

## *Student Guide To Cookery, Bakery & Eatery*







LOUIE BENDER

# Cooking with Louie

Your mother was a good cook, right? Sure, wasn't everybody's? Unhappily, no. When the word got around town about my mother's cooking, dogs stopped following me home. And it wasn't that she was a bad cook only some of the time: breakfast was always lousy. Dinner was invariably disastrous. Why, my mother even blew lunch every noon.

I, however, (along with my famed Tabasco cake) have risen above those unlikely beginnings to become so renowned a chef I am now bidden author this column.

Before you rush home to your residence hall room, apartment, back seat, or whatever quarters, though, to try out the same kitchen - tested recipes that have earned me a piece of the profit-sharing action over at Bromo-Seltzer, one or three culinary tips:

First, there is no sense attempting to serve these delicacies without the proper utensils. But, on the other hand, this doesn't mean you need waste an entire Saturday stuffing your overcoat at Meijer Shifty Acres or the Freudian Mall, either.

You don't need egg coddlers, escargot grabbers, nutmeg grinders. Stick with the essentials.

You will need tableware unless you are from Ohio. Anything too tough to require cutting with a knife is not worth eating; forget knives. Anything too loose to slip through the tines of a fork is fluid enough to drink; eschew spoons. All you need are forks.

And don't borrow from across the hall; get some yourself. They're cheap. In fact, some gas stations have a deal where if you buy ten gallons you get a whole

kit free. Next time you roll in to get filled up, try this: when the attendant comes to the window to tell you how much you owe him, simply tell him, "Fork kit."

Chances are he'll oblige you, unless the game has changed drastically since I was pumping ethyl.

Next, of course, a word about cooking utensils: you will need a popcorn popper, but that's all. More than that makes for an ostentatious kitchen, and it gets crowded in the shower if you've got a lot of extra pots and pans in there to soak.

But speaking of popcorn poppers, did you ever catch the dorm managers' threats about using them?

"Kid, you can play your record player, but that's it. No other appliances."

"You mean to tell me if I warm up one lousy can of tomato soup I'm going to plunge all of East Campus into darkness?"

"Well, maybe not, but just think what might happen if everybody did it at the same time."

Well, everybody never has, but it's high time they did. Tonight at ten everybody cooks a batch of popcorn. Tell a friend.

And finally, you'll need food. Again, don't mess with grocery stores. You're at MSU, remember? What do you think all those fields of corn and tomatoes, those barnyardful of cows and chickens are out there for?

And you don't even have to go south of Mt. Hope Rd. to pick up your groceries. There's plenty of good food right here on the central campus. The University claims to have at least one of every kind of tree that grows in this latitude anywhere

in the world, right? So that means there's an apple tree somewhere on campus, and a pear tree, and a lot more, and all you have to do is find the right trees and you've got it reaped.

Also, we all know about the ducks on the Red Cedar; that is

what she called cargoes, which as nearly as I could ever tell, had something to do with the ass-ends of snails she'd plucked off rocks down at the river.

To wash it all down she distilled a Planter's Punch from the collected remains of those

**Weatherman Stew**  
2 lbs. boiled tung  
3 running dog livers  
1/2 cup leftover caviar from a theater dept. party (cast roe)  
1 head red cabbage  
Imerialist Margarine

Chop. Agitate. Roil. Allow to foment. Heat over ROTC Building. Serve with red wine. This recipe might not make you the galloping gourmet, but it's guaranteed to give you the trots. After dinner, curl up in front of the roaring fire (in the local Bank of the Commonwealth) with a martini, otherwise known as a cozy gin.

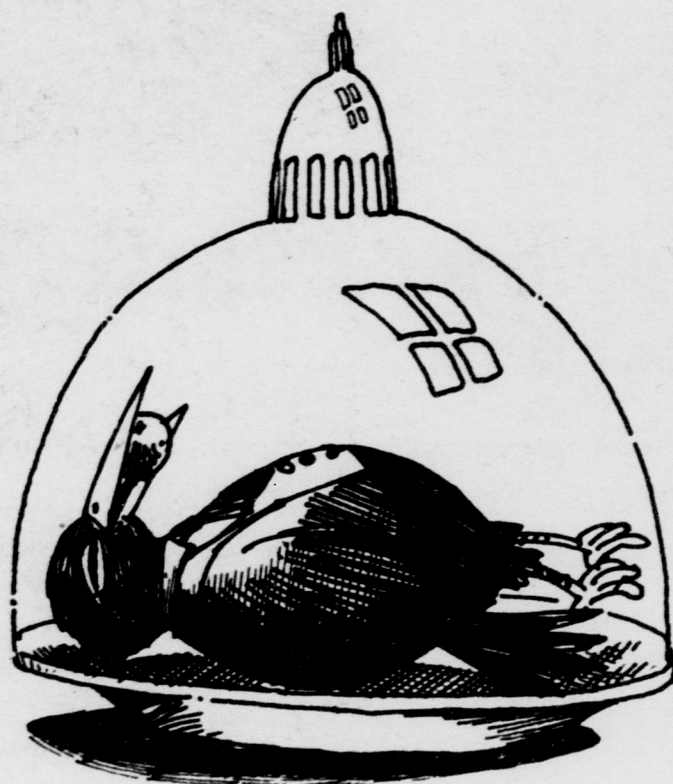
**State House of Representatives' Toothsome Delight**

1 crow  
Eat.

**Search and Selection Pie**

1 old chicken  
1 small bottle Mennen after-shave (optional)  
1 deflated pigskin  
1 large bottle Mazola oil  
1 Dutch Masters President cigar  
1 quart expensive, well-refined Standard oil

Build a new coop for the chicken, but leave the door open so it may fly away. Smash the after-shave to the floor, and then sweep it under the bench. Leave the football on the shelf in the new chicken coop, but give it new laces and inflate it. Rub the Mazola on your body. Smoke the cigar slowly, savoring it as long as possible; retain the still-valuable butt. Place the unopened oil can on the top floor of the chicken coop. Allow it to mellow, for it may someday be used in a Cadillac. Do all this in secret.



the ones the Union Cafeteria hasn't snapped up. But there are other goodies floating around in there, too.

I once fell in love with a girl who made me mock turtle soup from mock turtles she'd hauled out of the river. Her secret was the seasoning: she'd once hustled a resin bag from a visiting Purdue pitcher.

Puckered your whole essence. With the soup the girl served

little cups of Planter's peanuts they set out at four-point dinners, and an additional secret ingredient: Every afternoon at five-thirty she'd pull a raid on the Health Center load lugger, ripping off their entire day's harvest of Planter's warts. They work just like yeast, she told me.

See? A little ingenuity, and you're well-stocked. On to the recipes:

## Index

**Cakes, Pasteries.....4-5**

**Casseroles.....6-7**

**Meats.....8-10**

**Drinks.....11**

**Salads.....12-13**

**Foreign Dishes .....14**

**Breads.....15**

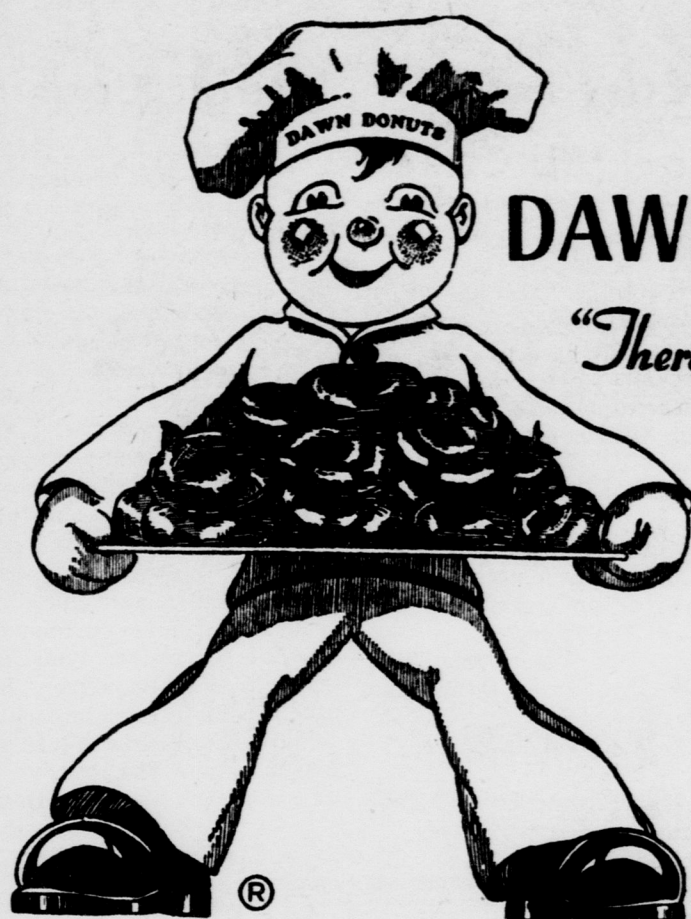
**Miscellaneous.....16-19**





Cover design by Doug Houston

The State News thanks all its readers who sent in recipes and regrets it could not print them all.



## DAWN DONUTS

*"There's a Difference"*

1135 E. Grand River

Open 24 hours

7 days a week

Call: 332-2541

for

**FREE DELIVERY**

### The First and Finest in East Lansing

the  
**Pickwick  
Pub**

### Buffet Dinner

(as you like it)  
every Friday from 5 - 10 PM  
or choose from our a la carte menu

Phone 337 - 1741  
for reservations



Corner Saginaw (M-78) and Grand  
River (M-43), East Lansing. 48823



Specials -

**FOR YOUR  
COOKING  
NEEDS . . .**

Tinfoil HEART  
SHAPED CAKE  
PANS **49¢** each

COUPON  
2 QT. SAUCEPAN  
reg. 99¢ only **77¢**  
good thru Feb. '71

PIZZA PANS

2 for **39¢**

CAKE PANS • COOKIE  
SHEETS • KETTLES

Throw - Away  
FOIL PANS asst. sizes

SLOTTED SPOONS •  
LADLES • SPATULAS  
with Decorator handles

**3 FOR \$1.00**

SINGLE BURNER

**HOT PLATES**  
just **\$2.99**

Cast Iron Frying  
Pans - 4 sizes  
**\$1.49 to \$4.19**

We're just down at  
the corner . . .

**D & C**

Gr. River & Hagadorn  
serving you  
9 a.m. - 9 p.m.



For the Smartest-Sharpest-Keenest

## MATERNITY FASHIONS

*In Central Michigan,  
there's only one*

## SMART STORK SHOP

The Largest Selection — Newest Styles  
Lowest Prices for Quality Fashions

- \* Pant Suits
- \* Slax - Shorts
- \* Bathing Suits
- \* Dresses
- \* Jackets - Tunics
- \* Sun Suits
- \* Foundations
- \* Lingerie

Experienced Assistants to help you select  
an Economical, Sharp Wardrobe while  
a'waiting your "Young Heir!"

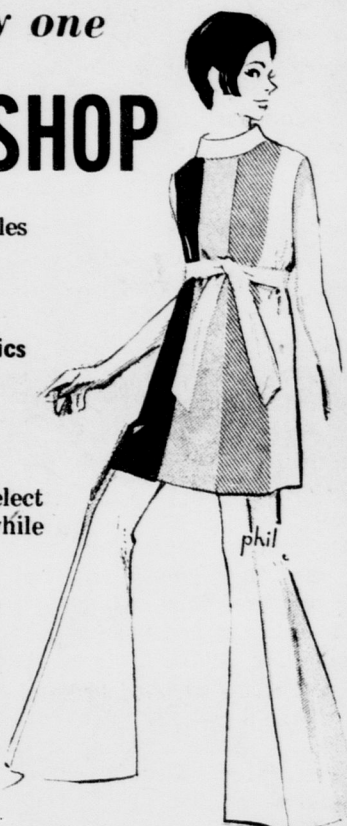


Lay - a - way too!

Open 3 Nites 'til 9:00 PM

IV4 - 9607

1918 E. Michigan Ave.



*Too busy to Cook Tonite?*

**DINNER'S  
READY  
RIGHT  
NOW  
AT**



Hot Dogs  
Beer  
Sandwiches  
Seafood  
Lunch

**231.7MAC**

OPEN DAILY 11 - 2  
SUNDAY 12 - 12  
351-2755



# CAKES PASTRIES

## Quick Easy Wine Cake

Serves 10

1 package yellow cake mix  
1 package vanilla instant pudding mix  
4 eggs  
¾ cup cooking oil  
¾ cup sherry (dry, medium or cream)  
1 teaspoon nutmeg

Combine all ingredients; mix with electric beater about 5 minutes at medium speed. Pour batter into greased 10-inch tube pan. Bake at 350 degrees for 45 minutes or until done. Cool in pan about 5 minutes before turning out onto rack. Sprinkle with powdered sugar. This cake can be wrapped and refrigerated for several days; the flavor improves with age.

Monica Peiffer  
LaMesa, Calif.

## Carrot Cake

3 eggs  
1½ cup vegetable oil  
2 cups sugar  
2 cups grated carrots  
1 small can crushed pineapple and juice  
3 cups flour, unsifted  
2 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon baking soda  
1 teaspoon vanilla  
1 cup nuts, floured

Beat eggs well; add oil, carrots and pineapple. Mix all dry ingredients. Add to liquid mixture. Add vanilla and nuts. Pour into greased and floured 13½x11x2½ pan. Bake at 350 degrees for one hour. Lightly sprinkle powdered sugar on top for frosting.

Lavon Leisz  
Detroit

## Waldorf Astoria Rose Cake

½ cup shortening  
1½ cups sugar, white  
2 eggs  
1 ounce red food coloring  
2½ cups sifted cake flour  
1 teaspoon salt  
1 tablespoon cocoa  
1 teaspoon vanilla  
1 cup buttermilk  
1 tablespoon vinegar  
1 teaspoon soda

Cream shortening, sugar, eggs and food coloring. Sift flour, salt and cocoa; add alternatively with buttermilk and vanilla. Mix vinegar and soda in a cup; let foam and add to cake mixture. Blend well. Bake in 8-inch pan at 350 degrees for 30 minutes. Makes 3 layers.

Frosting

3 tablespoons flour  
1 cup milk  
1 cup sugar  
1 cup butter  
1 teaspoon vanilla

Cook flour and milk, stirring constantly and let cool. Cream together sugar, butter and vanilla. Add flour mixture and cream well. Should be like whipped cream. Frost between layers and all over. Sprinkle nuts on top.

Marilyn Brown  
Madison, Wisc.

## Fresh Peach Cake

1 cup sifted flour  
1½ teaspoon baking powder  
½ teaspoon salt  
¼ cup sugar  
¼ cup shortening  
1 egg  
¼ cup milk  
½ teaspoon grated lemon rind

Topping:

8-10 large ripe peaches, peeled, pitted and quartered.  
3 tablespoons sugar  
¼ cup slivered almonds  
3 tablespoons soft butter  
¼ cup flour  
¼ cup light brown sugar  
¼ cup apricot preserves  
1 tablespoon water

Preheat the oven to 400 degrees. Grease and flour a 12x9x2 inch cake pan or baking dish. Sift flour, baking powder, salt and sugar into a small bowl. With a pastry blender work in shortening until it resembles coarse meal. Beat egg with milk and stir into the flour mixture along with the lemon rind. Stir just enough to blend. Spread batter evenly in prepared pan. It will make a very thin layer and will bake up and around the peaches. Arrange peaches on top of batter, round side up. Sprinkle fruit with three tablespoons sugar. Bake for 35 minutes. While cake is baking, whirl almonds in a blender until they are the consistency of fine powder. Mix almonds well with soft butter, flour and brown sugar. When cake has baked, 35 minutes, take from oven, but do not turn heat off. Border top of cake with almond mixture. Put cake back in oven for an additional 10 minutes. Meanwhile press apricot preserves through a sieve into a small saucepan. Add tablespoon of water and cook a minute or two just until the preserves melt. When taking cake from oven, brush tops of peaches with the preserves.

Nikki Murtaugh  
East Lansing

## Roma Vita

1 cup finely cut dates  
1½ cup boiling water  
1 teaspoon baking soda  
½ cup margarine  
1 cup white sugar  
2 eggs  
1½ cups flour  
¾ teaspoon baking soda  
¼ teaspoon salt  
1 6-ounce package chocolate chips  
½ cup sugar  
½ cup nutmeats

Mix dates, water and soda; set aside to cool. Cream margarine, sugar and eggs; add cooked date mixture alternately with flour mixture. Pour into 9x13 inch pan. In another dish mix chocolate chips, sugar and nutmeats. Sprinkle over batter and bake 25 minutes at 350 degrees. Serve with whip cream.

Mary Kay Lenton  
Dearborn

## Easy Fruit Cocktail Cake

Mix together:

2 cups sugar  
2 cups flour  
2 beaten eggs  
2 teaspoons soda  
½ teaspoon salt  
2 cups fruit cocktail (juice and all)  
½ cup nut meats

Pour into an ungreased 9x13 pan. Bake 45 minutes at 350 degrees or until done. Sprinkle top with brown sugar.

