



CAMERON PADIQU

20th ANNUAL
FESTIVAL

FUR & WILDLIFE
COOKBOOK



Cameron, La.

Jan. 9-10, 1976



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LOUISIANA FUR AND WILDLIFE FESTIVAL

REFERENCE

January 9-10, 1976

Cameron, Louisiana

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- Roland J. Trosclair, Jr. *Parade*
- Mrs. Robert Ortego..... *Miss Cameron Parish Queen Contest*
- J.A. Miller *Men's Nutria & Muskrat Skinning Contest*
- Doxey-Vincent VFW Post 10019,
Walden Doxey, Commander..... *Ladies Nutria & Muskrat Skinning Contest*
- Robert J. Schwark *Archery Contest*
- Jerry Savoie & Ray Burleigh, Mallard Rod & Gun Club..... *Trap Shooting Contest*
- Ellis McWhirter, Doxey-Vincent VFW Post 10019..... *Trap Setting Contest*
- Sheriff Claude Eagleson *Traffic*
- Mrs. W.J. Broussard *Cameron Library Handicraft Show*
- Thelma Hackett OES 225, Mrs. W.E. Guthrie..... *Friday Night Program*
- Cameron Lions Club, Bob Farley *Saturday Night Program*
- Mrs. Pat Doland & Mrs. J.C. Reina
(*South Cameron High School Student Council*) *Stage Decorations*
- Alvin Dyson *Fur Garments*
- Mrs. Geneva Griffith & William O. Morris..... *Publicity*
- Mrs. Tommy Watts *Louisiana Fur Queen Contest*
- South Cameron Jaycees, Ray Stevens, President *Queen's Ball*
- Court Mary Olive CDA 1463, Mrs. Clayton Trahan, Regent *Wildlife Poster Contest*
- Mrs. Don Wagner *Bands*
- Mrs. Charles F. Hebert *Scrapbook*
- Dr. Cecil Clark & Mrs. Geneva Griffith *Photography*
- Mrs. Lyle Crain & Mrs. Braxton Blake *Co-Editors - Fur & Wildlife Festival Recipe Book*
- Mrs. Guthrie Perry & Mrs. Guy Murphy, Jr. *Little Miss Cameron Parish Contest*
- Mrs. George Wilkerson *Hostess for Maryland Group*
- Mrs. Jerry Jones..... *Trophies*
- Ray Burleigh..... *Town Decorations*
- Mrs. J.W. Broussard & Cameron Library Staff *Compiling Festival Results*
- Mrs. Leo Folse *Local Artists Showing*
- William O. Morris *Crafts Show*
- E.J. Dronet *Bi-Centennial Coordinator*
- Mrs. Gladys McCall *Fur & Wildlife Festival Recipe Book Artwork*



MESSAGE FROM THE PRESIDENT

WELCOME TO CAMERON!

Won't you join in the fun of this unique Louisiana festival for all who love the beauty of God's creation . . . NATURE, celebrated in an area that is truly a hunter and fisherman's paradise. This year, we join the nation to celebrate our 200th birthday.

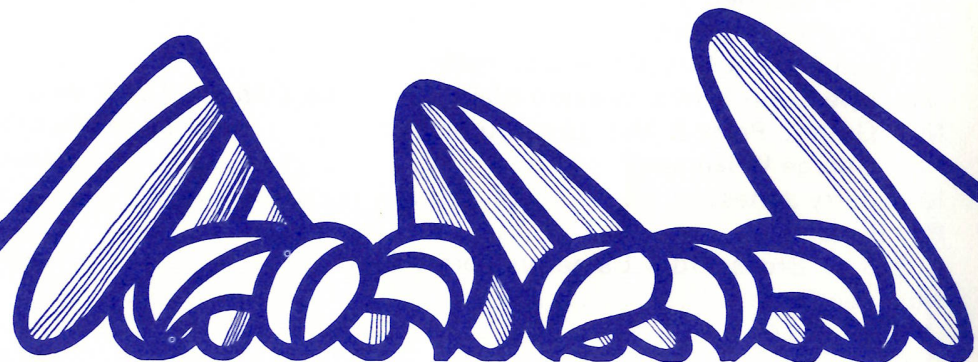
I command those many folks who worked so hard to make this event possible, their names are legion.

And again, a special vote of thanks to our Police Jury for their support.

Come see us when you can.

Sincerely,

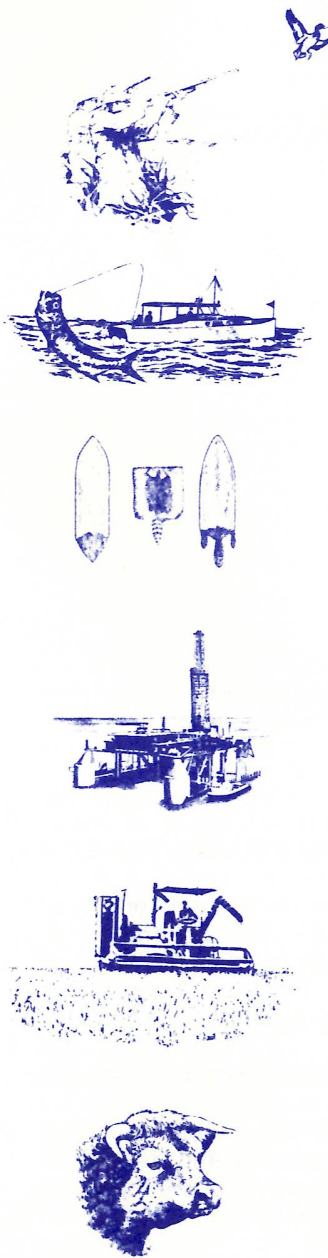
*J.B. JONES, JR., Acting President
LOUISIANA FUR AND WILDLIFE FESTIVAL*



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TO: CAMERON PARISH RESIDENTS, FRIENDS & VISITORS

It is indeed an honor and a privilege to welcome our many residents, friends and visitors who will participate in our Louisiana Fur & Wildlife Festival in conjunction with our National Bi-Centennial Festivities.

It indeed makes us feel very humble when we look back at the many sacrifices our forefathers made 200 years ago in order for us to enjoy the bountiful life which we all share in Cameron Parish.

The Louisiana Fur & Wildlife Festival is one of the outstanding products of Cameron. We are always thrilled to be a part of it.

The Cameron Parish Police Jury pledges full and continued support to the Festival, and to the Bi-Centennial activities of this year.

Sincerely yours,

Roland J. Trosclair, Jr.
Roland J. Trosclair, Jr., PRESIDENT
CAMERON PARISH POLICE JURY

RJTJr/sf

20th ANNUAL
1975 FUR AND WILDLIFE FESTIVAL QUEEN

ALEXIS ANN ALEXANDER



Alexis Anne Alexander is 20 years old and was born on April 17, 1955, in New Orleans. She is the daughter of Mr. & Mrs. Wallace Jack Alexander from River Ridge, Louisiana.

Alexis is a graduate of Riverdale High School in Jefferson Parish. She was active and held offices in Drama Club, Dance Team, Chorus and Spanish Club. She was a class favorite all 4 years there and also at Riverdale's Brother School, East Jefferson. Here too, she was elected "Miss Sophomore Class" and "Miss Senior Class," E.J. Bonnabie Hi-Y Sweetheart and second maid E.J. Homecoming Court. Alexis was a model all 4 years at RHS Fashion Shows in her senior year was elected class president, Miss National Teenager Elective, and Most Attractive.

Since graduation Alexis has attended St. Mary's Dominican College and the University of New Orleans where she was a drama and communications major.

Theatre is Alexis's main interest and she has appeared in productions through high school and college and LePetite Theatre having leads in many. Her professional credits include singing and dancing at Economy Hall in the Royal Sonesta, and with Louis Jourdan in a long running jazz show at the top of the Marriott in New Orleans. She has been a member of the Royal Comedy Company and Delta Festival Ballet Company of New Orleans.

Presently Alexis is attending Pricke School of Music majoring in voice, Giacobbe Academy of Dance, Tony Bevinetto Dance Studio, Japan International Karate Center, besides modeling for local photographers and stores.

Miss Alexander plans to move to Los Angeles, California in the early part of this year to attend college and further her music, dance, and theatrical studies; since this is the capitol of the show business world.

The present titles Alexis holds are Miss Foxy Lady of New Orleans and Miss Metaire. From the latter she will go onto Miss Louisiana in June if she doesn't leave for California sooner.

1975 KING FUR VII

JERRY G. JONES



King Fur VII, Jerry G. Jones of Cameron, Louisiana, is a Cameron Parish attorney and sportsman. He is married to the former Jeanine Pipes of Jena, Louisiana, and they are the parents of three children; Lori Sue, Jerry G. Jones, Jr., and Mrs. Glenn Alexander. His son-in-law, Glenn, practices law in the firm of Jones, Jones and Alexander.

Jerry was reared in a home where wildlife preservation was of great importance. His mother was the late Lola Castain Jones; his father, the late J.B. Jones, Sr., who was a Grand Chenier merchant, cotton buyer, fur buyer and at one time Supervisor of Rockefeller Wildlife Refuge.

King Fur VII finished school in Grand Chenier and pursued a law degree at Louisiana State University. While in college he served as president of the Law School Student Body. He graduated with honors, receiving the Order of the Coif and initiated into Omicron Delta Kappa. He was a member of the Phi Delta Phi legal fraternity. After completing his education in 1957, he served in the United States Air Force for three years, being discharged with the rank of Captain.

Jerry has practiced law in Cameron since 1959. He is a member of the American Bar Association, Louisiana Bar Association and Southwest Bar Association.

King Fur VII is an active civic leader holding offices in the Cameron Lions' Club, Lower Cameron Hospital Service District, Chairman of the Cameron Parish Democratic Executive Committee, Finance Chairman for Calcasieu Area Boy Scouts and also Scoutmaster. He and his family are members of the Wakefield United Methodist Church.

In 1965, King Fur VII was instrumental in the organization of the only home-owned bank, Cameron State Bank, which he serves as Vice-President of the Board of Directors.

Jerry has been employed as secretary of the Cameron Parish Police Jury since 1962. He was appointed to the Board of Commissioners of the Louisiana Intracoastal Seaway Commission.

1966 brought his appointment to the Louisiana Wildlife and Fisheries Commission. King Fur VII served as chairman from 1968-1973.

We would like to quote King Fur VII upon his appointment to the Louisiana Wildlife and Fisheries Commission which truly exemplifies his being chosen as the King of Wildlife in 1975: "I am aware of the great economic importance of our commercial fisheries resources such as shrimp, oysters and fish. This is a vital segment of the state's overall economy and well-being. No stone shall be left unturned on my part to foster all that is good in the line of research on marine fisheries and in wise management and utilization of all wildlife resources."

This Page Paid for by LORI SUE & MARGARET MELANIE JONES.

**20th ANNUAL
1975 MISS CAMERON PARISH**
SUSAN MARGARET WOODGETT



Miss Susan Margaret Woodgett is the twenty year old daughter of Mr. and Mrs. Henry Woodgett of Cameron. She is presently attending McNeese State University where she is a junior in nursing. Susan is a member of the Student Nurses Association, on the Dean's list and the Presidents Honor Roll. After obtaining her B.S. degree, she plans to attend Texas Women's University to obtain her Master's degree in Obstetrical Nursing. Her hobbies include dancing, singing, water skiing, swimming, cooking and needlepoint.

Susan has represented Cameron Parish at the following festivals: National Outdoor Festival in Maryland, Shrimp and Petroleum Festival in Morgan City, Sugar Cane Festival in New Iberia, Cotton Festival in Ville Platte, Rice Festival in Crowley, Pecan Festival in Colfax and the Christmas Festival in Nachitoches.

Susan would like to express her thanks to all who supported her this year as Miss Cameron Parish, and she would like to say that although her reign was for one year, she made many friends and had many great experiences that will last a life time.

1975 LITTLE MISS CAMERON PARISH

CATHERINE HELEN PERKINS



Catherine Helen Perkins, 7 year old daughter of Mr. and Mrs. Charles R. Perkins of Cameron holds the title of Little Miss Cameron Parish 1975. She is a 2nd grade student at Cameron Elementary School in Cameron.

During her year as Little Miss Cameron, Catherine participated in the Junior Dairy Queen contest in Abbeville, in which she was selected 2nd Runner Up. Catherine also participated in the Beauregard Parish Queen's contest in DeRidder where she was a visiting queen.

Catherine has 1 brother. Her hobbies are sewing, swimming, bike riding, and knitting. She has 2 pet dogs, Duchess, a labrador retriever and Peppy, a toy poodle. She also has a parakeet and a gerbil.

1975 LITTLE MISTER CAMERON PARISH

CHARLES VINCENT, JR.



Charles W. Vincent, Jr. is nine years old and the son of Lee Anna Morales and the late Charles Vincent, Sr.

Charles has brown hair and brown eyes and is a Cameron Elementary fourth grader. His hobbies are hunting and fishing. He is a member of the Cameron baseball and football team. He was the escort for Little Miss Cameron in 1973.

1974 FESTIVAL PICTURES



Mrs. J.A. Miller, Women's muskrat skinning champion.



Saturday night Fur Queen Contest from left: Jennifer Fincher, St. Mary Parish; 3rd Runner Up, Susan Baccigalopi, Cameron Parish, 2nd Runner Up; Queen Alexis Alexander of Jefferson; and Belinda Brown, Plaquemine Parish, 1st Runner Up.



Friday night Runner Ups: 1st, Cindy Morris, 2nd, Marcia Wilkerson, and 3rd, Theresa Cheramie.



Riding float in parade Miss Cameron Parish, Susan Wodgett, Theresa Cheramie, 3rd Runner Up, Cindy Morris, 1st Runner Up.



Toasting Miss Genevieve de LasCases, Miss Press France, (left) Father Jean Marie Jammes, and (center) Festival President J.B. Jones, Jr.



Beginning of 1974 Parade.

CLEARING A NEW FRONTIER

by Don Broussard

We are on the threshold of celebrating the American Bicentennial. We, in our small way, would like to contribute our part to the world of written works on events of the development of America. Therefore, the committee decided to contribute the establishment of a new parish to the state of Louisiana in one of the first celebrations of the bicentennial movement. We will attempt to trace and develop the formation of Cameron Parish.

It has often been said that America was the melting pot of the world; it may equally apply that Cameron Parish is the melting pot of Louisiana. When one considers the ethnic composition of the parish, one can see traces of many varied kinds of humanity. This could be attributed to the fact that the parish is easily and readily accessible by land, sea, or air. The congenial hospitality of the citizens of the parish is another conducive factor to strangers to the area. The relative youth and the variety of work available in the parish may be additional enticements for people to relocate here.

History has always fascinated most people. The age old questions of how, why, when and by whom still intrigue man today as they did centuries ago. So it is with these questions in mind that we attempt to briefly satisfy the non-historian who seeks information merely for the sake of knowing how, when, and why the parish of Cameron came into existence.

One may say that Cameron Parish was really created as a political coup d'état. Henry Clay Warmoth, the Louisiana Carpetbag governor, claimed this honor when on March 15, 1870, he signed Legislative Act 102 forming the fifty-second parish for the state. The following day he sent Colonel Carter to assume the judgeship at a salary of \$2,000.00 per year. He was instructed to fill the offices of sheriff, justice of the peace, police jury, registrar of voters, and others with personnel necessary to operate a parish municipality with the best personnel he could recruit in the area.

Colonel Carter's ambition was then realized because he returned to the legislature as a member of the Louisiana House of Representatives from Cameron Parish, and later became speaker of the house, and simultaneously, a new parish was created.

Following all other precedents or traditions it seems as though the newly created parish would have carried either the name Carter or Warmoth in honor of those responsible for its creation. Ironically it received its name from that of Robert Alexander Cameron, a Confederate soldier, prominent in post-war Louisiana politics.

From what materials have been available in this area for study of remains of early man, traces of his existence were found only on the cheniers. There has been no discoveries of man's existence in the northern part of the parish. The land supplied man with all the necessities for his livelihood: food from the wilds of the wilderness; his clothing from the skins of animals; lumber for shelter from the forests; and medicine from existing herbs. His only means of procuring these were through crude implements,

such as the harpoon and the spear.

After this archaic man passed from existence, migrants from the western section of the country entered. These newcomers were more of mongolian composition, probably Indians if judged by the remaining burial mounds and other artifacts unearthed in this area, such as pottery, bows and arrows, and baskets.

It was hundreds of years later before the white man came to the area with determination to establish permanent residency. The first permanent settlers are generally believed to have been the family of a man named Phillips, who built a home near the western end of Grand Chenier. The family presumably drowned during a hurrican about 1824. Clearing of the lands required many long hours of hard labor in order for man to survive. But with tenacious will power the inhabitants cleared the cheniers and marshlands of the myriad labyrinths of oaks, mesquites, prickly pears, palmettoes, shrub and undergrowth, and another wilderness that had to be cleared.

The chenier lands are rampant with myths and legends of early voyagers from the time of Cabeza de Vaca and De Soto, Jean Lafitte's trek through the southland, and others, but nothing remains to authenticate these tales.

The first settlers of which we have any knowledge were mostly from the older portion of the country, the eastern states, and were of Scotch-Irish descent. These people received grants from land agents who had bought these land grants from veterans of the War of 1812, and who were reluctant to settle on the far-away cheniers. These settlers apparently landed in the lower section of the parish because of entrance from the Gulf of Mexico. The French did not come until later and seemingly made their entrance through inland waterways from the north and the east. These early settlers had to build homes from available sources, such as palmettoes, logs, and animal skins, and were forced to survive off the land.

Until 1870 when Cameron officially became a political parish, the inhabitants existed under various political bodies - Spain claimed part of the western division while France controlled much of the east and the north with a middle strip of neutral land separating these claims. In 1763, Spain purchased all of the territory from Mexico and controlled all lands west of the Sabine River until President Jefferson in 1803 laid claims to all lands east of this boundary through the Louisiana Purchase.

It was not until 1812 that Louisiana, as we know it today, was established and over the next fifty to sixty years the various parishes took form.

Cameron Parish has a very interesting background in that at one time this territory was part of the Opelousas district which was later divided into Lafayette Parish and years later divided into Vermillion parish from whence part of Cameron was created. The remaining portion of the Parish was carved from Calcasieu Parish.

CAN WE TASTE FROM THE "MELTING POT"

1776 - 1976

A glance at the history and population of Cameron Parish shows that it is a microcosm of America itself. Cameron's first European settlers were English or Scotch-Irish. Though now predominantly French, some of the prominent "French" families carry names of varied national origins. Examples are Conner (Irish), Baccigalopi (Italian), and Nunez (Spanish). Numbered among the early settlers were Norwegians, Germans, Czechs and later there came a sprinkling of Greek, Portuguese and Dutch.

We are now all one people, proud to be Twentieth-Century Americans. But all of those varied and diverse origins can still be discovered and explored in one cozy spot, the kitchen. Did you know that apple pie was originally German! Gumbo originally African! Cheese cake originally Greek and coffee came to us from the Turks!

The following is another splendid collection of local recipes. Explore and you can re-create a sampling of our heritage.

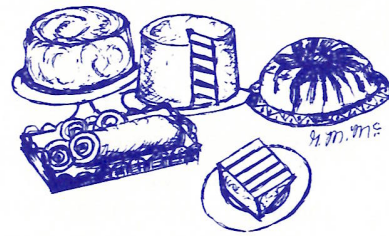
Many thanks to all the workers and contributors and especially to Norma Jean Blake and Hilda Crain, who guided the good ship through.

The Editors

RECIPE SECTION

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CAKES

ELLEN'S FRUIT CAKE

3 cups sugar
1 cup butter
3 eggs
2 cups milk
3 cups flour
4 tsp. baking powder
1 cup cocoa
1 cup raisins or chopped cherries
or a combination of both

Cream sugar and butter; add eggs. Pour in milk and blend in flour, baking powder and cocoa. Add raisins or cherries or both and bake at 375 degrees for 30 to 40 minutes, in greased and floured bundt cake pan.

Mrs. Esther A. Quinn, Cameron, La.

FIG CAKE

2 cups sifted all purpose flour
1½ cups sugar
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
½ tsp. cloves
1 tsp. salt
1 cup buttery vegetable oil
3 large eggs
1 T. vanilla
1 cup buttermilk
1 cup fig preserves (if whole, cut in
3 or 4 pieces)

Preheat oven to 325 degrees. Sift in a large bowl the flour, sugar, soda, spices and salt. Stir with a spoon to blend well. Add the oil, eggs, and vanilla and beat for 3 minutes at medium speed of mixer. Add buttermilk and vanilla and beat for 3 minutes at medium speed of mixer. Add buttermilk and figs, beating 2 more minutes. Pour in ungreased 9 x 13 inch pan. Bake 45 minutes or until tests done with a straw. (Cake is better if served from the pan.)

Topping
2 sticks margarine
1 cup buttermilk
2 cups sugar
2 T. vanilla
2 T. white corn syrup
1 tsp. soda

While cake is cooling, bring all ingredients to a boil in a deep saucepan. Boil 3 minutes, and pour some of the mixture over the cake while it is still in the pan. Reserve the rest of the sauce to pour over the cake when it is cut into squares and ready to be served. (Note: If cake is cold when ready to serve, be sure to heat sauce. The cake is good warm also.) Serves 16-18.

Mrs. Charles A. Rogers, Cameron, La.

FRUIT CAKE

1 pound oleo
2 cups sugar
6 eggs
1½ oz. pure lemon extract
½ pound glazed cherries

½ pound glazed pineapple
1 pound pecans
2 cups flour

Separate eggs. Beat whites and set aside. Mix pecans and fruits with flour and set aside. Cream oleo, sugar and yolks until fluffy. Add lemon extract, then flour mixture and lastly fold in egg whites. Bake 2 hours at 250 degrees in 2 well greased bundt pans.

Mrs. Clifford Myers, Creole, La.

SWEET POTATO BREAD (CAKE)

1½ cup sugar
2 eggs
½ cup oil
1/3 c. water
1 2/3 cup flour
2 tsp. cinnamon
1 tsp. soda
1 cup mashed sweet potato
½ cup raisins (I substitute chopped dates)
½ cup nuts.
¾ tsp. salt

Cream sugar and eggs. Blend in oil. Add water, flour, cinnamon, soda and salt. Beat in mashed sweet potatoes. Add raisins and nuts. Bake at 325 degrees in a greased and floured 13" x 9" pan for 35-45 minutes.

Bonnie Conner, Grand Chenier, La.

SADIE'S OATMEAL CAKE

This recipe comes from Mrs. Sadie Chance of Bossier City, Louisiana

1 cup of raw oats (quick cooking)
1½ cups of boiling water
put this in a bowl, set aside.

