

OLDIES BUT GOODIES



50th Anniversary

GULF STATES UTILITIES COMPANY

Oven

OVEN CARE

The oven should be cold before cleaning. Clean oven immediately after spill-overs. After broiling, wipe oven walls with soapy water. Rinse and dry. Better still, use the new electric self-cleaning oven.

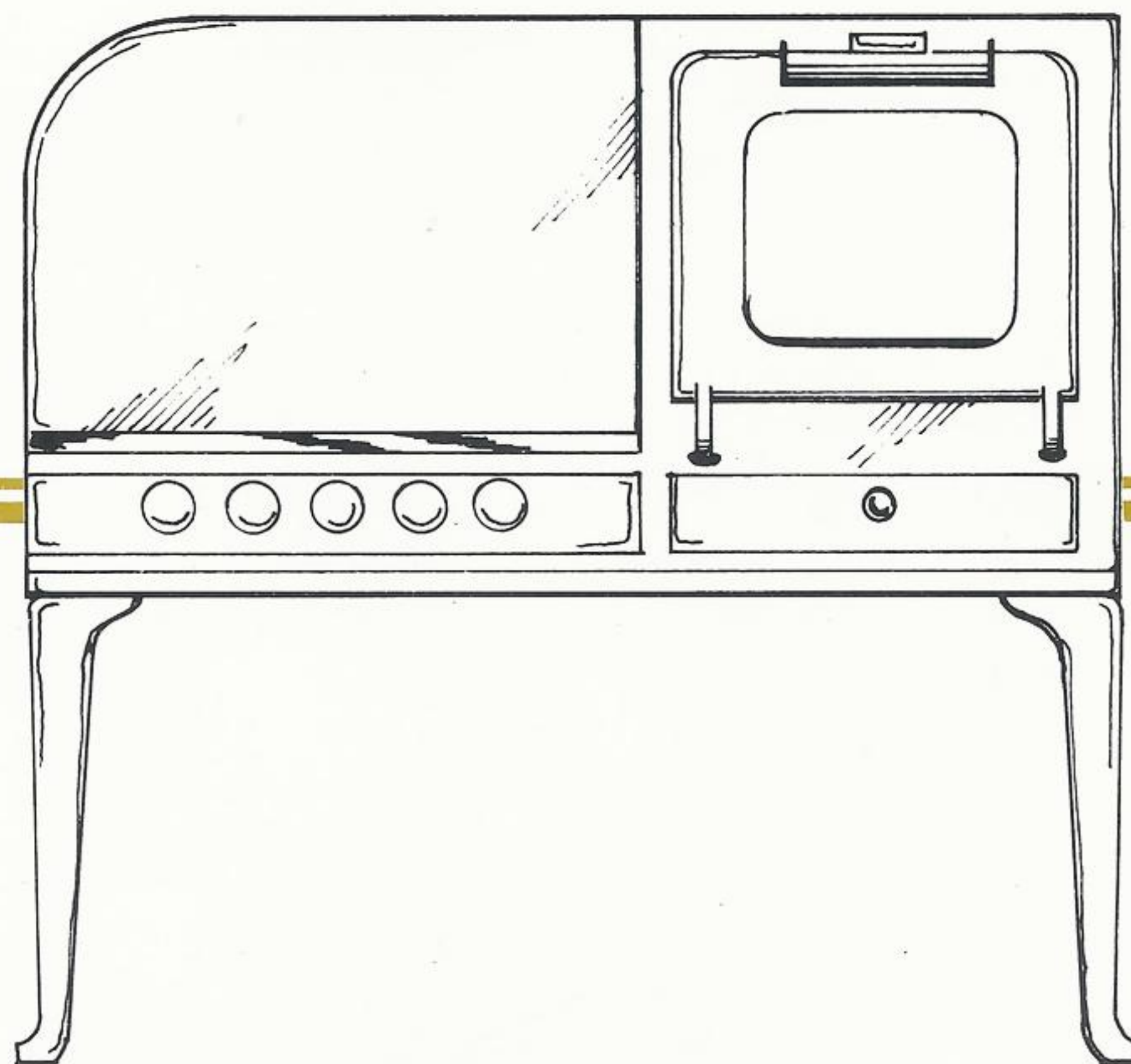
Ovens which are not self-cleaning should occasionally be cleaned throughout. It may be done by following the directions of several commercially prepared cleaners or by following these instructions: If grease or other food has cooked onto porcelain, pretreat with household ammonia. Place $\frac{1}{2}$ cup of ammonia in a shallow dish in the oven and leave overnight with oven door closed. Next day take out oven racks and scrub them with a steel brush. Remove units (if they are removable). Units should not be immersed in water. In cleaning oven lining, use a mild abrasive or steel wool pads to remove burned-on spots. When replacing oven units be sure contacts are pushed firmly into the outlet.

APRICOT PASTRIES

One 8 oz. can refrigerated
crescent dinner rolls
 $\frac{1}{2}$ cup apricot preserves

1 cup dairy sour cream
1 egg, beaten
1 Tbsp. sugar
1 tsp. vanilla

Unroll crescent rolls but do not separate. Place onto large greased cookie sheet, making one layer of dough. Pat all perforation holes together. Spread with preserves. Bake at 425 degrees 15 minutes. Reduce heat to 325 degrees and remove rolls. Combine sour cream, egg, sugar and vanilla; spread evenly over hot rolls. Return to oven and bake 5 more minutes. Cut and serve warm. Makes 10 to 12 pastries.



CHOCOLATE SHEET CAKE

$\frac{1}{2}$ cup butter or margarine
 $\frac{1}{2}$ cup shortening
1 cup water
 $\frac{1}{4}$ cup cocoa
 $\frac{1}{2}$ tsp. salt

2 cups sifted flour
2 cups sugar
 $\frac{1}{2}$ cup buttermilk
2 eggs, beaten
1 tsp. soda
1 tsp. vanilla

Melt butter and shortening in saucepan using lowest heat position on range. Add water, cocoa and salt and bring to a boil. Combine flour and sugar in large mixing bowl. In separate mixing bowl combine buttermilk, eggs, soda, and vanilla. Combine all three mixtures in the large mixing bowl and beat 2 minutes on medium speed of mixer. Pour batter into a greased 13 x 9 x 2 inch pan, spreading evenly over bottom of pan. Bake at 350 degrees 30 minutes. Top cake with Chocolate Icing while still warm.

CHOCOLATE ICING

$\frac{1}{2}$ cup butter or margarine
6 Tbsps. milk
1 tsp. vanilla

$\frac{1}{4}$ cup cocoa
One 1 lb. box powdered
sugar
1 cup chopped pecans

Melt butter in saucepan using lowest heat position. Add milk and vanilla and heat. Blend in remaining ingredients and spread over warm cake.

