Stew	172
Swiss 'N Chicken Casserole	
Vegetable Pizza	

Honey-Ginger Grilled Salmon	
Salmon and Lima Spoonettes ...	173
Best Meat Loaf	
Baked Spaghetti	
Spaghetti Chicken	174
Beef Stroganoff	
One-Dish Meal	
Beef Chow Mein	175
Souper Meat Loaf	
Easy Hamburger-Noodle Dish	
American Goulash	176
Beef Stroganoff	
Old-Fashioned Texas Chili	
Clean-Your-Plate Casserole	177
Pizza-Getti	
Inez Christensen's Noodles	
Spaghetti	178
Pork Chops O'Brien	
Chicken and Noodles	179
Shipwreck	
Helen Pont's Chicken and Noodles	180
Skillet Supper	
Hash Brown Quiche	
Noodles and Cabbage	181
Beef Stew	
Vegetable-Turkey Stew	
Beef Stew	182

Pies & Desserts

Pies

Sugarless Apple Pie	
Nancy's Lazy Peach Pie	
Quick Raisin Cream Pie	183
Banana Cream Pie	
Custard Pie	
Coconut Delight	184
Boston Cream Pie	
Peaches and Cream Pie	185
Sour Cream-Peach Pie	
Oatmeal-Pecan Pie	
Oatmeal Pie	186
"Dear Abby" Pecan Pie	
Sour Cream Raisin Pie	
Cool 'n Easy Pie	187
Lemon Pie	

Christmas Green and Red Jello ..	96
Ramen Slaw Salad	
Lemon Jello Salad	
Ham-Pasta Salad	97
Madonna Salad	
Cranberry Salad	
Lemon-Pineapple-Cheese Salad	
Wilted Lettuce Salad	98
Crunchy Salad	
Cherry Salad	99
Cranberry Salad	
Raspberry-Pretzel Salad	
Cottage Cheese Delight	100
Macaroni Salad	
Creamy White Fruit Salad	
Strawberry Salad.....	101
Cranberry Salad	
Favorite Macaroni Salad	
Screwy Noodle Salad	102
Fruit Salad	
Ritz Salad	
Oriental Salad	103
Cherry Jello Delight	
Royal Cherry Cola Salad.....	104
Fresh Fruit Salad	
Orange Tapioca Salad	
Mostaccioli Salad	105
Spinach-Orange Salad	
Orange Sherbet Salad	
Cranberry Salad for a Crowd	106
Vegetable Salad	
Shrimp Salad.....	107
Raspberry and Applesauce Salad	108

Casseroles

Tater-Crust Tuna Pie	109
Scalloped Chicken	
Ham and Cheese Casserole	110
Lasagna Tuna Casserole	
Chicken Casserole	
Hamburger Casserole	111
Green Bean and Hamburger Casserole	
Calico Beans Casserole	

Chicken-Vegetable Casserole...	112
Pizza Casserole	
Del's Scalloped Cabbage Casserole	
Chicken and Rice Casserole	113
Parmesan Potato Rounds	
Enchilada Casserole	
Carrot Casserole	114
Potatoes O'Brien	
Potatoes and Lit'l Smokies	
Corn and Noodle Casserole	115
Hamburger-Mashed Potato Casserole	
Beef Stroganoff	
Scalloped Chicken	116
Fruit Dressing	
Five-Soup Casserole	
Hamburger-Cheese Casserole	117
Zucchini Casserole	
Asparagus Casserole	
California Sunshine Casserole	118
Scalloped Corn	
Corn Noodle Casserole	
Oyster and Scalloped Corn	119
Chicken Chalupas	
Country Chicken Casserole	120
Chicken-Broccoli-Rice Casserole	
Hamburger-Corn Casserole	
Chicken Casserole	121
Three-Vegetable Casserole	
Corn Casserole	
Chicken Casserole	122
Easy Main Dish	
Mexican Lasagna	
Beef and Noodle Casserole	123
Fancy Macaroni and Cheese	
Cheese-Potato Casserole	124
Taco Pie	
Chicken and Macaroni Casserole	
Golden Anniversary Macaroni Casserole	125
Cranberry Baked Beans	
Chicken Casserole	