Next cream the following:
1 stick of oleo
2 eggs
1 cup of light brown sugar
1 cup white sugar

Add to cream mixture:
1½ cups flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. vanilla

Next add the oats and water to the cream mixture and the dry ingredients, place in a glass oblong pan, bake for 25-30 minutes in a 350 degrees oven.

Remove when done, while still hot, ice with the following mixture:
¾ cup light brown sugar
¾ stick oleo
1 T. canned milk

Place the icing in a sauce pan, bring to a boil, cook for one minute, remove from heat and add the following:

1 cup chopped pecans
1 cup coconut (angel flake)

Spread on cake, serve from the pan.

Mrs. Larry McNease, Grand Chenier, La.

GOOD 'n EASY REFRIGERATOR CAKE

1 Box Yellow Cake Mix
(preferably Duncan Hines Deluxe II)
2/3 cup Crisco oil
4 eggs
1 can mandarin oranges, plus juice

Bake in 3 layers according to directions on package. When cool, frost with 1 pkg. Instant vanilla pudding, 1 large container of Cool Whip, and 1 medium-sized can of crushed pineapple, drained. Mix pineapple and pudding mix, fold in Cool Whip. Must be refrigerated.

Bonnie Conner, Grand Chenier, La.

YAM CAKE ROLL

3 eggs
1 cup sugar
2/3 cup mashed yams
1 tsp. lemon juice
¾ cup flour
1 tsp. baking powder
1 tsp. cinnamon
1/3 tsp. ginger
¼ tsp. nutmeg
½ tsp. salt
¾ cup chopped nuts
powdered sugar

Preheat oven to 375 degrees. Line a 10 x 15 inch jelly roll pan with waxed paper. Grease and flour paper. Beat eggs at high speed of mixer for 5 minutes; add sugar gradually. Stir in yams and lemon juice. Stir flour, baking powder, spices and salt together; fold into yam mixture. Pour into prepared jelly roll pan. Sprinkle nuts on top. Bake for 15 minutes. Turn out onto dish towel sprinkled with powdered sugar. Roll together with towel. Cool, then unroll. While cake roll cools, prepare filling:

6 oz. cream cheese
4 T. oleo
1 cup powdered sugar
2 tsp. concentrated orange juice

Soften cream cheese and butter. Whip together until fluffy. Add sugar and orange juice. Beat until smooth. Spread on cake which has been unrolled. Roll up cake with filling. Wrap in waxed paper and chill.

(This is Suzanne's original recipe. She is a member of the 4-H club and received a second place ribbon with this dish.)

Miss Suzanne Robicheaux, Sweet Lake, La.

RUM CAKE

1 pkg. Duncan Hines yellow cake mix
1-13 oz. pkg. instant vanilla pudding
4 eggs
1 cup cooking oil
1 cup light rum
1 cup chopped pecans

Mix ingredients and bake at 325 degrees for 1 hour.

Topping
1 block oleo
1 cup sugar
½ cup light rum

Combine all ingredients and cook 2 to 3 minutes over medium heat. Pour topping over cake and set aside to cool.

Mrs. Pat Ortego, Creole, La.

JIFFY STRAWBERRY SHORTCAKE

1 store bought sponge cake
1 can drained Fruit Cocktail
1 pkg. vanilla pudding
1 basket fresh strawberries
or 1 box frozen
1 carton whipping cream

Slice sponge cake into two layers. Mix vanilla pudding according to box directions. After cooling in refrigerator, spread pudding on bottom layer of cake. Sprinkle well-drained fruit cocktail and sliced strawberries on top of the pudding. Put on top layer, then spread whipped cream on cake as you would cake frosting. Slice more strawberries and place them on top and sides of cake to decorate.

Mrs. Leo P. Folse, Cameron, La.

APRICOT NECTAR CAKE

4 eggs, separated
1 box yellow cake mix
¾ cup apricot nectar

¾ cup Wesson oil

Beat egg whites and fold in the mixture of cake mix, nectar, oil and egg yolks which have previously been blended well. Pour into a greased and floured tube pan and bake at 325 degrees for 1 hour.

Mrs. Darlene Taylor, Sweet Lake, La.

DOLLEY'S LAYER CAKE

½ cup butter
2 cups sugar
3½ cups flour
3½ tsp. baking powder
½ tsp. salt
1 cup milk
1 tsp. vanilla
White of 8 eggs beaten stiff
with ½ tsp. salt

Beat butter until soft, add sifted sugar gradually and beat until creamy. Sift flour and salt and add to butter mixture alternately with milk, using thirds each time, and beating batter till smooth after each addition. Add vanilla. Whip egg whites with salt, and lightly fold into batter. Bake in 3 greased and floured 8 inch cake pans at 375 degrees for 25 minutes or in a greased 9 x 13 pan at 350 degrees for 40 minutes. After cool, spread the following between the layers and over the top.

Caramel Filling
3 cups brown sugar
1 cup sweet cream
Butter the size of an egg
1 tsp. vanilla

Cook sugar, cream and butter in double boiler for 20 minutes. Just before removing from fire, add vanilla to mixture. Cool and spread between layers and on top of cake.

(This recipe was submitted by: Mrs. B. Howard Cox of Sweet Lake.)

Dolley Madison, First Lady, 1809-1817

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FROSTY COCONUT CAKE

3 cups flour
2 tsp. baking powder
½ tsp. salt
1 cup butter
2 cups sugar
4 eggs
1 tsp. vanilla
1 cup milk
1 cup raspberry jam
Double Boiler Frosting
1 cup flaked coconut

Grease three 8 inch cake pans and dust with flour. Sift flour, baking powder and salt; set aside. Beat softened butter, sugar, eggs and vanilla in large bowl at high speed for 3 minutes. Beat in flour alternately with milk at low speed. Pour batter into prepared pans. Bake in 350 degree oven for 25 minutes or until done. Cook, then spread jam between the layers.

Double Boiler Frosting

1½ cups sugar
¼ cup water
2 egg whites
2 T. corn syrup
1 tsp. vanilla
¼ tsp. salt

Combine all ingredients in top of double boiler; beat until blended. Place over simmering water and cook, beating constantly at high speed about 7 minutes or until it holds firm peaks. Remove from heat and frost cake.

Mrs. Darlene Taylor, Sweet Lake, La.

NECTARINE UPSIDE DOWN CAKE

1/3 cup butter
3 large nectarines
½ cup firmly packed brown sugar
1½ cup sifted flour
1½ tsp. baking powder
½ tsp. salt
½ cup butter
2/3 cup granulated sugar
2 eggs
1 tsp. lemon juice
½ cup milk

In a square pan (9 x 9 x 1¾), over low heat, melt 1/3 cup butter and stir in brown sugar, spreading evenly. Rinse and dry nectarines and cut in 8 slices. Arrange these thick slices in a design over the butter-sugar mixture. Cream ½ cup butter and granulated sugar; beat in eggs and lemon juice. Add flour, baking powder, salt and milk and stir until smooth. Pour evenly over nectarines. Bake in preheated 375 degree oven until cake shrinks from sides of pan and a toothpick inserted in center comes out clean. Let stand for 15 minutes, then turn onto serving dish. This cake is better served warm.

Mrs. Jo Boudreaux, Creole, La.

HOT FUDGE SUNDAE CAKE

1 cup flour
¾ cup sugar
2 T. cocoa
2 tsp. baking powder
¼ tsp. salt
½ cup milk
2 T. salad oil
1 tsp. vanilla
1 cup chopped nuts
1 cup brown sugar
¼ cup cocoa
1¾ cups hot water
ice cream

Heat oven to 350 degrees. In ungreased square pan, 9 x 9 x 1¾, stir together flour, sugar, cocoa, baking powder and salt. Mix in milk, oil and vanilla until smooth. Stir in nuts; then spread evenly in pan.

Sprinkle with brown sugar and cocoa. Pour hot water over batter. Bake 40 minutes then let stand 15 minutes. Spoon into dessert dishes, top with ice cream and spoon sauce over each serving. Makes 8 serving.

To cook in microwave oven: Measure 1¾ cups water into 2 cup glass measure and place in oven to boil, about 4 minutes. Substitute ungreased 2 quart glass casserole for square pan. Pour boiling water over batter in casserole and cook uncovered 8 to 10 minutes or until cake is no longer doughy. Let stand for a few minutes then serve.

Mrs. Darlene Taylor, Sweet Lake, La.

FRESH ORANGE CAKE

3 cups flour
3 tsp. baking powder
½ tsp. salt
¾ cup soft shortening
1½ cups sugar
3 eggs
1 T. grated orange rind
½ cup orange juice
2/3 cup milk

Grease two 9 inch layer cake pans and dust lightly with flour. Sift flour, baking powder and salt and set aside. Combine shortening, sugar, eggs and orange rind in bowl and beat at high speed 3 minutes. Stir in flour mixture alternately with orange juice and milk, beating after each addition until batter is smooth. Pour batter into prepared pans and bake at 350 degrees until done, about 25 minutes.

Orange Butter Cream Frosting

½ cup soft butter
2 tsp. grated orange rind
½ tsp. salt
1 egg yolk
1 box confectioners sugar
¼ cup orange juice

Combine butter, orange rind, salt and egg yolk in bowl. Beat at medium speed until blended. Add sugar alternately with orange juice, beating until mixture is of good spreading consistency. Frost cake.

Mrs. Darlene Taylor, Sweet Lake, La.

SOUR CREAM-CURRENT COFFEE CAKE

¾ cup currants
½ cup packed brown sugar
½ cup chopped nuts
1 tsp. cinnamon
1 pkg. yellow cake mix
4 eggs
1 cup dairy sour cream
2 T. melted butter or oleo

Place currants in saucepan with water to cover. Bring to boil; then remove from fire and let stand 5 minutes and drain. Add brown sugar, nuts and cinnamon and mix well; set aside. Combine cake mix, eggs, sour cream and butter. Beat at low speed until moistened, then 5 minutes at medium speed. Grease and flour a 10 inch tube pan. Pour half of batter in pan and sprinkle ½ of currant mixture on top. Alternate each layer, ending with batter. Bake at 350 degrees for approximately 45 minutes. Let stand in pan for 20 minutes, then unmold carefully on platter.

Icing

¾ box confectioners sugar
2 T. softened butter
2 small pkg. softened cream cheese
1 tsp. vanilla
enough milk for desired consistency

Combine all ingredients and spread on cake.

(This was a first place winner in the 1976 Favorite Foods Show. It is also an original recipe of Mrs. Nunez's.)

Mrs. Leroy Nunez, Cameron, La.

INEXPENSIVE SPONGE CAKE

4 eggs
2 cups sugar
½ tsp. salt
2 tsp. vanilla
2 T. butter
1 cup boiling hot milk
2 cups flour
2 tsp. baking powder

Beat the 4 eggs until light, then add sugar, salt and vanilla. Melt butter in hot milk and add to mixture. Sift together flour and baking powder and add to mixture. Pour into greased and floured 13 x 9 pan and bake at 350 degrees until it tests done, about 25 to 35 minutes.

Broiled Icing

6 T. soft butter
¾ cup brown sugar
4 T. rich cream
½ cup nuts
1 cup coconut

Mix all ingredients together and spread over warm cake while still in pan. Place 3 inches under broiler on low heat and brown lightly.

Mrs. Elizabeth Warren

MISSISSIPPI MUD CAKE

1 cup oleo
2 cups sugar
2 T. cocoa
4 eggs
1½ cup self-rising flour
1½ cups coconut
1½ cups chopped pecans
1 T. vanilla

1 large jar marshmallow cream

Cream the oleo, sugar and cocoa until light and fluffy. Add eggs, one at a time, and beat well after each. Beat in the flour and coconut; then stir in nuts and vanilla, blending well. Pour batter into a 9 x 13 x 2 greased pan. Bake at 350 degrees for 30 to 35 minutes or until cake tests done. Remove from oven and spread marshmallow cream over top of cake. Cool.

Frosting

½ cup oleo
1 box confectioners sugar
1/3 cup cocoa
½ cup condensed milk

Cream the oleo with sugar and cocoa. Stir in condensed milk to spreading consistency, then frost cooled cake.

Mrs. Charles A. Rogers, Cameron, La.

PINEAPPLE SHEET CAKE

2 cups granulated sugar
¼ cup oil
2 eggs
2 tsp. soda
2 cups flour
1 #2 can crushed pineapple (undrained)
1 cup chopped nuts

Mix all ingredients together and pour into greased and floured 9" x 13" pan. Bake at 350 degrees for 30-40 minutes.

Topping

2/3 cup evaporated milk
1 stick oleo
1 cup sugar

Boil on low to medium heat for about 10 minutes. Remove from heat, add 1 cup nuts and 1 cup coconut (coconut optional) pour over cake. Delicious when served warm.

Geneva Dyson, Grand Chenier, La.

COMPLIMENTS OF

**Wm. T. Burton
Industries, Inc.**



TransOcean Oil, Inc.

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1111 Fannin, Houston, Texas 77002.

FAST FIXING CHOCOLATE CAKE

- 1 chocolate cake mix
- 2 eggs
- 1-6 oz. pkg. of chocolate chips
- 1 pkg. of instant chocolate pudding
- ¼ cup oil
- ¼ cup either milk or water

Mix as package directions, place in a pan, bake for 35-40 minutes. Remove from oven. Oven temperature 350 degrees.

Mrs. Larry McNease, Grand Chenier, La.

GERMAN CHOCOLATE POUND CAKE

- 2 cups sugar
- 1 cup shortening
- 4 eggs
- 2 tsp. vanilla
- 2 tsp. butter flavor
- 1 cup buttermilk
- 3 cups all purpose flour
- ½ tsp. soda
- 1 tsp. salt
- 1 pkg. German's Sweet Chocolate

Cream sugar and shortening. Add eggs, flavors and buttermilk. Sift together flour, soda and salt and add. Mix well. Add German's Chocolate that has been softened in warm oven or in double boiler. Blend together well. Cook in 9 in. tube pan, that has been well greased and dusted with flour, about 1½ hours at 300 degrees. Test with a toothpick. If done, toothpick will come out clean when inserted in cake's center. Place cake under a tight-fitting cake cover while still hot, and leave covered until cold.

Mrs. M.C. Kelley, Oak Grove, La.

DEVILS FOOD CAKE

- 2 eggs
- 2 cups sugar
- ½ cup shortening
- 1 cup cocoa in hot water (¼ cup)
- 1 cup buttermilk with 1 tsp. soda
- 2 cups flour
- 1 tsp. vanilla

Beat eggs, sugar and shortening. Add 1 cup cocoa dissolved in hot water, 1 cup buttermilk with soda, flour and vanilla. Bake in greased and floured sheet cake pan. Use cocoa instead of flour in pan.

Icing for Cake

- 1 lb. box powdered sugar
- 2 T. butter
- ¼ cup cream
- 1 tsp. vanilla

Mrs. Ethel L. Watts, Hackberry, La.

LOUISIANA FIG CAKE

- 1 large egg
- 2 T. sugar
- 1 tsp. vanilla
- ½ cup salad oil
- 1 cup + 3 T. sifted flour
- ½ tsp. salt
- ½ tsp. soda
- 1 tsp. baking powder
- 1 pint fig preserves

Preheat oven to 350 degrees. Grease and flour 9 x 9 x 2 pan. Place eggs, sugar, vanilla in mixing bowl and beat slightly with spoon. Add salad oil and beat again. Add dry ingredients, mixing well. Add figs to batter, which will be stiff and stir thoroughly. Pour into prepared pan, smooth and bake for 35 to 40 minutes. Option: Sprinkle with cinnamon and sugar before baking.

Mrs. H.T. Worthington, Sweet Lake, La.

EFFIE'S SOUTHERN FRUIT CAKE

- 1 cup sugar
- 1 cup butter
- 1 cup molasses, or thick dark syrup
- ½ cup sour cream
- 3 cups flour
- ¼ tsp. salt
- 1 tsp. soda
- 3 eggs, beaten
- 1 tsp. cinnamon, ground
- ¼ tsp. cloves, ground
- ¼ tsp. allspice, ground
- ¼ tsp. nutmeg, ground
- 1½ cups seedless raisins
- 1 pint fig preserves
- 2 cups chopped pecans and/or other nuts

Cream butter and sugar; add molasses, sour cream, and beaten eggs and mix. Sift together flour, salt, and soda; then add to first mixture. Then add fruit and nuts that have been dredged in a bit of flour. Stir well. Grease and flour a big cake pan. Pour in mixture. Bake in a 250 degree oven for about 2 hours, or until done.

(Original recipe by her mother, Mrs. Effie Stine Hollister, 1887-1965.)

Bernice H. Stewart

SUE'S SHEATH CAKE

- 2 cups sifted flour
- 2 cups sugar
- 3 to 4 T. cocoa
- 1 cup water
- 1 stick margarine
- ½ cup shortening
- 1 tsp. soda
- ½ cup buttermilk, or sour milk
- 2 eggs, slightly beaten
- 1 tsp. cinnamon (optional)
- 1 tsp. vanilla extract

Combine flour and sugar in mixing bowl. In a sauce pan combine cocoa, water, margarine, and shortening; bring to a rapid boil. Add to flour mixture. Dissolve soda in buttermilk; add with eggs, cinnamon, and vanilla to batter. Mix well. Pour into greased, floured 11 x 16 inch pan. Bake at 350 degree to 400 degree oven for 20 minutes. As soon as cake is removed from oven, spread on the following icing.

Icing

- 3 to 4 T. cocoa
- 6 T. milk
- 1 stick margarine
- 1 box powdered sugar
- 1 tsp. vanilla
- ½ to 1 cup chopped nuts

Bring cocoa, milk, and margarine to a boil; add sugar and vanilla and mix well. Add nuts.

Mrs. Susan Stewart Fox

RICH CHOCOLATE-CHERRY CAKE

- 2 cups flour
- ¾ cup sugar
- ¾ cup vegetable oil
- 2 eggs
- 2 tsp. vanilla
- 1 tsp. cinnamon
- ½ tsp. salt
- 1 can cherry pie filling
- 16 oz. chocolate chips
- 1 cup chopped nuts

Combine dry ingredients with oil and eggs. Mix well, stir in pie filling, chips and nuts. Bake in a greased and floured tube pan for 1 hour at 350 degrees. Cool in pan 10 minutes.

Mrs. Clement Demarets, Sweet Lake, La.

BERTIE'S GINGERBREAD

½ cup shortening
2 T. sugar
1 egg
1 cup dark molasses
1 cup boiling water
2¼ cups flour
1 tsp. soda
½ tsp. salt
1 tsp. ginger
1 tsp. cinnamon

Mix thoroughly in bowl shortening, sugar and egg. Blend in molasses and boiling water. Sift together in another bowl the dry ingredients; then sift these dry ingredients into molasses mixture. Beat until smooth. Pour into greased and floured square pan, 9 x 9 x 1¾ inches. Bake 45 to 50 minutes at 325 degrees. Spread with the following:

Topping

1 cup sifted powdered sugar
1 T. milk
Brown Sugar

Mix in a small bowl the powdered sugar and milk. Spread over hot gingerbread. Sprinkle top with brown sugar. Serve warm.

Roberta Carol Blake, Cameron, La.

ORANGE SLICE CAKE

½ cup Crisco
½ cup margarine
1-1/3 cup buttermilk
4 cups flour (all purpose)
pinch of salt
1 tsp. soda
4 eggs
2 cups sugar
1 pound orange slice candy, chopped
1 pound pitted dates, chopped
2 cups pecans, broken up

(Dip the candy and dates into one cup of the flour while cutting them up, and they will be easier to cut. Be sure to use only 4 cups of flour in all in this recipe.) Cream sugar, Crisco, and margarine. Add eggs, and beat well. Add buttermilk and soda, mixing well, but do not overbeat. Add flour, salt, nuts, dates and orange slice candy. Stir until well mixed; then pour into a greased and floured tube pan. Bake at 250 degrees (slow oven) for 2½ hours.

Icing

1 cup brown sugar
½ cup frozen orange juice
(do not dilute juice with water.)

Blend above two ingredients till smooth. Spread onto cake while cake is warm. Decorate with pecan halves and pieces of red and green maraschino cherries that have been blotted with paper towel.

Bernice Hollister Stewart, Lake Arthur, La.

COMPLIMENTS OF
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CHOCOLATE FUDGE CAKE

2 sticks oleo
2 sq. unsweetened chocolate
4 eggs - beaten well
2 cups sugar
2 cups pecans (chopped)
1 cup flour
1 tsp. vanilla
1-9 inch cake

Melt chocolate over hot water and cool. Cream sugar and oleo, add beaten eggs. Toss pecans in flour and coat. To creamed mixture stir in nuts and flour and vanilla. Bake at 350 degrees for 30-35 minutes. Do not overcook. Cake is a moist cake and candy-like, more than texture of cake. Remove from oven when barely firm. Cool, carefully remove wax paper.

Icing for Cake

1 box confectioners sugar
4 T. oleo
1 cup chopped pecans
3-4 T. milk
4 T. cocoa (or less - according to how dark a chocolate you want)
1 tsp. vanilla

Combine the above and blend until spreading consistency. Ice cake. Cake freezes well. Store cake in refrigerator as using.

Mrs. Jerry Jones, Cameron, La.

SNOWBALL CAKE

1 large Angel Food Cake
2 envelopes plain gelatin
4 T. cold water
1 cup boiling water
Juice of 1 lemon
1 No. 2 can crushed pineapple (do not drain)
1 cup sugar
4 envelopes Dream Whip
1 can Angel Flake coconut

Soften gelatin in cold water. Add boiling water and stir until it dissolves. Set in ice box to cool. Add lemon juice, crushed pineapple and sugar. Stir and put in bowl in ice box. While chilling, prepare 2 envelopes Dream Whip according to package directions. When gelatin mixture is partly set, combine it with 2 package of Dream Whip. Fold in. Cut up cake with scissors in small pieces about size of fingernail. This can be done ahead of time. Use pan 9½ x 13½. Put layer of cake pieces on bottom, pour half of gelatin mixture, put second layer of cake pieces and then other half of gelatin mixture. Chill for 6 hours or overnight. Whip other 2 packages of Dream Whip. Spread over cake, sprinkle with coconut and return to refrigerator.

Mrs. Gene Whittler, Lake Charles, La.

SEVEN-UP CAKE

2 sticks margarine
½ cup Crisco shortening
3 cups sugar
3 cups flour
6 eggs
1½ tsp. lemon extract
1-7 oz. bottle seven-up

Cream margarine and Crisco together; add sugar and cream well. Add flour, add one egg at a time, add lemon extract. Fold in seven-up. Pour in lightly greased tube or bundt pan. Bake at 350 degrees for 1 hour and 30 minutes. Do not open door during baking. Let cool in pan about 3 minutes.