REMINDERS FOR BAKING

- *Preheating: Turn oven on. It takes 6 minutes or less to preheat for most baked foods. Preheat oven for such products as cakes, breads, pies and pastries. No preheating required for roasts, hams, turkeys and oven meals.*
- *Pull out the shelves for putting foods into and taking them out of the oven. So easy and convenient.*
- *Center food in oven.*

- *When baking 3 or more layers of cakes, pies, loaves of bread, etc., stagger the pans. Do not place one above the other. For proper circulation of heat, pans should not touch each other, the sides or the door of the oven.*
- *Use oven heat wisely. Cook vegetables and desserts when baking a meat dish. Let automatic time clock turn oven on and off for oven meals.*
- *Keep oven door closed for fast, economical baking. Use convenient minute timer for timing foods.*

OVEN MEAL

TUNA CASSEROLE FROZEN VEGETABLES QUICK FRUIT CRUMBLE DESSERT

375 degrees

30 minutes

TUNA CASSEROLE

One 10 $\frac{3}{4}$ oz. can cream of mushroom or celery soup
 $\frac{1}{2}$ cup milk
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ tsp. minced dry onion
One 6 $\frac{1}{2}$ oz. can tuna (chunk style)
One 3 oz. can chow mein noodles

Combine soup, milk, pepper and onion; stir until well blended. Empty tuna into a strainer, drain and rinse slightly with cool water to remove salt. Place tuna in a greased 1 quart baking dish; break into bite size pieces with a fork. Add $\frac{1}{2}$ can chow mein noodles. Pour diluted soup over tuna and noodles. Top with remaining noodles. Bake uncovered with oven meal and serve hot. Add a sprig of parsley, a sliver of pimiento or slices of stuffed olive to garnish. Serves 4 to 5.

FROZEN VEGETABLES

One 10 oz. pkg. frozen vegetables (green peas, corn or mixed vegetables)
2 Tbsps. water
2 Tbsps. butter or margarine
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper

Place all ingredients in 1 quart casserole. Cover and cook with oven meal.

QUICK FRUIT CRUMBLE DESSERT

One 1 lb. 5 oz. can crushed pineapple
One 18 oz. pkg. pound cake mix
 $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{3}$ cup melted butter or margarine

Drain pineapple slightly, leaving it fairly moist. Pour into 8 x 8 x 2 inch greased baking dish. Sprinkle with cake mix, nuts and melted butter. Bake with oven meal. Serve warm with whipped cream, ice cream or just plain.

M & M COOKIES

1 cup brown sugar, packed
 $\frac{1}{2}$ cup sugar
1 cup butter or margarine
2 eggs
 $1\frac{1}{2}$ tsps. vanilla
 $2\frac{1}{4}$ cups flour
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ cups M & M chocolate candies

Cream sugars, butter, eggs and vanilla together in large mixing bowl. Mix unsifted flour with soda and salt; spoon into creamed mixture and blend well. Add 1 cup of M & M's to the creamed mixture. Drop by teaspoonsful on ungreased cookie sheet or shape dough into balls. Place remaining M & M candies on top of each and press down. Bake at 375 degrees 7 to 8 minutes.

QUICK PEACH COBBLER

One 1 lb. 6 oz. can peach pie filling
1 tsp. lemon juice
One 9.5 oz. can refrigerated cinnamon rolls

Place peach pie filling in 8 inch cake pan and sprinkle with lemon juice. Arrange rolls on top. Bake at 375 degrees 30 minutes. Spread Powdered Sugar Glaze on top while warm.

POWDERED SUGAR GLAZE

2 Tbsps. warm water
1 cup sifted powdered sugar
 $\frac{1}{4}$ tsp. vanilla

Add water to sugar and stir to blend. Add vanilla.

POPPY SEED BOW KNOTS

One 8 oz. can refrigerated biscuits
 $\frac{1}{4}$ cup butter or margarine, melted
Poppy seed

Roll biscuits between palms of hands until each is about 4 inches long. Tie into knots, brush with melted butter and sprinkle with poppy seed. Place on cookie sheet and bake at 400 degrees 8 to 10 minutes.

HOT CHICKEN SALAD

3 cups diced cooked chicken	2 Tbsps. pimiento, chopped (optional)
2 cups chopped celery	
1/2 cup chopped green pepper	1/2 cup mayonnaise
3 hard cooked eggs, chopped	3 Tbsps. lemon juice
1/2 cup chopped nuts (optional)	Dash cayenne pepper
	Salt and pepper to taste
	1 cup crushed potato chips

Combine all ingredients except potato chips. Spoon into lightly greased 1 1/2 quart casserole. Sprinkle with crushed potato chips and bake at 375 degrees 20 minutes. Serves 6 to 8. (Cooked turkey or crab meat may be used instead of chicken.)

TUNA PINWHEEL ROLL

2/3 cup milk	1/4 cup chopped parsley (or 1 Tbsp. dry minced)
2 cups biscuit mix	
One 13 oz. can tuna	1/4 tsp. pepper
1/2 cup chopped onion	1 egg, slightly beaten
1/2 cup grated sharp cheese	One 10 3/4 oz. can Cheddar cheese soup

Add milk all at once to biscuit mix. Stir with a fork to make a soft dough. Toss on a floured surface to prevent sticking and knead lightly. Roll dough into a rectangle 15 x 10 inches on floured waxed paper. Mix remaining ingredients except soup. Spread on prepared dough. Roll up beginning at wide side of dough. Seal edges and slice 1 1/2 inches thick. Place slices two inches apart on greased cookie sheet. Bake at 425 degrees 15 minutes. Heat undiluted soup on medium heat. Serve over individual pinwheels. Serves 6.



SOUR CREAM COFFEE CAKE

2 eggs	1/2 of one 9 1/2 oz. pkg. coconut pecan frosting mix
1/2 cup dairy sour cream	
1/2 of one 18 oz. pkg. yellow cake mix	2 Tbsps. butter or margarine

Mix eggs and sour cream; add cake mix. Place half of batter into greased and floured 8 x 8 x 2 inch cake pan. Cover with frosting mix. Add remaining batter; dot with butter. Bake at 350 degrees 30 minutes.

MICROWAVE OVEN: Use a 9 inch glass baking dish. Cook 7 minutes, turning pan one quarter turn at 2 minute intervals. If more browning is desired, place in a conventional oven preheated to 425 degrees 5 minutes.

CREOLE CORN MUFFINS

2 eggs, well beaten	2 Tbsps. pimientos
1 1/2 cups milk	3/4 cup grated cheese
3/4 cup cooking oil	2 1/4 cups flour
2 Tbsps. chopped green pepper	1 tsp. salt
2 Tbsps. chopped onion	2 Tbsps. baking powder
	2 Tbsps. plus 1 tsp. sugar
	1/4 cup cornmeal

Mix eggs, milk and oil. Combine pepper, onion, pimientos, cheese, flour, salt, baking powder, sugar and cornmeal. Add milk mixture and stir only to mix. Spoon into greased muffin tins and bake at 400 degrees 20 minutes.

PEACH COFFEE CAKE WITH CARAMEL TOPPING

2 cups biscuit mix	1 egg
1/4 cup sugar	3/4 cup milk
2 Tbsps. cooking oil	One 1 lb. can sliced peaches, drained

Blend all ingredients except peaches to make batter. Pour into a greased 9 x 9 x 2 inch cake pan. Arrange sliced peaches on top of batter. Sprinkle with topping. Bake at 400 degrees 20 to 25 minutes. Serves 6 to 8.