Mary Ann Hitch  
Birmingham

## Red Cake

2 1-ounce bottles red food coloring  
3 tablespoons cocoa  
½ cup crisco  
1½ cups sugar  
2 eggs  
1 cup buttermilk  
¼ teaspoon salt  
2½ cups flour  
1 teaspoon vanilla  
1 teaspoon soda  
1 tablespoon vinegar

Mix food coloring and cocoa. Cream Crisco and sugar; add eggs and food coloring mixture. Beat well. Add buttermilk, salt, flour and vanilla. Add and mix by hand soda and vinegar. Bake 25 to 30 minutes at 350 degrees.

Icing

3 tablespoons flour  
¾ cup milk  
¾ cup sugar  
1/3 cup crisco  
1/3 cup butter  
1 teaspoon vanilla

Mix flour and milk; cook until thick. Cool. Mix other ingredients, and add to cooled mixture. Beat until fluffy.

Jackie Luke  
Battle Creek

## Oatmeal Cake

1 cup quick oats  
1½ cups boiling water  
Soak above for 20 minutes  
½ cup butter  
1 cup brown sugar  
1 cup white sugar  
2 eggs  
1 1/3 cup flour  
2 teaspoons cinnamon  
1 teaspoon baking soda  
½ teaspoon salt  
1 teaspoon vanilla

Topping:

4 tablespoons butter  
½ cup evaporated milk  
1 cup brown sugar  
1 cup coconut  
1 cup pecans  
1 teaspoon vanilla

Cream butter, sugar and eggs. Add dry ingredients and oat meal mixture. Pour into greased 9x14 inch pan and bake at 350 degrees for 30-35 minutes. In the meantime prepare topping. When cake is done remove from oven and pour topping over cake. Broil for 3-5 minutes until coconut is brown.

Nikki Murtaugh  
East Lansing

## Magic Cookie Bars

1½ cups corn flakes  
3 tablespoons sugar  
½ cup margarine (melted)  
1 cup chopped walnuts  
1 cup chocolate chips  
1 can condensed milk  
1 cup coconut

Mix flakes, sugar and margarine in a 13x9x2 inch baking pan. Press mixture evenly and firmly in bottom of pan to form crust. Sprinkle walnuts over crust. Scatter chocolate chips over them and sprinkle coconut over chocolate chips. Pour milk evenly over entire mixture. Bake at 350 degrees about 25 minutes. Cool and cut into bars. Makes 54 bars, 2x1 inch.

Mary Kay Denton  
Dearborn

## German Choca Squares

About 50 (14 oz. package light caramels)  
2/3 cup evaporated milk  
1 package 17½ ounce German chocolate cake mix  
¾ cup butter or margarine, melted  
1/3 cup evaporated milk  
1 cup chopped nuts  
1 cup (6 ounce package) semi-sweet chocolate bits

In top of a double boiler combine caramels and 1/3 cup evaporated milk. Cook over hot water, stirring constantly, until caramels are melted. Set aside. Generously grease and lightly flour a 13x9 inch cake pan. In a large mixing bowl, combine dry cake mix, butter, 1/3 cup evaporated milk and nuts. Stir until dough holds together. Press half of the dough into pan and bake at 350 degrees for six minutes. Sprinkle chocolate pieces over baked crust. Spread caramel mixture over chocolate pieces. Crumble remaining dough mixture on top and bake for 15-18 minutes. Cool slightly; refrigerate about 30 minutes and cut into bars. Makes about 36 bars.

Nancy Dutkowski  
Flint

## Chocolate Oatmeal No-Bake Cookies

2 cups sugar  
1/3 cup cocoa  
¼ teaspoon salt  
½ cup milk  
¼ cup butter or margarine  
3 cups Oatmeal  
½ cup peanut butter  
1 teaspoon vanilla

Mix sugar, cocoa, salt, milk and butter in a large saucepan and boil for one minute. Remove from heat and add oatmeal, peanut butter and vanilla. Cool slightly. Drop on waxed paper. Let set for a few minutes. Will make 48 pieces.

Laura Ramey  
Lakeview

## Male Cookies

3 cups brown sugar  
3 eggs  
1½ teaspoons baking powder  
1½ cups flour  
¾ cup butter  
1½ cups chopped pecans  
1 teaspoon vanilla extract  
confectioners sugar

Melt butter in an oblong cake pan. Pour over the brown sugar in a mixing bowl and blend. Beat eggs and add to sugar and butter alternately with sifted flour and baking powder. Add vanilla and pecans. Pour into oblong pan and bake 35 minutes at 375 - 400 degrees. Cool slightly, cut into squares and dip in confectioners sugar.

Cathy Whitlock  
Elkhart, Ind.

## Three-layer Brownies

Bottom Layer

½ cup all purpose flour  
¼ teaspoon baking soda  
¼ teaspoon salt  
1 cup quick cooking rolled oats  
½ cup brown sugar  
6 tablespoons butter

Middle Layer

1 ounce unsweetened chocolate  
4 tablespoons butter  
¾ cup sugar  
1 egg  
2/3 cup flour  
¼ teaspoon baking powder  
¼ teaspoon salt  
¼ cup milk  
½ teaspoon vanilla  
½ cup chopped nuts

Top Layer

1 ounce unsweetened chocolate  
2 tablespoons butter  
1½ cups confectioners sugar  
1 teaspoon vanilla  
Hot water  
Walnut halves

Bottom layer: Sift together dry ingredients and mix with rolled oats and sugar. Melt butter in an 8x8x2 inch baking pan, mix the dry ingredients with the butter in the pan. Pat mixture down on the bottom of the pan. Bake in preheated 350 degree oven 10 minutes.

Middle Layer: Melt the chocolate and butter in a heavy saucepan over low heat. Remove from heat and combine with the sugar. Add the egg and heat well. Sift together the flour, baking powder and salt. Add alternately with the milk and vanilla to the chocolate mixture. Fold in the nuts and spread batter over the bottom layer. Bake in the 350 degree oven for 25 minutes.

Top layer: Melt chocolate and butter in a small saucepan over low heat. Remove from heat and add confectioners sugar and vanilla. Blend in enough hot water (2 to 3 tablespoons) to make mixture pouring consistency. Spread over cooled brownies. Cut into large squares. Top each with walnut halves.

Charlyss Ray  
Detroit



# CAKES

## Charli's Dessert

12 squares white soda crackers  
 1/2 cup graham cracker crumbs  
 1 stick melted margarine  
 2 packages vanilla instant pudding  
 2 cups milk 1 quart butter  
 pecan ice cream, softened  
 1/2 cup Cool whip  
 6 Heath bars

Mix crackers and margarine in cake pan and pat. Beat pudding and milk five minutes. Add ice cream and Cool Whip and pour over crumbs. Crush Heath bars over top.

Charli Metcalf  
 East Lansing

## Cherry Nut Coffee Cake

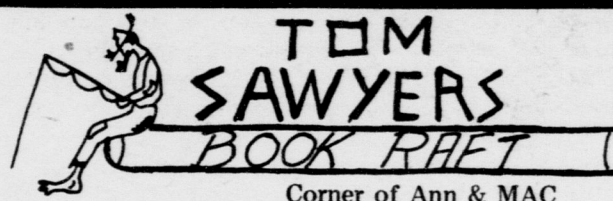
1 cup shortening  
 4 cups powdered sugar  
 1 teaspoon almond extract  
 4 eggs

1 cup milk  
 3 cups flour  
 2 teaspoons baking powder  
 1 teaspoon salt  
 1/2 cup chopped nuts  
 1 cup finely chopped Cream shortening and sugar;  
 maraschino cherries  
 margarine  
 cinnamon and sugar

blend in almond extract and eggs, one at a time. Add milk, flour, baking powder and salt. Fold in nuts and cherries. Pour in well - greased lightly floured 10 - inch tube pan. Bake 350

degrees for an hour. While warm spread top with margarine and sprinkle with cinnamon and sugar.

Lorraine Daroshenko  
 St. Clair Shores



Cookery Books including  
 Stalking The Wild Asparagus  
 Euell Gibbons  
 How to Cook it Right  
 Adelle Davis  
 Zen Macebiotic Cooking  
 Michel Abehsera

## "NEW" FOOD IDEA

### Pasties

famous Northern Recipe  
 a meal of meat and vegetables  
 wrapped in a pie crust along  
 with the delicious pizza  
 and beer

Bimbo's is famous for.

TUESDAY NIGHT IS PITCHER NIGHT!

**Bimbo's**  
 2021 E. Michigan,  
 Lansing 489-2431

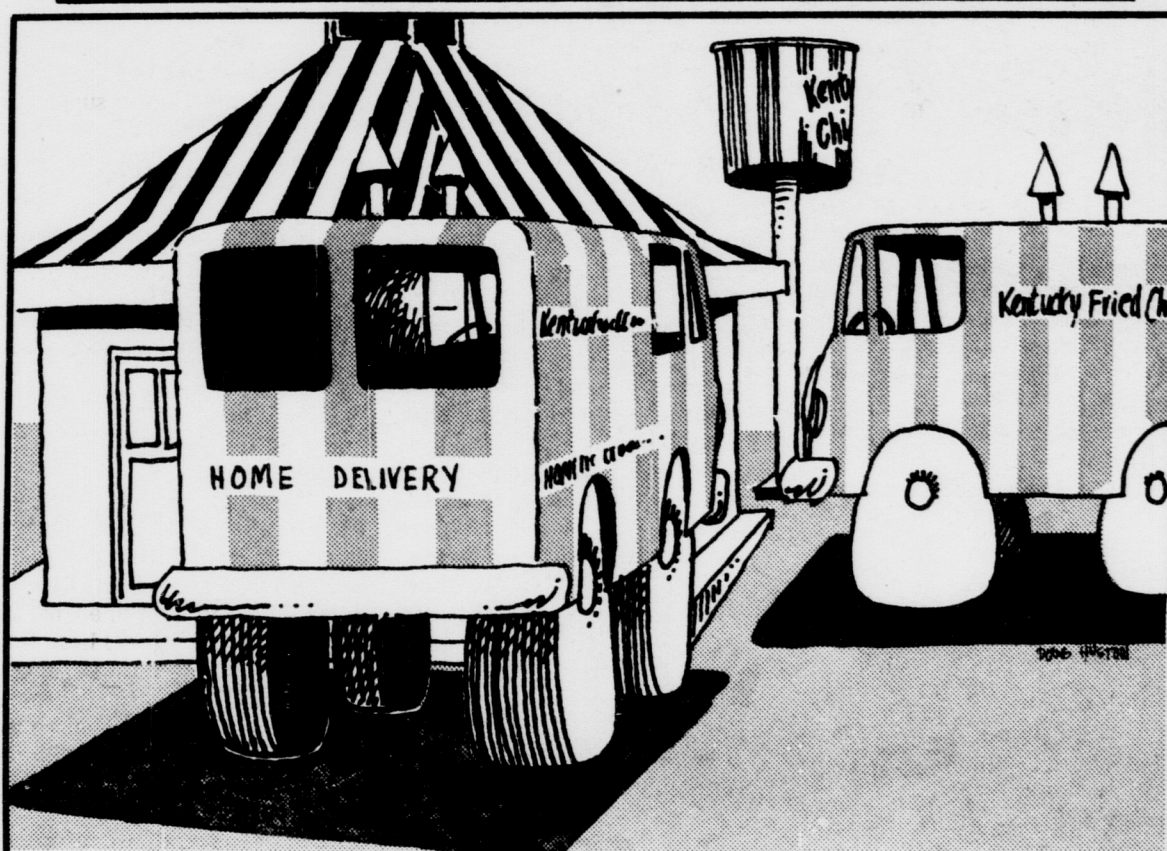
"lots of pizza  
 beer & song"

## Tom's PARTY STORE

Your favorite  
 imported wines  
 direct from:

Hungary	Israel
Portugal	Spain
Netherlands	Italy
France	Yugoslavia
Denmark	Ireland
Chile	Germany
Austria	Australia
Switzerland	S. Africa
Greece	Argentina

Also:  
 - Imported Beers  
 - Complete Party Supplies  
 - All sizes of kegs



## For the Colonel's Recipe

Give us a wing!

**332-5025**

Chicken in minutes.  
 the Colonel keeps on  
 truckin'

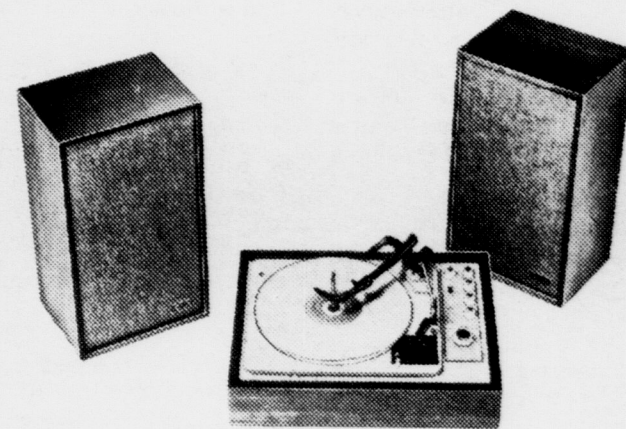
COLONEL SANDERS' RECIPE

**Kentucky  
 Fried Chicken®**

YOUR LATEST RECIPE?  
 HE'LL ADMIRE YOU FOR IT.  
 KLH-24? HE'LL LOVE  
 YOU FOR IT.

Women of the world the KLH 24 Music Center could just be the extra thing to fall back on - after your latest recipe has set him up. Here's really the complete quality music center for the apartment, dorm or home. Just the feminine HIFI touch needed - no complicated and costly components but a quality music system. Take for instance, the AM/FM receiver delivering 40 watts of IHF music power - there's separate controls for AM and FM - just another added convenience. But the real bonus is the KLH speakers, containing two 8" acoustic suspension woofers, giving more low bass response - and two 2" dispersion tweeters for those high frequencies. A KLH sound that would win anyone over. The turntable is a Garrard automatic that was made to KLH's own specifications. You'll also find more features like a host of inputs - like for headphones and tape recorders. And with a finish of oiled walnut you'll have the best looking stereo system this side of \$350.

It's really worth your time away from the stove to step inside HIFI BUYS and take a listen to the KLH 24. You'll never know how far you'll get with the next recipe and a little help from your friends, KLH and HIFI BUYS, never hurt anyone!



**Hi Fi Buys**

1101 E. Grand River

337-2310



# Wing Dot: chef with flare

By MARY BOGIN

Wing Dot Lum is a mover.

He can yell orders at four Chinese chefs while he describes the value of Taiwanese black mushrooms and at the same time stir together the Cantonese dish, Beef, Peppers and Tomatoes.

He can talk business, conduct an interview, order meat from the butcher and eat his lunch, using chop sticks to gesture, all at the same time.

The 5-foot 5-inch tall cook and restaurateur wears a casual sport jacket to set off his shiny slicked-back black hair. In the kitchen he is a master of timing, adding green pepper and clapping his hands in the air as the meat sizzles. As a host at the Foo Ying restaurant, 802 E. Michigan Ave., ushering people into dine, Lum is an Oriental Frank Sinatra.

Lum was introduced to the restaurant business when his parents opened the old Foo Ying Cafe on Washington Avenue in 1914. After a fire destroyed the restaurant on Dec. 27, 1969, Lum decided to relocate.

Lum said the family's escape from Nationalist China in 1902 was "like a comic." Only six years old at the time, Lum said the family "sneaked out one night along the river on a kerosene boat." His family had been well-to-do landowners in Canton before moving to Hong Kong and on to the United States.

The new Foo Ying has changed from its Washington Avenue style. The atmosphere is dark and dusky with red lights

changing the colors. The menu is more diverse, offering pressed duck, steak kow and pineapple chicken along with Cantonese classics of sweet and sour pork, pepper steak and egg foo young.

Four chefs in the kitchen make all the dishes "made to order" in two heavy black iron woks that are permanently installed over adjustable gas flames.

A table filled with 10-inch tall jars is placed next to the woks for easy access to these Chinese ingredients: red pimentos, black mushrooms, diced green pepper, sliced water chestnuts, chopped celery and gooey black bean paste.

Just below the chef's elbow are five square dishes containing soy sauce, salt, sugar, monosodium glutamate and cornstarch mixed with water.

The bean sprouting machine is one of the most expensive pieces of equipment at the Foo Ying. The \$2,600 machine sprouts bushels of small ming beans within 48 hours. The ancient way was to "baby them" by spraying the sprouts with 78 degree water three times a day, Lum said.

According to Lum, the secret of Chinese cooking is timing.

"Cooking Cantonese is an art, like French cooking. You have to know how to time the vegetables or you will have tomatoes that are soggy and other vegetables raw."

In the kitchen Lum cooks with rhythm, clanging the long-handled Chinese spoons and spatulas against the heavy iron wok. Before adding a certain ingredient he claps his hands as constantly marking a beat. Not

just his wrist or fingers move, but Lum's whole arm reaches for the onion, throws in the beef and swings the Chinese cleaver.

Beef, Peppers and Tomatoes is a dish that Lum likes to eat and "is easy to cook," he said.

**BEEF, PEPPERS AND TOMATOES**

1 tomato, quartered  
1 sliced green pepper  
1 small sliced Spanish onion  
Beef tenderloin (6 oz. per serving)

¼ teaspoon Accent (monosodium glutamate)  
Peanut oil

Have ready in separate containers: Cornstarch dissolved in water to creamy consistency.  
Salt

Brown sugar

2 Tablespoons soy sauce with ½ cup smashed black beans (black beans can be purchased in any health food store, boiled and smashed.)

