

# New taste in punch

... and other delectable delicacies

## PEANUT BUTTER HEALTH DRINK

**INGREDIENTS**  
 3/4 cup milk  
 2 tbsp. peanut butter  
 1 tbsp. wheat germ (optional)  
 2 tsp. honey  
**METHOD**  
 In blender or food processor mix white milk, peanut butter, wheat germ and honey until blended. Serve immediately, since wheat germ settles quickly to bottom. Makes one serving.



## CREAM PEACH KUCHEN

**INGREDIENTS**  
 2 cups flour  
 1/2 tsp. salt  
 1/4 tsp. baking powder  
 sugar  
 1 tsp. cinnamon  
 1 cup whipping cream  
 2 egg yolks  
 1/4 tsp. vanilla  
 1/2 cup margarine, softened  
 10 large freestone peaches, blanched, peeled, halved and pitted  
 or 2 28oz. tins of sliced peaches  
**METHOD**  
 Stir together flour, salt, baking powder and 2 tbsp. sugar. Cut in butter or margarine until particles are fine. Press mixture (1" up sides) of greased 13x9x2 pan. Arrange peach slices over pastry. Mix one cup sugar and cinnamon and sprinkle over peaches. Bake at 400 degrees for 15 minutes. Blend cream, yolks and vanilla. Pour evenly over peaches and bake 30 minutes.

## CHICKEN VEGETABLE SOUP

**INGREDIENTS**  
 2 lb. chicken backs and wings  
 2 qt. hot water  
 1 tsp. salt  
 1/2 tsp. pepper  
 3 carrots, scraped and quartered  
 3 stalks celery, cut into 1" pieces  
 1 medium onion finely cut  
**METHOD**  
 Put all ingredients in pot; stir thoroughly. Cover and cook on low, slowly. Before serving remove chicken pieces from soup, separate meat from bones and return meat to the soup. Makes 6 servings.

## GOLD RUSH PUNCH

**INGREDIENTS**  
 2 cups lemon juice, chilled  
 2 cups orange juice, chilled  
 2 cups sugar  
 2 cups cold water  
 4 qts. ginger ale, chilled  
 Lemon slices  
**METHOD**  
 Combine fruit juices, sugar and water in a large punch bowl. Stir until sugar dissolves. Just before serving, pour ginger ale down side of bowl; stir gently. Float iced fruit garnish in bowl, if desired. Garnish with mint leaves. Serve with cracked ice. Makes about 40 two cup servings.



## RICE PUDDING

**INGREDIENTS**  
 3/4 cup rice  
 1 cup sugar  
 dash of salt  
 1 tsp. vanilla  
 1/4 tsp. nutmeg  
 4 cups milk  
**METHOD**  
 Put rice in saucepan, wash with water, drain. Add all other ingredients and cook in 350 degrees oven for 2 hours. 1/2 cup raisins may be added if desired. Serves 6.

## SAUERKRAUT CASSEROLE

**INGREDIENTS**  
 5 potatoes  
 1/2 lb. bacon  
 2 onions  
 sauerkraut  
 break crumbs  
 3 eggs  
 12 oz. sour cream  
 salt and pepper  
 paprika  
**METHOD**  
 Boil potatoes with whole "jackets". Peel and slice. Boil sauerkraut in beef cubes. Drain. Fry bacon and cut up and also the onion till brown. Butter casserole dish. Put bread crumbs in. Then layer potatoes, bacon, onion, sauerkraut ending with sauerkraut. Beat three eggs and 12 oz. sour cream, 1 tsp. salt and add pepper and paprika. Pour over casserole. Bake 45-50 minutes until egg sets. Serves six.



## MARY'S BAR-B-QUE RIBS

**INGREDIENTS**  
 1 lemon, sliced  
 1 onion, sliced  
 1 cup ketchup  
 1/4 cup Worcestershire sauce  
 1 tsp. salt  
 1/2 tsp. chili powder  
 1/2 tsp. tabasco sauce  
 2 cups water  
 1 orange, sliced  
**METHOD**  
 Place ribs in pan. Cover with sliced lemon, orange and onion. Bake at 450 degrees for 30 minutes; drain off fat. Combine remaining ingredients and bring to boil. Pour over ribs. Bake at 350 degrees for 1-1 1/2 hours.

# Old standards great for dinner treats

## TURKEY LOGS

**INGREDIENTS**  
 3 tbsp. margarine  
 1 tsp. grated onion  
 1/4 cup skim milk powder and 3/4 cup water  
 or 3/4 cup milk  
 3 tbsp. flour  
 1/4 tsp. salt  
 a dash pepper  
 2 cups finely chopped cooked turkey  
 2 tbsp. chopped parsley  
 1 egg  
 1 tbsp. milk  
**METHOD**  
 Melt butter in a medium saucepan over medium heat. Add onion and cook gently one minute. Sprinkle in flour and stir to blend. Remove from heat and stir in milk at once. Add salt and pepper, return to heat and stir until thick. Remove from heat and

stir in turkey and parsley. Spread in a shallow pan and chill well. Form 8 small log-shaped croquettes, then coat in bread crumbs, dip in egg mixture and recoat in crumbs. Deep fry in shortening or vegetable oil 375 degrees 3" deep for 3-5 minutes until croquettes are golden brown. Serve hot or cold.

## METHOD

Cream butter, then add sugar and beat until light and fluffy. Beat eggs, well, then gradually add them to butter mixture, beating them in thoroughly. Combine and sift flour, baking powder and salt. Save out 2 tbsp. of this mixture. Add dry ingredients and milk alternately to butter mixture, beginning and ending with dry ingredients. Sift reserved 2 tbsp. flour mixture over blueberries then fold them into muffin batter. Grease muffin tins and flour lightly. Turn batter into tins. Bake 375 at 375 degrees for 20-30 minutes.

## BLUEBERRY MUFFINS

**INGREDIENTS**  
 2 cups blueberries, fresh or frozen  
 1/2 cup butter  
 3/4 cup sugar  
 2 eggs  
 2 cups plus 2 tbsp. flour  
 2 tsp. baking powder  
 1/4 tsp. salt  
 1/2 cup milk

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