TOPPING

1/3 cup brown sugar	1/3 cup flour or biscuit mix
1/3 cup butter or margarine	1/2 tsp. cinnamon

Blend ingredients with a fork or pastry blender until crumbly.

Broiler

REMINDERS FOR BROILING

In the brilliant glow of the electric broiler, some of the finest foods are cooked. This is a simple direct-heat method. Learn to broil—it's quick.

- *Use broiler pan and rack for steaks and hamburger, chicken, bacon, ham, etc. It lets the fat drip through the slots to reduce spattering.*
- *Place food correct distance from unit—up close for rare—farther away for medium and well done.*
- *Leave oven door ajar to "broil" position. Remember—steaks and hamburger patties need to be at least $\frac{3}{4}$ inch thick to broil in oven. If they are thinner than this—panbroil them.*

RANGEBURGERS

$\frac{1}{4}$ cup butter or margarine	1 lb. lean ground beef
1 Tbsp. grated onion	Lettuce
$\frac{1}{4}$ tsp. Worcestershire sauce	Tomato
6 hamburger buns	Pickles

Combine softened butter, onion and Worcestershire sauce. Split buns and spread both sides with this mixture. Divide ground beef into 12 portions. Place each portion of meat between two pieces of waxed paper and spread thin using spatula. Make pattie slightly larger than bun; then place thin meat pattie on both the bottom and top side of buttered buns. (Each finished hamburger will have two thin patties of meat.) Make sure meat covers entire bun surface. Place on cookie sheet or broiler rack with meat side up. Broil 4 to 5 inches from unit 10 to 12 minutes. All juices will cook into bun. Add lettuce, tomatoes and pickle; serve hot. These can be packaged as open face sandwiches and frozen until ready to broil. Makes 6 sandwiches.

BOLOGNA BROILER MEAL

1 Tbsp. brown sugar	Dash pepper
1 Tbsp. honey	Four $\frac{1}{2}$ inch slices bologna
$\frac{1}{4}$ cup orange juice	or cooked ham
One 1 lb. can whole kernel corn, drained	Eight $\frac{1}{2}$ inch slices tomato
2 Tbsps. butter or margarine	2 Tbsps. melted butter or margarine
$\frac{1}{8}$ tsp. salt	Salt and pepper to taste

Mix sugar, honey and juice. Mix corn, butter, salt and pepper and place in broiler pan. Cover with broiler rack and arrange bologna on rack. Baste with orange juice mixture. Arrange rack so that top of meat is 5 to 6 inches from broiler unit. Broil 6 to 8 minutes. Turn, baste again and place tomato slices on broiler pan. Brush with melted butter and season with salt and pepper. Broil 6 to 7 minutes. Serves 4.

SNACK TIME KABOBS

One 12 oz. can luncheon meat, cut into 60 cubes	1 Tbsp. brown sugar
One $1\frac{1}{4}$ oz. can pineapple chunks, drained (halve each chunk)	2 Tbsp. soy sauce
	1 Tbsp. vinegar

For each kabob, skewer one piece of meat and one piece of pineapple on a toothpick. Arrange kabobs one layer deep in a shallow dish. Combine brown sugar, soy sauce and vinegar and spoon over kabobs. Refrigerate 1 to 2 hours. Transfer all or part of kabobs to broiler pan. Broil 3 inches from heat 3 minutes. Turn, spoon sauce over kabobs and broil 3 to 5 minutes longer. Makes 60.

CINNAMON TOAST

1 tsp. cinnamon	$\frac{1}{4}$ cup soft butter or margarine
$\frac{3}{4}$ cup sugar	6 slices thin sandwich bread

Mix cinnamon and sugar. Butter bread and sprinkle with mixture. Place bread on cookie sheet and arrange about 4 inches from broiler unit. Toast until sugar mixture bubbles and is a golden brown. Cut into 2 or 3 strips.

VARIATIONS:

BUTTERSCOTCH: Use brown sugar in place of white and only $\frac{1}{4}$ tsp. cinnamon.

STRAWBERRY OR ORANGE: Use dry strawberry or orange gelatin in place of sugar. Omit cinnamon.

CREAMY PEANUT BUTTER SNACKS

1 cup marshmallow creme	24 saltine or graham crackers
$\frac{1}{2}$ cup peanut butter	

Mix marshmallow creme and peanut butter. Spread on crackers. Broil about 7 inches from unit until bubbly, 4 to 5 minutes.

Surface

REMINDERS FOR SURFACE COOKING

- Cooking positions of electric surface units are carefully designed for every cooking operation and so simple to operate.

HIGH — starting heat only. Stand by to reduce heat — it is fast!

MEDIUM HIGH — deep fat frying, quick browning, pan-broiling.

MEDIUM — slow frying (perfect for bacon and chicken), for sauces, pie filling, custards (double boiler heat).

LOW — finish vegetables and slow boiling.

WARM (simmer) — keep hot foods ready to serve, finish rice, melt butter and chocolate.

- Pans with flat bottoms and tight fitting lids provide efficient heat for surface cooking.
- Fit the pan to the unit to avoid hot spots and wasted heat.

LEMONY BRUSSELS SPROUTS

- | | |
|-----------------------------|-------------------------|
| 1 cup boiling water | One 8 oz. pkg. frozen |
| 1 chicken flavored bouillon | Brussels sprouts |
| cube | 1/4 tsp. salt |
| 1 Tbsp. chopped onion | 1/4 tsp. pepper |
| | 3 Tbsps. butter, melted |
| | 1 Tbsp. lemon juice |

Place water, bouillon cube and onion in saucepan. Bring to a boil. Add Brussels sprouts and simmer 10 to 12 minutes or until tender. Drain off excess water from vegetables. Add remaining ingredients and toss before serving. Serves 4.

CHILI-CHEESE BURGERS

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|---------------------------|----------------------------|
| 1 small onion, chopped | 1 tsp. salt |
| 1 lb. ground beef | 1/2 tsp. pepper |
| 2 Tbsps. cooking oil or | 1 tsp. chili powder |
| shortening | 1/2 tsp. poultry seasoning |
| One 10 3/4 oz. can tomato | 1 cup grated American |
| soup | cheese |
| | 6 hamburger buns |

Cook onion and ground meat in oil until meat is brown. Stir in tomato soup, salt, pepper, chili powder and poultry seasoning. Cover and cook on low heat 30 minutes, stirring occasionally. At the end of cooking time, add grated cheese and stir until well mixed. Cut buns in half and toast under broiler unit until golden brown. Spoon ground meat mixture over buns. Serves 6.

HEAVENLY HASH MOUNDS

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|---------------------------|-------------------------|
| One 6 oz. pkg. semisweet | 1/2 cup nuts, broken or |
| chocolate pieces | chopped (optional) |
| 2 Tbsps. white corn syrup | 1 cup miniature marsh- |
| 1 Tbsp. water | mallows |

Melt chocolate with syrup and water in electric skillet or saucepan on warm or low position. Blend ingredients when chocolate has melted. Turn heat off and add nuts and marshmallows. Drop from teaspoon onto waxed paper. To cool quickly, place in refrigerator.