Cut beef in small thin pieces. Heat heavy frying pan over high flame. Add oil to coat pan. When oil smokes add meat and cook for three minutes. Remove heat. ("It will be bloody inside, but this is top-grade meat so don't cook it till it's leather," Lum said.)

In a pot of boiling water place a metal sieve and put green pepper in it. Submerge for 2 minutes and remove.

Pour cut up onion into frying pan with remaining juices. Throw in onion; add a little water. Cover and cook for 2 minutes. Return meat to pan; add tomato and pepper. Now turn heat to high and add Accent, 1/8 teaspoon salt, 1/8 teaspoon sugar and the soy sauce and bean mix. ("You can use that cheap junk soy sauce from

the grocery store," Lum said, "but don't over salt. You have no recourse then.")

Lum never says 1/8 of this or ¼ of that. Rather he points to the top of a spoon and says, "this much sugar."

Add cornstarch mixture like adding "cream to cereal," Lum said.

said. Keep stirring.

Serve immediately with white rice.

Lum is confident of his enterprise and has plans for expansion. "Pizza is in now. Pizza will be out. But nothing will replace Chinese food," he said.



*Chinese restaurateur*

Wing Dot Lum, owner of Foo Ying restaurant, checks some of the restaurant's delicacies.

## CASSEROLES

### Ground Beef Casserole

1 cup instant rice in bowl  
1 cup boiling water  
1 pound hamburger  
2 cans chicken noodle soup  
2 small cans mushrooms

Combine instant rice in boiling water and set aside. Fry hamburger. Stir soup and mushrooms into the rice and combine with hamburger. Bake at 350 degrees until it bubbles. Top with bread crumbs. Serves 6.

Kathy Felsing  
East Lansing

### Seafood Casserole

1 can chunk-style tuna  
1 can crabmeat  
7 ounces deveined shrimp  
2 cans cream of mushroom soup  
1 cup chopped celery  
¼ cup minced onion  
1 can Chinese noodles  
½ cup slivered almonds

Mix all ingredients except almonds and pour in 1 quart casserole. Top with almonds. Bake at 375 degrees for 25-30 minutes. Serves 6.

Debbie Wright  
Elkhart, Ind.

### Casserole for a Crowd

3 pounds ground beef  
¾ cup chopped onions  
1½ cup chopped green pepper  
3 pounds macaroni  
2 cans mushroom soup  
1 can tomato soup

Brown hamburger in skillet; add onions and pepper. Cook the macaroni and combine with ground beef, onions and green pepper. Add soup and bake at 350 degrees for an hour. Serves 8.

Nelia Schnarch  
New York City

### Chicken and Rice Casserole

1½ pounds boned chicken breasts OR  
2 full chicken breasts  
1 cup long grain rice  
1 can cream of mushroom soup  
1 can water

Place chicken, rice, soup and water in casserole dish. Cover and cook in 350 degrees oven for 30-45 minutes. For a more moist casserole, add an additional can of mushroom soup. Season with all purpose seasoning.

Nancy Jablonowski  
Allen Park

### Casserole of Beef

4 cups cooked beef cut in 1-inch cubes  
2 cups brown sauce or gravy  
½ cup celery, cut up  
½ cup carrot, cubed  
1 onion thinly sliced  
1 cup tomatoes, cooked or canned  
1 cup potato balls, parboiled 10 minutes  
¼ cup green pepper, finely chopped  
cabbage as desired  
2 bay leaves  
1 teaspoon Worcestershire sauce  
½ teaspoon salt  
1/8 teaspoon pepper  
1 cup peas, beans or mushrooms

Place meat, gravy, celery, carrot, onion, tomatoes, salt, pepper, Worcestershire sauce, bay leaves, cabbage and green pepper in a casserole dish. Cover and bake one hour at 350 degrees. Add potatoes and peas, beans, or mushrooms (cooked or canned) or all three and cook 30 minutes more until potatoes are soft.

Cathy Whitlock  
Elkhart, Ind.

### Tuna Garbage

1 sliced onion  
Butter or margarine  
6¼ ounces tuna  
4 ounces mushrooms  
1 can cheddar cheese soup

Dice onion, saute in butter or margarine. Drain mushrooms, add to onions. Add tuna, mix. Season with salt, pepper and garlic salt. Add soup and stir well. Heat until it bubbles. Serve on toast, rice, noodles or a plate.

Fran Miner  
East Lansing

### Tuna Chow Mein

1 small can tuna  
1 small can chow mein noodles  
¼ cup onion  
½ cup chopped celery  
1 can cream of mushroom soup  
½ cup milk  
Cashews (optional)

Layer first four ingredients in 1½ quart casserole. Mix soup and milk and pour over mixture. Sprinkle with cashews on top. Cook in oven at 375 degrees for 20 minutes.

Janise Larsen  
Lakeview

### Mushroom Chicken Casserole

36 chicken pieces (breasts, thighs, legs)  
salt, pepper, paprika  
¾ cup butter or margarine  
¾ pound fresh sliced mushrooms  
¼ cup flour  
1 1/2 cup chicken broth (2 bouillon cubes in 1 1/2 cups water)  
6 tbsp. sherry  
3 sprigs fresh rosemary or 1/2 tsp. crumbled dry rosemary

Sprinkle chicken pieces with salt, pepper and paprika. Brown in half the butter and remove to casserole or shallow baking dish. Add remaining butter to drippings and saute sliced mushrooms until tender. Sprinkle flour over mushrooms and stir in chicken broth, sherry and rosemary. Cook until thickened, then pour over chicken. Cover and bake in 350 degree oven for 45 minutes. Serve with RICE SUPRISE.

(This dish can be prepared ahead and refrigerated before baking; bake for one hour.) Serves 18.

Monica Peiffer  
La Mesa, Calif.



# ❖ CASSEROLES ❖

## Mexican Casserole

1½ pounds ground beef  
2 tablespoons cooking oil  
¾ cup chopped onion  
1 package chili seasoning mix  
½ teaspoon salt  
16 ounces tomato sauce  
1 No. 1 can kidney beans  
1 cup crushed corn chips  
½ cup shredded American cheese

Brown ground beef in oil; add onion and cook 5 minutes. Drain fat. Stir in seasoning mix and salt. Add tomato sauce and beans. Put in 2-quart casserole. Top with chips and cheese. Bake at 325 degrees for 50 minutes.  
Latty Lee Erickson  
East Lansing

1 package dry yeast  
1 cup warm cottage cheese  
1 tablespoon instant minced onion  
2 tablespoons sugar  
1 tablespoon butter  
4 teaspoons dill seed  
1 teaspoon salt  
¼ teaspoon soda

## Daffy-Dilly Casserole Bread

1 unbeaten egg  
2½ cups flour

Soften 1 package dry yeast in ¼ cup warm water. Add flour to make a very stiff batter, beating well after each addition. Let rise in warm place (85 - 90 degrees) until light and double in bulk (about 1 hour). Push down

dough and turn into well-greased 8 - inch round casserole. Let rise in warm place until light (30 - 40 minutes). Bake until golden brown, at 350 degrees for 40 - 50 minutes. Brush with soft butter and sprinkle with salt.

Ann Balone  
Farmington

**McDonald's is  
your kind of place.**  
T.M.

- LEAN, 100% BEEF HAMBURGERS
- CRISP, GOLDEN FRENCH FRIES
- TRIPLE THICK MILK SHAKES

1024 E. GRAND RIVER

234 W. GRAND RIVER

*instant dinner*

...from McDonald's



Look For The Golden Arches at  
**McDonald's**



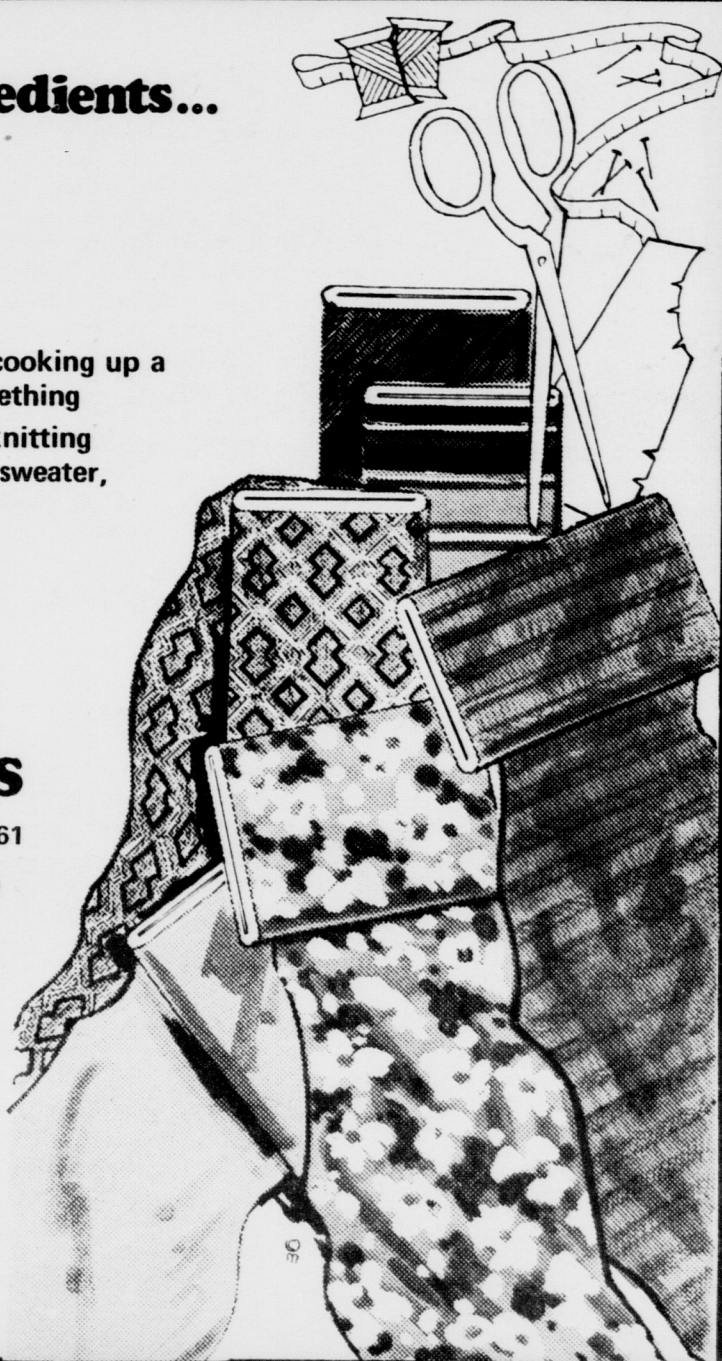
**all the ingredients...**

.... whether you're cooking up a confection in lace, something spicy in corduroy, or knitting a stick-to-the-ribs sweater, all the ingredients you need to garnish your wardrobe are here at ...

**POLACHEK'S**

417 E. Grand River 332-0361

Open Wednesday 'til 9:00



**Wine-Art**  
1617 E. KALAMAZOO

OPEN WED - SUN, NOON - 6 P.M.

1617 E. KALAMAZOO  
372-7071

INSTRUCTIONS  
BOTTLES KEGS  
INGREDIENTS

**When You're Through**



**All Is Not Lost**

**KALAMAZOO NORGE**

**Dry Cleaning & Laundry**

will save you time & money

Dry Cleaning - 4 lbs. for \$1.75

Open daily 7-11

Sunday 10-8

Attendants on duty at all times.

phone 489-8313

1918 E. Kalamazoo

1 mile west of campus  
on Kalamazoo



# MEATS

## Turkey Divan

1 package (10 ounces) frozen broccoli spears, cooked and drained  
 1/2 pound sliced cooked turkey  
 1 can (10 1/2 ounces) condensed cream of chicken soup  
 8 slices American cheese

Brush 2-4 individual casseroles with butter. Place turkey slices at bottom. Top with broccoli spears. Spoon heated soup over broccoli. Place cheese slices over soup. Bake in preheated 450 degree oven for 15 minutes or until cheese is melted and bubbly.

Nikolai Bashkirew  
 Charlotte

## Sloppy Joes

1 pound ground meat  
 1 cup chopped onions  
 1 cup chopped celery  
 1 tablespoon vinegar  
 1 teaspoon salt  
 1/2 teaspoon sugar  
 1 can tomato soup  
 1 can water

Mix together. Heat, cook until thickened. Serve on warm buns. If chili desired simply add red kidney beans.

Marylou Reeber  
 St. Clair Shores

## Great Leftover Curry

meat  
 Lipton's Onion Soup mix  
 2 teaspoons curry  
 raisins

Trim the fat off any odd meat lying around. Warm it up in some butter. Add enough water to make gravy, curry, raisins and some flour if gravy seems too thin. Serve it over rice, mashed potatoes or whatever is handy.

Jo Farnham  
 East Lansing

## Beef Stroganoff

1 tablespoon flour  
 1/4 teaspoon salt  
 1 pound sirloin, cut in 1/4 inch strips  
 4 tablespoons butter  
 1 cup sliced mushrooms  
 1 cup chopped onion  
 1 clove garlic, minced  
 1 tablespoon tomato paste  
 1 can beef broth  
 1 can dairy sour cream  
 2 tablespoons cooking sherry

Combine 1 tablespoon flour and the salt; dredge the meat in mixture. Heat skillet, then add 2 tablespoons butter. When melted, add the sirloin strips and brown quickly, flipping meat to brown all sides. Add the mushroom slices, onion, garlic and cook 3-4 minutes or until onion is barely tender. Remove to another dish. Add 2 tablespoons butter to pan drippings. When melted, blend in 3 tablespoons flour. Add the tomato paste. Slowly pour in the beef broth, cook stirring constantly until mixture thickens. Return browned meat and mushroom mixture to skillet. Stir in the sour cream and sherry. Heat briefly. Serve over rice or noodles.

Denise Hobbs  
 Dearborn

## Pizza Chili Pie

1 pound ground beef  
 1/2 cup chopped green pepper  
 1 package pizza sauce mix  
 1 6-ounce can tomato paste  
 3/4 cup water  
 1 8-ounce can refrigerated biscuits  
 1/3 cup grated parmesan cheese  
 1 6-ounce package Mozzarella cheese slices

Brown the meat; drain. Add green pepper; cook until tender. Stir in sauce mix, tomato paste and water; simmer 10 minutes. Line greased 9-inch pie plate with biscuits; press together to seal. Sprinkle 1/4 cup Parmesan cheese over the crust; fill with half of meat mixture, two slices of Mozzarella cheese, remaining meat mixture and Parmesan cheese. Bake at 400 degrees, 15 to 20 minutes. Cut remaining Mozzarella slices into lengthwise strips. Arrange on pie in lattice pattern; return to oven until the cheese melts. 4 to 6 servings.

Margaret Hutsler  
 Old Greenwich, Conn.

## Pizza

2 packages butterflake rolls  
 1 pound sausage fine light (already packaged)  
 1/2 pound sharp cheese grated  
 1 small can tomato paste  
 1 can tomatoes - pour juice off, mash  
 1 teaspoon salt  
 1/2 teaspoon pepper  
 1 teaspoon garlic powder  
 1 teaspoon oregano

Divide biscuit in 4 and bake at 300 degrees for 10 minutes. Lightly brown sausage. Mix together all ingredients. Put 1 teaspoon mixture on roll and put back in oven and bake in 425 degrees until done.

Mrs. William Browne  
 Morgantown, N.C.

## Hamburger

## Stroganoff

1/2 cup onion  
 1 clove garlic cut  
 1/4 cup shallots (optional)  
 1 pound ground beef  
 salt and pepper  
 1 can mushroom stems, pieces and liquid  
 1 can mushroom soup

Cook all ingredients uncovered about 15 minutes. Add 1 cup sour cream and 2 teaspoons parsley and only heat through. Serve on cooked rice or noodles. Serves 6.

Gary Back  
 Toledo, Ohio

## Porcupine Meat Balls

1 1/2 pounds hamburger  
 1/2 cup uncooked rice  
 1/2 cup milk  
 1 tablespoon salt  
 1/8 teaspoon pepper  
 2 tablespoons green peppers chopped fine  
 a little onion  
 1 can tomato soup or puree (add one cup water to soup)

Bake covered 2 hours and uncover last 15 minutes at 350 degrees.

Debbie Wright  
 Elkhart, Ind.

## Barbecued

## Spare Ribs

1 medium chopped onion  
 3 pounds spare ribs country style cut in 1-inch pieces  
 1 clove garlic, crushed  
 2 tablespoons shortening  
 1 large can tomato sauce  
 2 cups canned stewed tomatoes  
 1/2 teaspoon powdered cloves  
 salt and pepper to taste  
 1/2 cup white sugar  
 1/2 cup brown sugar  
 1 cup boiling water  
 1/2 cup vinegar

Brown onion, meat, garlic and shortening. Add tomato sauce, stewed tomatoes, cloves, salt and pepper to taste. In another bowl combine sugars, mix well, add boiling water and vinegar; add bowl contents to meat mixture and cook two hours. Keep basting meat with sauce. Remove bones. Serve over rice. Serves 4-6.

Tim Knight  
 Cass City

## Hot Dog

## Shishkebobs

1 package hot dogs  
 2 tomatoes  
 1 medium sized onion  
 1 green pepper  
 vegetable oil  
 skewers

Cut each hot dog into 4 pieces. Cut the vegetables into bite size pieces. Alternate hot dog and vegetable pieces on skewers. Brush with vegetable oil and season with salt and pepper. Broil for several minutes until hot dogs are done. Serves 3 to 4.