Mrs. Leven Harmon, Cameron, La.



PIES

BUTTERMILK PIE

½ cup margarine
1¾ cups sugar
2 T. flour
4 eggs
1 cup buttermilk
½ tsp. nutmeg
1 tsp. vanilla
1 unbaked 9 inch pie shell

Cream margarine and sugar; then beat in flour, eggs, buttermilk, nutmeg and vanilla, blending thoroughly. Pour into raw pie shell and bake at 350 degrees for 1 hour or until set.

Mrs. C.A. Rogers, Cameron, La.

RICH FRUIT PIE

1 stick margarine
1 cup sugar
2 eggs
½ cup chopped pecans
¼ cup coconut
¼ cup raisins
1 T. vinegar
1 unbaked 9 inch pie shell

Cream margarine and sugar; then add eggs and beat thoroughly. Stir in pecans, coconut, raisins and vinegar, blending well. Pour into raw pie shell and bake at 300 degrees for 40 to 50 minutes.

Mrs. C.A. Rogers, Cameron, La.

FRUIT COCKTAIL FLUFF PIE

2 eggs
1 can condensed milk
½ cup lemon juice
1 tub of whipped topping
2 cans drained fruit cocktail
1 cup chopped cherries
1 cup chopped nuts
2 pie shells

Mix eggs, milk and lemon juice, and blend well. Add all other ingredients. Pour into pie shells (two) of your choice and refrigerate for several hours before serving.

Mrs. Jo Boudreaux, Creole, La.

LINCOLN VANILLA PECAN PIE

3 eggs
½ cup dark brown sugar
1 cup light corn syrup
3 T. butter
1½ tsp. vanilla
½ tsp. salt
1 cup chopped pecans
1 T. flour
1-9 inch unbaked pie shell
Whipped cream for garnish
Pecan halves for garnish

Preheat oven to 375 degrees. Combine eggs and brown sugar. Blend in corn syrup. Melt butter and add along with vanilla and salt. Blend pecans with flour and stir into mixture. Pour into pie shell and bake for 40 minutes or until firm. Garnish with whipped cream and pecan halves if desired. Makes 8 servings.

(This was a favorite of Abraham Lincoln, President of the United States from 1861-1865.)

Mrs. B. Howard Cox, Sweet Lake, La.

FROZEN PEANUT BUTTER PIE

4 oz. softened cream cheese
1 cup confectioners sugar
1/3 cup peanut butter
½ cup milk
1 half pint container whipping cream
9 inch graham cracker crust, baked and cooled.

Beat cream cheese until soft and fluffy. Beat in sugar and peanut butter. Slowly add milk, blending thoroughly into mixture. Whip cream and fold in. Pour into cooled crust. Freeze until firm, then wrap in plastic wrap after pie is frozen. To serve, cut pie while frozen into medium small pieces, return any remaining pie to freezer. Let cut pie set 5 to 8 minutes before serving. Pie stays creamy. Serves 6 to 10 depending on pie slices.

Mrs. Ronald Dave, Klondike, La.

GRANDMA'S OLD TIMEY BUTTERMILK PIE

½ cup softened butter or oleo
1½ cups sugar
3 rounded T. flour
3 beaten eggs
1 cup buttermilk
1 tsp. vanilla extract
¼ tsp. nutmeg
1 unbaked 9 inch pie shell

Cream butter with sugar; and flour and eggs and beat well. Stir in buttermilk and vanilla. Pour into unbaked pie shell and sprinkle with nutmeg. Bake at 350 degrees for 40 to 50 minutes. Cool before serving.

Sheila Broussard Fontenot, Klondike, La.

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PINEAPPLE CHESS PIE

½ cup butter
1½ cups sugar
2 T. flour
3 beaten eggs
1 cup canned, drained, crushed pineapple
1-9 inch unbaked pie shell

Preheat oven to 400 degrees. Cream butter and sugar; add flour. Fold in beaten eggs and pineapple. Pour into pie shell and bake at 400 degrees for 15 minutes, then reduce heat to 350 degrees and bake 35 to 40 minutes longer or until center of pie is firm.

Mrs. Charles A. Rogers, Cameron, La.

PERFECT MERINGUE FOR PIE OR CAKE

2 egg whites
1 cup Hip-o-lite (Marshmallow Creme)
Dash salt

Beat egg whites, then add Hip-o-lite and salt. Spread over pie or cake.

Mrs. Watkin Miller, Grand Chenier, La.

COCONUT CREAM PIE

8 inch pie crust:
1 cup flour
½ tsp. salt
2/3 cup plus 1 T. shortening
3 T. iced water

Measure flour and salt in bowl. Cut in shortening. Add water, lightly mixing. Roll out on floured board to fit pie pan. Prick bottom and sides with fork. Bake in preheated 475 degree oven for 8 to 10 minutes and cool.

Cream Filling

½ cup sugar
3 T. cornstarch
¼ tsp. salt
2 cups milk
3 slightly beaten egg yolks
1 T. oleo
2 tsp. vanilla
¾ cup flaked coconut
1½ cups cool whip
Toasted coconut

Mix all ingredients and cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Remove from heat and blend in oleo, vanilla and coconut. Pour into pie shell and cool in refrigerator covered with wax paper for one hour. Spread cool whip over filling and sprinkle toasted coconut on top.

(This was a first place winner in the 1975 Favorite Foods Show.)

Mrs. Wayne Wood, Grand Chenier, La.

SWEET DOUGH

5½ cups flour
2 tsp. nutmeg
3 tsp. baking powder
1 tsp. salt
1½ cups Crisco
2½ cups sugar
3 eggs
2 T. vanilla
¾ cup milk

Sift first four ingredients three times and set aside. Cream Crisco until shiny; add sugar gradually, stirring well after each addition. Add eggs and beat well. Add vanilla and blend. Stir in flour mixture and milk alternately, starting and ending with flour. Refrigerate three hours, then roll out as desired.

Mrs. Ronald David, Klondike, La.

OLD FASHIONED EGG CUSTARD PIE

4 beaten egg yolks
¾ cup sugar
2 cups scalded milk
¼ tsp. salt
1 tsp. vanilla
1 unbaked pastry shell
Dash of grated nutmeg
4 egg whites beaten
½ cup sugar

Beat egg yolks well; combine with sugar and beat until lemon colored. Pour hot, but not boiling, milk slowly over this mixture, stirring constantly. Add salt and vanilla. Dry the unbaked pastry shell slightly in the oven before pouring in the egg mixture. Dust with nutmeg. Bake 15 minutes at 400 degrees; reduce heat to 250 degrees and bake until custard is firm. For meringue, beat egg whites until stiff, but not dry; then beat in ½ cup sugar. Place on custard and bake to a golden brown at 300 degrees. Yield: 6 servings.

(This is an original recipe of my great-grandmother, Harriet "Hattie" Sweeney McCall Wetherill, about 1841-1888. You will note the oven controls have been added since 19th century Hattie's wood-burning stove had none.)

Bernice H. Stewart, Lake Arthur, La.

FUNERAL PIE

1 cup raisins
2 cups warm water
1½ cups sugar
4 T. flour
1 well-beaten egg
Juice of one lemon
Grated lemon rind
¼ tsp. salt
Unbaked pie shell with double crust or lattice strips

Soak raisins in water about two hours. In a double boiler, combine sugar and flour. Add well-beaten egg, lemon juice and rind, and salt. Add raisins and soaking water. Cook about 15 minutes, then cool. Pour into unbaked pie shell and top with full crust or lattice strips of dough. Bake at 375 degrees about 45 minutes or until well-browned.

(This is a Pennsylvania-Dutch dessert that can be made well in advance of serving. Years ago when a death in the family seemed inevitable, the pies were baked several days ahead. When the sad event finally occurred, mourning relatives and friends were sustained, if not consoled, by the popular delicacy. The pie tastes even better on happy occasions.)

Mrs. B. Howard Cox, Sweet Lake, La.

LUSCIOUS APPLE-PEAR PIE

2 red Delicious apples
2 Golden Delicious apples
2 Bartlett eating pears
2 T. lemon juice
¾ cup granulated sugar
¾ cup light brown sugar
6 T. flour
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. salt
3 T. butter
Double crust

Peel, core and slice thin the apples and pears in a large bowl. Stir in lemon juice. Combine dry ingredients and stir into apple-pear mixture. Cut butter in small pieces and stir in. Line a 9 inch pie pan with pie crust and fill with apple-pear mixture. Cover with top crust and seal edges, flute, then prick top with fork generously. Bake at 425 degrees for 10 minutes, then lower temperature to 375 degrees and bake for 45 to 50 minutes.

Mrs. H.T. Worthington, Sweet Lake, La.

SOUR CREAM PIE

2 cups sugar
1 tsp. cinnamon
1 tsp. mace
¼ tsp. salt
4 T. cornstarch
4 eggs
2 cups sour cream
4 T. vinegar
2 cups raisins
2 baked pie shells

Mix first 5 ingredients in boiler. Separate the eggs and beat the yolks slightly. Mix with sour cream, vinegar and raisins. Stir gradually into dry mixture in boiler. Cook slowly until mixture thickens and clears. Pour into two baked pie shells. Top with meringue made of the 4 egg whites beaten until stiff, but not dry, adding 8 T. sugar slowly while beating. Brown pies in a 425 degree oven.

Mrs. H.T. Worthington, Sweet Lake, La.

OLD FASHIONED BLACKBERRY COBBLER

1 quart blackberries
1-1/3 cups sugar
3 cups water
½ pound butter

Heat the 3 cups water just to boiling point as this melts sugar and starts pie cooking quicker. Make up regular pie crust; roll out and cover bottom with part of dough. (Use deep pan so it will not boil over edges.) Add half the berries, then add another layer of pie crust. Add rest of berries and juice. (If you think you will need more juice, add a little more water, for you don't want it dry.) Now add top layer of crust which has been cut in strips. Dot with butter and sprinkle sugar over top. Bake in hot oven at 425 degrees for 10 minutes. Reduce heat to 350 degrees for 25 or 30 minutes. Crust will be a pretty golden brown.

(This recipe is from my mother and delicious. So good served with cream, also ice cream.)

Mrs. John M. Vincent, Klondike, La.

FLUFFY CHOCOLATE PIE

1 stick oleo
2/3 cup sugar
2 squares melted chocolate
1 tsp. vanilla
2 eggs
1 baked pie shell

Beat oleo and sugar until fluffy. Add cooled, melted chocolate and vanilla. Add 1 egg and beat for 5 minutes; add second egg and beat for 5 minutes. Place in cooked pie shell. Wrap in foil and place in refrigerator to chill. If desired, top with whipped cream.

Mrs. Gene Whittler, Lake Charles, La.

APPLE PIE

2 crust pie pastry
1 cup sugar
2 tsp. flour
¼ tsp. nutmeg
½ tsp. cinnamon
6 to 8 chopped medium tart apples
2 T. butter or oleo

Line 9 inch pie pan, using half the pastry. Roll out remaining pastry for top crust. Set oven for 400 degree. Mix sugar, flour and spices. Spread a little of the sugar mixture over the bottom of pastry lined pan. Pour apples in, sprinkle with remaining sugar mixture. Dot with butter or oleo. Cover with top crust. Seal edges, trim and flute. Bake 50 to 60 minutes until apples are tender.

Mrs. Leven Harmon, Cameron, La.

LEMON CREAM PIES

2 cups sugar
2/3 cup flour
½ tsp. salt
3 cups milk
8 eggs, separated
2/3 cup lemon juice
2 tsp. grated lemon rind
2 T. butter
2 baked pie shells
2/3 cup sugar
1 tsp. vanilla

Mix sugar, flour and salt in saucepan. Stir in milk gradually until smooth. Cook slowly over direct heat, stirring constantly until mixture thickens. Slowly stir in a little of the hot mixture into beaten egg yolks, and return the mixture to the pan. Cook for 2 minutes longer, continuing to stir. Remove from heat and stir in the lemon juice and rind slowly. Stir in the butter and pour into baked pie shells. Beat the egg whites, slowly adding 2/3 cup sugar, 1 tsp. vanilla and a pinch of salt. When stiff, pile lightly over the pie being careful to touch the sides all around. Bake at 350 degrees 12 to 15 minutes.

Mrs. A.H. Crain, Grand Chenier, La.

QUICK AS A WINK PIE

2 Johnston's graham cracker pie shells
1-20 oz. can crushed pineapple with juice
1-9 oz. bowl of cool whip
1 can condensed milk
1 cup chopped pecans
Juice from 2 lemons

Mix all ingredients together and pour into pie shells. Put pies in refrigerator and keep there until filling is firm.

Mrs. Harold Carter, Creole, La.

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FAVORITE YAM PIE

3 beaten egg yolks
¾ cup sugar
1½ cups mashed sweet potatoes
½ cup milk
½ tsp. salt
1 tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. ginger
1 envelope unflavored gelatin
¼ cup cold water
3 stiffly beaten egg whites
¼ cup sugar
1-10 inch pie shell, baked

Combine egg yolks, sugar, yams, milk, salt and spices. Cook stirring constantly until thick. Soak gelatin in cold water; stir into hot mixture. Chill until partly set. Beat egg whites, gradually adding sugar, until stiff. Fold into gelatin mixture. Pour into cooled pie shell and chill until set. Serve plain or top with whipped cream.

Mrs. Bess Morrison

LEMON PIE

Mix
1/3 cup cornstarch
1½ cups sugar
Add
1½ cups water and boil for 1 minute.
Mix in
¼ cup lemon juice
1 T. grated lemon rind
3 T. butter

Pour into 1-9 inch baked pie shell. Top with meringue made as follows:

3 egg whites

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¼ tsp. cream of tartar
6 T. sugar
½ tsp. vanilla

Combine all ingredients and beat at high speed until stiff peaks form. Spread over pie filling and bake at 400 degrees until golden brown.

Mrs. Darlene Taylor, Sweet Lake, La.

LEMON-LITE PIE

3 eggs, separated
¾ cup sugar
2 T. flour
¼ tsp. salt
¼ cup melted butter
1 cup evaporated milk
1/3 cup lemon juice
2 tsp. grated lemon rind
2 or 3 drops yellow food coloring
1-9 inch unbaked pie shell

Beat egg yolks slightly in large bowl; blend in ½ cup sugar, flour and salt. Add butter, milk, lemon juice and grated rind; stir in yellow coloring if desired. Beat egg whites until frothy; beat in remaining sugar gradually until stiff. Fold lemon mixture into meringue lightly, but thoroughly; pour into pie shell. Bake in preheated 400 degree oven for 10 minutes. Reduce temperature to 350 degrees and bake 25 minutes longer. Cool and serve. (Lime juice and rind may be substituted for lemon juice and rind for Lime-Lite Pie. Use green food coloring instead of yellow.) Serves 6 to 8.

Mrs. C.A. Rogers, Cameron, La.

PUMPKIN PIE

2 cups mashed pumpkin
¾ tsp. salt
1 2/3 cups canned milk
2 eggs
¾ cup sugar
1 T. melted butter
1 to ¼ tsp. cinnamon
¼ tsp. each ginger and nutmeg

Mix all ingredients and place in a 9 inch unbaked pie shell. Bake 40-45 minutes at 350 degrees. To test for doneness, take a knife, place in center of pie, if it comes out clean the pie is done. Serve with ice cream or whipped cream.

Mrs. Larry McNease, Grand Chenier, La.

PEACH CREAM PIE

Crust
1/3 cup lard
1 cup flour
¼ tsp. salt
2 T. cold water

Filling
½ cup sugar
4 T. flour
½ tsp. salt
2 cups milk
2 egg yolks
2/3 cup peaches
1 tsp. vanilla
1 tsp. butter

Beat sugar and eggs; and flour. Then put in boiler which contains the milk and cook until it boils. Put out fire and add butter, peaches, salt and vanilla.

Meringue
2 egg whites
4 T. sugar

(Original recipe from Mrs. H.A. Miller)

Mrs. Avery "Tassie" Nunez, Creole, La.

JELL-O PUDDING PECAN PIE

1 pkg. (3¼ oz.) Jell-o vanilla pudding and pie filling
1 cup light corn syrup
¾ cup evaporated milk
1 egg, slightly beaten
1 cup chopped pecans
1 unbaked 8-inch pie shell

Blend pudding mix with corn syrup. Gradually add evaporated milk and egg, stirring to blend. Then add pecans. Pour into pie shell. Bake at 375 degrees until top is firm and just begins to crack - about 40 minutes. Cool at least 3 hours.

Mrs. Wendell Murphy, Cameron, La.



CANDY

DATE NUT CANDY

2½ cups granulated sugar
1 cup evaporated milk
1½ cups chopped dates
2 cups chopped pecans

Cook sugar and milk over low fire stirring constantly until soft ball stage. Add dates and cook again for 3 minutes or until dates are well blended. Add pecans and cool. Pour into buttered bowl and knead until creamy. Roll in 4 rolls; wrap in wax paper and refrigerate. When cold, slice in thin slices. Makes 1 pound.

Judy Cain Lemaire, Klondike, La.

OLD FASHIONED CHOCOLATE FUDGE

2 cups sugar
2/3 cup milk
1/3 cup cocoa
2 T. corn syrup
¼ tsp. salt
2 T. butter or oleo
1 tsp. vanilla
½ cup chopped nuts

Butter loaf pan or dish. Combine sugar, milk, cocoa, corn syrup and salt in 2 quart saucepan. Cook over medium heat, stirring constantly, until a ball of candy forms a soft ball when dropped in cool water. Remove from heat. Add butter and vanilla. Set saucepan in cold water until bottom of pan is cool. Stir in nuts and beat until candy loses its gloss. Spread evenly in buttered dish and cool until firm. Cut into squares. Makes 1 pound.

Mrs. Darlene Taylor, Sweet Lake, La.

AFTER-DINNER MINTS

1 egg white
1 T. cream
1 tsp. vanilla
3 drops oil of (peppermint, spearmint) flavoring
Food coloring
1 box powdered sugar
1 heaping tsp. butter or shortening

Combine egg white, cream, vanilla, oil flavoring and coloring. Stir well. Add box of sugar all at once. Mix thoroughly. Add butter and more sugar if necessary, to make the mixture the right consistency to roll into a small, firm ball. Arrange the balls on wax paper and press each ball with tine of fork dipped in powdered sugar. Let stand overnight to form a crust, then pack in container with wax paper between layers. Makes about 150 mints.

Mrs. Darlene Taylor, Sweet Lake, La.

DIVINITY FUDGE

3 cups sugar
½ cup light corn syrup
½ cup cold water
2 egg whites
1 tsp. vanilla
1 cup chopped pecans

Place sugar, syrup and water in pan. Stir until sugar is dissolved. Cook to hard boil stage, 280 degrees. Meanwhile beat egg whites until stiff. Add syrup to egg whites, then vanilla and continue beating until candy is thick enough to drop from a spoon. Add pecans and drop by spoonful onto buttered platter or wax paper. Makes 30 to 40 pieces.

Mrs. Gene Whittler, Lake Charles, La.

CHERRY BLOSSOMS

1 pkg. 8 oz. cream cheese
2 T. very fine chopped maraschino cherries
2 T. cherry syrup
2 T. fine chopped almonds or nuts
1 cup butter or oleo (2 sticks)
1 loaf fresh white bread

Trim crust, cover slices of bread with damp towel. Have your cherry mixture ready. Butter each piece of bread and spread cherry mixture on bread, then roll jelly roll fashion. Wrap in wax paper, chill two hours or over night. To serve unwrap and cut cross wise. To serve 100 people make 3 times that much.

Edna Bertrand, Cameron, La.

HEAVENLY HASH

1-15 oz. can condensed milk
1-8 oz. box Baker's semi-sweet chocolate
1-6¼ oz. pkg. miniature marshmallows
1 cup chopped or halved pecans

Melt chocolate in double boiler. When melted, add condensed milk and blend. Cook until consistency of a pie filling, then add pecans and cool. If not cool enough, the marshmallows will melt. Add marshmallows and drop by teaspoon onto waxed paper.

Mrs. Gene Whittler, Lake Charles, La.

OATMEAL CANDY

2 cups sugar
1 stick butter
4 T. cocoa
½ cup milk
3 cups oatmeal
½ cup peanut butter
1 tsp. vanilla

In a large saucepan, combine the first four ingredients and boil for 1 minute. Add the oatmeal, peanut butter and vanilla. Mix well. Spread mixture in buttered plate, or drop by teaspoonfuls on wax paper.

Charla Jo Blake, Cameron, La.

200 YEAR OLD BENNY SEED PRALINES

2 cups cane syrup
½ cup sugar
2 T. white Karo
2 T. butter
6 cups benny seeds (Indian Sesame)

Combine first three ingredients and boil until syrup threads. Add the butter and benny seeds to boiling syrup. Remove from fire and beat. Drop by spoonfuls on dry corn shucks.

Mrs. Leo P. Folse, Cameron, La.

RIPPLE DIVINITY

3 cups sugar
½ cup water
½ cup white corn syrup
2 stiffly beaten egg whites
1 tsp. vanilla extract
1 cup chocolate pieces

Combine sugar, water and corn syrup in saucepan. Cook over high heat to boiling stage; reduce heat and continue cooking until mixture reaches 240 degrees. Slowly pour 1/3 of the mixture over the egg whites, beating constantly. Cook remaining syrup to 265 degrees, then gradually add to first mixture. Beat until mixture holds its shape when dropped from a spoon. Add vanilla and fold in chocolate pieces. Drop from teaspoon onto a greased baking sheet. Yield: 4 dozen pieces.

(This was a first place winner in the 1975 Favorite Foods Show.)

Mrs. Leroy Nunez, Cameron, La.

"LAZY ACRE" PRALINES

1 pkg. vanilla pudding
1½ cup firmly packed brown sugar
1 T. butter
½ cup evaporated milk
2 cups pecan halves

Combine pudding, brown sugar, butter and milk in heavy pan. Heat slowly and stir constantly until sugar dissolves. Continue cooking to 238 degrees or until mixture forms soft ball in cold water. Stir in pecans and beat 2 or 3 minutes or until thickens. Drop on waxed paper. If it thickens too fast while dropping onto paper, heat over hot water. This is a very easy and delicious recipe.

Mrs. Leslie Griffith, Grand Chenier, La.



COOKIES

TEA CAKES

2 cups sugar
1½ cups shortening
4 eggs
¼ cup milk
1 T. vanilla
5½ cups flour
2 tsp. baking powder

Cream sugar and shortening; add other ingredients and mix well. Roll dough on floured board and cut with 2 inch cookie cutter. Bake on ungreased cookie sheet for 10 minutes at 350 degrees.

(This is a 100 year old recipe that has been handed down in our family.)