COWBOY STEW

- | | |
|-------------------------|----------------------|
| 1 lb. ground beef | 1/4 tsp. sugar |
| 1 onion, chopped | One 16 oz. can whole |
| 4 green onions, chopped | kernel corn |
| 1/4 cup chopped celery | One 16 oz. can whole |
| 1/4 cup chopped green | tomatoes |
| pepper | One 32 oz. can ranch |
| 1 clove garlic, finely | style beans |
| chopped | 6 potatoes, cubed |
| 1 Tbsp. chili powder | 3 cups water |

Brown beef in Dutch oven. Add onion, green onion, celery, green pepper and garlic. Saute' until onions are translucent. Add chili powder and sugar; stir. Add corn, tomatoes, beans, potatoes and water. Cover, bring to a full steam, turn to low and simmer 30 to 40 minutes, or until potatoes are tender. Serves 6 to 8.

TO FREEZE:

Follow recipe directions except for the addition of potatoes. Do not cook. Place in freezer containers and freeze. To serve; thaw, add potatoes and follow recipe directions.

STEAMED RICE

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|------------------------|---------------------|
| 1 cup long grain rice | 1/2 tsp. shortening |
| 1 1/2 cups cold water* | 1 tsp. salt |

Wash rice thoroughly (unless instructed otherwise on package), add water, shortening and salt. (Shortening will help prevent boiling over.) Cook rice in 1 1/2 or 2 quart saucepan with a tight fitting cover on a regular 6 inch surface unit. Turn switch to high until steaming freely (leaving cover off utensil); then immediately cover and turn to lowest heat position and cook 30 minutes. Do not remove cover during cooking. Rice will be dry and fluffy.

*When using the speed unit and with some makes of ranges, use 2 cups of water.

TASTY RICE

Substitute chicken or any meat broth for water. Do not add salt. When done toss lightly with chopped parsley. Excellent served with broiled chicken or other meat.

Electric Skillet

USES OF THE ELECTRIC SKILLET

- Panbroiling, frying, braising, and grilling
- Cooking one dish meals
- Baking potatoes, apples, upside down cakes, custards
- Long, slow cooking of spaghetti sauce, baked beans
- Crisping crackers, cereals, potato chips
- Making fudge—Salted or glazed nuts
- Cooking fresh and frozen vegetables
- Thawing frozen vegetables or meats
- Popping corn
- Keeping foods warm
- Heating rolls

FIESTA CONFETTI

- | | |
|--------------------------------------|---------------------------------------|
| 1 lb. ground beef | 1 tsp. salt |
| 1/4 cup chopped onion | 1 1/2 Tbsps. chili powder |
| One 16 oz. can kidney beans, drained | 4 cups shredded lettuce |
| 1/2 cup French dressing | 1/2 cup sliced green onion |
| 1/2 cup water | 2 cups sharp Cheddar cheese, shredded |

Brown beef in electric skillet set at 300 degrees. Add onion and cook until tender. Stir in kidney beans, French dressing, water, salt and chili powder. Reduce to simmer and cook 15 minutes. Combine lettuce and green onions. Add meat sauce and 1 1/2 cups of cheese. Toss lightly. Sprinkle with remaining cheese. Serves 4 to 6.

ROME CHOWDER

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|------------------------------------|--|
| 1/2 lb. ground beef | 3/4 cup chopped ripe olives (optional) |
| 2 Tbsps. cooking oil or shortening | One 1 lb. can tomatoes |
| 1/2 cup finely chopped onion | 1 Tbsp. Worcestershire sauce |
| 1 cup broken spaghetti | 2 tsps. salt |
| One 8 1/2 oz. can peas, drained | 1/8 tsp. pepper |
| | 1 cup grated cheese |

Brown meat in oil in skillet or Dutch oven. Add onion, spaghetti, peas and olives. Combine tomatoes and seasonings; add to meat mixture. Cover. When steaming, reduce heat to lowest position; cook 45 minutes. Sprinkle with grated cheese 5 minutes before serving. Serves 6.

SAVORY SKILLET DISH

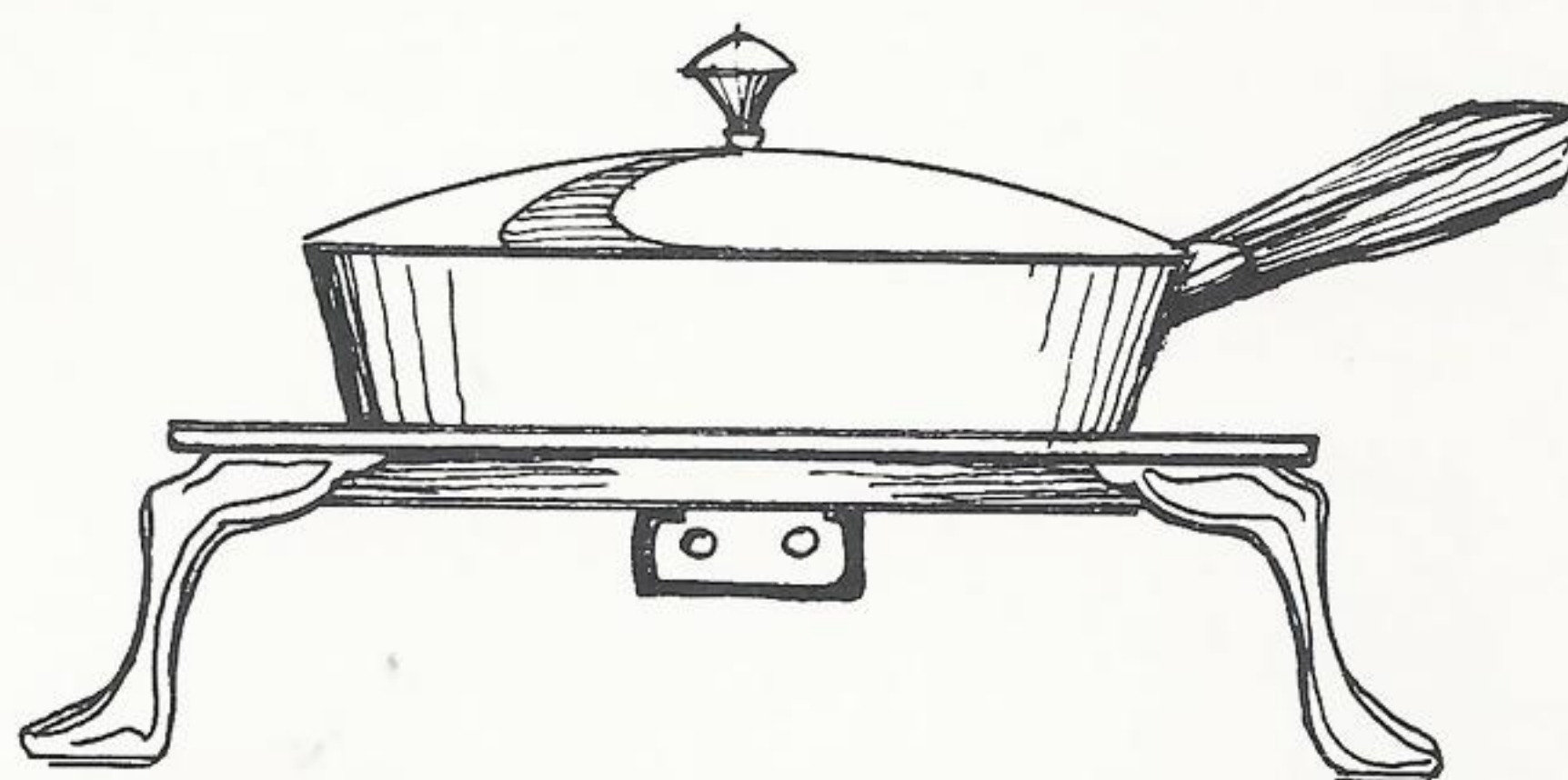
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| 1/4 cup shortening or cooking oil | One 12 oz. can luncheon meat, cubed |
| 1 Tbsp. instant minced onion | 2 cups quick-cooking rice |
| 2 Tbsps. instant minced green pepper | 2 cups water |
| | Two 8 oz. cans tomato sauce with mushrooms |
| | 1 tsp. salt |
| | 1/4 tsp. pepper |