Chris Angeles  
 Royal Oak

## Jackrabbit

rabbit  
 savory  
 oil  
 Skin rabbit, dress and cut into 5 pieces: 2 hindquarters, back and 2 front legs with the ribs. Boil these in mild solution of salt water until all the blood has boiled out in the form of brown residue. You may have to change water. Add a pinch of savory. When meat is tender and comes off the bone easily, which may take an hour and a half, remove pieces and deep fry in oil. Salt pieces and eat. Kidney and heart are excellent dry fried. Recipe works well for Michigan cottontails.

Rich Flanders  
 Ortonville

## Russian Fluff

1 1/2 pound ground steak  
 2 tablespoons butter or oil  
 3/4 teaspoon salt  
 1/2 cup chopped onion  
 Cook above in frying pan until all redness disappears from meat. Drain and place in casserole. Add:  
 1 cup cooked rice  
 1 cup peas (with juice)  
 1 small can mushrooms  
 1 can tomato soup  
 Mix well and top with bread crumbs. Bake one hour uncovered and another hour covered at 350 degrees.

Tim Knight  
 Cass City

## Meatballs

## and Tangy Sauce

Sauce  
 1/4 cup finely chopped onion  
 1 clove garlic  
 1 tablespoon butter  
 3 tablespoons vinegar  
 1/4 cup sugar  
 4 teaspoons Worcestershire sauce  
 1 teaspoon salt  
 1 teaspoon paprika  
 1/2 teaspoon pepper  
 1 14-ounce bottle ketchup

Saute onion in butter. Add other ingredients and mix well. Cook over low heat while fixing meat balls.

## Meatballs

1 1/2 pounds ground beef  
 3/4 cups rolled oats (quick or uncooked)  
 1 1/2 teaspoons salt  
 1/4 teaspoon salt  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 2 tablespoons finely chopped onion  
 1 egg  
 1/2 cup milk

Mix ingredients and form into 12 meatballs. Brown on all sides. Drain off fat, cover with sauce and simmer for 30 minutes.

Bill Felton  
 Jefferson, South Dakota

## Rouladen

6 slices round steak, 1/4-inch thick  
 salt  
 6 slices bacon  
 6 slices dill pickle  
 3 tablespoons butter  
 2 bay leaves  
 pinch of thyme  
 flour

Cut steak into 3-inch widths and long enough to roll. Sprinkle with salt. Place a slice of bacon, onion and dill pickle on each slice. Roll and fasten with toothpicks. Partially melt butter in a dutch oven; add bay leaves and thyme, brown rouladens on all sides. Add just enough water to cover. Simmer for 2 1/2 - 3 hours. Thicken with flour. This makes a gravy which is perfect on potatoes.

Gary Beck  
 Toledo, Ohio

## Spanish Rice and Franks

## Spanish Rice and Franks

6 franks cut in 1-inch pieces  
 1 medium onion, sliced thinly  
 1/3 cup chopped green pepper  
 1/4 cup butter  
 1 cup hot water  
 1 can tomato sauce  
 1 teaspoon salt  
 Dash of pepper  
 1/2 teaspoon mustard  
 1 cup Minute Rice

Saute franks, onion, green pepper and rice in butter until lightly browned. Add water, tomato sauce, seasonings and mix well. Bring to boil. Reduce heat and simmer, uncovered, until moisture evaporates and rice is fluffy, about 5 - 10 minutes. Makes 3 to 4 servings.

Anne O'Brien  
 East Lansing

## Easy Chicken

## Divan

1 10-ounce package frozen broccoli  
 2 sliced cooked chicken breasts  
 1 can cream of chicken soup  
 1/2 cup mayonnaise  
 1/2 teaspoon lemon juice  
 1/2 teaspoon curry powder  
 1/4 cup shredded sharp Cheddar cheese  
 1 4-ounce can mushrooms  
 4 servings Minute Rice

Cook broccoli, chicken and Minute Rice separately. Combine soup, mayonnaise, lemon juice and curry powder and set aside. In casserole dish, alternate layers of Minute Rice and mushrooms. Arrange broccoli on top of rice and mushrooms, and then add the sliced chicken. Top this mixture with the soup mixture. Garnish with shredded cheese. Sprinkle with paprika for color. Bake at 350 degrees 25-30 minutes. Serves 4 adults. This casserole can be frozen before cooking and stored for several months before use.

Nikki Murtaugh  
 East Lansing

## Hot Dish

1 pound round steak, cut-up or hamburger  
 1 cup chopped onions  
 1 cup chopped celery  
 2 cups cut up raw potatoes  
 1 cup water  
 1 can tomato soup  
 1 can mushroom soup

Brown meat. Put together and bake 1 hour or until done at 350 degrees. Season to taste.

## Sausage Peanut Pilaf

1 pound fresh pork sausage  
 1 cup chopped celery  
 1/2 cup chopped onion  
 1 cup cooked rice  
 1 can mushroom soup  
 1/4 cup chopped green pepper  
 1/2 cup chopped salted peanuts  
 12 stuffed olives

Cook sausage slowly until browned. Add celery and onion and cook 3 minutes. Pour off drippings. Add rice, soup and green pepper. Place mixture in 1 quart casserole and sprinkle with nuts. Top with sliced olives. Bake at 350 degrees for 30 minutes. Can be covered or uncovered while cooking.

Cathy Whitlock  
 Elkhart, Ind.

## Hot Tuna Sandwich

1 can drained tuna fish  
 several tablespoons cream of mushroom soup  
 1 tablespoon chopped onion (very fine)  
 white bread

Moisten tuna with concentrated cream of mushroom soup, just enough to be spreadable. Add chopped onion. Spread on bread. Broil until the tuna is bubbly. Serve hot.

Gary Back  
 Toledo, Ohio



# MEATS

## Beef Burgundy

2½ pounds cubed stew meat or chuck steak  
1 can cream of mushroom soup  
1 8 - ounce can of mushroom pieces  
1 cup burgundy wine

Dredge meat in flour, salt and pepper. Brown in a small amount of shortening. Place meat and all remaining ingredients into casserole dish uncovered and bake at 250 degrees for about 3 hours. Add small amounts of water if

needed. Serve on rice, toast tops or noodles.

Mary Daup  
Brownwood, Texas

## Lemon Chicken

4 broiler - fryer chicken quarters  
1/4 cup low-cal Italian dressing  
2 teaspoons grated lemon peel  
1/4 cup lemon juice  
4 teaspoons sesame seeds

Mix together dressing, lemon juice, peel and sesame seeds. Place chicken, skin side down on lightly greased cookie sheet. Brush chicken with lemon mixture and bake, uncovered at 350 degrees for 30 minutes.

Turn chicken over, brush with remaining mixture and bake 30 minutes more, or until fork tender. Serves 4.

Ann O'Brien  
East Lansing

THE HARLEQUIN PRESENTS  
The Fabulous

## "JOHN BROWN TRIO"

Undoubtedly the most popular  
dance group to hit Mid-Michigan!

People Like to Go Where People Are!

The HARLEQUIN  
Where All the  
ACTION Is!

Dancing Seven Nights a Week!

AT THE METRO BOWL -  
S. LOGAN AT JOLLY  
PH. TU 2-0226

Dress rules enforced - Casual but neat.  
You must be 21 and able to prove it.

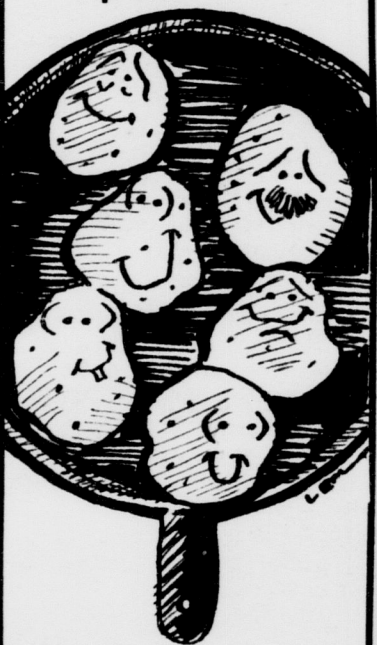
## Duck in Ginger Sauce

1 Long Island Duckling  
Chinese five spices  
fresh ginger (3 inches)  
1 cup strong beef bouillon  
½ cup orange marmalade  
½ cup Chablis or other dry white table wine  
1 heaping tablespoon corn starch, cold water mixed to smooth consistency  
1 can lychees

Duck  
Quarter duckling. Sprinkle skin generously with Chinese Five Spices. Bake in shallow roasting pan, skinned up in oven 375 degrees until skin is very crisp, approximately 2 hours. Drain off fat frequently.

Sauce  
Heat bouillon and marmalade in saucepan. Peel ginger, cut into large chunks, liquify with white wine in blender. Add to saucepan. Thicken sauce with cornstarch mixture. Gently heat strained lychees in sauce 1 minute or less. Pour over duckling and serve immediately.  
Mrs. Clifton Wharton  
East Lansing

How many ways  
can you prepare  
a pancake?



Not As Many As

PANCAKE  
HOUSE  
**UNCLE  
JOHN'S**  
FAMILY RESTAURANT

2820 E. Grand River  
487-3761

For  
freshness  
&  
flavor ...

Buy

Heatherwood Farms  
Dairy Products

Orchard Grove  
Pure Fresh  
Orange Juice



Available at your  
independently-owned food stores  
in the Greater East Lansing area



# MEATS

## Salmon Loaf

- 1 can salmon
- 3 tablespoons shortening
- 3 tablespoons flour
- 1 cup milk and salmon liquid
- salt and pepper
- 2 tablespoons finely chopped parsley
- 2 cups soft bread crumbs
- 1 egg, beaten

Drain canned salmon, saving the liquid. Make sauce: heat fat, blend in flour, add enough milk to the salmon liquid to make 1 cup. Stir into flour mixture. Cook until thickened, stirring constantly. Season. Mix the sauce with the other ingredients. Form into a loaf. Bake in uncovered pan at 350 degrees about 30 minutes or until brown.

Patricia Sheely  
Killbuck, Ohio

## Lasagna

- 1/2 lb. lasagna noodles
- 2 tablespoons wesson oil
- 2 cloves, garlic, minced
- 1 medium onion, chopped
- 1 1/2 pounds ground beef
- 2 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon oregano \*
- 2 - 6 ounce cans tomato paste
- 1 1/2 cups hot water
- 2 eggs beaten
- 1 pint small cottage cheese
- 1/4 cup grated Parmesan cheese
- 1/2 pound mozzarella cheese

\* If you don't like oregano use 1/2 teaspoon Rosemary or Basil.

Cook noodles in salted water about 15 minutes. Heat Wesson in skillet, cook onion and garlic until soft. Add beef and seasonings and cook until crumbly. Add Hunt's tomato sauce and hot water. Simmer 5 minutes. Set aside. Blend beaten eggs with cottage cheese in a bowl. In a baking dish 9x13x2 put a thin layer of meat sauce half the noodles, all cottage cheese mixture, half the mozzarella cheese, repeat with half the remaining meat sauce, rest of the noodles, remainder of the sauce and mozzarella cheese. Sprinkle with parmesan cheese. Bake in a moderate oven (350 degrees) for 30 minutes. Let cool 10 minutes before serving. Serves 8.

Sharon J. Hukic  
Holt

## Chicken and Squash

- 1 pound zucchini squash
- 2 large chicken breasts
- 1/8 teaspoon garlic powder
- 3 tablespoons cooking oil
- 2 eggs
- 2 tablespoons water
- Soy Sauce, salt, Accent and black pepper

Peel squash and dice. Cut chicken into bite size pieces. Heat oil in frying pan at medium high temperature. Add garlic powder and then add chicken, stir until almost done (about 2 min.) Stir in squash and add soy sauce, water and cover for 1 minute. Uncover and add eggs, only slightly stirring. Season with salt, accent and black pepper. Serve with rice. Makes 2-3 servings.

Umpawun Satayanurug  
Thailand

## Beef With Green Peppers

- 1 pound boneless cubed beef stew meat, sliced
- 1 green pepper, sliced
- 3 tablespoons cooking oil
- 2 onions, sliced thin
- 1/8 teaspoon garlic powder
- 1 tablespoon soy sauce
- 1/4 cup water

Season to taste with salt, accent, and black papper

Heat the oil in the frying pan medium - high temperature. Add garlic powder, then add the meat, brown lightly. Add green pepper, onion, soy sauce and stir. Add water and cover pan for 2 minutes. Add seasonings and serve with rice. Makes 2-3 servings.

Umpawun Satayanurug  
Thailand

## Seafood Scramble

- 1/4 cup hot oil
- 1/2 cup chopped onions
- 1/2 cup chopped green peppers
- 2 cans tuna OR
- 1 can each shrimp and crab OR
- 1 15 ounce can salmon or mackerel
- 2 cups uncooked noodles
- 1 can cream of mushroom soup
- 2 cans milk (can use powdered skim milk and water)
- 3/4 teaspoon salt
- 1/4 teaspoon sage or thyme
- 2 hardboiled eggs, quartered

Prepare on top of stove in large skillet. Heat oil; add onion and green pepper, and cook until tender over low heat. Add fish (be sure to remove bones from salmon) and top with noodles. Blend soup, milk, salt and sage; pour over noodles. Cover and bring to a boil. Reduce heat and simmer, tightly covered, for 30 minutes. Stir occasionally after first 10 minutes. Serve hot, garnished with eggs and paprika. Serves 4.

Gary Phillips  
Dearborn Heights

## Curry Chicken

- 1 - 3 pound dressed chicken
- 4 large potatoes
- 4 tablespoons cooking oil
- 3 tablespoons chopped onion
- 1 tableppon chili powder
- 1 1/2 coconuts
- 2 tablespoons curry powder
- 1 cube chicken essence

Clean and cut chicken into large pieces. Boil potatoes for 15 minutes, peel the skin and cut into big pieces. Grate coconut, add water and squeeze out 2 pints of coconut milk. (substitute coconut with fresh milk if unable).

Heat oil in saucepan and fry chopped onion til golden brown. Add chili powder and curry powder and fry for 2 minutes. Add chicken and stir until the pieces are covered with the curry mixture. Strain in the coconut milk. Add potatoes and boil for 20-25 minutes. Add chicken essence and salt to taste. Stir well. When chicken is cooked, serve curry with rice or bread.

Patrick Chia  
Singapore

## Tongue with Ginger Snap Sauce

- 1 2-4 pound smoked beef tongue
- 1 onion sliced
- 1 teaspoon whole black pepper
- 1 teaspoon clove
- 4 bay leaves
- 1 recipe ginger snap sauce

Cover meat with water. Add onion and spices. Cover and simmer till tender, allowing 1 hour per pound. Remove meat; strain and reserve liquid. Cut off bones and gristle from large end; slit skin on underside from large end to tip; peel off. Slice meat on slant. Serve with hot gingersnap sauce.

Gingersnap Sauce

- Crush 5 gingersnaps
- 1/3 cup brown sugar
- 1/3 cup seedless raisins
- 1/4 cup vinegar
- 1 cup reserved liquid

Combine and cook, stirring, until smooth

Ann Hope  
Bellerville

## Chicken With Mushrooms

- 1 - 3 pound chicken
- 8 pieces dried black mushroom
- 3 tablespoons cooking oil
- 2 teaspoons oyster sauce
- 2 teaspoons teelseed oil
- 2 teaspoons dark soy sauce
- 1 cube chicken stock

Cut chicken into fairly large pieces. Mix oyster sauce, teelseed oil and soy sauce. Season chicken in mixture for 20 minutes. Soak mushrooms in water and when fluffy, squeeze out the water. Do this several times until the water is clear. Cut the stems and half them. Heat oil in saucepan and cook chicken until color changes, stirring all the time. Add chicken stock and just enough water to cover the chicken. Bring to a boil, then simmer for 20 minutes. Add mushrooms and salt to taste. Simmer until chicken is tender. Serve with rice or bread.

Patrick Chia  
Singapore

## Veal Cacciatore

- 2 tablespoons olive oil
- 1 large onion
- 1 can tomato paste
- 1 can tomato sauce
- 1 cup water
- 1 can mushrooms
- 1/2 cup tart red wine (optional)
- 1 green pepper
- 1 clove garlic
- 2 pounds veal
- salt and pepper to taste

Heat olive oil (or crisco) in heavy skillet. Add garlic, sliced onion; brown both in oil. Add cubed veal, brown. Add paste, sauce and seasonings. Add mushrooms and simmer about 1 hour. Add wine and sliced green pepper and cook additional five minutes.

Jacquie Taylor  
East Lansing



## Spartan Village cookery

Mrs. Anne O'Brien, student wife, mixes up one of her favorite recipes in her Spartan Village apartment.

## Yams With Pork

- 21 ounces pork
- 5 Shallots
- 2 cloves garlic
- 2 medium sized yams
- 1 cube salted soya beancake
- Cooking oil, lime, chilies

Skin yam and cut into quarter inch thick slices. Wash pork and cut into thin slices. Skin shallots and garlic. Pound them together and fry them adding the soy bean cake after a few seconds. Add yam and continue frying. Season with salt. Add pork and keep on frying. When pork is tender, add a quarter teacup of water and remove from fire. Place yam and pork alternately into a large casserole and steam till cooked. Serve hot with lime and chillies.