Monkey Bread	29
Honey Peach Bread	
Honey Cornbread	30
LaVonne's Yellow Bread	
Oatmeal Raisin Bread	31
White Bread	
Strawberry Bread	32
Three-Flour Bread	
Cinnamon Bread or Rolls	33
Johnny Cake or Cornbread	
Combread Muffins	
Oatmeal Muffins	34
Quick Buttermilk Rolls	
Bran Buns or Cinnamon Rolls	35
Batter Rolls	
Dad's Doughnuts	
Easy Cheese Rolls	36
Refrigerator Cinnamon Rolls	
Quick Banana-Nut Bread	
Bacon Swiss Bread	37
Salem Homes Bran Bread	
Icebox Buns	38
Cinnamon Puffs	
Cinnamon Bread in Breadmaker	
My Sister Norma's Quick Treat ...	39
Baking Powder Biscuits	
Oatmeal Yeast Rolls	
Angel Biscuits	40
Cinnamon Rolls	
Oatmeal Muffins	41
Raspberry Buttermilk Muffins	
Strawberry-Banana Nut Bread	
Apricot Bread	42
Basic Sweet Dough	
Apple Bread	
Speedy Roll Dough	43
Dilly Bread	
Easy Parmesan Breadsticks	44
Strawberry Muffins	
Butterscotch Crescents	45
Belgian Waffles	
Brown Oatmeal Rolls	
Bun or Sweet Dough	46
Oat Bran Muffins	
Mom Ehlers' Banana-Nut Bread .	47
Apricot-Banana Bread	48

Soups & Vegetables

Soups

Sue's Chili	
Curried Mushroom-Barley Soup ..	49
Carrot-Leek Soup	
Leek Soup (2)	50
Hearty Chili	
Fish Chowder	
Chili	51
Broccoli Soup	
Bernie's Old-Fashion Vegetable-	
Beef Soup	52
Baked Potato Soup	
Iowa Corn Chowder	
Baked Potato Soup	53
Confetti Chowder	
Best-Ever Beef-Vegetable	
Soup	54
Beef-Barley Soup	
Chili Con Carne	55
Broccoli-Cauliflower Cheese	
Noodle Soup	
Nine-Bean Soup	56
Chicken Soup	
Homemade Noodles	57
Cheesy Potato Soup	
Sausage and Cabbage Soup	58
Golden Cream Potato Soup	
Greasy Noodle Soup	
Potato Soup	59
Potato Soup	
Lentil Soup	
Clam Chowder	60
French Cabbage Soup	
Beef-Pasta Soup	
"Mom Cristy's" Potato Soup	61
Beefy Mexican Soup	
Caldo de Camaron	
Potato Soup	62
White Chili	63

Vegetables

Corn Casserole	63
Cass County Peppers	
Cooked Leeks	
Leeks with Cheese	64

KJAN

Dog Treats

2 c. rye flour	2/3 c. warm water
1/4 c. cornmeal	1 tsp. bouillon (any flavor)
1/4 c. flour	6 T. oil

Mix dry ingredients and add liquid. Roll out 1/4-inch thick. Cut in strips or with cookie cutters. Bake 40 minutes at 350°.

*Jacque Wickey,
Atlantic, IA*

Glenda's Pony Cakes

2 carrots, shredded	1/2 c. water
1 apple, shredded	1/2 c. flour
1/3 c. molasses	1/2 c. dry oatmeal
1/4 c. bran	A sprinkling of confectionery sugar
1/2 c. brown sugar	

Preheat oven to 400°; generously grease muffin tin. Mix carrots and apple in bowl with molasses, bran, brown sugar, water, flour and oatmeal. Mixture should have a thick, doughy consistency. Add more bran if needed. Scoop dough into muffin tin and sprinkle each with brown sugar. Bake 30 to 50 minutes, until cooked thoroughly. Let cool. Can garnish with a sprinkling of confectionery sugar. Yield: 6 muffins (pony cakes).

Watch your fingers--your horses will love them.