Faye Billiot, Johnson Bayou, La.

BOURBON BALLS

3 cups vanilla wafers
1 cup confectionary sugar
1½ T. cocoa
3 T. white Karo syrup
1 cup ground pecans
2 jiggers bourbon

With a nut grinder, sift vanilla wafers or roll with a rolling pin until the wafers become mealy. Mix wafers, sugar, cocoa, karo and nuts. After mixture is well blended, add bourbon. The bourbon saturates the mixture. Make the balls about the size of a quarter or bite size. Put the balls into a bowl of confectionary sugar, powder them, but do not pack the sugar around the balls. Juggle the balls to remove the excess sugar. Put in an airtight container to store. Keeps a long time, and improves with age.

Mrs. Leo P. Folse, Cameron, La.

COCONUT CHEWS

½ cup oleo
½ cup crisco
1 cup confectioners sugar
1¾ cup flour
1¼ cups brown sugar
3 T. flour
¾ tsp. baking powder
¾ tsp. salt
¾ tsp. vanilla
¾ cup chopped pecans
¾ cup coconut
3 eggs

Preheat oven to 350 degrees. Cream shortening and confectioners sugar. Blend in flour. Press evenly in bottom of an ungreased pan, 13 x 9 x 2. Bake 12 to 15 minutes. Combine remaining ingredients and spread over hot baked layer and bake 20 minutes longer. While still warm, prepare the following mixture:

Orange-Lemon Icing

1¾ cup confectioners sugar
3 T. melted oleo
4 T. orange juice
2 tsp. lemon juice

Combine all ingredients and spread. Cool and cut into small squares.

Mrs. Darlene Taylor, Sweet Lake, La.

OATMEAL COOKIES

½ cup butter or Crisco
1¼ cups brown sugar
3 eggs
2 cups flour
1 tsp. soda
1 tsp. baking powder
½ tsp. cinnamon
½ cup milk
1 tsp. vanilla
2 cups oatmeal
½ cup raisins
½ cup chopped nutmeats

Cream butter and sugar. Beat eggs and add to creamed mixture. Sift dry ingredients together and add to mixture alternately with milk and vanilla. Stir in raisins and nuts and drop from teaspoon onto buttered baking sheet, allowing for spreading. Bake for 10 to 12 minutes at 350 degrees.

Mrs. Mabel L. Lacomb, Klondike, La.

SUGAR COOKIES

½ cup shortening
1 cup sugar
2 eggs
2 T. cream
1 T. vanilla or almond flavoring
3½ cups cake flour
2 T. baking powder

Cream together and beat until fluffy, ½ cup shortening and 1 cup of sugar. Add 2 well beaten eggs, 2 tablespoons cream, 1 tablespoon flavoring beat well. Sift dry ingredients together add to creamed mixture. Bake at 375 degrees. You can either use a cookie cutter or roll them out and press down with a fork. Makes about 4 dozen. Can be iced with a butter frosting.

Mrs. Larry McNease, Grand Chenier, La.

BROWNIES

1 pkg. Duncan Hines Mix (Family size)
follow the directions of pkg.

Let cool, ice when pan is lukewarm to touch.

Icing

1½ blocks (unsweetened) chocolate
3-4 tsp. pet milk
½ stick oleo
½ box confectioners sugar

Melt chocolate with oleo and milk, add confectioners sugar. Stir, if you need to add more milk, add a teaspoon at a time until it's spreading consistency. Ice brownies, place a pecan half on brownies after you cut them.

(This recipe was given to me by Mrs. Lillian Dunn of New Orleans.)

Mrs. Larry McNease, Grand Chenier, La.

PINEAPPLE COOKIES

1 cup shortening
1 cup brown sugar
1 cup white sugar
1 cup crushed pineapple
1 cup nuts
2 eggs
4 cups sifted flour
½ tsp. salt
2 tsp. baking powder
1 tsp. vanilla

Combine all ingredients; beat until well mixed. Drop by teaspoons onto lightly greased pan. Bake at 350 degrees until lightly browned (about 15 minutes). Remove from oven and let cool for 5 minutes before taking from pan. Makes about 7 dozen cookies.

Theresa Authement, Grand Chenier, La.

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CHRISTMAS COOKIES

2 cups brown sugar
½ cup melted, cooled butter
2 eggs well-beaten
2 T. heavy cream
2 cups flour
2 tsp. baking powder
½ tsp. salt
1½ cups coarsely chopped pecans
1½ cups coarsely chopped red
or green maraschino cherries

Preheat oven to 325 degrees. Place brown sugar in mixing bowl. Add butter, eggs and cream. Stir until smooth. Sift flour with baking powder and salt and add to mixture. Stir in nuts and cherries. Drop batter by teaspoonfuls about 1 inch apart on lightly greased baking sheet. Bake until firm and lightly browned, about 20 minutes. Remove from sheet while warm. Makes about 3 dozen cookies.

Mrs. Leven Harmon, Cameron, La.

PECAN DELIGHTS

1 cup shortening
2 cups brown sugar
1 tsp. vanilla
2 eggs
2½ cups flour
2 tsp. baking powder
1 cup chopped pecans

Cream shortening. Add brown sugar and vanilla and continue creaming. Beat eggs, then add to creamed mixture, blending well. Sift dry ingredients together and add to mixture, then nuts. Drop by teaspoonfuls on greased cookie sheet and bake 8 to 10 minutes at 325 degrees. Makes 10 dozen.

(This recipe was given to me by a good friend 25 years ago and is one of our favorites.)

Mrs. M.C. Kelley, Oak Grove, La.

MOTHER'S GRAHAM CRACKER COOKIES

1 stick oleo
½ pound marshmallows
½ pound graham crackers crushed
1 cup chopped pecans
¼ cup raisins
15 cherries
1 cup dates

Melt oleo and marshmallows. Add crushed crackers, pecans, raisins, cherries and dates. Mix all ingredients well. Form into rolls and wrap in wax paper, storing in refrigerator until ready to serve. Slice as needed.

Mrs. Wayne Wood, Grand Chenier, La.

SNICKERDOODLES

1 cup shortening
1½ cups sugar
2 eggs
2¾ cups flour
2 tsp. cream of tartar
1 tsp. soda
½ tsp. salt
2 T. sugar
2 T. cinnamon

Heat oven to 400 degrees. Mix shortening, sugar and eggs thoroughly. Measure flour by dipping method or by sifting. Blend together flour, cream of tartar, soda and salt; stir in. Shape dough in 1 inch balls. Roll in a mixture of 2 T. sugar and 2 T. cinnamon. You may need more than this. Place 2 inches apart on ungreased baking sheet and bake 8 to 10 minutes. These cookies puff up at first, then flatten out. Makes 6 dozen cookies.

Lori Sue Jones, Cameron, La.

LILLIAN'S OLD FASHIONED SUGAR COOKIES

¾ cup shortening
1 cup sugar
2 eggs
3 cups flour
3 tsp. baking powder
½ tsp. soda
½ tsp. nutmeg
½ tsp. salt
½ cup milk
1 tsp. vanilla

Cream shortening, sugar, eggs and vanilla. Add dry ingredients, milk and vanilla. Roll on floured board to ½ inch thickness or whatever is suitable for you. Cut with a small glass or cookie cutter and sprinkle with sugar. Place on ungreased cookie sheet and bake at 350 degrees about 10 minutes.

Mrs. Wayne Wood, Grand Chenier, La.

LILLIAN'S OLD FASHIONED SYRUP COOKIES

1 cup shortening
1 cup sugar
1 egg
2 cups cane syrup
6 cups flour
1 tsp. baking powder
1 T. soda
1 tsp. salt
1 T. cinnamon
1½ T. ginger
¼ tsp. cloves
1 cup hot water

Cream shortening, sugar, egg and syrup. Combine dry ingredients, adding ½ to creamed mixture, mixing well. Add hot water and beat until smooth. Add remaining dry ingredients, mixing well. Chill thoroughly. Roll on floured board ¼ to ½ inch thickness, depending on how you like them. Cut out with small biscuit cutter and place on ungreased cookie sheet. Sprinkle with sugar and bake at 350 degrees until done, about 10 minutes.

Mrs. Wayne Wood, Grand Chenier, La.

PECAN TEA COOKIES

1 cup butter or oleo
½ cup sugar
2 tsp. vanilla
2 cups flour
½ tsp. salt
2 cups chopped nuts

Cream butter, sugar and vanilla until fluffy. Add dry ingredients and pecans. Dough should be consistency to roll in hand as big as little finger. Place on greased cookie sheet and bake at 325 degrees for 20 minutes. Put on rack to cool, then roll in sifted confectioners sugar. Makes 6 dozen.

Mrs. Watkin Miller, Grand Chenier, La.

DANISH PASTRY

2 sticks butter
⅝ cup sugar
1 tsp. almond flavoring
2¼ cups flour
1 to 2 cups chopped pecans
Red Plum jelly
Powdered sugar

Cream butter with sugar and add flavoring. Add flour to make a soft dough and stir in pecans. Roll into 48 balls. Press with finger and place a dab of jelly in center. Bake in 375 degree oven about 17 to 20 minutes, until light brown. Sprinkle with powdered sugar while still hot.

Mrs. Eleanor West, Creole, La.

PARTY COOKIES

1 cup shortening
1 cup brown sugar
½ cup white sugar
2 tsp. vanilla
2 eggs
2¼ cups flour
1 tsp. soda
1 tsp. salt
1½ cup M & M candies

Blend shortening and sugars, beat in vanilla and eggs. Sift dry ingredients together; add to sugar mixture. Mix well. Stir in M & M (about ½ cup). Reserve remaining candies for decorating. Drop from a teaspoon onto ungreased cookie sheet. Bake at 375 degrees for 10-12 minutes. Makes about 6 dozen cookies.

Mrs. Larry McNease, Grand Chenier, La.

FRUIT CAKE COOKIES

¼ tsp. salt
1 cup brown sugar
½ cup oleo
4 eggs lightly beaten
3 T. milk
3 cups flour sifted
(reserve 1 cup for fruit)
3 scant tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
1 jigger whiskey
1 lb. half pecans
½ lb. broken pecan pieces
½ lb. candied cherries
½ lb. candied pineapple
½ pkg. raisins

Cream oleo and sugar well. Beat eggs separately and add milk and

whiskey. Then add dry ingredients to two cups flour. Blend fruit and 1 cup flour and mix. Drop by teaspoon. Bake in slow oven (250-275 degrees) 25 to 30 minutes.

(Original recipe of Mrs. Eva Murphy, Lake Charles, La.)

Susan Woodgett, Cameron, La.

QUICK LEMON BARS

2 cups sifted flour
½ cup powdered sugar
1 cup butter

Crust

Mix sugar and flour. Cut in butter to cornmeal texture. Press in greased pan (13 x 9 x 2) or (10 x 5 x 1). Bake at 350 degrees for 25 minutes.

Custard

½ cup lemon juice
2 cups granulated sugar
4 eggs
¼ cup flour
1½ tsp. baking powder
rind of one lemon, grated

Beat eggs, sugar, lemon juice and rind until fluffy. Sift together ¼ cup flour and baking powder. With a spoon, mix this with egg mixture. Pour over baked crust immediately after the crust comes from the oven. Bake at 350 degrees for 25 minutes longer. Sprinkle with additional powdered sugar. Cool and cut into squares.

Helen Philips, Baton Rouge, La.



DESSERTS

FRUIT FLOAT

Raspberries
Blueberries
Strawberries
or any other kinds of fruits
Ginger Ale
Lime Sherbert

Fill a tall glass with your fruit. Pour in gingerale. Then top it off with a big scoop of lime sherbert. 1 serving.

Lori Jones, Cameron, La.

ALICE'S FRUIT SALAD

4 apples - cubed
2 bananas - sliced
1 small can mandarin oranges
1 small can pineapple
1 medium jar cherries
1 small can coconut
2 small boxes raisins
1 small bag pecans
Dressing
2 eggs, beaten
¼ cup water
¼ cup lemon juice
½ cup pineapple juice
½ cup sugar
1½ T. flour

Combine eggs, water and juices. Mix sugar and flour, add to first mixture. Cook slowly in top of double boiler until thick, stirring constantly. Pour over cut up fruits. Then chill.

Alice Mason, Cameron, La.

BOUDOIN BROTHERS SERVICE STATION

FLOATING ISLAND

1 quart milk
5 eggs, separated
8 T. sugar
1/8 tsp. salt
1 tsp. vanilla

Scald milk. Beat together 5 egg yolks and 1 egg white with 5 T. sugar and salt. Stir a little of the scalded milk into the yolks to prevent curdling, then stir in all the milk. Cook until thickened; remove from fire, cool and flavor with vanilla if wished. Pour into glass bowl and let custard become very cold. Now whip remaining whites of eggs to a froth, adding 3 T. sugar. Pour this froth upon a shallow dish of boiling water; the steam passing through it cooks it. When sufficiently cooked, take a tablespoon and drop spoonfuls over the top of the cold custard far enough apart so the "little white islands" will not touch each other.

(Mrs. John Adams served this dessert at her White House reception in 1801.)

(This recipe also was one of my father's favorite desserts and I still frequently prepare it, especially in the summer.)

Mrs. B. Howard Cox, Sweet Lake, La.

APPLE DUMPLINGS

Make a pie crust for two nine inch pies. Take 6 apples, wash and core. Next take a small amount of dough, roll out, place the apple on this, put a mixture of cinnamon and sugar in the cored out part, top with a dab of oleo. Wrap dough around the apple, place in a baking dish. Do the remaining apples the same way, after you have placed them in the baking dish you make a sauce of the following:

1 cup sugar
2 cups water

Pour this over apples after you have boiled it for 3 minutes, over a medium fire. Bake at 350 degrees for 40 minutes, serve hot with either ice cream or whipped cream and coffee.

Mrs. Larry McNease, Grand Chenier, La.

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PEACH DELIGHT

Prepare the 5 following different layers and set aside.

1. 2 cups graham cracker crumbs (28 squares)
3/4 cup chopped pecans
3/4 cup powdered sugar
1 1/2 tsp. cinnamon
3/4 cup melted oleo

Melt oleo and add other ingredients, mixing well.

2. 2 egg whites
2 cups powdered sugar
1 stick oleo

Mix at high speed with mixer for 10 minutes.

3. 1 medium size can peaches, cubed and drained

4. 1 medium size can crushed pineapple, drained

5. 1 container (9 oz.) cool whip

6. 1 small can sliced peaches

Layer in order beginning and ending with 1st mixture in oblong pan 13 x 9 x 2. Top with sliced peaches and chill for 30 minutes before serving. Serves 12.

(This was a first place winner in the Desserts category at the 1975 Favorite Foods Show.)

Mrs. Wayne Wood, Grand Chenier, La.

FORGOTTEN DESSERT

6 egg whites
1/4 tsp. cream of tartar
1/4 tsp. salt

1 1/2 cups sugar

Beat first 3 ingredients until stiff, then beat in sugar 1 T. at a time. Put in a well greased aluminum pan, 9 x 12 x 2. Put in oven, which has been preheated to 450 degrees, and *turn oven off*. Leave in oven several hours or overnight. (I leave mine overnight.)

6 egg yolks
3/4 cup sugar
1 1/2 T. flour
5 T. lemon juice or 2 lemons & rind
3/4 cup water
Whipped Cream or Cool Whip

Beat egg yolks and combine with other ingredients in double boiler. Stir and cook until thick, then chill. Spread over baked meringue, then a layer of whipped cream or Cool Whip. Chill. Cut in squares and top with a cherry. Serves 12.

Mrs. Gene Whittler, Lake Charles, La.

APPLE DUMPLINGS

4 medium green (eating) apples
Basic dough as for biscuits
(omit baking powder)

Roll out 5 big rounds of dough, flatten with hand. Cut apples in small chunks and put just enough in dough so you can ball it up around it. Drop in big pot of boiling water, do not boil too rapidly, will cause dough to burst. Cook until dough is done, to test for doneness, stick with tooth pick. If dough does not stick it's done. Take up with a spoon which has holes in it. Put in large bowl, let cool. Put sugar (to your own taste) nutmeg and lots of canned cream until desired thickness. Eat while warm. Serve with ice cream if desired.

Alice Mason, Cameron, La.

BLUEBERRY COBLER

2/3 stick butter
1 pint blueberries
1 cup flour
1 cup sugar
1 egg
1 cup milk
1 tsp. cinnamon

Melt butter in deep casserole dish and pour in the blueberries. Combine all other ingredients and beat lightly. Pour this mixture into blueberries and butter without stirring. Bake at 375 degrees until brown on top.

Mrs. Jo Boudreaux, Creole, La.



BREADS

GARLIC BREAD

1 pkg. hot roll mix
3/4 cup warm water
1 egg

Filling

1/2 cup grated Mozzarella cheese
1 T. instant minced onion
2 tsp. garlic powder
1 tsp. Italian seasoning
1 tsp. paprika
1 tsp. melted butter
1/4 tsp. salt

Grease loaf pan. In large bowl, dissolve yeast from hot roll mix in warm water. Stir in egg, then hot roll mix, and blend well. Cover and let rise 30 to 40 minutes. In small bowl, combine filling ingredients except butter. On well-floured surface, toss dough until no longer sticky. Roll out dough to a 12" x 7" rectangle. Brush with melted butter. Sprinkle all but 1 T. filling over dough. Starting with shorter side, roll up tightly, sealing dough with heels of hands after each roll. Place in loaf pan. Brush with remaining butter and sprinkle with remaining filling. Cover and let rise again 30 to 45 minutes. Bake at 375 degrees for 25 to 35 minutes until golden brown.

(This was a first place winner in the Breads category of the 1975 Favorite Foods Show.)

Mrs. Allen Ray Skidmore, Cameron, La.

QUICK DINNER ROLLS

Yield: 12

*Start approximately 1 1/2 hours before serving time.

1 pkg. yeast
1 cup warm water
2 tbsp. sugar
2 1/4 cup flour
1 tsp. salt
1 egg
2 tbsp. soft shortening

Dissolve yeast in warm water. Stir sugar, half of flour and salt into dissolved yeast. Beat until blended. Add egg and shortening. Beat in remaining flour. Scrape sides of bowl and cover with cloth. Let rise 30 minutes. Stir down the raised dough and spoon (1/2 full) into greased muffin cups. (Dough will be sticky). Let rise 20-30 more minutes. Bake 15-20 minutes at 400 degrees.

Bonnie Conner, Grand Chenier, La.

GRANDMA'S PANCAKES

Make batter for a double batch of buttermilk pancakes. (You may use a mix). Bake 8 inch pancakes on greased griddle, and as they are made, place them in a pie pan and set in preheated 250 degree oven. Stack them, buttering each one much more than you ordinarily would butter a pancake, and sprinkle each one with several teaspoons of sugar. The butter and sugar will melt and make their own syrup. Keep stacking until you have seven layers in the oven. Now cut down through them, as you would cut a cake, and serve in wedges.

(This will call for seconds all around and keep you busy for some time! Served this way, however, everyone can be eating at the same time.)

Mrs. B. Howard Cox, Bell City, La.

NEW ORLEANS (BEIGNET) DOUGHNUTS

1 pkg. active dry yeast
1 1/2 cups warm water (105 degrees)
1/2 cup sugar
1 tsp. salt
2 eggs
1 cup undiluted evaporated milk
7 cups sifted all purpose flour
1/4 cup soft shortening
Oil for frying
Confectioners sugar

In large bowl, sprinkle yeast over warm water, stirring to dissolve. Add sugar, salt, eggs and milk. Blend with rotary beater. Add 4 cups flour and beat until smooth. Add shortening, then beat in remaining flour. Cover and chill several hours. Roll out on floured board to 1/8 inch thickness. Cut into 1 1/2 inch squares. Deep fry at 360 degrees 2 to 3 minutes or until golden brown. Drain on paper towels. Sprinkle heavily with confectioners sugar. Serve hot with coffee. Makes about 5 dozen.

Mrs. Bessie Franklin

OLD TIME DUMPLINGS

2 eggs
1/2 cup milk
2 T. melted butter
1 1/2 cups flour
1 1/2 tsp. baking powder
1/2 tsp. salt

Beat eggs, add milk and melted butter, then flour sifted with baking powder and salt. Stir only until mixed. The batter should be smooth and not too thick. Drop by spoonfuls into a quart of chicken broth which has been thickened with 5 tablespoons flour thinned to a paste with a cup of milk. Cover and steam 12 to 15 minutes.

Mrs. Ethel L. Watts, Hackberry, La.

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BREAD BASKET DOUGH MIX

4 cups flour
1 1/2 cups water
1 cup salt
2 T. sugar
shortening

Combine flour, salt and sugar; slowly add water and mix thoroughly. Form dough into a ball; then turn out onto lightly floured board, and knead 8-10 minutes or until smooth and elastic. Invert mold (an oven proof bowl); grease sides and bottom generously with shortening. Place on a greased cookie sheet. Roll part of the dough into 2 strands, each about 1/2 inch in diameter and longer than circumference of mold. Twist strands together to make a braid. Invert mold on greased cookie sheet. Place braid around the edge of mold to make basket rim. Cut off excess dough; join edges and seal. Roll remaining dough in 1/8 inch thickness; cut into strips 1 inch wide. Place strips across mold in one direction. Carefully weave remaining strips across mold in opposite directions. Trim ends of strips with scissors. Moisten edges of rim under strips with water; press with fork to seal. Make imprint with eraser end of pencil to make strips stick together. Bake at 350 degree 60-70 minutes. Brush or spray cooled basket with several coats of polyurethane shellac; let dry between coats. Then use it! What else!

Lori Jones, Cameron, La.

CHEESE AND SAUSAGE BISCUITS

(Recipe given to be by Mrs. Lucille Green of Bossier City, La.)

Make your favorite biscuit dough, add about one pound of raw deer sausage and a pound of grated sharp cheese, roll in balls about the size of a walnut, place on a cookie sheet. You can freeze them to use later or cook then. If cooked after made place on a well greased pan, place in a 350 degree oven for 15-20 minutes. Makes about 63-65 balls at one time.

Mrs. Larry McNease, Grand Chenier, La.

SWEET POTATO NUT BREAD

1/2 cup butter or oleo
1/2 cup shortening
2-2/3 cups sugar
4 eggs
2 cups cold, mashed, sweet potatoes
3 1/2 cups sifted flour
1 tsp. salt
1 tsp. ground cinnamon
1 1/2 tsp. ground nutmeg
2 tsp. baking soda
1 cup chopped walnuts
2/3 cups cold, strong, dark coffee

Cream butter, shortening and sugar. Add eggs, one at a time, mixing well after each addition. Blend in sweet potatoes. Sift together dry ingredients; add nuts. Stir into creamed mixture alternately with cold coffee. Pour batter into 2 greased 9 x 5 x 3 loaf pans and 8 greased muffin pan cups. Bake in moderate (375 degrees) oven 1 hour for loaves and 25 minutes for muffins, or until they test done in the center. Cool 10 minutes; remove from pans and cool completely. Makes 2 loaves plus 8 muffins. (This big recipe makes bread and muffins that are sweet, moist and extra light.)