Preheat electric skillet to 300 degrees. When signal light goes off, add shortening and melt. Brown onion, green pepper and luncheon meat. Add rice and brown lightly. Gradually stir in remaining ingredients. Bring to boil, cover skillet, reduce heat to 220 degrees and cook 10 minutes, stirring occasionally. Serves 4 to 6.

SKILLET PIZZA

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|----------------------------|---|
| 2 Tbsps. shortening | 1/2 tsp. garlic salt |
| 1 1/2 cups biscuit mix | One 4 oz. can mushrooms, stems and pieces (drained) |
| 3/4 cup milk | 4 to 5 slices Mozzarella cheese (6 oz. pkg.) |
| One 8 oz. can tomato sauce | 1/4 cup grated Parmesan cheese |
| 1 tsp. oregano | |
| 1/2 tsp. salt | |

Grease cold, large electric skillet with shortening. Slightly blend biscuit mix and milk together. Spread dough evenly in greased skillet. Mix tomato sauce, oregano, salt and garlic salt; spread evenly over dough. Arrange drained mushrooms and cheese slices and sprinkle with Parmesan cheese. Cover and close vent. Set heat at 325 degrees and bake about 20 minutes. If additional browning is desired, place under broiler lid with heat set at 425 degrees. Cheese will brown in about 2 minutes. Serve hot. Serves 4 to 6.



Refrigerator- Freezer

CONGEALED ORANGE FLUFF

Two 3 oz. pkgs. orange
flavored gelatin
2½ cups boiling water
One 15¼ oz. can crushed
pineapple, drained
One 6 oz. can frozen con-
centrated orange juice,
thawed, undiluted

Two 11 oz. cans mandarin
oranges, drained
One 3¾ oz. pkg. instant
lemon pudding mix
1 cup cold milk
1 cup whipped cream

Dissolve gelatin in boiling water; add pineapple and orange concentrate. Chill until partially set. Fold in drained oranges. Spoon mixture into a 13 x 9 x 2 inch pan and chill until firm. Beat pudding mix and milk until smooth. Fold in whipped cream and spread mixture over gelatin. Chill. Serves 10 to 12.

GLAZED CREAM CHEESE PUFFS

Two 8 oz. pkgs. cream
cheese, softened
2 eggs
¾ cup sugar

1 tsp. vanilla
24 vanilla wafers
One 21 oz. can cherry pie
filling

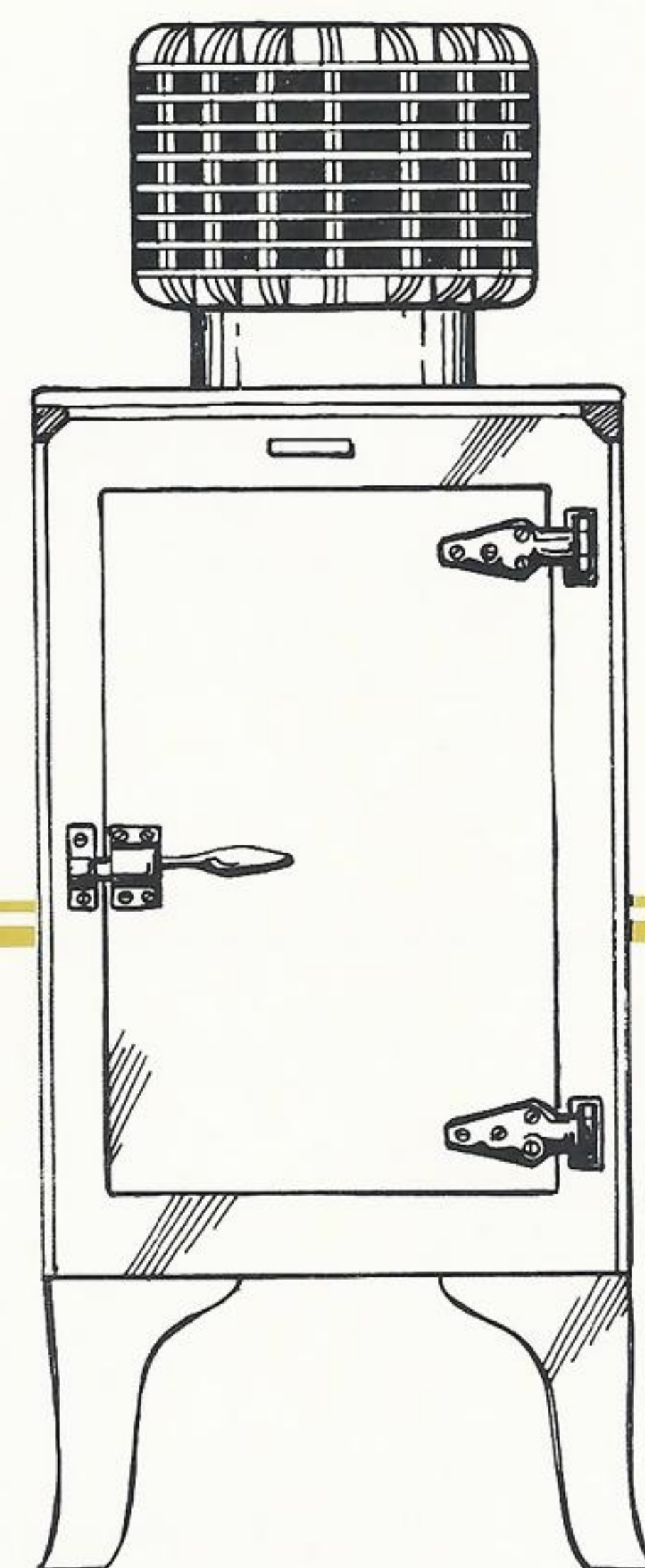
In mixer, cream the cheese; then add eggs, sugar and vanilla. Mix well. Line muffin pans with paper liners and place one wafer in each liner. Spoon cream cheese mixture over wafers. Bake at 350 degrees 10 minutes. Cool and spoon pie filling over the puffs. Refrigerate. Makes 24 puffs.