Favorite Memory: My favorite memory of KJAN is its people. Jim, Donna, Rod, Ric, LaVon and Jolene. Good folks all, making KJAN the station where our friends are!

*Glenda Farrier,
Atlantic, IA*

Bubbles

1 gal. water	1 tsp. cooking oil
1 c. Dawn dishwashing soap	

Mix ingredients. Purchase plastic fly swatters and cut diamond-shaped designs in the middle of plastic. Dip into liquid solution and wave through the air. Makes big bubbles and lots of fun.

Favorite Memory: Listening to "Worry Bird" every morning waiting for the bus to come.

*Jacque Wickey,
Atlantic, IA*

Grandma Larsen's Lemon Frosting

Juice of 1 lemon
1/2 c. sugar
3/4 c. water
2 T. cornstarch

2 T. water
2 egg yolks, beaten
Flaked coconut

Bring lemon juice, sugar and 3/4 cup water to a boil. Make paste of cornstarch and 2 tablespoons water. Add slowly to syrup, stirring constantly. Cook until thick and clear. Add small amount to egg yolks; stir and add to remaining mixture. Cook until thick. Cool a few minutes. Spread on chocolate cake and sprinkle with coconut.

Barba Jean Duvall

Old-Time Popcorn Balls

20 c. popped popcorn (1 c.)
2 c. sugar
1 c. water
Food coloring (opt.)

1/2 c. light corn syrup
1 tsp. vinegar
1/2 tsp. salt
1 tsp. vanilla

Cook sugar, water, corn syrup, vinegar, salt and vanilla to a soft crack stage (270°). Add coloring, if desired, and pour over popped popcorn; stir and form balls using waxed paper or buttered hands.

Carole J. Jensen

Cinnamon Popcorn

(Pink)

6 qt. unsalted popcorn
1/4 c. light corn syrup
1 c. sugar
1/2 c. margarine
1/2 tsp. salt

1/2 tsp. red food coloring
1/2 tsp. baking soda
1/4 tsp. cinnamon oil
(purchased at drug store)

Place popped corn in large, microwave-safe bowl or extra-large measuring cup. In mixing bowl, combine corn syrup, sugar, margarine and salt. Microwave to boiling (about 3 minutes), and stir. Continue microwaving about 2 minutes. Remove from microwave. Carefully add red coloring, baking soda and cinnamon oil. Cautiously pour mixture over popped corn and stir with wooden spoon to coat popcorn. Microwave 45 seconds and stir. Repeat twice. Cool. Serve.

Carolyn Steele

Granola Cereal Snack

4 c. old-fashioned rolled oats	1 1/4 c. firmly-packed brown sugar
1 c. dry Carnation nonfat dry milk	1/4 c. water
1/2 c. wheat germ	3/4 c. oil
1/2 c. chopped almonds or pecans	2 tsp. vanilla
1 T. ground cinnamon	1/2 c. raisins

Combine oats, dry milk, wheat germ, nuts and cinnamon in a large bowl. Heat sugar and water to a full boil; cool. Stir in oil and vanilla. Stir into oat mixture. Spread on a 10 1/2 x 15 1/2 x 1-inch jellyroll pan. Bake in very slow oven (200°) for 2 hours, or until dry, stirring every 30 minutes. Cool. Stir in raisins. Store in airtight container. Yield: 8 1/2 cups; 281 calories per 1/2 cup serving.

***Favorite Memory:** That KJAN is a great supporter of 4-H. This granola recipe made by Tina received a purple ribbon at Cass County Fair and a blue ribbon at the Iowa State Fair in 1991.*

Sandy Kneisel

Hot Fudge Sauce

6 oz. chocolate chips	1 (12 oz.) can evaporated milk
1 stick butter	1 1/2 c. powdered sugar

Melt chocolate chips and butter in a large, heavy saucepan. Add evaporated milk and powdered sugar. Boil 1 minute. Reduce heat and cook 3 to 5 minutes, or until thick. Cool. Add 1 teaspoon vanilla.

Terrific topping for ice cream.

Note: Can be reheated in a microwave.