Mrs. Charles F. Hebert, Cameron, La.

SOUR CREAM BISCUITS

2 cups sifted flour
3/4 tsp. salt
1/2 tsp. soda
1 cup sour cream

Sift dry ingredients; add cream; blend, and knead lightly. Pat or roll out and cut. Place on greased baking sheet. Bake at 450 degrees for 10 minutes. Yield - 16 biscuits.

(Original recipe by her grandmother, Mrs. Susan McCall Stine, 1863-1940.)

Bernice H. Stewart

NEVER FAIL ICE BOX ROLLS

5 cups enriched flour
3 T. sugar
1 tsp. salt
1/4 tsp. baking powder
1/4 tsp. soda
3 rounded T. shortening
1 yeast cake
2 cups buttermilk

Mix and sift dry ingredients into large bowl. Work in shortening. Dissolve yeast cake in buttermilk and work into flour just as making biscuits. Place in bowl and grease top with butter. Cover and store in refrigerator. About 1 1/2 hours before ready to use, make into rolls and let rise. Bake in moderately hot (350 degrees) oven about 20 minutes. Do not remove dough each time from container, just pinch off enough for desired number of rolls each time until all dough is used.

(This recipe was given to me in 1932 by Mrs. McCall and I have used it many times. She called it a NEVER FAIL RECIPE.)

Mrs. Martha Ann Doland McCall

HUSH PUPPIES MIX

4 cups flour
4 1/2 cups corn meal
4 tsp. salt
1/2 cup sugar
1/4 cup baking powder
1 cup shortening

Sift flour, cornmeal, salt, sugar and baking powder. Cut in shortening and mix well. Store in airtight container. Makes about 11 cups.

Hush Puppies

2 1/2 cups hush puppie mix
1 egg
1/2 cup milk
3 tsp. minced onion if desired

Put in bowl the hush puppie mix. Beat eggs slightly, combine with milk and onions and add to mix. Stir until blended. Form into finger size rolls. Fry a few at a time in deep fat, drain and serve. (May drop by teaspoonfuls into hot fat.)

Hush Puppie Dogs

Form the hush puppie dough around frankfurters which have been cut into 1/2 inch slices and heated through. Deep fat fry until golden brown.

Bessie Franklin

POWDERED SUGAR BREAD

1 egg for every two pieces of bread
1 tsp. of oleo

Beat the eggs, put oleo in a skillet turn fire on medium. Dip bread in eggs, place in skillet, turn and cook on other side, remove and let cool. Sprinkle with powdered sugar or pour on syrup or jelly.

Cinnamon Toast

You take about 2 tsp. of oleo, 2 tsp. of cinnamon, 2 tsp. of sugar, cream this with a fork, spread on bread, place under broiler for a minute. This makes enough for two pieces of bread.

(Recipe was shown to us by our Great-grandmother Mrs. Fred M. Cummings of Bossier City, La.)

Lori and Lance McNease, Grand Chenier, La.

CORN PONE

1 T. shortening
3/4 cup boiling water
1 cup cornmeal
1 tsp. salt

Melt shortening in pan or heavy skillet in which pone is to be cooked. Heat water to boiling and pour immediately over cornmeal and salt. Add melted shortening. Stir to blend well. As soon as mixture is cool enough to handle, divide into four equal portions. Form each into a pone about 3/4 inch thick by patting between hands. Place in pan, and bake at 450 degrees about 50 minutes, or until a light crust is formed.

(Original recipe by her great-grandmother, Catherine Pool Stine "Aunt Dollie," about 1839-1916.)

Bernice H. Stewart

CORN BREAD

1 cup corn meal
1 tsp. salt
1 to 2 T. cooking oil
1 cup boiling water
1 egg
1/2 cup flour
1 tsp. baking powder

Mix corn meal, salt and cooking oil, stirring until completely mixed. Let cool. Add and mix 1 egg. In small bowl mix 1/2 cup flour, 1 tsp. baking powder, add to corn meal mixture. Pour into hot greased skillet. Bake 500 degrees until done.

(Given to me by Mrs. Iva Free.)

Mrs. Watkin Miller, Grand Chenier

COMPLIMENTS OF

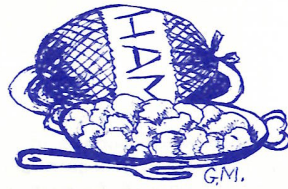
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MEATS

TASSO JAMBALAYA

1 lb. tasso
1½ cups rice
1 quart water
¼ cup shortening

Cut tasso in small pieces and fry in oil until brown. Pour off excess oil and add water. Cook 20 minutes, then add rice and cook over medium heat until all water is absorbed. Turn fire low, cover and cook until rice is done. Serves 4.

Mayola Monvoisin

HAMBURGER CASSEROLE

1 lb. ground meat
2-3 potatoes, thinly sliced
1 onion, thinly sliced
1 can cream of mushroom soup
(add 1 cup milk to it)
grated cheese
salt and pepper

Brown meat. Alternate layers of meat, onions and potatoes in casserole dish. Pour soup over. Salt and pepper. Place grated cheese on top. Bake one hour at 350 degrees.

(1975 Miss Cameron Parish.)

Miss Susan Woodgett, Cameron, La.

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Abstracts of Title

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SAND, SHELL, TRUCKS & EQUIPMENT

CHILI-CORNPONE PIE

(6 Servings)

1 lb. Ground Beef
1/3 cup onion, chopped
1 T. oil
2 tsp. chili powder
¾ tsp. salt
1 tsp. Worcestershire sauce
1 can Ro-Tel Tomatoes
1 can kidney beans, drained
Cornbread Topping

Brown meat and chopped onion in oil, drain off fat. Add seasonings and tomatoes, cover and simmer over low heat for 15 minutes. Add kidney beans. Adjust seasonings to taste. Pour in greased 8" x 8" casserole dish. While mixture is still hot, top with cornbread batter made by the following recipe, being sure to spread very thin. Bake approximately 20 minutes or until cornbread is golden brown.

Cornbread Topping

½ cup flour
½ cup less 1 T. corn meal
¼ tsp. salt
1¼ tsp. baking powder
1 T. sugar
1 egg
½ cup milk
2 T. oil

Sift flour, corn meal, salt, baking powder and sugar. Add egg, milk and oil, stirring quickly. Do not beat. Spread very thinly over the above sauce.

Bonnie Conner, Grand Chenier, La.

PEDERNALES RIVER CHILI

4 lbs. chili meat
1 chopped large onion
2 cloves minced garlic
1 tsp. ground oregano
1 tsp. cumin seed
6 tsp. chili powder
2 cans tomatoes
2 cups hot water
salt to taste

Put chili meat, onion and garlic in large, heavy pot. Sear until light-colored. Add oregano, cumin, chili powder, tomatoes, hot water and salt. Bring to a boil, lower heat and simmer about one hour. As the fat cooks out, skim.

(Lady Bird Johnson, First Lady, 1963-1969.)

Mrs. B. Howard Cox, Bell City, La.

LASAGNA

3 lbs. ground meat
2 med. onions, chopped
celery, chopped to taste
½ tsp. oregano
2 cans tomato sauce
3 cans mushroom pieces
1½ pkgs. Lasagna noodles
garlic, crushed, to taste
½ tsp. chili powder
2 cans Campbell's tomato bisque
1 wedge Romano cheese, grated
2 lbs. Scamorze cheese (Kraft), grated

Saute onions and celery in small amount of olive oil or any other oil. Don't brown, just wilt. Add meat which has been salted and peppered. After meat has lost redness and is brown, add rest of ingredients except cheese. Cook on low heat for about 30 minutes. (While this is cooking, cook noodles according to instructions on package, or until tender. Drain and rinse in cold water.) Preheat oven to 350 degrees. Then layer two 2 quart casseroles with noodles, meat sauce, scamorze cheese and sprinkle with romano cheese; end with cheeses on top. Cover and bake for 25 to 30 minutes. Hope you enjoy!

Fuzzy Brown

BAKED MEAT BALLS & SAUCE

¾ cups dry milk
1¼ lb. ground meat
¼ lb. cheese
¾ cup water
2 slices bread
1¼ tsp. salt
½ tsp. pepper

Make above into balls.

Sauce

1 onion chopped
2 tsp. Worcestershire sauce
1 cup catchup
¼ cup vinegar
1 tsp. chili powder
2 cups water
2 T. molasses
1 tsp. celery salt

Mix and pour over meat balls - cook 1½ hours in slow oven.

Mrs. M.C. Kelley, Oak Grove, La.

CHILI CON CARNE

1 lb. dried Kidney (red) beans
1 lb. ground beef
3 T. salt
2 T. cooking oil
1 cup chopped fine onions
1 cup chopped fine bell pepper
1 stalk chopped fine celery
2 small cans tomato paste
1 T. black pepper
1 tsp. red pepper
4 or 5 T. chili powder
Garlic and/or green onions
may be added according to taste

Cook kidney beans with salt on hot burner until boiling rapidly. Lower heat to slow boil and cook until completely done (mealy). Water may have to be added from time to time to keep beans from sticking and burning. Beans will cook faster if only boiling water is added. When completely done mash about 1/3 of the beans on the side of boiler with spoon or fork to provide thickening.

Sauce

Put cooking oil in pot and heat. Add ground beef, turning and scraping off particles until completely done and separated. Add onion, bell pepper and celery slowly stirring until partly done. (Garlic and/or green onions should be added here if used.) Add tomato paste, black and red pepper and enough water to make sauce soupy. Cook at a slow boil until completely done. More water may have to be added to keep sauce soupy. Pour sauce and beans into a single large pot and simmer for one hour stirring constantly. Add chili powder last and let simmer ten minutes. (Variations: ¼ pound ground pork or sausage may be added when cooking the sauce.) Serves about 10.

Rev. Minns S. Robertson, Cameron, La.

JAMBALAYA de COCHON

(Pork Jambalaya)

10 lbs. pork roast,
cut up into bite-sized pieces
½ cup shortening
3 large onions
4 cloves garlic
1 T. Accent
4 quarts water
6 cups raw rice
1 cup chopped green onions
1 cup chopped parsley
salt and pepper to taste

Chop or grind onions and garlic, mix with meat and brown in shortening. Add water as needed to prevent sticking. When brown, add green onions and parsley and bring to a boil. Add rice, lower heat and stir occasionally. Serves 40.

Mrs. Claude Eagleson, Cameron, La.

TACO PIE

½ lb. ground deer or beef
2 large onions, chopped
3-4 jalapeno peppers, chopped
3 toes of garlic, chopped
season to taste
Taco flavored chips
Grated cheese

Brown the meat and onion above in 2-3 tablespoons of bacon fat until done. Drain on paper towel, next take a baking dish place enough crushed chips (Taco or Naco-cheese flavored) on bottom then you place meat mixture, raw onion, chopped jalapeno, chopped, grated cheese, then another layer of meat mixture ending with your grated cheese, place in oven 350 degrees until cheese melts. Serves about 6-8 persons.

Mrs. Larry McNease, Grand Chenier, La.

CORN DOGS

(Recipe from the Jones County Mississippi Home Demonstration Club in Laurel, Miss.)

¾ cup milk
1 cup flour
3 T. flour
1 tsp. salt
1½ tsp. baking powder
2/3 cup cornmeal
2 T. shortening
1 egg (slightly beaten)
1 lb. franks

Sift dry ingredients, cut in the shortening until mixture resembles fine crumbs. Add egg and milk, spread mixture over franks. Fry in deep fat, serve with catsup, mustard, or mayonnaise.

Mrs. Larry McNease, Grand Chenier, La.



ROY BAILEY CONTRACTOR, INC.

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President

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DEER PIZZA

1 lb. ground deer meat
1 large onion, chopped
2 cans tomato sauce or paste
2 cans of water
3-4 tsp. of chili powder
1-2 jalapeno peppers, chopped
season to your taste (salt & pepper)
canned biscuits

Cook the above on low fire for 3-4 hours, add water if needed. Take canned biscuits, roll out, place one teaspoon of meat mixture then add a sprinkle of grated cheese, bake for 15-20 minutes. Serve hot.

Mrs. Larry McNease, Grand Chenier, La.

SHORT RIBS MOUNT VERNON

¼ cup flour
1 tsp. salt
¼ tsp. pepper
4 lbs. beef short ribs
cut in 3 inch pieces
2 T. butter
2 chopped medium onions
¼ cup unsulphured molasses
¼ cup catsup
3 T. vinegar
1 can (12 ounces) beer
½ to ¾ tsp. liquid red pepper sauce
6 whole carrots, pared and cut in half

Combine flour, salt and pepper; roll short ribs in mixture. Heat butter in dutch oven or heavy kettle. Add ribs and brown on all sides. Remove ribs; add onions and cook until tender, but not brown. Add molasses, catsup, vinegar, beer and pepper sauce; mix well. Return short ribs to kettle and simmer, covered 1½ to 2 hours until ribs are tender. Remove short ribs; skim fat from liquid. Return

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short ribs with carrots, and cook until carrots are tender, 15 to 20 minutes. Yield 5-6 servings.

(With America's Bicentennial celebration already underway, it is most fitting that we publish a favorite recipe of Martha Dandridge Curtis Washington, our First Lady who was born 244 years ago. This dish is of Pennsylvania Dutch origin. Mr. Washington was fond of beer and a brewhouse on the estate regularly produced the beverage according to his own recipe.) *Lake Charles American Press, July 30, 1975.*

Mrs. Charles F. Hebert, Cameron, La.

BAKED STUFFED TUFOLI

Meat Balls

1½ pounds ground chuck
2 eggs
2 pods minced garlic
1 chopped onion
Salt and pepper to taste
olive oil

Combine all ingredients, form into meat balls and brown in olive oil.

Sauce

1 chopped bell pepper
1 chopped onion
1 pod minced garlic
Olive oil left over from
browning meatballs
1 can tomato paste
1 can tomato sauce
1½ tsp. Italian seasoning
1 cup parmesan cheese
½ cup Italian bread crumbs

Add chopped vegetables to oil in heavy pot. Brown well and add tomato paste. Continue cooking until paste is browned a dark red. Add tomato sauce, Italian seasoning, parmesan cheese and Italian bread crumbs. Add about 3 cups water and cook slowly for 3 to 4 hours. Add more water as needed for gravy to be of right consistency as for spaghetti.

Tufoli

1 pound Tufoli (large tube macaroni)
Meatballs
1 No. 2 can drained spinach
1 chopped onion
½ cup parmesan cheese
1 egg
1 tsp. salt
Additional parmesan cheese

Cook tufoli in 6 quarts salty water in soup pot for 10 to 15 minutes. Drain. Mix in bowl, meat balls, spinach, onion, cheese, egg and salt and mix well. Stuff into tufoli. Cover bottom of casserole with ½ inch gravy and arrange alternate layers of tufoli and sauce sprinkling with cheese and finish with sauce. Cover and bake 30 minutes at 300 degrees.

(This was a first place winner in the 1975 Favorite Foods Show.)

Mrs. A.L. Elmer, Grand Chenier, La.

TREASURE CHEST PORK CHOPS

6 pork chops cut 1½ inches thick
5 T. oil
¼ cup chopped celery
½ cup chopped onion
1 egg slightly beaten
¾ cup water
2 tsp. poultry seasoning
2 cups toasted, coarse bread crumbs
1 can mushroom soup

Using 2 T. oil, cook celery and onions until tender. Combine egg, ¼ cup water, seasoning, toasted bread crumbs and mix well with sauteed vegetables. Cut pockets in the pork chops, and fill with stuffing. Brown the pork chops in 3 T. oil. Pour off drippings. Combine soup with ½ cup water and pour over chops. Cover tightly and simmer for 1 hour or until done.

Mrs. Margaret Conner, Creole, La.



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STUFFED CABBAGE

1 head cabbage
1 lb. ground beef
1/3 lb. ground pork
1 cup raw rice
5 cloves crushed garlic
2 eggs
milk to moisten
salt and pepper to taste
1 large can sauerkraut
water

Steam cabbage leaves five minutes and drain. Mix all other ingredients well and form into balls. Roll in cabbage leaf and pin with toothpick. Put sauerkraut in bottom of pan, then layer cabbage rolls. In crock pot add 1/2 cup water; in dutch oven, 1 large can water. Steam in crock pot all day; in dutch oven after mixture comes to a boil on low fire 3 to 4 hours.

Mrs. Wilma Guthrie, Cameron, La.

BUSY DAY CASSEROLE

1 lb. link sausage
1/4 cup cooking oil
1 small pkg. frozen mixed vegetables
1 (10 oz.) can mushroom soup

Cut sausage in 2 inch slices and fry in cooking oil. Drain and mix with vegetables and mushroom soup. Season with salt and pepper. Pour into covered casserole and bake at 350 degrees for 45 minutes. Serves 4.

Mrs. Mayo Cain, Klondike, La.

HOG HEAD CHEESE

1 large hog head
5 pounds pork shoulder
4 large onions
4 large bell peppers
5 or 6 cloves garlic
Salt, pepper and red pepper to taste

Boil all this in enough water to cook tender enough for the meat to leave the bone. Trim all excess fat. Grind the meat in food grinder with large blade.

3 cups green onions
1 cup parsley
stock

Chop onions and parsley and cook down in a small amount of stock. Combine this with meat mixture, adding additional stock so this will jell. Pour into pans and refrigerate until firm. This makes about 12 pounds.

Mrs. Nita E. Goodman, Lake Charles, La.



WILDGAME

POLYNESIAN ALLIGATOR SALAD

2 cups chopped white alligator meat
1 cup chopped celery
1 1/2 cups diced pineapple or white seedless grapes
1/2 cup toasted almond halves
1/2 cup mayonnaise
1/2 cup sour cream
1 tsp. curry powder
1 tsp. lemon juice
Salt and pepper to taste
1/2 cup shredded carrot (not grated)

Combine all ingredients and pour over meat. Toss and chill.

Arrange on salad greens to serve.

Mrs. Davis Russell, Orange, Texas

(This recipe was served and enjoyed at an A.A.U.W. Luncheon. Thought it might be something different for your cookbook.)

Marjorie Richard

CREOLE ALLIGATOR

2 minced small onions
2 stalks chopped celery
2 T. minced parsley
2 cloves minced garlic
1/2 cup melted butter
5 cups tomatoes
1 cup sliced mushrooms
1 bay leaf
2 T. sugar
4 dashes pepper sauce
1 cup tomato paste
Salt and pepper to taste
2 lbs. alligator filets
2 T. lemon juice
2 tsp. Worcestershire sauce
4 T. grated parmesan cheese

Cook onion, celery, parsley and garlic in 1/4 cup butter until soft. Stir in tomatoes, mushrooms, bay leaf, sugar, pepper sauce, tomato paste, and season to taste. Bring to a boil then simmer, stirring occasionally, for 15 to 20 minutes until slightly thickened. Cut alligator into small pieces. Combine lemon juice and 1/4 cup butter and pour over alligator; sprinkle with salt and pepper. Add alligator and worcestershire to sauce. Cook over low heat for 10 minutes or until alligator is done. Sprinkle with cheese and serve over rice or noodles. Serves 10 to 12.

Mrs. Roland U. Primeaux, Creole, La.

DOXEY MARINE SERVICE, INC.

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LOOK OUT DUCK

2 or 3 cleaned ducks
1 cup chopped onion
1 chopped bell pepper
3 cloves minced garlic
1 peeled and quartered apple
1 quartered lemon
3 T. Worcestershire sauce
Salt and pepper to taste
4 strips bacon

Mix onion, bell pepper, garlic, worcestershire sauce, and seasoning in a bowl. In the duck cavity, stuff first with 1 piece of apple and 1 piece of lemon, then with mixed vegetables. Repeat the same process with each duck. Split the breast of each duck and stuff with remaining vegetable mixture. Insert toothpicks to hold in the stuffing. Cover each duck with a strip of bacon. Bake in covered roaster for 2 hours, then remove cover for 30 minutes more. Cook at 350 degrees.

Mrs. Margaret Conner, Creole, La.

GOLDEN WILD DUCK

4 teal ducks
1 heaping T. margarine
1 cup chopped onions
1/2 cup chopped bell pepper
1/2 cup chopped celery
1 box frozen mustard greens
1 tsp. salt
1/8 tsp. red pepper
1/8 tsp. black pepper
1/8 tsp. garlic powder
1 strip bacon cut in 4 pieces

Saute onions, pepper, celery and mustard greens in margarine for about 10 minutes. Season to taste. Stuff cavities of ducks with this mixture. Sprinkle salt, pepper and garlic powder evenly over

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outside of the ducks. Place ducks on their backs in heavy iron pot. Place bacon strip on breast of each duck. Cover tightly and place in oven preheated to 265 degrees. Bake approximately 2 1/2 hours, or until golden brown. Remove cover last 15 minutes of baking time to brown.

(This was a first place winner in the 1975 Favorite Foods Show.)

Mrs. Leroy Nunez, Cameron, La.

BAKED WILD DUCK

1/2 duck per person
Currant jelly
salt and pepper
onion
Winesap apple
garlic or celery

Clean and wash ducks thoroughly. Pat dry, season with salt and pepper, inside and out. Stuff inside with onion, winesap apple, and garlic or celery. Place in dutch oven (add no water or grease.) Place in oven with top on and bake at 250 or 300 degrees until almost tender. Heat currant jelly, brush ducks with jelly, replace top and brown. Turn ducks and glaze other side. Keep top on and bake until glazed and brown. I usually glaze several times before removing. Use a pastry brush to glaze. Ducks will be a beautiful brown.

(1975 - King Fur VII)

Mr. Jerry Jones, Cameron, La.

POULTRY



STUFFED CHICKEN CASSEROLE

1 fryer cut-up
1 tsp. salt
1 tsp. accent
1/4 tsp. pepper
1/4 cup corn oil
1 pkg. (7 oz.) stove top stuffing
1 jar (8 oz.) fresh oysters
1 pkg. (10 oz.) chopped broccoli
Paprika

Grease a 9 x 12 baking dish. Combine stuffing, oysters and broccoli. Mix well and spread in dish. Season chicken with salt, accent and pepper. Place chicken on top of stuffing. Combine oil and enough water to make 2 cups liquid. Pour over stuffing; sprinkle with paprika. Cover and bake 45 minutes at 375 degrees. Uncover and bake 10 to 15 minutes more. Serves 6 to 8.