LIME-PINEAPPLE REFRIGERATOR PIE

One 15 oz. can sweetened
condensed milk
¼ cup lime juice
One 13¼ oz. can crushed
pineapple, drained

¼ cup finely chopped
pecans
2 drops green food
coloring
One 9 inch baked pie shell
2 cups whipping cream,
whipped

Combine milk, juice, pineapple and pecans. Tint a delicate green. Pour into cooled pie shell and top with whipped cream. Refrigerate several hours before serving.



A SWEETHEART OF A SALAD

One 3 oz. pkg. strawberry
flavored gelatin
1 cup boiling water
¼ tsp. salt
¾ cup liquid (pineapple
juice plus water)

2 Tbsps. lemon juice
2 bananas, cubed
½ cup crushed pineapple,
drained (reserve liquid)
½ cup shredded carrot
½ cup finely sliced celery

Dissolve gelatin in boiling water; add salt and liquid. Chill until gelatin begins to thicken. Sprinkle lemon juice over bananas; add fruit and vegetables to gelatin. Pour into a lightly greased decorative mold and refrigerate several hours. Serve on shredded or leaf lettuce with mayonnaise. Serves 6.

FROZEN VEGETABLES

1 pkg. frozen vegetables
½ tsp. salt

2 Tbsps. water*
2 Tbsps. butter or
margarine

Place frozen vegetables in saucepan; add salt, water and butter. Cover utensil; turn switch to high until steaming freely. Break vegetables apart with fork, then turn to low and follow cooking time suggested on package.

*Frozen lima beans require about ½ cup water which is served with the beans.

REFRIGERATOR TIPS

- Clean under and behind refrigerator at least four times a year.
- Defrost regularly.
- Keep refrigerator door openings to a minimum.
- Leave air space around bottles and containers in the refrigerator.
- Tightly cover all foods, liquids or solids in the refrigerator.
- Select refrigerators and freezers according to needs and size of the family.

BANANA SPLIT CAKE

CRUST

½ cup butter or margarine, melted One 13½ oz. pkg. graham cracker crumbs

Mix melted butter and graham cracker crumbs. Press into a 13 x 9 x 2 inch baking dish.

FILLING

1 cup butter or margarine One 1 lb. box powdered sugar
2 eggs

Mix ingredients at high speed in electric mixer until smooth and creamy. Spread over crust.

TOPPING

4 bananas One 9 oz. carton frozen whipped topping
One 1 lb. 4 oz. can crushed pineapple, drained ¾ cup chopped pecans
Cherries

Slice bananas over filling. Spread with crushed pineapple and cover with whipped topping. Sprinkle with pecans and garnish with cherries. Refrigerate overnight.

FREEZER TIPS

1. Select varieties of fruits and vegetables which freeze best. Your Agricultural Extension Service can guide you on this.
2. Freeze only top quality foods. Freezing retains quality — does not improve it.
3. Prepare vegetables and fruits for freezing as soon as received to prevent loss of vitamins. (If impossible to freeze immediately, store in refrigerator until ready.) Then speed packages to the freezer.
4. Blanch or scald all vegetables to stop enzymatic action. Don't overcook. Follow time given on blanching chart.
5. Cool all foods quickly in a large quantity of cold or ice water. This stops cooking action — prevents "off" flavors.

6. Use moisture-vapor-proof packaging materials to protect foods against drying out. (This prevents freezer burn.)

7. Allow headspace in containers and jars for expansion during freezing. For dry packs, allow ½ inch for any container. For liquid or semi-liquids, allow ½ inch for pint containers with wide top openings; 1 inch for quarts. For glass canning jars with necks, allow 1 inch for pints; 1½ to 2 inches for quarts.

8. Keep freezer setting at zero degrees F. or lower.

9. For best results use up foods before maximum storage time has expired.

10. Do not refreeze completely thawed foods. In an emergency, foods can be refrozen if still firm and ice crystals remain. However, these foods may lose quality and flavor. Relabel and use as soon as possible. Thawed foods that have not spoiled may be cooked and refrozen.

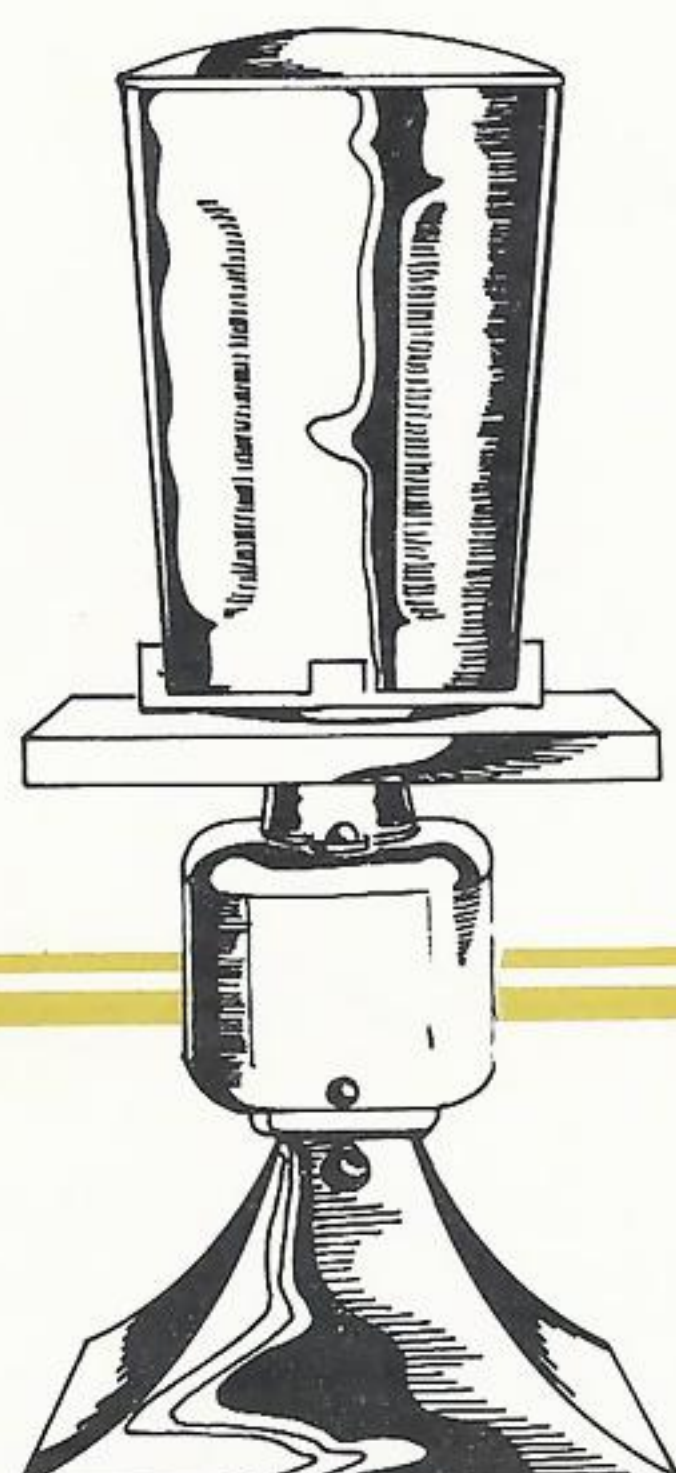
MAXIMUM STORAGE TIME AT ZERO DEGREES F.

Foods properly processed, packaged and stored for periods indicated will have almost all their flavor, color and nutritive value.