Patrick Chia  
Singapore

## Stuffed Cabbage Rolls

- 6 large cabbage leaves
- 3/4 pound ground beef
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup cooked rice
- 1 small chopped onion
- 1 egg
- 1/4 teaspoon poultry seasoning or thyme
- 1 tablespoon oil
- 1 8-ounce can tomato sauce
- 1/2 tablespoon brown sugar
- 1/8 cup water
- 1/2 tablespoon lemon juice or vinegar

Cover cabbage leaves with boiling water for 5 minutes. Combine beef, salt, pepper, rice, onion, egg, seasoning. Put meat mixture in center of leaf. Fold over and fasten with toothpick; Brown in hot oil. Pour in tomato sauce. Combine sugar, water, juice, stir into sauce. Simmer covered 1 hour, basting occasionally.

Jacquie Taylor  
East Lansing

## Lasagna

- 2 tablespoons salad oil
- 2 cloves garlic
- 1 pound ground beef
- 1 package onion soup
- 1 1/2 cups water
- 1 can tomato paste
- 1 can tomato sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon sugar
- 1 teaspoon oregano
- 1/2 pound lasagna noodles
- 1 pound cottage cheese or ricotta
- 3/4 pound mozzarella
- 2 tablespoons parmesan cheese

Brown garlic and meat in oil. Stir in onion soup, water, tomato paste and sauce, salt, pepper, sugar and oregano. Cover and simmer 30 minutes. In a cake pan put 1 tablespoon sauce, then noodles, cottage cheese, mozzarella, meat mix and parmesan. Repeat several times ending with meat and parmesan cheese. Bake 30 minutes at 350 degrees. Makes 8-10 servings.

Trich Tallman  
Jackson



# DRINKS

## Festival Rum

2 tablespoons brown sugar  
1 teaspoon whole cloves  
1 teaspoon whole allspice  
3-inch stick cinnamon  
Dash of nutmeg  
2 quarts apple juice  
1 cup (or less) rum  
Mix all ingredients except rum — bring slowly to a boil. Cover and simmer for 20 minutes. Add rum and heat just to boiling. Strain and serve with a small pat of butter in each mug.

Bill Felton  
Jefferson, S.D.

## Exotic Cocoa

½ cup cocoa  
¼ cup sugar  
1 cup water  
3 cups milk  
1 tablespoon grated orange rind or  
¼ teaspoon ground cinnamon  
¼ teaspoon almond flavoring  
Cinnamon sticks  
Stir cocoa and sugar gradually into water to make a smooth paste. Stir in milk. Heat to boiling. Add orange rind or cinnamon. Beat till frothy. Serve hot or chilled with a cinnamon stick in each cup. Makes about 4 cups.

Susan Berger  
Lansing

## Punch

4 small cans lemonade (frozen undiluted)  
3 quarts cranberry juice  
4 quarts Seven-Up

Mix together and serve chilled. A tangy, thirst - quenching drink.  
Laura Upton  
Lake Orion

## Lizard Skins

1 large orange, cut in half  
2 shots brandy or Southern Comfort

Mash pulp of orange halves and scoop out some of it. Heat liquor, and pour on oranges. Light with a match while still hot. Drink liquid and eat pulp with a spoon. Serves 2.

Chuck Werner  
Lansing

1 can gin or vodka  
1 - 2 cans water

Shake well and place in freezer for overnight. Serve and eat as in a sno-cone.

Mary Kay Lenton  
Dearborn

## Hot Wine Drink

1½ cups squirt  
1½ cups orange juice  
¾ - 1 cup blackberry wine  
¼ cup cranberry juice cocktail

Heat the above ingredients and serve hot. Garnish with orange slices, if desired. Serves 4-5.

Patricia Brogowicz  
East Lansing

## Lime-Gin Slush

Combine in a plastic quart container:  
1 can frozen lime concentrate  
1 can frozen lemonade concentrate

Barbara Box

Wig & Hair Stylists



### Complimentary

Wig and hair - care consultation by any of our advanced stylists:

Barbara Box, owner  
Linda Lasch, Man.  
Tony Curtis  
Krys Wilson

Open Wed. and Thurs. nights  
224 Abbott  
ED 2 - 4080

SEE WHAT'S COOKING AT

CHOOSE only the leading brands in ladies apparel;  
SELECT only the garments they excell in;  
BLEND a dash of fashion know - how with competitive pricing;  
ADD four convenient locations and a sales staff with interest in each customer;  
COMBINE imagination, knowledge of quality and value and you have the ingredients for Greens famous 29 year old recipe for customer satisfaction.

**GREENS**

Lansing Mall/Downtown Lansing/Frandor Center/East Lansing

use only the purest ingredients

natural foods

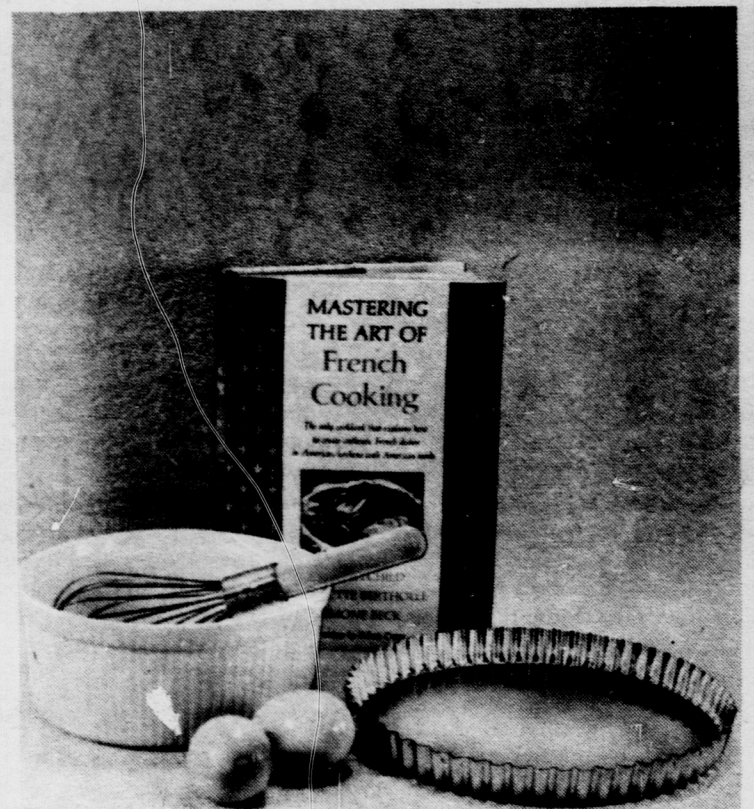
**RANDALL'S HEALTH FOODS**

1331 E. GRAND RIVER \_\_\_\_\_ 332-6892  
(Brookfield Plaza)

223 S. WASHINGTON \_\_\_\_\_ 487-5837  
(Lansing)

## LIEBERMANN'S

Everything you need for Gourmet cooking



You'll find all the tools and special dishes for proper preparation of exotic foods in our gourmet corner . . . Lots of unusual cookbooks, too.

YES...

We have oriental woks!

Liebermann's

EAST LANSING-209 E. Grand River  
DOWNTOWN-113 S. Washington



## ADDITIVES ELIMINATED

## Organic food: 'natural'

By MAJORIE ROGGENBUCK

According to nutritionist Adele Davis, author of the best-selling paperback "Let's Eat Right," it has been proven that in order to have vitality, we must obtain some 40 nutrients daily and that lack of any one of them will result first in "below par drag" and eventually in "serious illness."

Organic or "natural" food grown without synthetic sprays or fertilizers, is the answer to health, Miss Davis says. These foods are minimally processed and lack unnecessary additives.

In her book "Let's Cook It Right," Mrs. Davis says that "no fewer than 75,000 processing plants are putting chemical additives into our foods, sometimes as many as a dozen chemicals in a single item."

She warns against eating foods such as brown and serve rolls, cold luncheon meats, prepared mashed potatoes, and bottled condiments because of their chemical additives.

In organic and health food stores the common fare is sea salt, carob candy, fertilized eggs, whole grains and whole-grain flours, unsulphured raisins, dried pineapple and apricots, non-chemical soaps and shampoos, unpasteurized honey and apple cider.

My first encounter with organic foods was a meal prepared by Mrs. Helen Klikman, a computer programmer at MSU, and Mrs. Carol Goldstein, the wife of a Cave of the Candles chef, Michael Goldstein. The women are part-owners of the Family of Man health food store.

We used chopsticks to eat flavors and textures I'd never known before. The homemade bread was unleavened and made of whole grain flour. It was hard and had to be broken into small

edible-sized pieces, but it was delicious. Each individual grain could be tasted.

Organic food enthusiasts advocate using a variety of these products as health insurance and as a way to serve better tasting meals.

Ordinary foods are viewed as unsafe or useless — the additives and processing making them dull, flavorless and lacking in necessary nutrients.

Preparation of organic foods takes longer, but many of the recipes can be prepared in large quantities and stored for later usage.

Our second course was miso soup. Miso, fermented soybean paste, can be cooked with onions, carrots, wakame (seaweed) and cabbage. No meat is used, yet a meat flavor develops.

The main entree was vegetable nituke on buckwheat noodles.

## Vegetable nituke

Cut into thin strips any one vegetable or a combination of vegetables choosing from the following: green pepper, zucchini, cabbage, carrot, broccoli or cauliflower. Saute in a polyunsaturated vegetable oil (safflower or corn oil). While stirring, cook the vegetable over a medium-high flame for 5-10 minutes. Reduce flame and cook 10-15 minutes more. Add soy sauce and a bit of water before removing from flame. Serve alone or over buckwheat noodles or brown rice.

At the meal's end we drank herbal tea, a combination of rose hip and gota-kola herbs.

I hadn't eaten a great amount of food but I was satisfied. This is important to natural food followers: eat according to need, never pathological hunger.

Health and organic food store personnel give advice freely. Frequent questions are about the medicinal qualities of certain herbs, how to use chopsticks, what vitamins are the best, and

whether herbal shampoo gets rid of dandruff.

One drawback to organic foods is that there is no government inspection of organically grown foods nor any

certification of organic farming techniques. Producers of organic foods are just trusted by their consumers.

Health food stores differ from organic food stores in that they

carry imitation foods and special food products for diabetic and low-salt diets along with organic foods. Currently there are about 2,000 health food stores in the United States.



## Organic eating

The Family of Man food stores offers a variety of organic foods grown without synthetic sprays or fertilizers.

## SALADS

Tropical  
Triumph

½ teaspoon salt  
2 tablespoons unflavored gelatin  
½ cup cold water  
1 No. 2½ can fruit cocktail, drained  
½ cup lemon juice  
1 8-ounce bottle ginger ale  
1 No. 2 can sliced pineapple, cut up  
1 11-ounce can mandarin oranges, drained  
1 8½-ounce can white grapes  
2 cups juice from fruit

Sprinkle gelatin on water and let stand 5 minutes. Bring fruit juice to a boil, add gelatin and stir until dissolved. Cool, add lemon juice, salt and gingerale. Chill until syrupy. Add fruit and chill until firm. Serves about 15.

Jo Aebig  
New Era

Instant Ice Cream  
Jello Salad

1 package any flavor jello  
1 cup hot water  
1 cup any flavor ice cream  
3-4 ice cubes

Dissolve jello in hot water in shakeable container. Add ice cream and ice cubes. Cover and shake until cubes melt. Pour into serving dishes and refrigerate. Sets with 15-20 minutes.

Kathy Rix  
Rochester

Strawberry  
-Cream Squares

2 3-ounce packages strawberry gelatin  
2 cups boiling water  
2 10-ounce packages frozen strawberries

1 13½-ounce can crushed pineapple  
2 bananas, finely diced  
1 cup sour cream

Dissolve gelatin in boiling water. Add strawberries, stir until thawed. Add pineapple and bananas. Pour half into 8x8x2-inch pan. Chill firm. Spread evenly with sour cream and pour on remaining gelatin. Cut in 9 squares. Top with sour cream dollops.

Dianne Hartenburg  
East Lansing

## Fruit Salad

2 cans mandarin oranges, drained  
1 diced apple  
1 sliced banana  
1 cup shredded coconut  
2 cups chunk pineapple, drained  
½ package tiny marshmallows  
1 cup sour cream

Combine ingredients and let stand in refrigerator overnight or for a few hours. Serve chilled.

Laura Upton  
Lake Orion

Avocado-Tomato  
Salad

1 avocado  
1 large or 2 small tomatoes  
1 small or ½ large onion  
Vinegar  
Oil  
Salt, pepper, garlic

Slice avocado, tomato, and onion rather thin. Separate onion into rings. Pour oil and vinegar over vegetables. Season thoroughly with salt, freshly ground pepper if possible and garlic salt. Cover with plastic wrap and refrigerate for at least an hour. The longer it marinates, the better it gets.

Fran Miner  
East Lansing

Frozen  
Grape  
Salad

2 small packages cream cheese  
2 tablespoons mayonnaise  
2 tablespoons pineapple juice  
24 large marshmallows, cut up, or 150 miniatures  
2½ cups well drained pineapple  
1 cup whipped cream  
2 cups seeded red grapes, quartered  
½ cup nuts, cut up

Blend and cream well the cream cheese, mayonnaise, pineapple juice. Add marshmallows, grapes, pineapple and nuts. Fold in whipped cream. Place in refrigerator overnight.

Audrey  
East Lansing



# SALADS

## Lo-cal Bavarian

1 large or 2 small packages of gelatin dessert  
1 cup yogurt (berry flavor)

Prepare gelatin according to package directions. When about half-set, blend in yogurt with electric mixer until completely mixed and fluffy. Allow to set in either a mold or a bowl.

Fran Miner  
East Lansing

1/4 cup olive oil  
1 chopped garlic clove  
1/4 cup parmesan cheese  
1 cup plain croutons  
1 egg

Prepare just before serving. Be sure lettuce is dried well. Add all but last three ingredients. Toss salad. At last minute before serving break egg and toss well, sprinkle in cheese and top with croutons.

Kathy Felsing  
East Lansing

## Caesar Salad

Salad bowl of romaine lettuce in small pieces

1/4 cup Italian dressing  
2 teaspoons lemon juice  
2 teaspoons worcestershire  
Freshly ground pepper

## Macaroni and Tuna Salad

1 12-ounce package of petite macaroni  
6 cups boiling water  
1 teaspoon salt

6 hard-boiled eggs  
1 tablespoon mustard  
1 cup mayonnaise  
2 stalks of celery, cut up fine  
1 small onion, chopped  
1 small grated carrot  
1/2 13-ounce jar sweet pickle relish  
1 teaspoon sweet pickle juice  
As many olives as liked

1 cup grated cheese  
1 small jar chopped pimento  
drained  
Pepper to taste

Cook salad macaroni in 6 cups rapidly boiling water with salt for 15 minutes or until tender. Drain, rinse with cold water. Mix 6 chopped eggs, mayonnaise,

mustard, celery, carrot, pickle relish and juice, onions, cheese and pimento; stir. Put in the refrigerator for about 10 minutes or until cool. Serves 10.

Ruby Williams  
Detroit

## Larry's Shop Rite

For All Your  
Food and Beverage Needs  
Package Liquor Store

Hours: Mon. thru Thurs. 9-9  
Fri. and Sat. 9-10 . . Sun. 11-5

**Our Food Is For The Birds**  
the cats, dogs, fish, lizards,  
hamsters, mice, turtles, snakes,  
hermit crabs, guinea pigs, chinchilla  
pigmy opossums, anteaters . . .

## NOAH'S ARK PET SHOP

223 Ann East Lansing  
351-0437  
next to discount records

Snack Treats at Cocktail Hour . . .



A Favored Spot  
for Drinks  
and Friendly  
Conversation

When it's time for a relaxing pause in the day's occupation, stop here for cocktails. Make it a habit to meet your friends and to linger a while over your favorite libation. Stay on to dinner, our food is excellent.

at the Gables  
in the  
Rathskellar &  
Il Forno Room

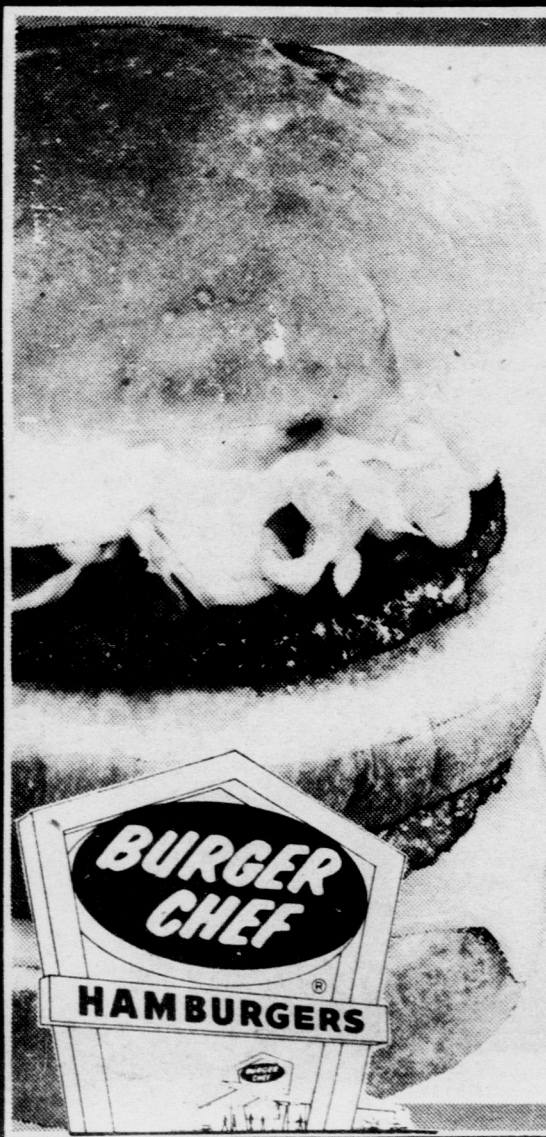
**BIGGEST**  
eating value  
in town  
for the smallest price.

come on down  
when you're  
tired of  
cooking . . . .