**Erin and Kara Ronnfeldt,
Avoca, IA**

Old-Time Cake Filling

5 egg yolks	1 c. sour cream
1 c. sugar	1 c. chopped nuts

Beat egg yolks; add sugar and sour cream. Cook in double boiler until thick. Remove from heat; add nuts and cool. Put between cake layers.

In Memory of Mabel Bailey

Honey-Glazed Snack Mix

8 c. Crispix cereal
3 c. mini pretzels
2 c. pecan halves

2/3 c. butter or margarine
1/2 c. honey

In a large bowl, combine cereal, pretzels and pecans; set aside. In a small saucepan, melt butter; stir in honey until well blended. Pour over cereal mixture and stir to coat. Spread into 2 greased 10x15x1-inch baking pans. Bake at 350° for 12 to 15 minutes, or until mixture is lightly glazed, stirring occasionally. Cool in pan for 3 minutes; remove from pan and spread on waxed paper to cool completely. Store in airtight container. Yield: about 12 cups.

This recipe won first place at the Iowa State Fair.

*Donna Brahms,
3 Bee Honey Farms*

Honey Apple Dip

1 (8 oz.) pkg. cream cheese
3/4 c. brown sugar

1/2 c. honey
1 tsp. vanilla

Combine all ingredients and mix well. Serve with sliced apples or other fresh fruit.

*Donna Brahms,
3 Bee Honey Farms*

Honey Barbecue Sauce

1 (10 oz.) can condensed
tomato soup
1/2 c. honey
2 T. Worcestershire sauce

2 to 3 T. vegetable oil
1 T. lemon juice
1 tsp. prepared mustard

Combine all ingredients in medium saucepan. Bring to a boil. Reduce heat; simmer 5 minutes. Yield: 2 cups.

*Donna Brahms,
3 Bee Honey Farms*

Honey Horseradish Mustard

2 (8 oz.) jars grainy Dijon
mustard
1/3 c. honey

1/4 c. horseradish
2 T. chopped capers (opt.)

In a bowl, mix all ingredients. Scrape into clean jars. Cover and refrigerate. Yield: 2 1/4 cups.

Note: Will store 6 months in refrigerator.

*Donna Brahms,
3 Bee Honey Farms*

Soft Taco Shells

3 eggs
3/4 c. milk
4 T. cornmeal

3 T. salad oil
1 1/2 c. cornstarch

Beat eggs and milk. Add cornmeal, oil and cornstarch; mix well. Pour approximately 1/3 cup (short) of batter into a hot skillet coated with oil. Cook until lightly browned on both sides. Serve with your favorite filling. A double batch works well for a family of 4.

Arlene L. Drennan

Margaret's Party Mix

2 sticks margarine
1/2 tsp. garlic salt
4 tsp. lemon juice
14 c. Crispix (1--12.3 oz. box)
2 (12 oz.) cans mixed nuts
5 c. Wheat Chex
1 lg. bag Snacken's

1 1/4 tsp. seasoning salt
1/2 tsp. onion salt
3 T. Worcestershire sauce
3 to 4 c. mini pretzels or sticks
5 c. Rice Chex
5 c. Cheerios

Melt margarine; mix with spices, juice and Worcestershire sauce. In a large roaster, mix all cereals, nuts, etc. together. Pour margarine mixture over it and mix thoroughly. Bake for 1 hour at 250°, stirring every 15 minutes. Spread on paper towels to cool.

Margaret Parmley

Cracker Snacks

2 pkg. oyster crackers
2 pkg. Hidden Valley Ranch
mix (dry)

1 c. oil (Wesson)
Garlic salt

Put oyster crackers and Hidden Valley Ranch mix in a large pan. Also add garlic salt or leave out. Heat oil until warm only. Pour over mixture; stir well. Store in container.

Mary Jane Nielsen

Oyster Party Mix

2 pkg. Zesta oyster crackers
1 c. vegetable oil, heated
slightly

1 pkg. Hidden Valley dressing
(dry)
1/2 tsp. dill weed

Pour oil over oyster crackers; stir well. Sprinkle dressing and dill weed over crackers. Store in a large Tupperware container; shake well.