BAKED GOODS	Months	MEATS	Months
Breads	6-8	Steaks, Roasts, Lamb Roast, Most Game	8-12
Cakes and pies (unbaked)	3-4	Franks, Ground Beef	2-3
Chiffon cakes, Sandwiches	1	Fresh Pork	4-6
FISH		Ground Pork (unsalted)	2-3
Lean Fish	6-9	Variety Meats (liver, etc.)	1
Fatty Fish	3-4	Veal	4-8
Shrimp (raw)	4	VEGETABLES	
FOWL		Beans (green or wax),	
Game Birds	8-12	Corn (cob, cream style),	
Geese	5-6	Eggplant, Peppers,	
Chicken and Turkey (unstuffed)	6-8	Squash	8-12
Cooked Poultry	2-3	Lima Beans, Broccoli,	
FRUIT		Greens, Okra, Sweet	
Berries and Peaches	12-16	Potatoes, Peas (black eye, green, etc.),	
Figs, Melon Balls,		Turnips	12
Oranges, Grapefruit	8-12	Corn (whole kernel)	16
Pineapple and			
Strawberries	16		

Foods stored for longer periods at zero degrees F. will not "spoil" or cause food poisoning — they simply will not be as tasty.

Blender



CABBAGE SLAW

1 head cabbage, cored and coarsely sliced Sour Cream Dressing

Fill blender container to top cup marking with cabbage; add water to cover cabbage. Cover container and blend on high speed just until cabbage is chopped, about 5 seconds. Drain thoroughly in a colander or sieve; empty onto a paper towel to absorb excess moisture. Repeat process with any additional cabbage. Mix chopped cabbage with Sour Cream Dressing or with mayonnaise in a bowl. Each containerful makes 2½ cups chopped cabbage.

SOUR CREAM DRESSING

1 cup dairy sour cream 3 Tbsps. sugar
¼ cup vinegar 1½ tsps. salt
1 tsp. celery seed

Place all ingredients in blender container; cover and process on high speed until smooth. Makes 1¼ cups.

GARDEN CHEESE DIP

One 17 oz. can green peas, drained 1 clove garlic, finely minced
One 3 oz. pkg. cream cheese, softened Juice of ½ lemon
½ cup dairy sour cream ½ tsp. salt
½ cup mayonnaise ½ tsp. prepared mustard
1 Tbsp. minced onion Dash of cayenne pepper
Potato chips or crackers

Puree canned peas into a smooth pulp in the blender. Stir in remaining ingredients. Chill thoroughly. Serve with potato chips or crackers. Makes 3 cups.

STRAWBERRY-ORANGE FROST

1 cup fresh or frozen strawberries 1 cup orange juice
2 Tbsps. sugar
1 cup cracked ice

Blend all ingredients 1 to 1½ minutes or until smooth. Serves 3 to 4.

Pressure Cooker

BEEF POT ROAST

1 Tbsp. shortening 1 medium onion, minced
4 lbs. beef chuck roast 1 bay leaf
Salt and pepper to taste ½ cup water

Set pressure cooker heat selector at 400 degrees to heat cooker. Melt shortening. Brown roast well on all sides. Turn heat selector to OFF. Season with salt, pepper, onion and bay leaf; add water. Close cover securely. Place pressure regulator on vent pipe and set heat selector at 425 degrees. When pressure regulator attains a steady, gentle rocking motion, turn heat selector toward OFF until indicator light goes out. Cook 35 minutes. Turn heat selector to OFF and disconnect cord. Let pressure drop of its own accord. If desired, gravy may be made from the liquid in the cooker.

FRICASSEE OF CHICKEN

2 Tbsps. shortening ½ cup water
One 2 to 3 lb. chicken, cut into serving pieces 1 Tbsp. dry onion flakes
Seasoned salt ½ cup milk
Flour One 10¾ oz. can cream of mushroom soup
2 Tbsps. parsley flakes

Set heat selector of electric pressure cooker at 375 degrees. Melt shortening. Dredge chicken in seasoned salt and flour. Brown chicken on all sides and turn heat selector to OFF. Add water and onion flakes. Close cover securely. Place pressure regulator on vent pipe and set selector at 425 degrees. When pressure regulator attains a steady gentle rocking motion, lower heat selector until signal turns off. Cook 10 to 15 minutes. Turn heat selector to OFF and disconnect cord. Cool cooker at once. Remove chicken. Stir in milk, soup and parsley flakes. Heat until bubbling and heated through and add pieces of chicken to mixture. May be served over rice. Serves 4.

Chafing Dish

COCKTAIL FRANKS IN BARBECUE SAUCE

One 1 lb. 3 oz. jar smoky
barbecue sauce 1 lb. frankfurters, cut
 into 1 inch pieces

Pour barbecue sauce into electric chafing dish. Add frankfurters and heat on high 10 minutes or until heated thoroughly. Place over water pan and reduce heat to low. Additional franks may be heated in leftover sauce, or sauce may be refrigerated and used again. Makes approximately 60 franks.

BLUEBERRY DUMPLINGS

One 15 oz. can
blueberries 1 Tbsp. lemon juice
 $\frac{1}{3}$ cup sugar One 4 oz. can refrigerated
2 tsps. cornstarch biscuits (6 biscuits)
 $\frac{1}{8}$ tsp. salt $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ tsp. ground cinnamon

Drain blueberries, reserving syrup. Add enough water to syrup to make 1 cup of liquid. In blazer pan of chafing dish mix together $\frac{1}{3}$ cup sugar, cornstarch and salt; gradually stir in syrup. Cook and stir over direct heat until thickened (about 5 minutes) and bubbly. Stir in blueberries and lemon juice; return to boiling. Dip biscuits in custard cup of water, then roll in mixture of $\frac{1}{4}$ cup sugar and cinnamon. Place biscuits in bubbly sauce, being careful not to overlap. Cover and cook 8 to 10 minutes or until done. Top with whipped cream, if desired. Serves 6.