622 N. HOMER

across from Frandor

4219 W. SAGINAW



## TRY THIS!!

COMPLIMENTS OF HOLIDAY INN EAST . . .

HOLIDAY CINNAMON HAM WITH HONEY ORANGE GLAZE

Rub 1 level tablespoon of cinnamon on all sides of a pre-cooked whole boneless "Morrell Brand" ham. Let stand at room temperature for one hour. Slice ham 1/4 inch slices down to 2 inches from bottom, leaving a 2 inch heel at each end. Insert 2 skewers, one from either end to meet at center. With back edge of knife, loosen slices from each other to allow Glaze to penetrate and flavor. Place ham in shallow dry pan in 400 pre-heated oven. Apply first coating of Glaze 30 minutes later and lower heat to 350. Continue applying Glaze every 10 minutes for 30 minutes. Apply last Glaze after removing ham from oven. This adds more luster and sparkle. Ideal for display and carving at buffet. Ham is tasty served warm or cool.

### GLAZE

1 cup strained honey  
1 cup concentrated frozen orange juice  
1 cup light brown sugar  
1/2 cup water  
few drops red food coloring

Blend all ingredients and bring to a boil to blend. Apply Glaze with brush.

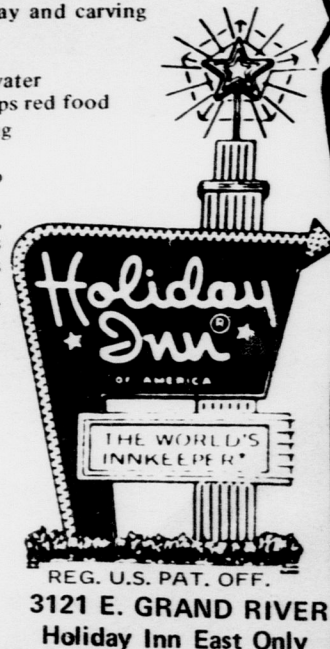
Display: Place ham on an inverted dinner plate, place on a bed of lettuce leaves. Loosen skewers enough so slices will fan out. If Chateau Skewers are used, attach hilts for more dramatic effect. Carving: remove skewer from shank end, cut off heel and complete cut.

### IF . . .

You don't feel like cooking, come out and try our "All You Can Eat" Specials . . .

MONDAY - SPAGHETTI  
(Salad & garlic toast)

FRIDAY - FISH FRY



REG. U.S. PAT. OFF.  
3121 E. GRAND RIVER  
Holiday Inn East Only



# FOREIGN DISHES

## Kapama

### (Greek Spaghetti)

1 pound of lean stew beef or steak  
2 lemons, squeezed  
1 stick butter or margarine  
1 onion chopped  
2 cloves garlic, chopped  
Stick cinnamon, ground cinnamon, salt, pepper  
12 oz. can tomato paste

Marinate beef in lemon juice, cinnamon, salt, pepper for one hour. Fry beef in butter. Remove meat from pan, pour drippings into large pan. Add onion, garlic, 1 stick cinnamon, tomato paste and water to make a thin sauce (grated rind of 1/2 lemon optional). Simmer until sauce is thick (usually 1 hour uncovered). Add meat to sauce, heat thoroughly. Serve over cinnamon-dusted spaghetti.

Tim Knight  
Cass City

## Huevos

## Rancheros

### (Mexican Style Eggs)

2 tablespoons cooking oil  
1 small red pepper, finely chopped  
1 small onion, chopped  
1 clove of garlic, minced very finely  
1/2 teaspoon majoram  
1 teaspoon chili powder  
1 8 oz. can tomato sauce  
1 - 1 pound can tomatoes - chopped  
Salt and pepper to taste

In large skillet heat oil and saute red pepper, onion and garlic until mushy. Stir in majoram, chili, tomato sauce and tomatoes. Cook until mixture comes to fast boil. Lower heat, add salt and pepper. Continue to simmer while preparing scrambled or sunnyside up eggs. Serve mixture on top of eggs for a breakfast with a special zip!

Mary Daup  
Brownwood, Tex.

## Apple Charlotte

2 cups Bread Crumbs  
6 - 8 Cooking Apples  
Brown Sugar to taste (about 2/3 cup)  
Butter  
Juice and Rind of 1 lemon  
2 tablespoons light corn syrup  
1 tablespoon water

Peel, core, slice and stew the apples gently in a little water with the sugar. Grease a pie dish and sprinkle some bread crumbs over the bottom. Then add alternate layers of apples and bread crumbs, finishing with bread crumbs. Heat lemon juice, syrup, water and lemon rind and pour over mixture. Put a few pieces of butter on top and bake in a moderate oven 350 degrees for about 30 minutes. Serves 4-6.

Mrs. Catherine Barnard  
Durham City, England

## Tacos

1 1/2 pounds ground beef  
1/4 teaspoon hot pepper sauce  
1/2 cup ketchup  
1 teaspoon chili powder  
Shredded lettuce,  
Shredded cheese  
Chopped black olives  
Chopped tomatoes  
Chopped onion

Brown ground beef and add above ingredients. Meanwhile fry 12-15 taco shells (tortillas) in hot fat until flexible and fold in half. Drain on paper towels. Put about 2 tablespoons meat mixture in each shell and add any or all of the following: shredded lettuce, shredded cheese, chopped black olives, chopped tomatoes, chopped onion. Sprinkle each taco with additional hot pepper sauce, if desired. This recipe is very flexible and can make more or less than 12 - 15 tacos, depending on how much meat is used to fill each shell and how many tacos one can eat.

Ann O'Brien  
East Lansing

## Tabuli

(Greek Salad)

1/2 cup tabuli wheat (soak 2 hours in water)  
1 green pepper, chopped  
1/2 bunch parsley, chopped  
1 tomato, chopped fine  
Salt and Pepper  
1 bunch of green onions, chopped  
Juice of two lemons  
1 tablespoon dry mint leaves, crumbled  
1/2 cup Wesson oil

Mix, and let sit overnight, covered.

Cathy Whitlock  
Elkart, Ind.

## Russian Tea

5 cups boiling water  
1 tablespoon tea  
1 scant tablespoon whole cloves  
2/3 cup sugar  
6 tablespoons lemon juice

Scald tea and cloves 6 minutes. Add to sugar and lemon juice.

Cathy Whitlock  
Elkart, Ind.

## English Salad

Tomatoes  
Cucumber  
Green Onions  
Beet Root  
Lettuce  
Water cress  
Hard Boiled Eggs  
Radishes

Prepare the lettuce and watercress and place some of it in a salad bowl. Add alternate layers of tomato, cucumber, onion and beet root, cut into thin slices. Garnish with radishes and quarters of hardboiled egg. Serve with French Dressing or Cream Salad Dressing.

Mrs. Catherine Barnard  
Durham City, England

## Estonian Christmas Cookies

### (Piparkoogid)

Sift together:  
3 1/2 cup all purpose flour  
1 teaspoon soda  
1 1/2 teaspoon ginger  
1 1/2 teaspoon cinnamon  
1 teaspoon cloves  
1/4 teaspoon cardamom (optional)

Cream together:  
1/2 cup butter, add gradually  
1/4 cup sugar  
Cream until light and fluffy

Add:  
1 unbeaten egg  
1/4 cup molasses or honey (or a mixture of both)

2 teaspoons grated orange rind.

Beat well. Stir in flour mixture gradually until well blended. Cover. Chill in refrigerator overnight. Dough may be kept in refrigerator for 1 week. Roll out on well floured board to approximately 1/8 inch thickness. Cut into desired shapes, place on greased baking sheet. Beat 1 egg and brush cookie with egg. Place an almond half in the center of each cookie. Bake in preheated oven of 375 degrees for 8-10 minutes.

Pete Heinaru  
McLean, Va.

## Lavash

8 cups flour 1/2 cup shortening  
1 1/2 tablespoons sugar  
3 eggs  
1 1/2 tablespoons salt  
2 cups milk  
3 ounces sesame - black and white

Work all ingredients into firm dough. Let rest for 1/2 hour or more. Roll very thin and place on greased sheet pan. Bake 15 minutes at 375 degrees. Place a pan of water in the oven. Good with the meal or as an hors d'oeuvre. Once cooled, break into small pieces. A Portuguese bread recipe.

Katey Biebel  
East Lansing

## Pineapple Pudding

7 ounces pineapple juice  
4 ounces margarine  
4 ounces flour  
4 ounces sugar  
4 eggs  
1 1/4 pints milk  
1 can pineapple cubes  
Lemon juice  
Cherries

Melt the margarine in a saucepan. Stir the flour in until light brown. Then gradually add the milk, stirring all the time. Leave the sauce to cool. Separate the egg white from the yolk. Add the egg yolk to the sauce, mix thoroughly and reheat till the yolk is cooked. Chop up half of the pineapple cubes. Add the pineapple juice and chopped pineapples to the sauce. Pour into a mold. Whip the egg white until it is light and fluffy, adding the sugar gradually to make meringue. Top the pudding with the meringue. Decorate with cherries and remaining pineapple. Bake in oven at 350 degrees for 10-15 minutes.

Patrick Chia  
Singapore



### Dinner for three

Dave Speilburg, Port Huron senior, serves chili to his roommates, Dick Albert, Frankenmuth senior and Dave Gray, Wyandotte junior.

## Shephard's Pie

1 pound hamburger  
1 medium onion  
2 medium carrots  
Salt and pepper  
2 beef bouillon cubes  
1 tablespoon flour  
3 - 4 Potatoes  
2 ounces grated cheddar cheese

Peel and boil potatoes. Put the meat into a pan with just enough water to cover. Add salt and pepper. Bring to a boil and add chopped vegetables further boil about 5 minutes then simmer until vegetables are tender. Crumble in bouillon cubes and flour, which has first been mixed with a little water to smooth taste. Cook until meat mixture thickens slightly. Pour mixture into casserole dish. Cover with potatoes which have been mashed smoothly adding a little milk, butter and seasoning. Sprinkle grated cheese on top and broil until cheese melts. Serves 4-6.

Mrs. Catherine Barnard  
Durham City, England

## Yakisoba

1 1/2 tablespoons diced onion  
1/2 cup diced pork or veal  
2 tablespoons chopped green pepper  
1/2 carrot, thin sliced  
4 cups chopped cabbage (coarsely chopped)  
1 package soba noodles  
Butter or margarine are needed for frying.

Brown meat and onions in a large skillet; then add green pepper, carrot and cabbage and turn frequently, adding butter as needed. The cabbage will cook down considerably. Meanwhile, remove the noodles from the wrappings and soften in a saucepan with 1-2 inches of hot water. Once the noodles are at a good eating consistency (about 5 minutes), drain and put aside. Once the vegetables have cooked down add the noodles and the packet of powder that comes with them and fry the mixture for a minute or two. Serve hot.

Jim Phillips  
Bay City

## Estonian Potato Salad (Rossolje)

Estonian Potato Salad (Rossolje)  
5 - 6 boiled potatoes  
2 - 3 pickles  
2 eggs, hardboiled  
1 apple, cored  
1 cucumber, peeled  
1 salt herring, cleaned and soaked (optional)  
1/2 onion, medium  
1 can beets (whole or sliced)  
Any kind of cold cooked meat: beef, ham, pork

Dice everything and mix together with mixture of 1/2 cup sour cream and 1/2 cup mayonnaise. Add salt to taste. If too dry, add more sour cream and mayonnaise. Garnish with more diced hardboiled egg, parsley, etc.

Pete Heinaru  
McLean, Va.



# BREADS

## Whole Wheat Bread

2 packages active dry yeast  
2 cups warm water  
3 tablespoons granulated sugar  
2 teaspoons salt  
4 cups sifted flour  
1/2 cup brown sugar  
3 1/2 cups whole wheat flour

Soften yeast in warm (110 degrees). Add sugar, salt and white flour. Beat until smooth. Keep dough in warm place (82 degrees) until it is light and fluffy, about 1 hour. Combine brown sugar, 1/2 cup hot water and add to yeast flour mix. Add whole wheat flour and mix until smooth. Place in greased bowl. Let rise in warm place until double. Shape in 2 large loafs or 3 small loaves. Bake at 350 degrees for about 1 hour.

Kathryn Currier  
Jackson

## Oatmeal Muffins

1 cup quick rolled oats  
1 cup milk  
1 cup sifted flour  
1/3 cup sugar  
3 teaspoons baking powder  
1/2 teaspoon salt  
1 well-beaten egg  
1/4 cup salad oil or shortening

Combine rolled oats and milk; let stand 15 minutes. Sift flour, sugar, baking powder and salt into bowl. Combine egg, oil and oatmeal mixture. Add to dry ingredients and stir just to moisten. Fill greased muffin pans 2/3 full. Bake at 425 degrees. Makes one dozen.

Gayle Ott  
Redford Township

## NEW IRISH MUFFINS



TOAST 'EM...  
they're  
TASTY O'LICIOUS

Recipes on back  
of bag

Produced by  
Schafer Bakeries, Inc.  
Lansing, Michigan

## Pumpkin Bread

1 1/2 cups sugar  
1/3 cup water  
1/2 teaspoon baking powder  
1/2 cup oil  
1 cup pumpkin  
2 eggs  
1 3/4 cups flour  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1 teaspoon soda

small amount cloves, allspice and nutmeg  
Mix dry ingredients. Make a well for beaten eggs, water and oil. Add pumpkin and mix well. Bake about 1 hour in greased loaf pan at 300 degrees.

Ann Meininger  
Royal Oak

## Cranberry Bread

1/2 cup light brown sugar  
2 eggs  
1 cup milk  
3 cups biscuit mix  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg

1 cup coarsely chopped cranberries  
3/4 cup crushed walnuts  
Grease bottom and sides of pan. Bake at 350 degrees for 1 hour. Place on rack to cool.

## SIMON REAL ESTATE

OKEMOS BRANCH

for  
Personalized Real Estate Service  
in buying or selling

Homes Income Property  
Farms or Commercial  
Call

Simon Real Estate

MSU Okemos Branch  
349-3310

## SAI'S

CHINESE FOOD  
1700 EAST  
KALAMAZOO

INVITES YOU  
TO DINNER . . .



- \* CHOP SUEY
- \* CHOW MEIN
- \* FRIED RICE
- \* SPARE RIBS
- \* EGG ROLLS
- \* JASMINE TEA

OPENS 11 A.M. 7 DAYS A WEEK  
SUN. - THURS. UNTIL 10 P.M.,  
FRI. - SAT. UNTIL 2  
WEEKEND DELIVERY FROM 5 P.M.