(This was a first place winner in the Favorite Foods Show.)

Mrs. A.L. Elmer, Grand Chenier, La.

BAKED CHICKEN A-LA-ITALI

1 (2 1/2 lb.) fryer, cut into pieces
1 stick butter or margarine
2 cloves garlic chopped fine
1 cup Italian flavored bread crumbs
1/3 cup grated Parmesan cheese

Melt butter or margarine in saucepan. Add garlic. Combine bread crumbs, cheese, and parsley in shallow bowl. Roll pieces of chicken first in melted margarine. Then roll in bread crumb mixture. Place in foil lined baking pan. Bake at 350 degrees for 1 hour, until golden brown. Serves 4 to 6.

Mrs. Harold Carter, Creole, La.

CHICKEN LOAF SQUARES

4½ lb. hen
¼ tsp. garlic salt
½ tsp. celery salt
3 cups cooked rice
2 cups soft bread crumbs
4 well-beaten eggs
1 diced green pepper
1 can mushroom soup
1 medium chopped onion
3 cups chicken broth
½ cup chopped celery

Boil chicken until tender with garlic and celery salts; cool, and cut into bite-size pieces with scissors. Add remaining ingredients, pour into greased baking dish. Bake 1 hour and 30 minutes at 350 degrees. Cut into squares and serve with the following:

Sauce

1 can mushroom soup
2 T. butter
½ cup milk
1 small can chopped pimentos

Combine all ingredients, heat and serve over squares. Yield: 12 servings.

Mrs. Charles F. Hebert, Cameron, La.

CURRIED CHICKEN SALAD

3 T. dry minced onion
3 T. water
2 T. butter
1¼ tsp. curry powder
½ cup mayonnaise
1 T. lemon juice
½ tsp. salt and a dash of red pepper
3 cups diced cooked herbed chicken
1 (1 lb. 4 oz.) can pineapple chunks, drained
½ cup chopped pecans, walnuts or almonds
1/3 cup seedless white raisins
1 red apple cored and diced
Lettuce
Shredded Coconut

Mix minced onion with water and let stand 10 minutes to dehydrate. In a small skillet heat butter. Add onion and curry powder; saute 3 to 5 minutes, then cool. Combine curry mixture with mayonnaise, lemon juice, salt and pepper; mix well and set aside. In a large bowl combine chicken, pineapple, nuts, raisins and apple. Add curried dressing and toss gently. Serve in lettuce lined salad bowl and garnish with coconut. Makes plenty.

Boiled Herbed Chicken

Cut up hen or fryer, wash clean and skin. Put in a deep pot and cover with water. Crush the following in your hand and add to water:

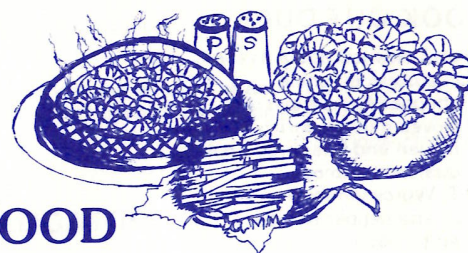
½ tsp. tarragon
½ tsp. marjoram
½ tsp. thyme
½ tsp. sweet basil
¼ tsp. cumin seeds
1 tsp. curry powder
1 T. coarse ground black pepper
1 T. minced onion
1 tsp. garlic salt

Simmer until meat begins to fall off the bones. Let cool in liquid in pot. After it cools, take the meat out and flake off the bones. Dice or chop and use in the salad or freeze in slices and use in sandwiches.

The broth is excellent to use in recipes when chicken stock is needed. It can be frozen in small containers, ready for use.

Mrs. Tommy Watts, Cameron, La.

SEAFOOD



BIG FUZZ BROWN'S ETOUFEE

2 cups onions, chopped fine
1 cup bell pepper, chopped fine
4 or 5 pods of garlic chopped fine
8 ounces Tomato Puree
1 cup all purpose flour
1 cup oil
3 T. salt
1 T. black pepper
½ tsp. red pepper
3½ lbs. filet fish,
chopped up
parsley
green onion tops
2 T. wine (optional)
½ gal. water or 1 qt. water and
1 qt. chicken broth

Make your roux with flour and oil (not too brown). To this add onions, prepare garlic and tomato puree. Cook until onions and pepper are tender. Put this in a pot with water or the chicken broth and water combination, add salt, black pepper, and red pepper. Cook slowly until it is done. Add 3½ lbs. filet fish and cook slowly until the fish is done. Add parsley, green onion tops just before serving. Add 2 T. wine if desired. Serve over rice.

Coach Fuzzy Brown

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CORDELL'S SPECIAL SAUCE PIQUANTE

1 lb. beef flesh stew meat
1 lb. pork flesh stew meat
1 large fryer, cut in serving pieces
½ lb. tasso
¾ lb. smoked sausage
1 can tomato sauce
1 can Rotel Tomatoes with green chilies
1 can sliced mushrooms
2 T. parsley flakes
2 bunches green onions, chopped
3 medium onions, chopped
1 small bell pepper, chopped
2 cloves garlic, chopped
salt and red pepper to taste

Cover bottom of pot with cooking oil. Add meats and cook until about half done. Add all other ingredients. Add water as needed. When done, thicken with cornstarch mixed with a little water. Serve with rice.

(1973 - King Fur V)

Mr. Tom Steed, Cameron, La.

BOILED CRAWFISH

20-25 lbs. crawfish
New potatoes and ears of corn
7-8 lemons - cut in half
9-10 onions, quartered
2 boxes salt
Cayenne pepper - to taste
2 boxes crab boil

Wash and purge crawfish. Boil large amount of water with seasonings. Add crawfish, potatoes and corn. Bring back to boil quickly. Cook about 12 to 15 minutes. Remove from heat and allow

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to stand 10 - 15 minutes. Sample for taste. Allow to soak longer if not seasoned enough.

(1975 - King Fur VII)

Mr. Jerry Jones, Cameron, La.

OYSTER SPAGHETTI

1 pint jar of oysters, chopped or whole
drain - save juice
1 can of chopped fine - whole tomatoes
(1 lb. 12 oz.)
2 T. or oregano
2 T. of sweet basil leaves - ground
2 T. finely minced garlic
1 med. can (16 oz.) of tomato sauce
½ cup of cooking oil
1 lb. of #3 spaghetti
salt and pepper to taste

Saute garlic in hot oil until lightly browned. Add oysters and brown lightly. Add tomatoes and tomato sauce and juice from oysters and reduce heat and simmer. Add sweet basil, oregano, salt and pepper to taste. Cook until desired thickness. Boil spaghetti in salted water about 7 minutes, drained.

Place spaghetti (drained well) in serving dish. Pour sauce over and serve. While spaghetti is draining, you may toss with a little oleo to prevent spaghetti from being sticky. Serve with parmesan cheese.

Mrs. Jerry Jones, Cameron, La.

CRAB CASSEROLE

2 lbs. lump crab meat
or 2 lbs. cooked shrimp
1 (8 oz.) can sliced water chestnuts
1 can mushrooms - stems and pieces
1 stick melted butter or oleo
2 or 3 eggs beaten
4 slices bread - toasted
2 cans cream of mushroom soup
1/3 cup dry sherry

Pinch toast into small pieces and mix with soup, beaten eggs, butter and sherry, chestnuts and mushrooms. (Mix well - season to taste with salt and pepper, etc.) Add crab meat or shrimp and mix lightly. Pour into casserole and sprinkle with paprika. Bake uncovered in preheated 400 degree oven 20 - 25 minutes, until hot and bubbly. Serves 8-10.

(1975 - King Fur VII)

Mr. Jerry Jones, Cameron, La.

SHRIMP REMOULADE

½ cup plus 2 tsp. salad oil
¼ cup prepared mustard
3 T. vinegar
1 tsp. salt
¼ tsp. red pepper sauce
2 T. paprika
1 hard cooked egg yolk
½ cup minced celery
2 T. grated onion
2 T. snipped parsley
2 T. minced green pepper
1 chopped hard-cooked egg white
1 lb. cleaned, cooked medium shrimp
crisp lettuce leaves

Beat oil, mustard, salt, pepper sauce, paprika and egg yolk with rotary beater until thick and blended. Fold in celery, onion parsley, green pepper and egg white. Gently stir in shrimp; cover and chill, stirring occasionally. Just before serving you may want to spoon shrimp mixture into lettuce lined cocktail sherbets. Serves 6. (This was a first place winner in the Seafood category at the 1975 Favorite Foods Show.)

Mrs. Wendell Murphy, Cameron, La.

CLAM CHOWDER

1 qt. clams
2 large onions - chopped
4 medium potatoes,
cubed very small
Bacon drippings (from about
4 or 5 slices bacon)

Clean and chop clams pretty small. Put in large pot. Add 2 qts. water and cook rapidly for 3 hours. Be careful for the first half hour, clams will boil over. After clams come to a boil add bacon dripping and continue to boil. For the last ½ hour of cooking add potatoes and onions. Keep pot covered for entire cooking. After clams cease to foam and boil over. (Some people like to add tomatoes and other seasonings but my family likes it just plain as I've described in my recipe.)

Alice Mason, Cameron, La.

SPICY SHRIMP BAKE

1 lb. medium size shrimp
(cleaned and deveined)
2 T. Worcestershire sauce
2 T. Italian salad dressing
1 T. crab boil
1 T. Salt
1 T. red pepper
1 T. black pepper
1 medium onion chopped
3 tsp. chopped garlic

Place shrimp in 8 inch baking dish. Add remaining ingredients and mix well. Then add 2 tbsp. margarine or butter and mix again. Cover pan with aluminum foil and bake at 400 degrees for 35 minutes. Serves 4.

Mrs. Harold Carter, Creole, La.

OYSTER SOUP

3 T. butter or other fats
3½ cups milk
1½ tsp. salt
¼ tsp. pepper
1 grated onion
1 qt. oysters

Melt butter or other fat. When melted add grated onion and cook 5 minutes then add milk, pepper and salt and keep hot on low heat. In another pot cook oysters and a little butter until well done. Add to milk stock and heat about 5 minutes without boiling. Serve immediately on croutons.

Croutons

Cut bread in small cubes and toast.

Edna Bertrand, Cameron, La.

WILLIE'S SHRIMP SALAD

1 qt. shrimp
3 hard boiled eggs
2 medium size dill pickles
1 medium size sweet pickle
¼ cup olives
½ head lettuce
¼ cup celery
1 T. parsley flakes
celery salt
salt and pepper
mayonnajse

Boil shrimp 10 minutes in crawfish seasonings. Cool, clean and devein. Chop eggs adding chopped pickles, olives, and celery. Combine with cooled chopped shrimp. Add chopped lettuce. Season to taste with celery salt, salt and pepper. Add enough mayonnaise to moisten. Serve chilled. 4 to 6 servings.

(First place Food Show 1974 -any other boys)

Willie McDonald, Grand Chenier, La.

RICE AND CRAB CASSEROLE

½ cup chopped onion
3 cloves minced garlic
1 cup diced celery
½ cup chopped green onion tops
½ cup chopped parsley
½ cup butter
1 can Cream of Mushroom soup
1 cup water
4 slices stale bread
¼ cup chopped pimento
2 cups cooked rice
2 cups crabmeat
Salt
black and red peppers
1 tsp. accent
cracker crumbs

Saute onions, garlic, celery, onion tops and parsley in butter until tender. Add soup and water. Soak stale bread; break up and add to mixture. Add pimento, rice and fold in crabmeat gently. Season with salt, peppers and accent to taste. Pour into greased casserole, 2 quart size, sprinkle with cracker crumbs, dot with butter, and bake at 400 degrees for 25 minutes.

(This was the Senior Sweepstakes Award Winner in the 1975 Favorite Foods Show.)

Mrs. Claude Eagleson, Cameron, La.

DRIED SHRIMP

Take 5 or 10 pounds peeled medium or small shrimp and put in water. Add a box of salt and boil until done. Drain all water off and spread them on a flat surface in the hot sun. Leave on one side for 6 hours, then turn them over. Do that every day until the shrimp are dried or until hard enough to break in two. Never leave out overnight.

Mrs. Ruby D. Trahan, Cameron, La.

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CRAWFISH ETOUFEE

(Creole Style)

Per lb. tails use

1 box crawfish fat
½ stick butter
½ stick oleo
½ cup chopped bell pepper
½ cup chopped onions
½ cup chopped celery
2 cloves garlic-chopped
½ cup onion tops and parsley
salt, red pepper and black pepper to taste

Put butter and oleo in heavy pot and add onions, celery and garlic. Cook till mixture is almost transparent stirring constantly approximately 15 minutes. Add bell pepper and crawfish fat, cook down 5 minutes. Keep stirring in order not to let mixture stick. Then add crawfish tails and cook 10 minutes more then adding green onion and parsley cooking 2 to 3 minutes more. Remove from fire. When ready to serve, spoon over hot rice. If not enough gravy: Use ¾ cup hot water in which 3 heaping tablespoons of melba toast crushed fine is added to crawfish. Its delicious.

Edna Bertrand, Cameron, La.

LBJ CRAB CASSEROLE

2 cups white sauce
1 cup grated cheese
2 egg yolks
2 cups crabmeat
2 T. melted butter
¼ cup Ritz cracker crumbs

Add cheese to white sauce, stirring until melted, and remove from heat. Add beaten egg yolks gradually, then crabmeat. Turn into greased casserole. Combine butter and crumbs and sprinkle on top. Bake in moderate oven (350 degrees) for 30 minutes.

Lady Bird Johnson, First Lady, 1963-1969

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BUTTERFLY SHRIMP

2½ lbs. peeled, deveined jumbo shrimp
1 T. garlic salt
Dash black pepper
9 T. cornstarch
1 T. dry sherry wine
¾ T. soy sauce
¾ cup flour
1 tsp. baking powder
4 slightly beaten eggs
Oil for deep frying
Lemon wedges

Cut shrimp lengthwise and spread. Sprinkle with salt and pepper. Coat with cornstarch. Combine sherry and soy sauce in a small bowl; add shrimp, stir to coat. Combine flour, baking powder and eggs, stirring until smooth. Dip shrimp in egg batter and deep fry for 3 to 4 minutes on each side until brown. Serves 4.

Mrs. Dewey Savoie

EASTERN SHORE OYSTER FRITTERS

1 pint shucked oysters
½ cup evaporated milk
1 cup pancake mix (any kind)
2 T. cornmeal
1 tsp. salt
¼ tsp. pepper
¾ cup cooking oil

Drain oysters, reserving liquid. Put oysters in bowl; add milk. Next add pancake mix, cornmeal, salt and pepper. Mix well. Batter will be thick. Heat oil in 10 inch frying pan. Drop batter into hot oil by tablespoonfuls, making sure to include 2 oysters in each portion. Cook until brown on one side (about 1 to 2 minutes), then turn carefully and brown the other side. Yield: 18 fritters. Note: If batter becomes too thick while setting, thin with oyster liquid.

Mrs. Walter Crochet, Klondike, La.

M/V LA PERLE NOIR SPECIAL

2 Spanish Mackerel about 2 lbs. each
Salt
Black and Red Peppers
Jack Miller's barbeque sauce
12 slices bacon cut in 1 inch pieces
1 large chopped onion
½ cup chopped green onions
½ cup chopped bell pepper
½ cup chopped celery

Clean and filet fish. Cover with salt, approximately ½ inch thick, and set in the sun for 1 to 2 hours. Rinse off salt. Arrange filets in foil on barbeque pit. Season with peppers. Lightly brush with barbeque sauce, then layer bacon strips over fish. When the fish begins to simmer, cover with chopped vegetables and lower the lid. Cook over slow coals until done. Serves 4.

(Guests aboard La Perle Noir enjoy this original recipe of Braxton's, when the fish are biting!)

Braxton Blake, Cameron, La.

BOULETS' FRITES

(Garfish Balls)

3 lbs. garfish
2 medium onions
2 medium raw potatoes
2 cups green onions, chopped
3 cups flour
3 eggs

Group 1st three ingredients together, mix with green onions, eggs and 1 cup flour. Make into patties or balls and dust with remaining flour. Fry in deep fat until golden brown.

Mrs. Nelvia Murphy, Grand Chenier, La.

ALL ABOUT ROUX, FILE' AND GUMBO

SHRIMP GUMBO a la CREOLE

3 stirring spoons cooking oil
(a stirring spoon is approximately 3 T.)
2 T. flour
¾ cup chopped onion
5 cups tap water
½ cup chopped bell pepper
½ cup chopped green onion tops
¼ cup chopped parsley
1½ lbs. cleaned, deveined shrimp
Salt and pepper to taste
File' to taste

In a medium-size skillet, brown the flour in 1 stirring spoon oil; stirring constantly until mixture is cinnamon brown in color. Set aside. In a large, deep pot, preferably a cast-iron dutch oven or gumbo pot, cook the onion in 2 stirring spoons oil until wilted. Add the water and bring to a boil. Then add bell pepper, onion tops and roux mixture. Salt and pepper to taste. Reduce heat and let mixture simmer uncovered for about 20 to 30 minutes. Stir in parsley and shrimp. Bring back to a boil and then reduce heat. Cook for 20 minutes more. Serve over steaming hot rice. File' can be added by the individual as desired.

Basic Roux for General Use

10 lbs. all purpose flour
1 gallon cooking oil

Preheat oven to 350 degrees. Pour cooking oil into an extra large baking pan. Empty flour in oil and stir well to mix thoroughly. Place pan in oven. Stir occasionally to loosen mixture from edge of pan. Bake from 2½ to 3 hours until roux is cinnamon brown in color. Remove from oven and let cool until oil rises to surface. Oil can be easily poured off and saved for re-use. Roux mixture can be put in containers and stored in the refrigerator indefinitely.

File'

File' is made by grinding the leaves of the Sassafras tree to a coarse powder. Many old timers living in lower Cameron Parish contend that if the Sassafras leaves (for making file') are picked during the decrease of the moon, the resulting file' will be less "ropey" when added to gumbo.

(The above recipes were presented by Mrs. Harold D. Carter on KPLC-TV October 15, 1975, in conjunction with the 1975 Creole Sacred Heart Church Bazaar.)

Mrs. P.H. Montie, Creole, La.

CORDELL'S SHRIMP SAUCE PIQUANTE

5 lb. shrimp, peeled and deveined
3 chopped medium white onions
1 chopped bell pepper
2 bunches chopped green onions
2 chopped garlic cloves
3 T. parsley flakes
1 can Rotel tomatoes
1 small can tomato sauce
1 or 2 cans chopped mushrooms
4 T. soy sauce
2 tsp. salt
4 T. corn starch
2 cups water

Barely cover bottom of iron pot with cooking oil. Add shrimp and cook on high heat, stirring often until shrimp turn white. (There will still be juice.) Add onions, garlic and bell pepper; continue cooking until vegetables are wilted. Add soy sauce, rotel tomatoes, tomato sauce, water, mushrooms, salt and parsley flakes. Turn heat to medium and cook until shrimp are tender. Make a thin paste of cornstarch and water, and add to mixture, stirring vigorously until sauce is thickened. Serve over rice.

(This is an original recipe concocted by my brother C.J. Singletary, and used for many big cook-outs.)

Mrs. Thomas W. Steed, Cameron, La.

SHRIMP "O MY"

3 T. oil
1 chopped onion
1 chopped bell pepper
1 stalk chopped celery
¼ cup chopped green onions
¼ cup chopped parsley
1 lb. peeled and deveined shrimp
3 cloves minced garlic
1 can tomato soup
6 sliced olives
1 cup raw rice
1 tsp. salt
½ tsp. red pepper
¼ tsp. black pepper
1 large eggplant
½ lb. grated cheddar cheese

Saute onions, bell pepper, celery, green onions, and parsley in oil until wilted, but not brown. Add shrimp, garlic, tomato soup, olives, rice, salt and peppers. Cook covered for 25 minutes, or until rice is done. Peel eggplant and slice lengthwise. Boil in salted water for 5 minutes. Butter casserole and layer the eggplant, then rice-shrimp dressing, then grated cheese. Repeat and bake in 350 degree oven for 15 minutes or until cheese is melted and casserole bubbly. Serves 4 to 6.

Mrs. Margaret Conner, Creole, La.

SHRIMP SALAD

1 gal. boiled shrimp, peeled
3 eggs boiled and chopped
¼ cup of sweet relish
½ onion, chopped
½ cup of salad dressing (Luzianne)

Mix the above after you have ground it up, keep in refrigerator until ready to serve, makes about 2½ dozen sandwiches.

Mrs. Larry McNease, Grand Chenier, La.

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OYSTER PIE

2 T. butter or shortening
2 T. flour
½ cup finely chopped celery
3 dozen or more oysters
and their juice
salt and pepper to taste
1 small can mushrooms,
drained and chopped
3 hard boiled eggs, finely chopped
parsley, minced
dash of butter
Prepared double pie crust

Make a roux of the butter and flour; brown lightly. Add celery and oyster juice; let simmer. Season with salt and pepper to taste. Just as you are ready to remove mixture from stove, drop in the oysters. Pour this into the prepared pie crust. Add mushrooms, eggs, parsley, and a dash of butter. Cover with remaining pie crust, pricking top to allow steam to escape. Bake in a 400 degree oven about 15 minutes. Yield 6 servings.

Note: If oysters do not have enough juice, add 1 cup milk to the stock.

Mrs. Bernice Hollister Stewart, Lake Arthur, La.

FILET TURBANS IN SHRIMP SAUCE

8-10 filet trout fish
1 (4½ oz.) can small shrimp
1 can cream of shrimp soup
1 soup can of milk
¼ cup white wine
½ tsp. curry powder
2 T. lemon juice

Drain and rinse shrimp in cold water. Place shrimp along filet strip and roll the filet. Secure with wooden toothpick. Add soup, milk, wine, lemon juice and curry powder in large skillet. Mix well and

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then place fish in sauce. Cover and cook 15 minutes, or until fish flakes easily with a fork. Remove the toothpicks and garnish with sliced green onion tops and lemon slices. Serve over rice.

Mrs. Wendell Murphy, Cameron, La.

FROG LEGS PRIMEAUX

8 pairs cleaned frog legs
2 small onions, sliced thin
4 cloves minced garlic
approximately 2 cups vinegar
2 T. salt
2 slices lemon

Place cleaned frog legs in a layer on a flat dish. Sprinkle with onion and garlic; cover with vinegar. Let soak for 2 hours; drain. Boil legs in water to which salt and lemon slices have been added for 20 minutes. Remove from heat and drain until water has dripped off.

Batter

2 cups flour
2 eggs
2 tsp. salt
½ tsp. red pepper
1 cup milk

Mix ingredients together. Dip frog legs in batter and fry in hot, deep fat until golden brown. Serves 8.