Note: Keeps well if you freeze it.

Helen Kopaska

Frozen Corn

35 lg. ears sweet corn
1 lb. butter

1 pt. half & half

Cut washed corn off cob and put in large roaster (you should have about 20 cups of cut-off corn). Add butter and half & half. Place, uncovered, in 325° oven. Bake 1 hour, stirring well every 15 minutes. Remove from oven and set into icy water (don't get water into corn) until cool. Package and freeze.

Favorite Memory: *I used to love waking up to the "Good Morning" song.*

*Joan C. Sorensen,
Audubon, IA*

French Dressing

1/2 c. sugar
1/4 c. catsup
3 T. honey
1/4 c. vinegar

1 c. Mazola oil
1 tsp. Worcestershire sauce
3 tsp. chopped onion, or
1/4 tsp. onion salt

Beat first 5 ingredients with beater for 3 minutes. Add Worcestershire sauce and chopped onion, or onion salt if desired. Yield: 1 pint.

Pearl Penton

"Super Good" Coleslaw Dressing

1 c. sugar
1/2 c. white vinegar
1 c. salad oil
1 tsp. celery seed

1 tsp. salt
1 tsp. dry mustard
1 sm. onion, diced

Blend all ingredients together until very creamy. Store in a covered pint jar in refrigerator. Keeps very well.

Note: Use finely-grated cabbage and carrots, and finely-chopped green pepper to taste. Mix with appropriate amount of dressing for coleslaw. Also keeps well.

Favorite Memory: *I remember waking up in 1958 to the news that the Nishnabotna had flooded. My folks, Marinus Andersen's, home south of Exira overlooks the river. We had to call them to see if it was true and they assured us that it was. We went to their home west of Highway 71 on a hilltop and it was a sight to see. I also remember the "Amateur Hour" on Saturday afternoons. One favorite song of the performers was "It Is No Secret."*

Elna Nissen

Rhubarb Jam

10 c. rhubarb, cut
7 1/2 to 8 c. sugar

2 (3 oz.) pkg. orange or
strawberry Jello, or 2 (3 oz.)
pkg. raspberry Jello

Mix rhubarb and Jello; let stand at least 6 hours, or overnight. Stirring occasionally, bring to a boil and cook 8 minutes. Mash rhubarb with potato masher. Add 4 packages of Jello; stir until completely dissolved. Have boiling--put into sterilized jars and seal. Yield: 5 pints.

Note: I freeze these and it keeps very well.

Favorite Memory: *We always enjoyed Bob Kelso and Bob Einhaus, and many more that have come and gone in the past years. Also Mike James very much!*

Mrs. Loren Petersen

Tomato Jam

1 (3 oz.) pkg. lemon-flavored
Jello

2 c. sugar
3 c. chopped tomatoes

Cook sugar and tomato in saucepan. Stir frequently until it boils. Reduce and boil 12 minutes. Remove from heat and stir in lemon Jello; stir well. Pour into 3 preheated 4 ounce jars. Refrigerate to store due to Jello.

Emma Marie Heyne

Strawberry Jam

3 qt. strawberries, cleaned
& washed (cut or chopped)

3 qt. sugar
3 T. white vinegar

Mix strawberries and sugar; you can let this set and soak overnight. Bring to a hard boil 3 to 4 minutes. Remove from heat, then add 3 tablespoons vinegar. Boil another 12 to 15 minutes, until set a little on a spoon. Skim off foam. Let set until just warm. Stir several times. Put into clean, sterilized jars. You can put paraffin on top. I like to put in refrigerator or freeze. Yield: 6 jelly jars.

This recipe has been in my family for a long time. I can remember in 1945, picking strawberries--my mom making the jam, then having it on homemade bread. We always had our own strawberries until the last 10 years.

Favorite Memory: *I like your Christmas program, especially the stories and poems you used to do, I think the man's name was Bob. Good job in reporting on the rain storm June 1998. Kept me on the watch here in Harlan.*

Margie Gubbels

Mom's Cucumbers and Onions

1/4 c. sugar	2 to 3 cucumbers
1/2 c. vinegar	Sliced onions
1 c. water	Celery seed
Salt & pepper	Green peppers (opt.)