5 MINUTES FROM CAMPUS 371-2650

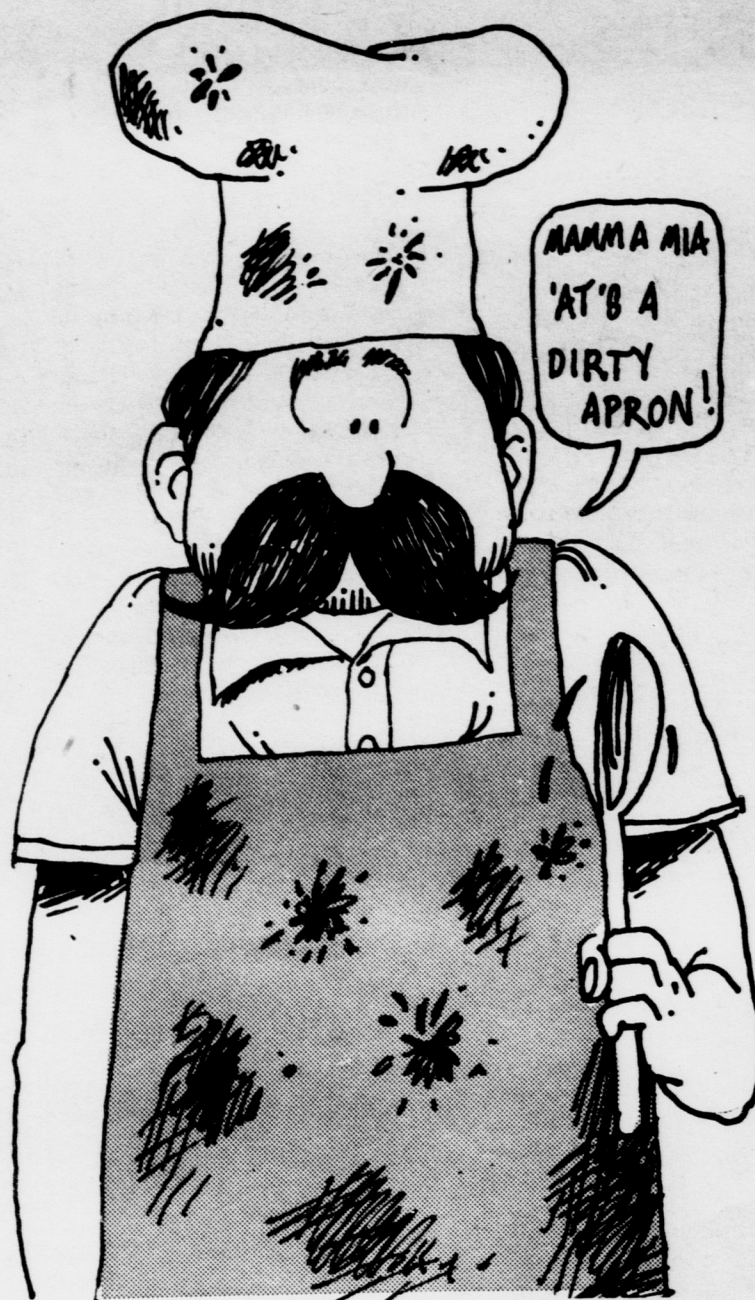
## DIRTY APRONS COME CLEAN AT THE SUNSHINE CENTER

50¢ LB

One Lb. = One pr. slacks or one skirt or two sweaters

THREE LANSING  
LOCATIONS-

213 ANN ST. CORNER OF  
WILSON AND HARRISON RDS  
NORTHWIND DRIVE OPPOSITE THE YANKEE PLAZA





# MISCELLANEOUS

## Rice Surprise

1 cup uncooked white rice (or ¾ cup white, ¼ cup brown)  
3 tablespoons chopped scallions  
3 tablespoons chopped chives  
1 tablespoon butter or margarine  
1 tablespoon cooking oil  
2 cups liquid (½ cup sauterne and 1½ cups chicken broth)  
1 cup chopped fresh mushrooms  
Salt, pepper

Melt butter in saucepan; add oil. Sauté scallions and chives about 3-5 minutes (do not brown), then add rice and cook until translucent. Add mushrooms and sauté another 3 minutes stirring frequently. Add liquid, salt and pepper to taste. Bring to a boil, cover, lower heat to simmer and cook for 20 minutes or until tender. (The amounts and types of herbs added to this dish can be varied for different flavors, hence the name "Rice Surprise.") Grated parmesan cheese is a good addition.) Serves 4-6.

Monica Peiffer  
LaMesa, Calif.

## Bread Pudding

4 cups milk  
2 tablespoons margarine  
4 eggs, beaten  
4 cups ½-inch bread cubes  
1 cup raisins  
½ cup chopped nuts  
½ cup sugar  
1 teaspoon salt  
1 teaspoon cinnamon  
¼ teaspoon allspice

Put milk and margarine in 9x13-inch pan and put in 350 degree oven. Meanwhile, combine rest of ingredients. When bread has soaked up most of the egg, stir a little of the hot milk from dish in oven over mixture. Pour all the mixture into milk in pan and stir in to blend. Bake at 350 degrees for 30 minutes or until firm.

Lorraine Doroshenko  
St. Clair Shores

## Appetizers

1 can tomato paste  
1 teaspoon garlic  
¼ pound mazzarella cheese  
1/8 pound pepperoni

Heat oven to 400 degrees. Combine first three ingredients. Cut cheese and pepperoni into tiny cubes. Spoon small amounts of tomato mixture on Melba toast or crackers. Top with cheese and meat cubes. Sprinkle with oregano. Bake 3-5 minutes or until cheese melts. Serve hot. Makes 5-6 dozen canapes.

Lauri Upton  
Lake Orion

## Peanut Soup

½ cup peanuts  
2 cups beef broth  
1 cup chicken broth  
1 cup cream  
Dash of salt  
Dash of chili powder

Cream peanuts and chicken broth in electric blender. Mix all contents and bring to boil. Simmer 20 minutes.

Tom Deinek  
Shadygrove, Tenn.

## Nutty-Noodly

### Clusters

2 6-ounce packages chocolate chips  
2 6-ounce packages butterscotch chips  
2 3-ounce cans La Choy Chow Mein Noodles  
¾ cup peanuts and/or cashews

Melt chocolate and butterscotch chips in a heavy saucepan over low heat, stirring constantly. Remove from heat and quickly stir in noodles and nuts so they are evenly coated. Dip out by teaspoonfuls onto wax paper; refrigerate. Makes 24 clusters.

Dena McLeod  
Jackson

## Rubber Tires

Norwegian Liepsa (in cookie section of store)  
Butter  
Cinnamon and sugar

Soften liepsa in between wet towel for 1 hour or until flexible. Brush with butter and sprinkle with cinnamon and sugar. Roll into tube and start eating from one end.

Patricia Krohn  
Oakland, Calif.

## Egg-Ins

1 package crescent rolls  
8 slices bacon  
8 eggs  
Salt, pepper — additional desired spices

Form a 6x6 inch piece of aluminum foil into cup shape and cut a hole in the bottom the size of a dime. Line inside of each with a piece of bacon. Separate crescent rolls and stretch and flatten each one, placing it inside the bacon. Crack one egg in each crescent roll, salt and pepper and pinch roll closed. If desired season with rosemary, sage or thyme. Bake at 350 degrees for 15-20 minutes.

Nancy Schwartz  
Williamston

## Alcoholic Pancakes

1 cup pancake mix  
1 egg  
2 tablespoons salad oil  
2 shots light rum, plus water to make ½ cup liquid  
1 8-ounce can crushed pineapple  
1 shot rum to add to pineapple juice  
1 cup maple syrup  
Whipped cream

Add egg, salad oil and rum with water to mix. Stir just until large lumps disappear. Spoon mixture into lightly greased frying pan, turning when bubbles appear all over tops of pancakes. Set aside and keep warm. Drain juice from pineapple and combine with rum. Add fruit to syrup and heat. When warm add juice and rum to syrup. Serves 2.

Mary McFadin  
Kalamazoo

## Parmesan Sticks

### (Appetizers)

4 slices bread  
2 tablespoons melted butter  
½ cup corn flake crumbs  
1 1½-ounce can grated parmesan cheese  
¼ teaspoon garlic salt

Preheat oven to 450 degrees. Trim crusts from bread and cut each into four strips. Brush with melted butter. Combine crumbs, cheese and garlic salt. Roll bread strips in crumb mixture. Place on baking sheet. Bake for 7 minutes.

Vern Hartenburg  
East Lansing

## German Chocolate Cake

2 cups sugar  
1 cup shortening  
2½ cups flour  
1 package German chocolate (soak in enough water to melt)  
4 egg yolks  
1 cup buttermilk  
1 teaspoon baking soda  
7 egg whites, slightly beaten  
1 teaspoon vanilla

Filling:

3 egg yolks  
1 large can evaporated milk  
1 cup sugar  
1 stick butter  
1 cup nuts  
1 can coconut  
1 teaspoon vanilla

Combine sugar, shortening, flour, chocolate, egg yolks, buttermilk and soda. Gently fold in egg whites and add vanilla. Pour evenly into three 9 inch cake pans. Bake in a preheated oven at 375 degrees for 45 minutes. When cake is cool prepare topping. Combine egg yolks, milk, sugar and butter. Cook until thickens. Then add nuts, coconut and vanilla. Spread between layers, top and sides of cake.

Nikki Murtaugh  
East Lansing

## Peanut Butter Cookies

2 cups brown sugar  
2 eggs  
1 cup shortening  
½ cup water  
4 cups sifted flour  
1 teaspoon soda  
1 teaspoon salt  
2 cups peanut butter (with or without nuts)  
1 teaspoon vanilla flavoring

Cream brown sugar, eggs and shortening, making sure it stirs smoothly. Add vanilla flavor, water and peanut butter and stir. Add dry ingredients. Dip spoonfuls of cookie dough on greased cookie sheet. Bake at 350 degrees until brown. Makes 4½-5 dozen.

Rudy L. Williams  
Detroit

## Woopee Pies

2 cups sugar  
2 eggs  
1 cup sour milk (buttermilk)  
2 teaspoons vanilla  
4 cups sifted flour  
1 cup cocoa  
2 teaspoons salt  
1 cup boiling water  
1 teaspoon baking soda  
1 cup crisco  
Cream shortening and sugar. Add eggs and beat. Add milk and vanilla. Sift flour, cocoa and salt together; add to mixture. Dissolve soda in water and add. Drop by teaspoonfuls on greased cookie sheet. Twirl cookies with spoon slightly to flatten. Bake 8 - 10 minutes at 400 degrees. Cool and spread cream between two pies.

Cream: 2 egg whites, beaten  
4 cups confectioners' sugar  
1½ cups Crisco  
2 tablespoons vanilla extract  
4 tablespoons flour  
4 tablespoons milk

Add vanilla to beaten egg whites. Add flour and milk; blend. Add 2 cups of confectioners' sugar and beat to a cream. Add remaining sugar; beat. Add crisco and beat until smooth and fluffy.

Cathy Whitlock  
Elkhart, Ind.

## One Pan Chocolate Cake

1½ cups flour  
1 cup granulated sugar  
1 teaspoon soda  
½ teaspoon salt  
3 tablespoons cocoa  
1 teaspoon vanilla  
6 tablespoons salad oil  
1 cup cold water

Mix and bake in 8-inch square pan at 350 degrees for 30 minutes. Recipe can be doubled for a 13x9 cake and baked 45-60 minutes. Frost with any icing or serve with pudding or whipped cream topping.

Joan Tadgerson  
Hillsdale

## Chocolate Chip Cookies

1 cup shortening  
1 cup white sugar  
1 cup brown sugar  
2 eggs  
2 teaspoons vanilla  
2 cups rolled oats  
1 teaspoon baking powder  
½ teaspoon salt  
2 cups flour  
1 teaspoon soda  
6 ounces chocolate chips

Mix shortening, sugars, eggs and vanilla. Add dry ingredients, rolled oats and chocolate chips. Drop by spoonful on an ungreased sheet. Bake at 350 degrees for 10 - 15 minutes. Nuts may be added or chocolate chips replaced with butterscotch chips.

Mary Jo Hendrickson  
Battle Creek

## Chocolate Layer

### Cake from Woburn Abbey

Cake

½ cup butter  
½ cup sugar  
1 tablespoon cocoa  
3 drops vanilla  
Pinch of Salt  
1 tablespoon hot water  
3 eggs  
1 cup self - rising flour

Preheat oven to 350 degrees. Grease two 8-inch pans. Cream butter and sugar. Beat in vanilla, salt and eggs. Sift flour and cocoa and stir into egg mix. Add water. Divide batter in half in pans ½ - inch thick. Bake 15 minutes.

Filling

¼ cup butter  
1 cup powdered sugar  
2 ounces melted semi - sweet chocolate  
2 drops vanilla

Cream together ingredients and spread between layers.

Frosting

5 ounces semi - sweet chocolate  
1 tablespoon butter  
1½ cups powdered sugar  
2 tablespoons water

Combine chocolate and butter and melt. Stir in sugar and water. Spread on top and sides of cake.

Su Berger  
Lansing

## Brownies

2 eggs  
2 squares baking chocolate  
½ cup butter  
1 cup sugar  
1/8 teaspoon salt  
1 teaspoon vanilla  
½ cup flour  
1 ounce marijuana

Melt chocolate and butter. Beat eggs; add sugar, chocolate, butter, salt and marijuana. Bake at 350 degrees for 20-25 minutes. Yield: approximately 1 dozen 1-inch squares.

Molly Dolan  
Glenview, Ill.

## No-Bake Rum Cookies

2½ - 3 cups ground vanilla wafers  
1 cup ground pecans  
1 cup confectioners sugar  
2 tablespoons cocoa  
3 tablespoons light corn syrup  
¼ cup rum

Mix wafers, pecans, sugar and cocoa. Add corn syrup, then rum. Mix well. Shape into 1 inch balls. Roll in confectioners sugar (if last few balls are too dry, add a little more rum).

Tim Knight  
Cass City



## Inexpensive

## Peanut Brittle

## Cat Food

1 pound pork livers  
 ¼ cup chopped onions  
 1 quart water

Simmer above ingredients 1 hour. Enough food for one cat for 3 days.

Nikki Murtaugh  
 East Lansing

1 cup sugar  
 ½ cup peanuts  
 Butter

Spread the peanuts out on a well-buttered cookie sheet. Melt the sugar in a large skillet and pour immediately onto cookie sheet. Break into pieces when cooled.

Ellen Beerbohm  
 Livonia

## Depression Soup

½ cup flour  
 ½ teaspoon salt  
 1 egg  
 2 tablespoons butter  
 2 cups milk

Mix with fork until ingredients are crumbly. Stir into 2½ cups boiling salted water. Add butter and turn down heat and cook for 2-3 minutes. Add milk and heat through. An inexpensive, hearty soup for those bleak wintry days.

Fred Leslie  
 Troy

## Cheese Ball

6 ounces blue cheese  
 2 5-ounce jars cheddar spread  
 12 ounces cream cheese  
 2 tablespoons grated onion  
 1 tablespoon Worcestershire sauce  
 ½ teaspoon Accent  
 1 cup ground pecans  
 ½ cup parsley

Have cheese at room temperature, mix together and roll into a ball; roll in finely chopped nuts and parsley. Chill.

Mrs. Bonnie Larson  
 Grand Rapids

## Something's Cooking on the Mezzanine!



Fiction - Bestsellers - Biographies - Gift Ideas

Always try SBS

first!

421-425 East Grand River Ave.

Across From Olin

For afternoon or evening recreation in a pleasant atmosphere . . . it's

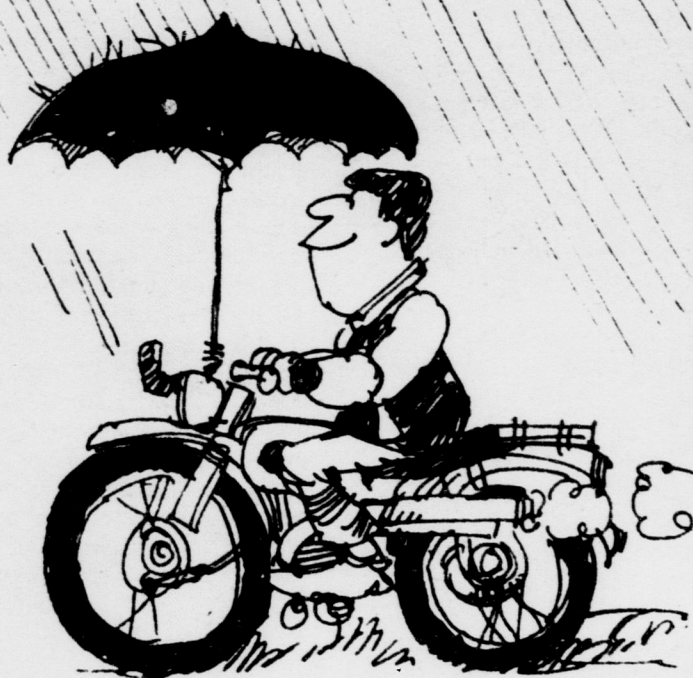
## THE GOLDEN 8 BALL BILLIARD LOUNGE

pinball  
 foosball

2019 E. Michigan

snooker  
 billiards

## GOT A BAD TRANSPORTATION PROBLEM?

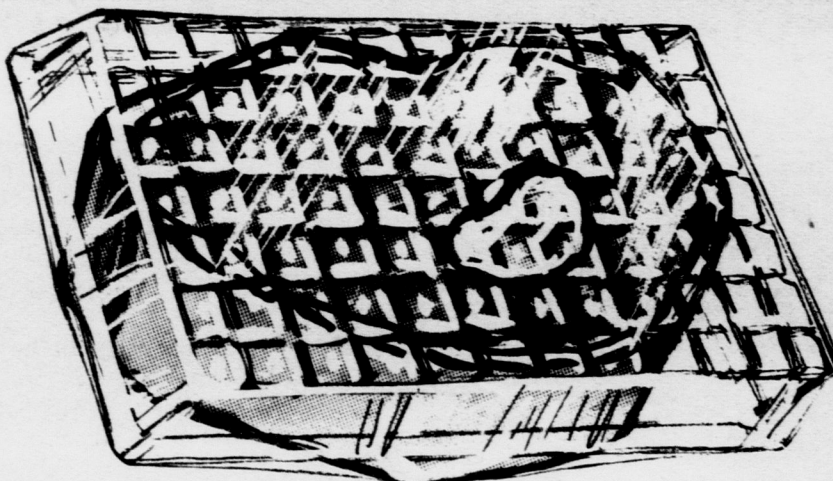


Let Central Car and  
 Truck Rental  
 Solve Your Problems!



730 E. Michigan and Capitol City Airport  
 Phone: 484-1445  
 Bill's Texaco — 1301 E. Grand River, E.L.  
 Phone: 351-8418

## SEE BOTH SIDES OF THE MEAT BEFORE YOU BUY!



Meijer butchers pack every fresh - cut morsel of meat in clear plastic trays so you can see everything - the cut, amount of fat and bone - from every side.

Think of it! Trays that won't stick to the meat or soak up precious juices and help steaks and chops cook up tender and tasty - trays that are freezer - ready without rewrapping or labeling.