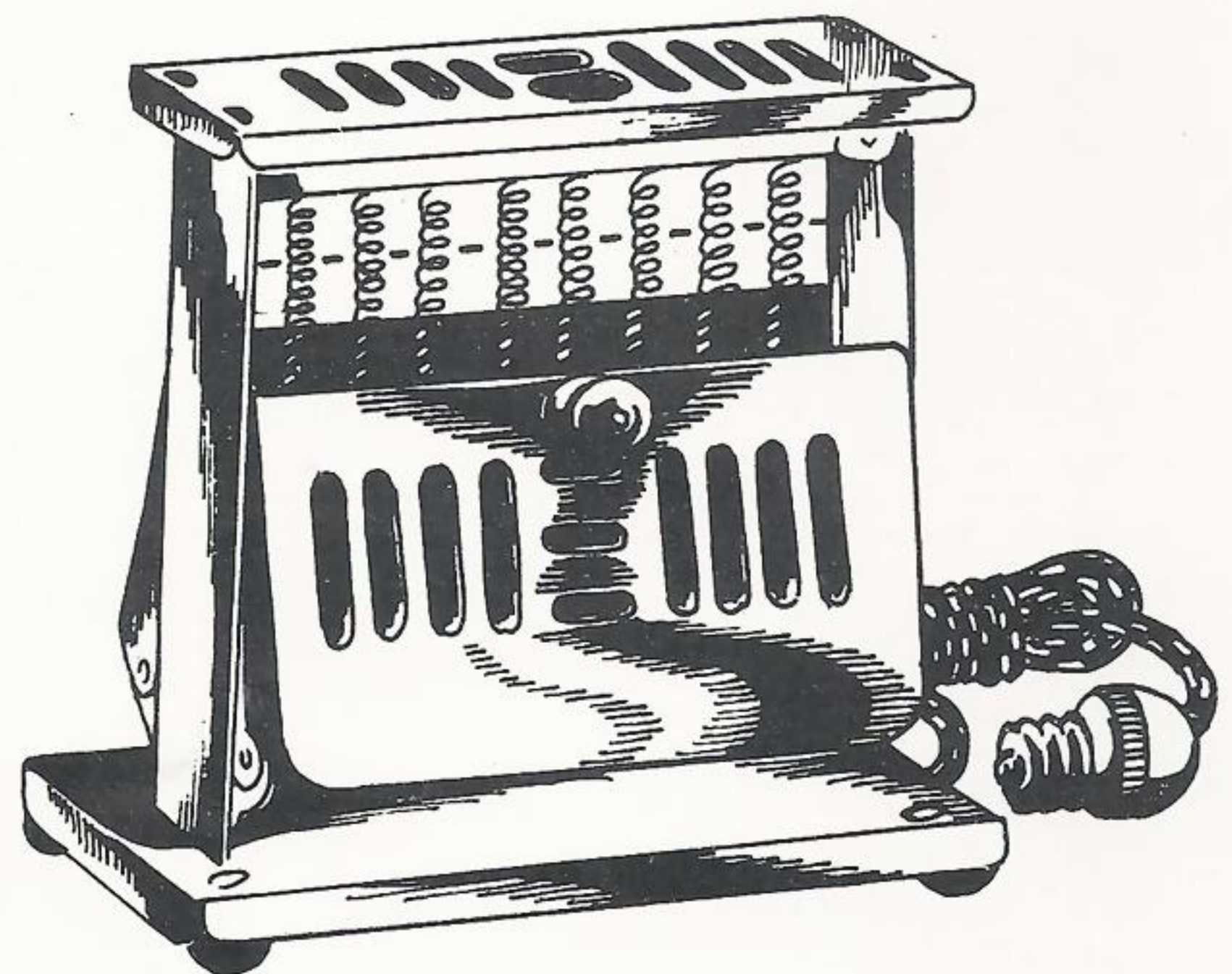
Toaster Oven

GARLIC CHEESE RING

One 8 oz. can refrigerated 1 tsp. garlic juice
biscuits $\frac{1}{4}$ cup grated Parmesan
2 Tbsps. butter or marga- cheese
rine, melted Sesame seed

Separate biscuits. Combine melted butter and garlic juice and brush on tops and sides of biscuits. Arrange on greased baking sheet, overlapping biscuits to form a ring. Sprinkle with cheese and sesame seeds. Bake in toaster-oven at 450 degrees 8 to 10 minutes.

Other uses of the Toaster-Oven: Bake 2 or 3 potatoes, 2 pot pies, small casseroles, a can of biscuits or rolls; reheat foods.



Microwave Oven

QUICHE LORRAINE

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| 3 eggs, beaten | 2 cups shredded Swiss cheese |
| 1 cup half and half | $\frac{1}{2}$ cup grated Parmesan cheese |
| $\frac{1}{2}$ tsp. salt | $\frac{2}{3}$ cup cubed Canadian bacon or ham |
| $\frac{1}{4}$ tsp. nutmeg | One 8 inch baked pie shell |
| 1 Tbsp. parsley flakes | |

Combine eggs, half and half, salt and nutmeg. Fold in parsley, cheese and meat cubes. Pour into pie shell. Bake in microwave oven approximately 20 minutes or until a knife inserted in the egg mixture comes out clean. Time will vary according to the brand of oven used. For best results, stir the filling to bring the done portions to the center every 8 to 10 minutes. Rotate the pie a quarter turn.

CHINESE CHEWS

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| One 6 oz. pkg. semisweet chocolate pieces | One 3 oz. can chow mein noodles |
| One 6 oz. pkg. butterscotch pieces | One $6\frac{1}{2}$ oz. can cocktail peanuts (optional) |

Melt chocolate and butterscotch pieces in a 2 quart glass dish in microwave oven for 2 minutes. Stir until smooth. Add noodles and nuts. Stir until well coated. Drop by teaspoonsful onto waxed paper. Harden in refrigerator until firm. Makes 4 dozen.

Fondue

JALAPENO CHEESE FONDUE

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| $\frac{1}{2}$ cup butter or margarine | One 16 oz. jar jalapeno Cheese Whiz |
| $\frac{1}{2}$ cup finely chopped green onions | |

Combine all 3 ingredients in fondue pot; heat on medium setting until cheese melts. Blend well. Serve hot with bread chunks, chips or, for heartier snacks, cocktail franks. Makes approximately 3 cups.

CARAMEL FONDUE

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| Two 10 oz. jars caramel topping | $\frac{1}{4}$ cup butter or margarine |
| | Dippers (cake squares, marshmallows, fruit) |

Heat topping and butter in fondue pot on low heat position. Stir until butter is melted and sauce is smooth. Spear dippers with fondue forks; dip in sauce. Makes about $2\frac{1}{4}$ cups.

Grill

REUBEN SANDWICHES

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| 12 slices rye bread | 12 slices (1 lb.) corned beef |
| 3 Tbsps. prepared mustard | 12 slices Swiss cheese |
| $\frac{3}{4}$ cup sauerkraut | $\frac{1}{4}$ cup butter or margarine, melted |

Preheat grill to 350 degrees. Spread 6 slices bread with mustard, allowing $\frac{1}{2}$ Tbsp. for each. Cover each slice with 2 Tbsps. sauerkraut, 2 slices corned beef and 2 slices Swiss cheese (do not allow cheese to extend over edge of bread). Top each with a slice of bread. Brush both outer sides of each sandwich with melted butter. Brown sandwiches on one side about 3 minutes. Turn and repeat 3 minutes. Serve immediately. Makes 6 sandwiches.

ITALIAN PIZZA

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| One $13\frac{3}{4}$ oz. pkg. hot roll mix | $\frac{1}{2}$ cup sliced ripe olives |
| 1 cup warm water | 1 tsp. fennel seed |
| One $10\frac{1}{2}$ oz. can pizza sauce | 1 tsp. oregano |
| One $3\frac{1}{2}$ oz. pkg. pepperoni slices | One 8 oz. pkg. Mozzarella cheese, shredded |

Grease round electric grill. In large bowl, dissolve yeast from hot roll mix in water. Stir in flour mixture. Pat out dough to the shape of the grill. Turn grill to 375 degrees and cook 10 minutes or until browned. Flip crust and spread pizza sauce on top with remaining ingredients and heat until bottom of crust is browned and cheese is melted. Cut into wedges with kitchen shears.

Prepared by
Home Service Department
Gulf States Utilities Company