Soak sliced cucumbers and onions in salt water for 1/2 hour. Rinse in clean water. Add sugar, vinegar, water, salt, pepper and pinch of celery seed. Sliced green pepper may also be added.

Favorite Memory: Favorite advertising promotion for the town was "Favorite Paper Plate Drop". Airplane dropped plates with advertisements on it and then was redeemed downtown.

Daughter Connie May

No-Sugar Sweet Pickle Relish

(For Diabetics)

5 1/2 c. ground cucumbers	2 med. stalks celery
1 sm. onion	1 sm. jar pimentos
1 med. green pepper	

SYRUP:

2 c. white vinegar	1 tsp. mustard seeds
1 c. unsweetened apple juice	1 tsp. cinnamon
1 T. Nu-Salt	1 tsp. allspice
1 tsp. celery seeds	2 c. Equal Spoonful

Remove seeds from cucumbers. Grind together cucumbers, onion, green pepper, celery and pimentos. Pour cold water over mixture. Let stand for 10 minutes, then drain and set aside. Combine vinegar, apple juice, Nu-Salt, celery seeds, mustard seeds, cinnamon and allspice. Add to cucumber mixture. Bring to a boil, then simmer for 30 minutes. Add Equal; mix well. Put into sterilized jars and seal. Yield: 6 pints.

Bernard Lauritsen

Piccalilli Relish

24 green tomatoes	3 c. vinegar
4 green peppers	1 c. water
2 red peppers	4 tsp. mustard seed
4 onions	2 tsp. celery seed
5 c. sugar	1 tsp. salt

Grind tomatoes, peppers and onions together; let drain 2 hours. Mix sugar, vinegar, water, mustard seed, celery seed and salt. Add to vegetables. Cook together 30 minutes; pour into jars and seal hot. Yield: 7 pints.

This is a very good relish I have made for many years.

Mrs. Loren Petersen

Broiled Grapefruit

1 med.-to-lg. grapefruit
Brown sugar

Cinnamon

Wash outside of grapefruit; lay on side and cut in half. With grapefruit knife (or serrated knife), cut around fruit, between fruit and rind. Snip out center membrane. Sprinkle fruit with brown sugar. Then sprinkle with cinnamon. Drop a maraschino cherry in center of fruit. Broil in oven until bubbly and rind pulls slightly away from fruit. Serve hot.

Marvel Van Ginkel

Sun Pickles

4 1/2 c. water
1 3/4 c. white vinegar
4 1/2 T. sugar

4 1/2 T. salt
5 stems dill
6 to 8 cloves garlic

Boil water, vinegar, sugar and salt. Fill a 1 gallon glass jar with cucumbers. Add dill and garlic to jar. Pour brine over cucumbers and seal tightly (if short brine, make more). Place jar in sun for 4 to 5 days. Ready to eat. Cool and then refrigerate.

Leland Schlueter

Solar Dill Pickles

6 1/2 c. water
3 1/4 c. vinegar
2/3 c. canning salt
Cucumbers (sm. are best),
enough to fill gal. jar

1/2 bud or 6 cloves garlic*
1 tsp. powdered alum
2 (or more) sprigs dill

*Sliced onion may be substituted for garlic.

Wash cucumbers and put in gallon jar. Mix ingredients and add to jar. Set in sun 3 to 5 days. Then refrigerate and enjoy.

Gloria Hansen

Breakfast Egg Casserole

12 slices bread, diced	2 T. flour
3 c. cubed ham	12 eggs
3 T. minced onion	3 tsp. prepared mustard
5 c. shredded Cheddar cheese	4 1/2 c. milk

Arrange bread cubes in greased (well sprayed) pan. Top with ham, onion, cheese and flour. Beat eggs; add mustard, milk, salt and pepper. Blend well. Pour over other mixture. Cover and refrigerate overnight. Bake 1 1/2 to 2 hours, until mixture is set in center of pan, at 350°. Yield: 12 servings.