Mrs. Roland U. Primeaux, Creole, La.

DEVEILED CRAB CASSEROLE

2 cups crabmeat
2 cups bread crumbs
½ cup chopped celery
½ cup chopped onion
¼ cup chopped green pepper
½ cup melted butter or oleo
¼ cup milk
1 tsp. dry mustard
½ tsp. salt
2 T. steak sauce

Mix crabmeat, crumbs, celery, onions and bell pepper together. Add melted butter and milk; mix well. Add mustard, salt and steak sauce, mix well. Pour into greased casserole. Bake at 350 degrees for 1 hour. Yield: 6 servings.

Mrs. Charles F. Hebert, Cameron, La.

DR. HUNT'S FISH COURTBOULLION

3 lbs. fish filets
(catfish, redfish, snapper)
½ cup oil
½ cup butter
¼ cup flour
1 cup chopped onion
½ cup chopped bell pepper
½ lb. raw shrimp and/or crabmeat
1 can tomatoes, drained and chopped
2 large cans tomato sauce
3 bay leaves
½ lb. sliced mushrooms
1 T. cayenne
2 T. salt
1 T. M.G.S.
½ tsp. ground cloves
1 lemon sliced thin
1 tsp. each of thyme,
marjoram, basil
1 cup white wine
¾ cup vinegar
water as needed

Make roux with oil, butter and flour. Add onions, bell pepper, mushrooms. Cook until onions are wilted and clear. Add tomatoes, tomato sauce and darken. Add other ingredients, except seafood and simmer 45 minutes to 1 hour. 30 minutes before serving, turn up heat and add seafood. Serve over rice. Serves 6-8.

Mrs. Pat Ortego, Creole, La.

CRAYFISH PIE

(Crawfish Pie)

1 1/2 lbs. crawfish tails, cleaned
 1 stick oleo
 1 cup onions, chopped
 1 medium bell pepper, chopped
 1/2 cup celery, chopped
 2 cloves garlic, chopped
 1/2 tsp. corn starch
 1/2 tsp. tomato sauce
 1 can Cream of Mushroom soup or
 2 cups thick white sauce
 1/4 cup green onions, chopped
 1/4 cup parsley, chopped
 salt, red and black pepper to taste
 recipe for double-crust pie

Sauté onions, bell pepper, garlic and celery. Add tomato sauce and crawfish. Simmer on low heat for 15 minutes. Dissolve corn starch in 1/2 cup water and add to mixture. Add mushroom soup (or white sauce) and blend together over low fire. Add green onions and parsley. Pour into pie shell and cover with top crust. Bake 30 minutes at 400 degrees.

Mrs. Hadley Fontenot

CRAYFISH PIE

1 cup crayfish meat
 1 cup cooked rice
 1 can Cream of Mushroom soup
 1 cup water
 1/2 cup chopped celery leaves
 1 bay leaves
 1 tsp. salt
 1/4 tsp. pepper
 1 hard cooked egg yolks
 1 slice buttered bread
 paprika

Mix together crayfish, rice, soup, water, celery and bay leaves, salt and pepper. Pour into a buttered baking dish. Crumble the egg yolks over the top. Remove the crust from the bread and cut each slice of bread into 4 triangles. Arrange the triangles in a circle on top of crayfish and rice mixture. Sprinkle paprika over the top of the dish. Place the uncovered dish in a 350 degree oven. Allow the dish to cook for 30 minutes, or until the mixture is thoroughly heated and the bread toasted. Serves 10 to 12.

Mrs. Roland U. Primeaux, Creole, La.

JO'S CRAB & SHRIMP CASSEROLE

1 lb. crabmeat
 24 medium shrimp
 1 chopped medium onion
 1 chopped small bell pepper
 1 chopped banana pepper
 1/2 cup chopped green onions
 1/2 cup chopped celery
 1/4 cup chopped parsley
 4 eggs
 Bread crumbs from 4 slices toast
 salt and pepper to taste

Boil, peel and chop into small pieces the shrimp. Combine shrimp and crabmeat with raw vegetables. Add the eggs and crumbs from 3 slices of toast. Season to taste with salt and pepper, mixing well. Put mixture in a greased casserole and top with bread crumbs from remaining piece of toast. Bake at 325 degrees for an hour or until brown on top and bubbly. (Cooking time may vary with the size of the casserole dish. I use a loaf pan 9 x 5 x 3.)

Mrs. Jo Boudreaux, Creole, La.



SAUCES

COCKTAIL SAUCE

1/2 cup tomato catsup
 2 tsp. Lee & Perrin Sauce
 Lemon juice to taste
 4 tsp. celery chopped fine
 Dash of salt
 2 tsp. horseradish

Mix well and serve on raw oysters, boiled shrimp or crab meat.

Edna Bertrand, Cameron, La.

HOT DOG SAUCE

20 lbs. ground meat
 20 onions
 1 stalk celery
 12 large bell peppers
 Salt and pepper
 4 cans tomato sauce - (15 oz.)
 2 cans tomato paste - (12 oz.)
 2 large bottles catsup - (32 oz.)
 1 bottle Lea & Perrin
 1 jar mustard

Brown meat, add onions, celery and bell peppers and let cook a while, add the last 5 ingredients and salt and pepper to taste. Cook approximately 1 hour on medium fire and simmer last hour with lid. Fills large magalite pot.

Hilda Crain, Grand Chenier, La.

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ROQUEFORT DRESSING

1 pint mayonnaise
 1-12 oz. carton cottage cheese
 1 cup sour cream
 1/4 tsp. onion salt
 1/4 tsp. sugar
 1/4 tsp. salt
 1/8 tsp. garlic powder
 6 to 8 oz. crumbled Roquefort cheese

Blend all ingredients, except cheese, until smooth. Add crumbled cheese and blend. Refrigerate. Makes 5 1/2 cups.

Mrs. Charles A. Rogers, Cameron, La.

VANILLA CREAM SAUCE

1 cup sugar
 1/3 cup water
 2 egg yolks
 2 T. vanilla
 1 cup whipping cream

In a 1 quart sauce pan boil sugar and water until a little forms a soft ball when dropped in cold water. Beat egg yolks until thick and lemon-colored. Pour syrup slowly on egg yolks, while beating. Continue beating until creamy. Chill. Add vanilla. Whip cream, fold in. Makes about 8 servings.

Mrs. Leven Harmon, Cameron, La.

MARSHMALLOW TOPPING

1 carton Hip-O-Lite
 4 T. water

Mix and serve on ice cream and puddings.

Mrs. Watkin Miller, Grand Chenier, La.

DRESSINGS



RICE A LA GRECQUE

1 lb. seasoned pork sausage meat
 4 T. butter
 1 chopped onion
 1/2 clove crushed garlic
 4 leaves shredded green lettuce
 1 can (2 oz.) sliced mushrooms
 4 peeled, seeded and chopped tomatoes
 1 1/2 cups long-grained raw rice
 3 cups chicken stock
 1 1/2 tsp. salt
 Dash of black pepper
 3/4 cup cooked peas
 1 small jar chopped pimientos
 3 T. dried raisins

Preheat oven to 400 degrees. Lightly brown sausage meat and set aside. In large earthenware casserole fitted with a lid, melt 2 tablespoons butter. Add chopped onion and saute until soft, but not brown. Add crushed garlic, lettuce, mushrooms, tomatoes, rice and chicken stock. Season with salt and pepper. Bring mixture just to a boil, cover, and bake in hot oven for 25 minutes. Separate grains of rice and release steam by tossing with longtined kitchen fork. Add 1 tablespoon melted butter, cooked peas, pimento and raisins which have been sauteed in 1 tablespoon butter. Toss again and serve. Serves 8 generously.

Mrs. Braxton Blake, Cameron, La.

WAYNE'S RICE DRESSING

2 1/2 lbs. ground beef
 2 1/2 lbs. ground pork
 3 lbs. chopped onions
 1 cup cooking oil
 1 cup chopped green peppers
 2 cups onion tops
 1/2 cup Worcestershire sauce
 Salt and pepper to taste
 1 gallon raw rice
 1 cup chopped parsley

Brown meat and onions well; drain excess fat. Add 1 gallon hot water, onion tops, green peppers, Worcestershire sauce and seasonings and bring to a hard boil. Add rice and parsley and bring to a hard boil again. Reduce fire and cook on low fire until rice is done, stirring only occasionally, keeping tightly covered with lid when not stirring. Serves 50.

Mrs. Horace Montie, Creole, La.

CAJUN RICE

1/2 cup chopped onion
 1/2 cup chopped green pepper
 1 stalk chopped celery
 2 T. oleo
 3 cups cooked rice
 1 small jar pimento, drained
 1 small can pitted ripe olives, drained
 1 small can mushrooms, drained

Saute onions, green pepper, celery in oleo until tender crisp. Add rice, chopped pimento, sliced olives, sliced mushrooms. Heat, tossing lightly with a fork to keep rice light and fluffy. Serves 6.

Mrs. Gene Whittler, Lake Charles, La.

CHICKEN CORNBREAD DRESSING

2½ lb. fryer
1 cup chopped bell pepper
1 cup chopped celery
1 cup chopped onion
¾ cup chopped green onion
¾ cup chopped parsley
5 cups crumbled cornbread
Broth

Boil fryer until tender, remove meat from bones and chop. Reserve broth. In 2 cups chicken broth, boil bell pepper, celery and onions until tender. Add chicken, green onions and parsley and boil for 5 minutes more. Then add crumbled cornbread and more broth if needed to moisten well. It must be moist. Season to taste with salt and pepper. Pour into 13 x 10 inch pan, sprinkle with bread crumbs and bake in oven at 350 degrees for 15 to 20 minutes or until lightly browned. Serves 6 to 8.

Mrs. Walter Crochet, Klondike, La.

CALHOUN STREET DRESSING

2 chopped large onions
1 cup chopped celery
1 cup chopped bell pepper
1 bunch chopped green onions
1 cup chopped parsley
2 cloves garlic chopped fine
1 stick butter
9 cups soft bread crumbs or
2 cups cooked rice
1 cup cooked and chopped giblets
1 pkg. prepared bread dressing (optional)
6 eggs, slightly beaten
1 bay leaf
1 T. sage or poultry seasoning
1 pint of oysters, dropped in flour
and browned lightly in oil
2 cans mushroom buttons
½ cup sliced stuffed olives
Salt and pepper to taste
2 cups chicken stock

Wilt first six ingredients in butter slowly until they begin to brown. Mix with remaining ingredients. Stuff turkey or fowl and put remainder around the bird. Bake until turkey is done.

Martha Fontenot, Cameron, La.

RICE DRESSING

1 stick oleo
1 cup chopped onion
1 cup chopped celery
½ cup chopped bell pepper
1 bunch chopped green onions
2 cans onion soup
2 cups raw rice
1 tsp. Tabasco
2 to 3 T. Worcestershire sauce
1 tsp. salt
½ tsp. pepper
1 tsp. Trappey's seasoning
1 tsp. sweet basil
Drippings from roast, turkey, chicken, or
3 beef bouillon cubes dissolved in hot water
½ cup chopped parsley
1 or 2 cans sliced mushrooms
1 cup lightly toasted almonds

Melt the oleo in a heavy pot. Add onion, celery, bell pepper and the white part of the green onions. Cook until lightly brown or just limber. Add soup and raw rice. Add the seasonings (I use whatever I have on hand and what my family likes - use your own ideas here.) and some of the drippings or bouillon. Stir well and cook over a low fire, stirring often to keep the rice from sticking. Add a little liquid as needed to be sure the rice has enough moisture to cook it done. When almost done (about 20 to 25 minutes) add the green onion

tops, parsley, mushrooms and almonds. This is a good dish to serve with any meat.

Variations:

I have added about 1 pound ground meat which has been cooked until the red is gone and has begun to slightly brown - cooked shrimp - tomatoes.

(This is an original recipe.)

Mrs. Walter Phillips, Lake Charles, La.



SALADS

CHERRY DELIGHT SALAD

1 can cherry pie filling mix
1 can condensed milk
1 carton sour cream
1 can drained pineapple chunks
2 cups miniature marshmallows
1 carton Cool Whip

Combine all ingredients until thoroughly mixed. Refrigerate over night or several hours before serving. Serves 10 to 12.

(Roselain Baker, a former resident of Cameron sent me this recipe.)

Mrs. Charles A. Rogers, Cameron, La.

LIME CONGEALED SALAD

12 large marshmallows
½ cup hot water
1 small pkg. cream cheese
2 small pkg. lime jello
1 can crushed pineapple
1 cup chopped pecans
1 cup diced celery

Melt marshmallows in hot water. Cream cream cheese, and set aside. Prepare lime jello according to package instruction. Add melted marshmallows and lime jello to cream cheese mixture, blending well. Gradually add pineapple, pecans and celery. Place in refrigerator to congeal. Serves 8 generously.

(This was a Junior Sweepstakes Award Winner in the 1975 Favorite Foods Show.)

Miss Pamela Duhon, Sweet Lake, La.

CHERRY COTTAGE CHEESE MOLD

1-3 oz. pkg. cherry flavored gelatin
1 cup boiling water
1 cup cottage cheese, creamed or plain
1 cup crushed pineapple
¼ cup coarsely chopped nuts
6 lettuce leaves

Dissolve gelatin in boiling water. Chill gelatin until almost thick. Stir in cottage cheese, pineapple and nuts. Pour into mold. It can be served by placing on lettuce leaves.

Edna Bertrand, Cameron, La.

BING CHERRY-COLA SALAD

1 #303 can pitted Bing cherries
1 cup crushed pineapple
2-3 oz. pkgs. cherry gelatin
2 cups fruit juice

2-6 oz. size Coca Colas
1 cup chopped walnuts or pecans

Drain juice from cherries and pineapple, reserving liquid, as two cups of juice are needed. Add a little tap water to make this amount if necessary. Bring juice to boiling point and pour over gelatin, stirring until completely dissolved. When cool, add Coca-colas; stir and chill in refrigerator until partly congealed. Add drained cherries, pineapple and nuts and pour into mold that has been rinsed with cold water. Chill until firm, then unmold on salad greens and serve with mayonnaise, sour cream, softened cream cheese or just plain. Serves 10 to 12.

Mrs. Tommy Watts, Cameron, La.

FRUIT SALAD

2 cans pineapple chunks
2 cans mandarin oranges
1 can coconut
2 cups miniature marshmallows
1 carton sour cream

Combine all ingredients in large salad bowl and chill.

Mrs. Gene Whittler, Lake Charles, La.

BESSIE'S FAVORITE

1 large box strawberry jello
1-12 oz. carton low calorie cottage cheese
1 cup drained, crushed pineapple
1-10 oz. carton Cool Whip

Prepare jello according to package directions and chill until firm. Combine all other ingredients and stir into chilled jello and refrigerate until ready to serve.

Mrs. Bessie W. Davis

SHRIMP SALAD

1½ cups chopped, cooked shrimp
1 cup sliced celery
½ cup chopped nuts
¼ cup sliced stuffed olives
¼ cup blender mayonnaise (recipe below)
¼ cup french dressing

Combine all ingredients, except mayonnaise, and chill. When chilled, mix with blender mayonnaise and serve.

Blender Mayonnaise

1 egg
¾ tsp. salt
½ tsp. dry mustard
¼ tsp. paprika
1 T. vinegar
1 T. lemon juice
1 cup salad oil

Place first four ingredients in the blender and mix at high speed until blended. Add lemon juice and start blending at high speed. Slowly add 1/3 of the salad oil. Add vinegar and slowly add remaining oil. Work the ingredients into the processing well with spatula.

(This was a first place winner in the 1975 Favorite Food Show in the Salad category.)

Mrs. H. Ward Fontenot, Cameron, La.

"MAKE AHEAD" FRUIT SALAD

1 (1 lb. 13 oz.) can cling peach slices drained
1 cup Kraft miniature marshmallows
½ cup halved maraschino cherries
1 large banana sliced
¼ cup chopped nuts

Combine ingredients and mix with the following dressing:

½ cup whipping cream whipped
1/3 cup salad dressing
1 T. lemon juice

Chill and serve on crisp lettuce.

Mrs. Clement Demarets, Sweet Lake, La.

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VEGETABLES

MOQUESHOU

(Smothered Corn)

- 2 medium tomatoes
- 1 chicken, cut up
- 6 or 8 ears of fresh corn
- ½ cup flour
- ¼ cup oil
- 2 T. butter
- 1 medium-size onion
- salt and pepper to taste
- tabasco sauce to taste

Cut up chicken to frying size pieces and salt and pepper to taste, dredge in flour. Brown lightly in oil and set aside. Pour out any excess oil and replace with butter. Chop onion (medium fine) and saute in the butter. Replace the chicken in the sauted onions and prepare the corn as follows:

With a sharp knife, slice the very tops of the kernels off into a bowl and then bring the back of the knife across the same works so that the pulp and juice of the corn is squeezed out. This is a messy job, but important because if you cut too deep into the cob you will get the tough part of the kernel. When you have done all eight ears you should have a cup or more of pulp. Add this corn pulp and the two tomatoes peeled and diced, to your chicken mixture. Season with salt, pepper and tabasco, cover and simmer slowly until chicken is tender. If it appears dry, addition of a little whole milk will help this. This recipe is good with or without rice.

Ward Fontenot, Cameron, La.

BROCCOLI PARMESAN

- 3 boxes frozen broccoli spears
- 3 T. finely chopped onion
- 3 T. melted margarine
- ¾ tsp. salt
- dash of pepper
- ¼ tsp. dry mustard
- 3 T. flour
- 1½ cups milk
- 1 can cream of mushroom soup
- ¾ cup grated parmesan cheese
- Paprika (enough to sprinkle on top of casserole)
- 1 box frozen onion rings

Cook broccoli according to package directions (do not overcook). Drain and arrange spears in baking dish. Saute onion in margarine until tender. Blend in seasonings and flour. Add milk and soup and cook until thick. Add ½ cup Parmesan cheese and stir until melted. Pour sauce over broccoli. Sprinkle paprika and remaining cheese over mixture. Top with onion rings and remaining cheese over mixture. Top with onion rings and bake at 375 degrees for 20 minutes. Serves 8 to 12.

(Given to me by Mary Ann Jung, New Orleans, La.)

Mrs. Harold Carter, Creole, La.

GREEN BEANS SLOVAK

- 3 tbs. cooking oil
- 3 tsp. flour
- 3 or 4 chunks of seasoning ham or ham hocks
- 1 small onion chopped
- 1-17 oz. can cut green beans

Brown flour in cooking oil until medium brown. Add the onion and cook over low to medium heat until wilted, stirring constantly. Add the ham and cook a few minutes more, stirring to keep from burning. Add the liquid from the beans and cook about 5 minutes

more. Then stir in the green beans, cover, and let simmer 10 or 15 minutes longer. (Recipe can be doubled for larger serving.)

The fresh green beans (about ½ lb. cut in pieces) can also be used. Put fresh beans on to boil with ham chunks, using ample water to cover beans. As beans begin to boil, add chopped onion and medium potato, cut in chunks (potato is optional). In the meantime, brown flour in cooking oil as above in a separate skillet. Add ½ cup tap water to roux in place of bean liquid. Stir roux to smooth consistency and then add to beans. Simmer covered over low heat until beans are tender.

Mrs. Harold Carter, Creole, La.

SHRIMP-STUFFED MIRLITONS

(Vegetable Pears)

- 5 large or 6 medium mirlitons
- 1 lb. shrimp, cleaned and deveined
- 1 cup bread crumbs
- 1 cup chopped onion
- ½ cup chopped bell pepper
- ½ cup chopped celery
- 1 T. minced garlic
- 1½ T. margarine or butter
- ½ cup chopped green onion tops

Boil mirlitons in water until tender. Cool in colander. When cool, split mirlitons in half lengthwise and scoop out pulp with spoon, discarding the seed. Save shells. Mix pulp well with bread crumbs and set aside. Cut shrimp into small pieces and fry in ample amount of cooking oil until shrimp change color. Add chopped onion, bell pepper, and celery to shrimp and cook seasonings until well wilted. Then add pulp mixture, margarine, minced garlic, and green onion tops. Mix thoroughly and salt to taste. Simmer mixture for about 15 or 20 minutes over medium flame, stirring constantly to prevent sticking. Put mixture in mirliton shells, top with additional bread crumbs, and dot with margarine. Bake at 350 degrees for about 25 minutes.

Mrs. Harold Carter, Creole, La.

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ARTICHOKE SUPREME

- 4 T. margarine
- 1 small bell pepper
- 1 medium onion
- 1 large stalk celery
- 1 pkg. (9 oz.) frozen artichoke hearts
- 1-14 oz. can artichoke hearts
- ½ cup each grated parmesan and Roman cheese (mixed)
- 2 T. real bacon bits
- 1 T. olive oil
- ½ cup seasoned bread crumbs

Chop bell pepper, onion, and celery rather fine. Cook in margarine until wilted. Cook frozen artichoke hearts according to directions of package. Drain, then cut into small pieces. Drain and cut canned artichoke hearts and combine in large bowl with wilted seasoning and the cooked artichoke hearts. Mix in cheese, bacon bits, olive oil, and bread crumbs. Place mixture in 1½ qt. casserole dish and top with additional bread crumbs. Bake at 325 degrees for about 20 to 30 minutes. Serves 4 to 6.

Mrs. Harold Carter, Creole, La.

FRIED EGGPLANT ITLAIANA

- 3 large green banana eggplants or 2 medium purple eggplants
- 2 T. salt
- 2 eggs beaten
- 4 T. milk
- 1 cup all-purpose flour with 1 tsp. salt mixed in
- 1 cup Italian flavored bread crumbs.
- ¼ cup grated Parmesan cheese

Peel eggplants and cut in ¼" thick round slices. Put sliced eggplant in deep pot, add salt, cover with cold water and let soak about 20 minutes. In the meantime, mix beaten eggs and milk in one shallow

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pan and the flour, bread crumbs, and grated Parmesan cheese in another. Set aside. Drain eggplant in colander. Dip eggplant slices in egg first and then in flour mixture. Fry in deep, hot cooking oil until golden brown on both sides. Drain on paper towel.

Mrs. Harold Carter, Creole, La.

EGGPLANT PSEUDO SOUFFLE

Saute in butter:

- ½ cup each chopped onion, bell pepper, celery and onion tops
- 4-5 pods crushed garlic

Add

- 1 medium peeled and sliced eggplant and cook until mushy.

(This recipe can be multiplied many times for freezer use. The above can be frozen in plastic bags in 1 to 1½ cup portions until ready to use, or you may complete casserole and freeze in baking dish. Then just warm in oven when ready to serve.)