It's our aim to prove that MEIJER HAS THE FINEST MEAT TO USE WITH YOUR FINEST RECIPES . . . NO MATTER HOW YOU LOOK AT IT!



thrifty acres

AND

SUPER MARKETS

Why Pay More! Why Pay More! Why Pay More!

Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More!

Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More! Why Pay More!

Why Pay More! Why Pay More! Why Pay More!



# MISCELLANEOUS

## Butterscotch Bars

First Layer: (See Coconut Almond Bar recipe)

Second Layer:

1 egg  
2/3 cup firmly packed light brown sugar  
1 cup coarsely chopped pecans

Prepare First Layer as directed in Coconut Almond Bar recipe. Spread evenly in a 13 x 9 x 2 inch pan. In a small mixing bowl beat egg until thickened and lemon color; stir in the sugar; spread over top of First Layer. Sprinkle with the pecans. Bake in a moderate (350) degree oven for about 30 minutes. Place pan on wire rack to cool. Cut into 32 bars; with a small spatula, remove bars to wire rack; cool completely. Store in tightly covered tin box.

## Ice Cream-Like

### Butterscotch Frosting

1/2 pound margarine  
1/2 cup shortening  
2 cups sugar  
1/2 cup warm milk  
1 egg white, slightly beaten  
1 teaspoon vanilla

Cream margarine and shortening. Gradually add sugar and continue beating. Add egg white and vanilla and beat for 15 minutes.

Cheryl Slowiczek  
East Detroit

## Mandel Bread

3 eggs  
1 cup sugar  
1 cup oil  
4 cups flour  
2 teaspoons salt  
2 teaspoons baking powder  
1 cup chopped pecans

Beat the eggs and sugar together, add oil; sift flour, salt and baking powder and add chopped pecans. Form into long, flattened rolls and bake on greased cookie sheet 20 - 25 minutes at 350 degrees. Slice, dip in cinnamon and sugar and return to oven until brown.

Ellen Beerbohm  
Livonia

## No-Bake Cookies

2 cups white sugar  
4 tablespoons cocoa  
1/4 cup butter  
1/2 cup milk

1/2 cup peanut butter  
3 cups instant oatmeal  
1 teaspoon vanilla

Boil sugar, cocoa, milk and butter together for one minute. Add peanut butter, oatmeal and vanilla. Add chopped nuts if desired. Drop onto cookie sheet and allow to cool.

Gail Sawyer  
Lansing

## Snickerdoodles

1 cup shortening  
1 1/2 cups sugar  
2 eggs  
2 3/4 cups flour  
2 level teaspoons cream of tartar  
1 teaspoon soda  
1/2 teaspoon salt  
2 teaspoons cinnamon

Mix shortening, sugar and eggs, sift flour, tartar, soda and salt and add. Roll pieces of dough to size of walnut. Roll in cinnamon and 2 tablespoons sugar and place on an ungreased cookie sheet about 1 1/2 inches apart. Bake 8 - 10 minutes until brown but soft to touch.

Tim Knight  
Cass City

## Ultimate Brownies

1 package (4 ounce) German Sweet Chocolate  
5 tablespoons butter  
1 package (3 ounce) cream cheese  
1 cup sugar  
3 eggs  
1/2 cup plus 1 tablespoon flour  
1 - 1/2 teaspoon vanilla  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup coarsely chopped nuts  
1/4 teaspoon almond extract

Melt chocolate and three tablespoons of butter over very low heat, stirring constantly. Cool. Cream remaining butter with cream cheese until softened. Gradually add 1/4 cup sugar, creaming until light and fluffy. Blend in 1 egg, 1 tablespoon flour, and 1/2 teaspoon vanilla. Set aside. Beat remaining eggs until thick and light in color. Gradually add remaining 3/4 cups sugar, beating until thickened. Add baking powder, salt and remaining 1/2 cup flour. Blend in cooled chocolate mixture, nuts, almond extract and remaining 1 teaspoon vanilla. Measure 1 cup chocolate batter and set aside. Spread remaining chocolate batter in greased 9 inch square pan. Top with cheese mixture. Drop measure chocolate batter from tablespoon onto cheese mixture; swirl with spatula to marble. Bake at 350 degrees for 35 - 40 minutes. Store in refrigerator.

Nikii Murtaugh  
E. Lansing

## Ginger Snaps

1/2 cup shortening  
1 cup sugar  
1/2 cup molasses  
3 cups flour  
1 teaspoon salt  
1 tablespoon ginger  
1 1/2 teaspoon soda  
1/2 cup plus 1 tablespoon cold water

Cream together shortening, sugar, molasses. Sift dry ingredients together; add alternately with water to mixture. Drop by spoonfuls onto greased cookie sheet. Bake at 475 degrees for 4 to 6 minutes. Makes about 9 dozen.

## Prune Cake

2 cups flour  
2 cups sugar  
1 cup buttermilk  
1 cup Wesson oil  
1 teaspoon cinnamon  
1 cup cooked prunes, pitted and cup up  
3 eggs  
1 teaspoon vanilla  
1 teaspoon baking powder

Mix sugar and oil, and let stand for a few minutes. Add eggs, one at a time, beating well after each. Add prunes and nuts; mix well. Add spices, mix in thoroughly. Add flour containing baking powder, salt and soda. Add buttermilk alternately with flour mixture. Add vanilla. Bake in two 9-inch cake pans at 325 degrees for 20-30 minutes or until done. Ice with Penuche Frosting.

Frosting:

1 1/2 cups brown sugar  
1/2 cup white sugar  
1/2 cup cream  
1 1/2 tablespoons white corn syrup  
1/2 teaspoon vanilla  
Salt

Combine sugars, cream and corn syrup with a few grains of salt. Cook to the soft ball stage (234 degrees) Cool. Add vanilla. Beat until consistency to spread.

Cathy Whitlock  
Elkton, Ind.

## Strawberry Cake

1 box white cake mix  
4 eggs  
1 cup oil  
1 package strawberry Jello  
1/2 cup warm water  
1/2 cup strawberries (crushed)

Dissolve Jello in the warm water. Add to cake mix with other ingredients. Mix and bake as stated on cake mix.

Icing

3 egg yolks  
1 cup Pet milk  
1 cup coconut  
1 cup sugar  
1 teaspoon vanilla  
1 stick oleomargarine

Cook until thick; cool. Add 1 cup drained strawberries.

Dena McLeod  
Jackson

## Sour Cream Coffee Cake

1/4 pound soft butter  
1 cup sugar  
2 eggs, beaten lightly  
1 pint sour cream  
1 teaspoon vanilla  
2 cups sifted flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup chopped walnuts  
1/2 cup sugar mixed with cinnamon

Cream butter and sugar; add the eggs, sour cream, and vanilla, beating until well blended. Sift flour, baking powder, baking soda and salt. Add gradually to the creamed mixture, beating after each addition. Mix together

the walnuts, sugar and cinnamon. Pour half of the batter into a greased 10-inch tube or oblong pan; sprinkle half the sugar - nut mixture over it. Repeat with remaining half of the batter and remaining half of sugar - nut mixture. Bake at 350 degrees for 45 minutes. This coffee cake can be made ahead of time and frozen for up to two months.

Patricia Brogowicz  
East Lansing

## Blueberry Dumplings

2 1/2 cups blueberries, fresh or frozen  
1/3 cups sugar  
dash salt  
1 cup water  
1 tablespoon lemon juice  
1 cup all - purpose flour  
2 tablespoons sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 tablespoon butter  
1/2 cup milk

Bring blueberries, sugar, salt and water to a boil. Cover and simmer 5 minutes; add lemon juice. Sift dry ingredients and "cut in" butter until texture of coarse meal. Add milk; stir only until flour is damp. Drop golfball - size lumps of batter into bubbling sauce. Cover for 10 minutes; don't peek. M.L. Bowerman Lake Orion

## Luscious Cream Cheese Pie

Crust

1 1/2 cups graham cracker crumbs  
1/4 pound butter, melted

Mix butter and graham cracker crumbs. Press into bottom and sides of ungreased 9 - inch pie pan. Bake for 8 minutes at 350 degrees. Chill in refrigerator while preparing filling.

Filling

3/4 pound cream cheese  
3/4 cup sugar  
2 eggs  
1 teaspoon vanilla extract  
dash of cinnamon

Separate eggs into white and yolk. Beat 2 egg yolks for 1 minute. Add sugar and vanilla, and mix well. Add cream cheese and cream entire mixture until smooth and well blended. Sprinkle mixture with cinnamon and blend. Beat two egg whites until stiff and fold into cream cheese mixture gently. Pour entire mixture into crust. Bake at 350 degrees for 35 minutes until top is golden brown. Chill while preparing topping.

Topping

1 pint sour cream  
3 tablespoons sugar  
1/2 teaspoon vanilla extract

Combine all ingredients and mix well. Spread mixture on top of pie. Bake for additional 15 minutes at 350 degrees. Chill.

Cis and Gadi Harel  
Jerusalem, Israel

## Fool Proof Pie Crust

3 cups flour  
1 teaspoon salt  
1 1/4 cup shortening  
1 egg  
1 tablespoon vinegar  
5 tablespoon water

Sift flour and salt together. Cut in shortening. In separate bowl combine egg, vinegar and water. Mix with flour, salt and shortening.

Nikii Murtaugh  
East Lansing

## Coconut Almond Bars

First Layer:

1 cup (2 sticks) butter  
1 cup firmly packed light brown sugar  
1 teaspoon vanilla  
1 egg  
2 cups regular flour

Second Layer:

3 tablespoons regular flour  
1/2 teaspoon salt  
1 tablespoon baking powder  
3 eggs  
1 cup firmly packed light brown sugar  
1 tsp vanilla  
1 can (3 - 1/2 ounces) flaked coconut  
1 cup blanched almonds, toasted and chopped medium fine

First layer: In a large mixing bowl, thoroughly beat together the butter, brown sugar and vanilla. Thoroughly beat in the egg. Gradually stir in the flour, blending well.

Spread evenly in a buttered 13 x 9 x 2 inch baking pan. Bake in a preheated 350 degree oven for 25 minutes.

Meanwhile prepare second layer: On wax paper, stir together the flour, baking powder and salt. In a medium mixing bowl, beat the eggs and vanilla until thickened and lemon color; gradually beat in the sugar, blending thoroughly. Add the flour mixture; beat to combine. Fold in coconut and almonds. Spread carefully over hot First Layer; return to 350 degree oven and bake 25 minutes. Place pan on wire rack to cool. Cut into 32 bars; with a small spatula remove bars to wire rack; cool completely. Store in tightly covered tin box.

Nikii Murtaugh  
East Lansing

## Chocolate Cooler

Put three cubes of ice in a 10-ounce glass. Add 2 ounces of a blended whiskey and then place a heaping teaspoon of chocolate ice cream on top of the ice cubes. Fill the glass with your favorite cola from a chilled container.

2 ounces blended whiskey  
1 teaspoon chocolate ice cream  
Cola

John Dolansky  
Onekama



## Heath Bar Cake

2 cups brown sugar  
2 cups flour  
½ cup butter or margarine, cold  
1 egg  
1 cup milk  
1 teaspoon soda  
1 teaspoon salt  
1 teaspoon vanilla  
6 Heath bars

Mix sugar and flour; cut in butter until mealy. Set aside one cup of this for topping. Add egg, milk, soda, salt and vanilla and beat well; pour into 9x13x2 greased pan. Break up 6 Heath bars (put in double paper bag, beat with hammer). Blend candy bits with ½ cup pecan bits and add to 1 cup of mixture saved for topping. Sprinkle topping over cake. Bake 35 minutes at 350 degrees.

Tim Knight  
Cass City

## Mek's Favorite Chocolate Bit Cookies

1 cup plus 2 tablespoons sifted flour  
½ teaspoon baking soda  
½ teaspoon salt  
½ cup softened butter or shortening  
6 tablespoons brown sugar (packed)  
6 tablespoons granulated sugar  
½ teaspoon vanilla  
¼ teaspoon water  
1 egg  
6 ounce package semi-sweet chocolate bits

½ cup coarsely chopped English walnuts.  
Sift together flour, baking soda, salt; set aside. Beat butter, sugar, water and vanilla until creamy. Beat in egg. Add flour and mix well. Stir in chocolate bits and nuts. Drop by well rounded half teaspoons onto greased cookie sheet. Bake at 375 degrees for 10 - 12 minutes. Makes 50 two-inch cookies.

Dena McLeod  
Jackson

## Mr. Perkins Sez!...

Try Our Delicious  
DAILY SPECIALS

### Friday Fish Feast

Breaded White Fish  
With Crisp French Fries,  
Homemade Cole Slaw, and  
Hot Butter Roll

110

7 oz. Steak 'n Eggs

199

With Pancakes  
(Steak 'n Eggs Special Sat., Sun.)

Across from Frandor

301 N. CLIPPERT ST.

Opposite Sears Ph. 371-1600



# It's the real thing.

# Coke.

Trade-mark ®

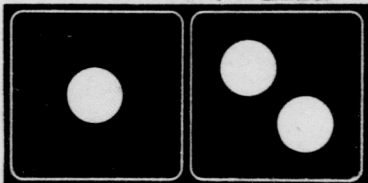
Bottled under the authority of The Coca-Cola  
Company by: Coca-Cola Bottling Company of Michigan

Enjoy

# Coca-Cola

Trade-mark ®

## THE PIZZA PEOPLE



Free Delivery  
351-7100

# Cook CAMPUS BOOK STORES

YOUR HEADQUARTERS FOR  
COOKBOOKS OF ALL KINDS

## BIG COOKBOOK SALE . . . While They Last!



**A WORLD OF HEARTY SOUPS.** By J. P. Cranwell. Palate-pleasing recipes from around the world. Incl. Dutch Pea Soup, Gazpacho, Bean Curd & Mushroom Soup and many more. Pub. at \$7.95. **Only \$2.98**

**THE COMPLETE BOOK OF CHEESE.** By Bob Brown. Introduced by Clifton Fadiman. The origin and histories of the 18 basic cheeses and their thousand variations with recipes for 65 "rabbits," 20 fondues plus pizzas, blintzes, pastas and cheese cake; uses in salads, soups and sandwiches with a whole chapter on the wines of the world and the cheeses that bring out their flavor. Orig. Pub. at \$4.95. **Only \$1.98**

**A SALUTE TO AMERICAN COOKING.** By S. & E. Longstreet. Plantation Veal Chops, Delaware River Cole Slaw, Quail Tarragon and 600 other recipes from all regions of U.S.A. Pub. at \$8.95. **Only \$3.95**

**Recipes From 25 Great Cookbooks: THE NEW IDEA COOKBOOK.** Ed. by J. Wood. Over 200 of the best recipes from Julia Child's Mastering The Art Of French Cooking, Taglienti's Italian Cookbook, McCall's Cookbook, and everything from Chinese to regional American cuisine. Pub. at \$4.95. **Only \$1.98**

**THE POTS AND PANS COOKBOOK.** By A. Seranne & J. Wilson. 250 delectable recipes arranged to incl. skillet dishes, saute pan cookery, the chicken fryer, casseroles, popovers, etc. Pub. at \$4.95. **Only \$1.98**

**COCKTAILS & SNACKS.** By R. & A. London. Profusely illus. with over 1250 photos & drawings. Complete book for modern entertaining: hors d'oeuvres, canapes, sandwiches, cocktails & other beverages for every occasion. Orig. Pub. at \$4.95. **New, complete ed. Only \$1.69**

BRUNCH COOKBOOK

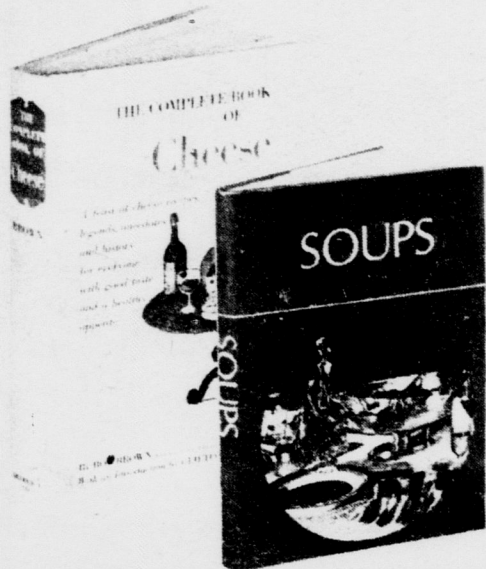
CHICKEN AND EGG COOKBOOK

OUTDOOR COOKBOOK

PASTA, RICE AND POTATO COOKBOOK

QUICK MEATS COOKBOOK

Each Pub. at \$1.95 **NOW Only 2 for \$1.00**



# CAMPUS BOOK STORES

131 E. Grand River  
Across from the Union

507 E. Grand River  
Across from Berkey



**THERE IS MORE TO A COLLEGE BOOKSTORE  
THAN TEXTBOOKS . . .**

**THE M.S.U. BOOKSTORE HAS THAT  
*SOMETHING MORE!***

- **CLOTHING**
- **ART SUPPLIES**
- **PAPERBACKS**
- **POSTERS**
- **ENGINEERING SUPPLIES**
- **RECORDS**



**AND EVEN**

- **CANDLES & INCENSE**

**NOW YOU CAN CHARGE THEM ON YOUR**



or

at



**MSU BOOK STORE**

**RIGHT ON YOUR WAY - THE INTERNATIONAL CENTER**