Ronda Harry

German Pancake and Syrup

PANCAKE:	1 c. all-purpose flour
6 eggs	1/2 tsp. salt
1 c. milk	2 T. butter or margarine, melted
SYRUP:	
1 1/2 c. sugar	2 T. corn syrup
3/4 c. buttermilk	1 tsp. baking soda
1/2 c. butter or margarine	2 tsp. vanilla

Powdered sugar

Place first 4 ingredients in blender; process until smooth. Spray a 9x13-inch pan. Add 2 tablespoons melted margarine or butter. Then pour pancake batter in. Bake, uncovered, at 400° for 20 minutes. Dust with powdered sugar.

Meanwhile, in saucepan, combine first 5 sauce ingredients. Bring to a boil, continue to lightly boil for 7 minutes, stirring constantly. Remove from heat; add vanilla.

Linda Firebaugh

Dutch Boy

FOR 6"x10" PAN:

1/4 c. oleo	3/4 c. milk
3 eggs	3/4 c. flour

FOR 8"x8" PAN:

1/3 c. oleo	1 c. milk
4 eggs	1 c. flour

FOR 8"x12" PAN:

1/2 c. oleo	1 1/4 c. milk
5 eggs	1 1/4 c. flour

FOR 9"x13" PAN:

1/2 c. oleo	1 1/2 c. milk
6 eggs	1 1/2 c. flour

Put oleo in pan and put into 450° oven. Then mix batter of eggs, milk and flour quickly while oleo melts, blending eggs, milk and flour well. Remove pan from oven and pour batter into hot, melted oleo. Return to oven and bake until puffy and well browned, 20 to 25 minutes, until puffy and well browned, 20 to 25 minutes. Dust with nutmeg, if desired. Serve immediately with powdered sugar and fresh lemon, warm syrup, fresh fruit or hot fruit, cinnamon and sugar, or sour cream.

*Audubon Co. Memorial Hospital,
submitted by JoAnn Barten*

Egg Casserole

8 eggs, well beaten	2 c. milk
24 crushed soda crackers	4 T. chopped onion & green pepper
2 c. cubed ham	
2 c. cubed Velveeta cheese	

Mix in order given. (I only use half the onion and peppers.) Pour into a well-greased 9x13-inch baking dish. Bake at 350° at least 1 hour, until a knife comes out clean. Do not overbake. Let set 5 minutes before serving.

Helen Kopaska

Norwegian Waffles

4 eggs
1/2 c. sugar
1/4 c. butter, melted

1 tsp. baking soda, with 1/2 c.
sour cream
2 c. buttermilk
1 1/2 c. flour

Separate eggs. Beat whites until stiff. Beat egg yolks and sugar. Add remaining ingredients. Fold in beaten egg whites. If batter seems too thin, add a little more flour. Bake in a hot waffle iron.

These waffles will be thinner and softer than regular waffles, but are delicious warm or cold.

Deb Lamb

Millie's Buttermilk Pancakes

2 c. sifted flour
2 T. sugar
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt

6 T. dry buttermilk
4 eggs
2 c. water
4 T. shortening or oil

Sift dry ingredients together. Combine beaten eggs, water and melted shortening. Add dry ingredients, beating quickly. Beat until lumps disappear. Bake on greased griddle. Yield: about 4 servings.

Variation: May use 2 cups fresh buttermilk in place of dry and water.

*Maxine F. Blunk,
Atlantic, IA*

Belgian Waffle

1 pkg. dry yeast
2 c. lukewarm milk
4 eggs, separated
1 tsp. vanilla

2 1/2 c. sifted flour
1/2 tsp. salt
1 T. sugar
1/2 c. melted butter

Sprinkle yeast over warm milk. Stir to dissolve. Beat egg yolks and add to yeast mixture with vanilla. Sift together flour, salt and sugar; add to liquid ingredients. Stir in melted butter and combine thoroughly. Beat the egg whites until stiff; carefully fold into batter. Let mixture stand in a warm place about 45 minutes, or until mixture doubles in bulk. Use 7/8 cup mix per waffle. Yield: 5 Belgian waffles.

Alice Brown