Add to above these ingredients and mix well reserving:

- ½ cup cheese
- ¼ cup crumbs
- small amount of butter

- 1½ cups grated cheese
- 1 cup cracker crumbs
- 1½ cups milk
- 4 well-beaten eggs
- Salt and pepper to taste
- 1 stick melted butter or oleo

Pour into 1 to 1½ quart casserole or souffle dish. Sprinkle with cheese, crumbs and dot with butter. Bake at 350 degrees 25 to 30 minutes. Yield: 6 to 8 servings.

(This is an original recipe.)

Mrs. Wilma Guthrie

CAULIFLOWER AU GRATIN

- 1 large head cauliflower
- ½ block butter or oleo
- 3 T. flour
- 1 cup diced American cheese
- 3 cups whole milk
- Salt to taste

Boil cauliflower in salt water until tender; drain and set aside. Melt butter and add flour, stirring constantly as making a roux. When well blended, stir in milk and cook over low fire, stirring constantly, until creamy. Add cheese and cook until melted. Salt to taste. Pour sauce while hot over boiled cauliflower. (This sauce may be used over broccoli, asparagus or other vegetables.)

Mrs. Leo P. Folse, Cameron, La.

POKE SALAD GREENS

Pick greens in early spring; it grows wild. Par boil in water to cover 3 times. Pour off all water each time. In small skillet fry salt pork. Crumble and sprinkle over greens and pour hot fat over greens.

Nora Deason

OKRA AND TOMATOES

- 1 qt. chopped okra
- 3 pods of garlic
- ¼ cup chopped onion
- ½ tsp. La. hot sauce
- 1 tsp. each salt and pepper
- 1 T. shortening or oil
- 2 medium size tomatoes, quartered

Fry the okra in shortening until browned slightly. Add garlic, onion, seasoning and ½ cup water. Cover and cook for 10 minutes. Stir to keep from burning. 4 servings.

Mrs. Wayne Wood, Grand Chenier, La.

TOMATOES, BEANS AND SQUASH

- 1 sliced large onion
- 1 clove minced garlic
- ¼ cup minced parsley
- 2 tsp. salt
- ¼ tsp. each pepper, ground thyme, ground sage
- 2 T. cooking oil
- 1 lb. cut green or wax beans
- 3 large diced tomatoes
- 2 cups diced yellow squash

Cook onion, garlic, parsley and seasonings in oil in a large skillet for about 3 minutes. Add remaining ingredients and water to half the depth of mixture. Cover and simmer about 20 minutes or until beans are tender. Serves 6.

Mrs. Mikki Prescott, Johnson Bayou, La.

DRY PEAS GUMBO

- 3 cups dried field peas
- Few pieces salt meat
- 6 hard-boiled eggs

Soak peas overnight in water. Drain and add 2½ quarts water. Boil until peas are tender. Boil meat until tender. Mash peas and add to meat. Simmer for 30 minutes. Add boiled eggs cut in half and serve hot with corn bread.

Mrs. Mayo Cain, Klondike, La.

SWEET AND SOUR CARROTS

- 2 lb. pkg. medium sized fresh carrots
- Boiling water to cover
- 2 tsp. salt

Wash, pare, and cut carrots into lengthwise quarters. Cut each quarter in half crosswise. Place carrots in boiling water. Cover and cook 5 to 8 minutes or until crisp tender. Remove and place in colander to drain and cool.

Sauce

- ¾ cup vinegar
- ¾ cup sugar
- 1 pkg. Good Seasons Italian Salad Dressing Mix
- 1 tsp. Worcestershire sauce
- 1 tsp. salad oil

Mix all ingredients in a jar and shake well. Cover cooled carrots with this mixture and refrigerate. (It is best made the day before serving.) Serve as a cold vegetable by removing carrots from the sauce. (This dish keeps from 1 to 2 weeks in the refrigerator.) Serves 5-6.

(This is a first place winner in the 1975 Favorite Foods Show.)

Mrs. Charles F. Hebert, Cameron, La.



MOM'S COFFEE MILK

- 1½ pints coffee
- 1½ quarts milk
- 1 cup sugar

Bring milk to boiling in a saucepan, but do not boil. Add coffee and sugar, stirring until sugar crystals are dissolved. Pour into 9 cups for a delicious hot drink.

Mrs. Roland U. Primeaux, Creole, La.

JALAPENO CHEESE ROLL

- 2 lbs. velveeta cheese
- 1 lb. Jalapeno cheese
- 1-12 oz. pkg. cream cheese
- ¾ to 1 cup chopped bell pepper (use red & green or pimentos for color)
- 1 Jalapeno pepper chopped fine
- ¼ cup green onions chopped fine
- ¾ cup nuts chopped fine

Mix velveeta and Jalapeno cheese thoroughly. Roll out thin on a flat surface. Mix cream cheese, bell pepper, Jalapeno pepper, green onions and nuts. Pat or roll out onto the first cheese roll, then roll up in log fashion. Cut into small logs, and roll each individual roll in saran wrap. Chill. Slice and serve. Will keep well refrigerated or frozen.

Mrs. Hilda Henry, Cameron, La.

CHEESE & JEZEBEL SAUCE

- 1 (18 oz.) jar apple jelly
- 1 (18 oz.) jar pineapple preserves
- 1 small jar horseradish
- 1 small can dry coleman mustard
- 1 (8 oz.) pkg. cream cheese
- Sociable Crackers

Combine apple jelly, pineapple preserves, horseradish and dry mustard. (You may not have to use entire can - go by individual taste) in a mixing bowl. Blend thoroughly. You may use a blender, but do not over blend. Store in refrigerator indefinitely. To serve: heat cream cheese until spreadable (add a little milk if desired for easier spreading.) Serve sauce in a low bowl with a ladle and cream cheese with a spreader. To eat spread cream cheese on cracker and dribble sauce over. You will have more sauce than you will use with the cream cheese. Store sauce in refrigerator. It's good to have on hand for drop in evening guests.

Mrs. Jerry Jones, Cameron, La.

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SPECIAL PECANS

- 1 cup granulated sugar
- ½ tsp. cinnamon
- 1/3 cup evaporated milk
- 2 cups pecan halves
- 1 tsp. vanilla

Boil sugar, cinnamon and milk to soft ball stage. Add pecans and vanilla. Drop on wax paper and separate.

Mrs. Jerry Jones, Cameron, La.

SALTED PECANS

- ½ stick butter
- 1 T. salt
- 1 pound shelled pecans
- ½ tsp. white pepper

Preheat oven to 350 degrees. Melt butter in shallow pan; add pecans and stir well. Bake 20 minutes, stirring every 5 minutes. Remove from oven and sprinkle with salt and pepper.

Mrs. Jerry Jones, Cameron, La.

CHEESE AND JALAPENO BITS

- 1 pkg. Nacho-Cheese flavored chips
- Grated cheese
- Sliced jalapeno peppers

Place chips on a cookie sheet. Put a teaspoon of cheese on each chip and top with a jalapeno pepper slice. Put in oven for a few minutes until cheese is melted.

Mrs. Larry McNease, Grand Chenier, La.

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PINWHEEL SANDWICHES

- 1 loaf of bread-sliced thin
- 3 pkgs. 3 ounce cream cheese
- 1 tsp. chives chopped real fine
- 2 T. diced pimento
- ½ tsp. lemon juice
- 32 small whole stuffed olives

Trim crust from bread - all sides. In a small bowl mix softened cream cheese with milk add lemon juice and chopped chives. Spread on bread slices. Place four olives on end of bread slice, roll up like jelly roll fashion and wrap in wax paper. Chill 2 hours or over night and when ready to serve unroll paper and cut cross wise. They will be bite size. Good party snack. Yield: 7 dozen.

Edna Bertrand, Cameron, La.

PARTY SNACKS

- ½ cup oleo
- 1½ T. Worcestershire Sauce
- ¼ tsp. celery salt
- ¼ tsp. garlic salt
- ¼ tsp. Tabasco
- 2 cups Rice Chex
- 1½ cups Wheat Chex
- 1 cup Cherrios
- 2 cups pretzel sticks

Mix all ingredients together in a jelly roll pan. Bake at 250 degrees for 30 minutes. Stir every 5 to 10 minutes.

Mrs. Gene Whittler, Lake Charles, La.

ORANGE PECANS

- ¾ cup sugar
- 1 T. water
- 3 T. orange juice
- 1 tsp. orange rind
- 2 cups pecans

Cook first 4 ingredients until the mixture comes to soft ball stage. It is recommended you use a candy thermometer as this syrup reaches a soft ball quickly. Add pecans and gently stir until they turn white. Pour onto waxed paper and separate. When cool, store in airtight container.

Mrs. Gene Whittler, Lake Charles, La.

PIZZA RYES

- 1 lb. ground round or lean beef
- 1 lb. hot sausage
- 1 lb. velveeta cheese
- ½ tsp. garlic salt
- ½ tsp. Worcestershire Sauce
- Party Rye bread

Cook beef and sausage until brown, and pour off most of the fat. Add cheese and seasonings. Cool until melted. Spread on party rye bread. (May be frozen at this point. Thaw before toasting.) Heat in oven approximately 15 minutes before serving.

Barbara Jane Foote, Hattiesburg, Mississippi

MYSTERY VEGETABLE DIP

- 2 cups mayonnaise
- 1 (10 oz.) pkg. frozen chopped, spinach (cooked and drained)
- ½ cup chopped green onions
- ½ cup chopped fresh parsley
- 1 tsp. salt
- 1 tsp. pepper

Combine all ingredients stirring well. Serve with cucumber, carrot and celery sticks. Makes 3 cups.

Mrs. Wendell Murphy, Cameron, La.

COCKTAIL MEAT BALLS IN BEER SAUCE

2 slices bread, cubed
1 (12 oz.) can of beer
1 lb. lean ground beef
½ cup shredded mozzarella cheese
½ tsp. salt
Dash of pepper
3 T. margarine
½ cup chopped onion
2 T. brown sugar
2 T. vinegar
2 beef cubes
1 to 2 T. flour (optional)

Preheat oven to 350 degrees. Soak bread cubes in ½ cup beer. Combine ground beef with cheese, salt, pepper and beer soaked bread. Mix well and form into cocktail size meat balls. Arrange in single layer on cookie sheet and bake 15 minutes.

Meanwhile saute onions in margarine until tender. Stir in sugar, vinegar, beef cube and remaining beer. Thicken with flour if desired. Simmer over low heat 10 minutes. When meat balls are done, drain on paper towels. Then add to sauce and simmer 20 minutes, serve warm in fondue pot.

Mrs. Wendell Murphy, Cameron, La.

MARINATED CARROTS

2 lbs. fresh carrots
1 onion
1 grated medium bell pepper
1 can tomato soup
½ cup vinegar
½ cup salad oil
garlic salt

Slice and cook carrots for about 15 minutes; drain. Add one onion, cut in rings, and then cut into bite size pieces. Then add bell pepper. Cook soup, sugar, vinegar, oil and garlic salt for a few minutes, then pour over vegetables. Refrigerate. These will keep up to two weeks, and are better when served the next day - the flavors have a chance to blend and ripen.

Mrs. Tommy Watts, Cameron, La.

DEVILED HAM 'N CHEESE BALL

2 (4 oz.) cans deviled ham
½ cup soft butter or oleo
1 pkg. (8 oz.) cream cheese
¼ cup soft bleu cheese
¼ cup chopped stuffed olives
1/3 cup chopped walnuts
Stuffed olive slices cut lengthwise

Chill one can deviled ham. Blend butter with cheese until mixture is smooth. Mix in chopped olives and nuts. Unmold chilled can of ham onto center of a 10 to 12 inch plate. Spread the cheese mixture over the deviled ham with a spatula, forming into a ball. Turn second can of ham into a small bowl and whip with a fork. Spread over the cheese ball to cover completely. Chill well. Garnish top of ball with olive slices in a flower petal formation. Serve with assorted crisp crackers.

Mrs. Alice Mason, Cameron, La.

MINT JULEP

1½ cup granulated sugar
1 cup water
1 bunch fresh mint leaves
1 cup lemon juice
2 quarts ginger ale

Boil sugar and water over low fire for 5 minutes. Add fresh mint and lemon juice. Pour this into pitcher of ginger ale and chill. Serve in tall glasses over ice cubes.

Judy Cain Lemaire

CRABMEAT SAUTE AUX HERBES

1 stick butter
½ clove minced garlic
¼ cup finely chopped green onion
1 chopped small bell pepper
1-2 oz. can sliced mushrooms
1 lb. lump crabmeat
¼ cup finely chopped parsley
Juice of 1 lime
Wheat thins or some other firm cracker

Melt butter in large skillet and add garlic, green onions, bell pepper and mushrooms. Saute lightly, but do not brown. Add crabmeat and toss gently until heated through. Sprinkle with parsley and lime juice. Serve in chafing dish with wheat thins.

Mrs. Braxton Blake, Cameron, La.



LAGNIAPPE

GRANDMOTHER'S RECIPE FOR HAPPINESS

2 heaping cups of patience
1 heart-ful of love
2 hand-ful of generosity
1 head-ful of understanding
1 dash of humor

Sprinkle generously with kindness. Add plenty of faith, and mix well. Spread over a period of a lifetime, and serve to everyone you meet.

Mrs. Rita Badon, Johnson, Bayou, La.

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BREAD AND BUTTER PICKLES

1 gallon cucumbers
8 onions
1 large bell pepper
½ cup salt

Take first three items, slice very thin, pour salt on this and put ice cubes, set aside for 3 hours, pour off water and remove any ice cubes. Make a solution of the following:

5 cups white vinegar
5 cups white sugar
1 tsp. tumeric
1 tsp. ground cloves
1 tsp. celery seed
1 T. mustard

Place all this in a large roaster, put fire on medium, bring to a simmer DON'T BOIL! Place in prepared jars, seal with paraffin, makes 8 pints, chill overnight before opening to make very crisp.

(Recipe given to me by my grandmother Mrs. Fred M. Cummings of Bossier City, La.)

Mrs. Larry McNease, Grand Chenier, La.

HOME MADE LYE SOAP

Need a good all round soap that will get your man and young'ones clean - mildly; Do your fine linens - gently; and is good for the complexion of your face? Well it sure ain't lye soap you're looking for.

6 lbs. fat (melted)
1 can lye
2½ pints hot water

Dissolve the lye in the hot water. Let cool. Then pour lye solution in a slow easy stream into the melted fat, stirring constantly. Continue stirring until cool. Pour into boxes that have been dipped in cold water. Cut in desired size of squares when cold and set.

Mrs. Rita Badon, Johnson Bayou, La.

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SPICED SALT

(Sel ipice)
1/3 cup salt
4 tsp. ground pepper
2 tsp. ground coriander
2 tsp. ground allspice
1 tsp. ground cinnamon
1 tsp. grated nutmeg
½ tsp. ground cardamom
½ tsp. ground cloves

Use for meat pies, meat loaf, casseroles, and pates. Mix salt and spices in a blender jar, blend on high speed until finely powdered. Place in small jars, sealed tightly.

Mrs. Jerry Jones, Cameron, La.

JELLO FIG JAM

6 cups figs (wash, drain and
grind in blender)
6 cups sugar
4 small boxes jello (any flavor)

Mix all together and bring to a rolling boil. Boil for 8 minutes, pour in sterilized jars and seal.

Mrs. Clifford Myers, Creole, La.

OLD TIME HINTS AND REMEDIES

One of the oldest citizens in lower Cameron Parish, Mrs August Biccagalopi, aged 91, gave us a good hint on how to prevent a good deal of "ropiness" when adding file' to gumbo. After she finishes cooking the gumbo, she cuts off the burner, waits about 5 minutes, then adds a cup of cold water to the gumbo before adding the file'.

GRANDMOTHER'S COUGH SYRUP

Take half a pound of dry hoarhound herbs, one pod of red pepper, four tablespoons of ginger. Boil all in three quarts of water, then strain and add one teaspoonful of good, fresh tar and a pound of sugar. Boil slowly and stir often until it is reduced to one quart of syrup. When cool, bottle for use. Take one or two teaspoonfuls four or six times a day.

Mrs. B. Howard Cox, Sweet Lake, La.

GRANDMOTHER'S UNIVERSAL LINIMENT

One pint of alcohol and as much camphor gum as can be dissolved in it; half an ounce of the oil of cedar; one half ounce of the oil of sassafras; half an ounce of aqua ammonia; and the same amount of the tincture of morphine. Shake well together, and apply it by the fire; the liniment must not be heated or come in contact with the fire, but the rubbing is to be done by the warmth of the fire.

Mrs. B. Howard Cox, Sweet Lake, La.

HELPFUL HINTS

Add one teaspoon vinegar to pie dough for a more crispy dough. Try washing chocolate stain with warm water and borax then wash garment in usual manner.

Place rusty nails in potted African Violets to supply much needed iron.

Before painting window frames rub lard on glass near wood, paint will not stick to pane.

Save old coffee grounds for mulching around small plants.

To stop hiccoughs bite a piece of cut lemon rind.

Apply clorox to affected area of poison ivy.

Donald Broussard

HINTS THAT ARE HELPFUL

Add 1 tablespoon sesame seeds to each cup of flour to your favorite pie crust.

Three tablespoons tapioca to fresh or canned fruit pie instead of cornstarch.

Secret of moist cake: Cover cake completely with large pan while cake is warm and leave pan on top till cool.

Use Chicken broth or Beef broth in cooking rice - gives rice rich flavor.

Pour Wheat germ on top of ice cream - delish!

FOLK MEDICINE

Natural food and plants are part of God's plan. If the Almighty wanted man to have processed foods, instead of an apple, then Adam would have munched on a bowl of sugared cereal with artificial flavoring, coloring and preservatives.

Our ancestors had no M.D.'s to depend upon. They only had pure folk medicine handed down from generation to generation, revised and experimented until perfected.

Here are a few concoctions of folk medicine handed down to me by parents, relatives, *Organic Gardening and Prevention* magazines, the latter can be found at the Cameron Parish Library.

Always use unrefined raw sugar or fresh raw honey made with pollen from our area to sweeten cough syrups, etc. Raw sugar can be purchased at a natural food store. Raw honey can be purchased from the Hunger Foods in Lake Charles, Louisiana.

Pure raw honey with freshly squeezed lemon, given often as needed, works wonders for allergy or nagging cough.

Simmer ¼ t. anise seed, ¼ t. thyme in two cups water for 15 minutes. Add 1 cup honey for cough syrup and store in a tightly covered bottle until needed.

For tightness in chest, asthma, or monthly discomforts, use mullein syrup, (pronounced Mo lan). Cover mature mullein leaves with water, boil down 15 minutes. Add honey to taste. Store as mentioned. My Daddy said, "Long time ago mullein leaves were also rolled and smoked like cigarettes to get relief from asthma."

Garlic is a generally fine all around healer. Garlic tea three times a day before the monthly flow is sure to get the water out of your system. Disinfectant and healing aids for wounds is tincture of garlic. Mash a garlic bulb and cover with one ounce of grain alcohol. Let stand two weeks in a capped bottle, strain and put tincture into one ounce bottle. Apply freely to cuts, wounds and infections.

Although Egyptians used garlic to help expel gas, it is also good for colds and high blood pressure. Garlic tea is great for pin worms. Cover garlic with water, boil down for a few minutes, dilute with water, sweeten to taste. It is best given around bedtime.

For abrasions, minor cuts and scratches, apply directly fresh comfrey leaves, fresh garlic, tincture of garlic or rub with aloe vera gel, four times a day.

A ripe fresh raw tomato sliced and applied to a boil or an infected scratch will draw out the poison. A raw potato scraped and applied to a poultice will also do the trick. These are also effective to bring a sty to a head, making it less painful than lancing.

Nettle rash can be relieved with the juice of the nettle plant. Just be sure to use gloves, when you pick this stinging plant!

On insect stings and bites use baking soda, raw onion slice, plain mud, mixture of mud and tobacco, garlic juice or chewed up honeysuckle flowers. The effectiveness depends on how soon one of the above is applied to the sting.

Good insect repellants are oils of any mints or cedars. Some good laxative effects are produced by consuming black walnut meat, red mulberries or mustard greens.

On burns or sunburns, use aloe vera gel or apple cider vinegar diluted with water.

Ulcers, indigestion of gas pains may be relieved with one teaspoon aloe vera gel followed by plenty of water 4 times a day. Results are fairly quick.

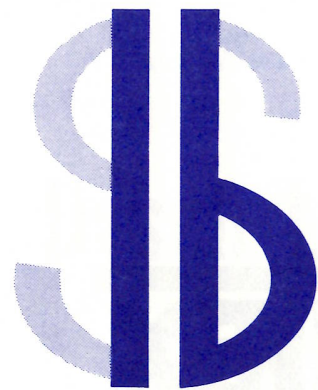
A high blood sugar can be controlled with yeast tablets. My father-in-law told me a doctor sentenced him a life of only 6 months because of a high blood sugar count. On his way from the doctor, he walked to the nearest drug store, bought him some yeast tablets or cakes, took these daily and never returned to the doctor. This very active man 40 years later has a remarkable memory.

For anemia, cook daily meals in a black iron pot for a rich supply of iron that your body needs.

I could go on and on, but Hilda limited me to one page.

I am sure there are many people, who could share information on folk medicine hints. I would be very delighted to hear from them.

Linda Dahlen



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OLD FOLK HOME REMEDIES

REMEDY FOR COUGHS

Boil three lemons for fifteen minutes. Slice them thin while hot over one pound of loaf sugar. Put on the fire in a porcelain-lined saucepan and stew till the syrup is quite thick. After taking it from the fire, add one tablespoonful of oil of sweet almonds. Stir till thoroughly mixed and cooled. If more than a small quantity is desired, double the above proportions.

REMEDY FOR POISON OAK

Make a strong decoction of the leaves or bark of the common willow. Bathe the parts affected frequently with this decoction, and it will be found a very efficacious remedy.

CURE FOR JAUNDICE

Fill a quart bottle a third full of chipped inner cherry bark. Add a large teaspoonful soda, and fill the bottle with whiskey or brandy. Take as large a dose three times a day as the system will tolerate. If it affects the head unpleasantly, lessen the quantity of bark. It will be fit for use in a few hours.

CURE FOR BONE FELON

One ounce assofoetida in one pint vinegar, as hot as the hand can bear. Keep it hot by placing the vessel over the top of the teakettle. Use it frequently through the day, an hour at a time. A painful but effective remedy.

CERTAIN CURE FOR A COLD

Take three cents worth of liquorice, three cents or rock candy, three cents of gum-arabic, and put them into a quart of water. Simmer them till thoroughly dissolved, then add three cents worth of paregoric, and a like quantity of antimonial wine.

Mrs. Rita Badon, Johnson Bayou, La.



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