

CAMERON PARISH

21st ANNUAL
FESTIVAL

FUR & WILDLIFE
COOKBOOK



G.M. Mc



SPECIAL FEATURE
ACCUMULATIVE INDEX

Jan. 14-15, 1977

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**LOUISIANA FUR AND WILDLIFE FESTIVAL**

January 14-15, 1977

Cameron, Louisiana

REFERENCE**OFFICERS**

J.B. Jones, Jr.	<i>President</i>
H. Ward Fontenot	<i>Vice President</i>
William O. "Bill" Morris	<i>Vice President</i>
Robert Ortego	<i>Vice President</i>
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Geneva Griffith	<i>Secretary</i>
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FESTIVAL SUPERINTENDENTS

Benny Bourg	<i>Duck & Goose Calling Contest</i>
Gary Wicke	<i>4-H Fur Judging Contest</i>
James Albarado	<i>Retriever Dog Trials</i>
Roland J. Trosclair, Jr.	<i>Parade</i>
Mrs. Robert Ortego	<i>Miss Cameron Parish Queen Contest</i>
J.A. Miller	<i>Men's Nutria & Muskrat Skinning Contest</i>
Walden Doxey	<i>Ladies Nutria & Muskrat Skinning Contest</i>
Robert J. Schwark	<i>Archery Contest</i>
Donald Kelley	<i>Trap Shooting Contest</i>
Ellis McWhirter	<i>Trap Setting Contest</i>
Sheriff Claude Eagleson	<i>Traffic</i>
Mrs. W.J. Broussard	<i>Cameron Library Handicraft Show</i>
Thelma Hackett OES 225, Mrs. W.E. Guthrie	<i>Friday Night Program</i>
Cameron Lions Club, Bob Farley	<i>Saturday Night Program</i>
Donald Broussard (South Cameron High School Student Council)	<i>Stage Decorations</i>
Mrs. Geneva Griffith & William O. Morris	<i>Publicity</i>
Mrs. Tommy Watts	<i>Louisiana Fur Queen Contest</i>
Cameron Lions Club, Rick Lee, Chairman	<i>Queen's Ball</i>
Court Mary Olive CDA 1463	<i>Wildlife Poster Contest</i>
Mrs. Charles F. Hebert	<i>Scrapbook</i>
Mrs. Geneva Griffith	<i>Photography</i>
Mrs. Lyle Crain, Mrs. Braxton Blake, Ward Fontenot	<i>Editors, Festival Recipe Book</i>
Mrs. Guthrie Perry & Mrs. Guy Murphy, Jr.	<i>Little Miss Cameron Parish Contest</i>
Mrs. George Wilkerson	<i>Hostess for Maryland Group</i>
Mrs. Jerry Jones	<i>Trophies</i>
Ray Burleigh	<i>Town Decorations</i>
Mrs. J.W. Broussard & Cameron Library Staff	<i>Compiling Festival Results</i>
Mrs. Leo Folse	<i>Local Artists Showing</i>
William O. Morris	<i>Crafts Show</i>
Mrs. Glenn Alexander	<i>Visiting Queens</i>
Mrs. Gladys McCall	<i>Fur & Wildlife Festival Recipe Book Artwork</i>

MESSAGE FROM THE PRESIDENT

Welcome to Cameron, the home of the original environmentalists! We dedicate this year's Festival to the alligator, who faced extinction just a few years past. Through the efforts of Cameron Parish people, we led the nation to return this ancient animal to abundance.

Thanks again to those many wonderful folk who helped make an annual celebration a joy for all.

Sincerely,

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

21st ANNUAL 1976 FUR AND WILDLIFE FESTIVAL QUEEN

SUSAN MARGARET WOODGETT



Susan Margaret Woodgett is the 21 year old daughter of Mr. and Mrs. Henry Woodgett of Cameron. She was the 1975 Miss Cameron Parish and 1976 Louisiana Fur and Wildlife Festival Queen. She represented the Louisiana Fur and Wildlife Festival in Washington, D.C. at the Louisiana State Society Mardi Gras Ball and participated as a visiting queen in various festivals throughout the state including Contraband Days and the LaBelle Pageant in Lake Charles, Louisiana Shrimp and Petroleum Festival in Morgan City, South LaFaurche Cajun Festival in Galliano, Delcambre Shrimp Festival, Bridge City Gumbo Festival, Louisiana Cotton Festival in Ville Platte, Louisiana Dairy Festival in Abbeville, and Louisiana Swine Festival in Basile.

Susan is presently a Senior Nursing student at McNeese State University where she has been on the Dean's List and President's Honor Roll. Upon graduation in May she plans to pursue a career in cardiac nursing in Methodist Hospital of Houston and later obtain a master's degree in cardiology.

Her hobbies include square dancing, singing, cooking, sewing, skiing, macrame and best of all talking and meeting people in various professions.

Susan would like to thank everyone who made these two wonderful years of her life possible, especially the Fur Festival Officers and her parents Mr. and Mrs. Henry Woodgett, who gave her leave and support throughout her reign. She feels she was honored to represent the Louisiana Fur and Wildlife Festival and most of all Cameron Parish, where the kindest, most loving people reside. Wherever she goes she will always hold these people very special in her heart.

This page paid for by **CRAIN BROTHERS, INC.**

1976 KING FUR IV

J. BURTON DAIGLE



King Fur IV is J. Burton Daigle of Cameron, Louisiana, who was selected in the nation's bicentennial year as the man who best represented the idea of a good American citizen.

He was born in 1916 in Cameron. He finished school at Creole High School, and began his career working for the Cameron Abstract Company until the outbreak of World War II. Burton served his country as an Electrician's Mate in the U.S. Navy.

He was elected Clerk of Court in 1948 and served in that capacity until his retirement in 1976. Burton married the former Audrey Savoie in 1941. They are the parents of Gerald "Coe" Daigle, who is the District Supervisor of Electricians for Union Oil Company; Warner Dale Daigle, who is a school teacher at Cameron Elementary School; and Sandra Daigle, who is a medical technician. Burton and Audrey have 5 grandchildren.

During the years, Burton has been actively involved in the many civic organizations of Cameron Parish. He has served as President of the Lions Club, Grand Knight of the Knights of Columbus, and Commander of the V.F.W. He has a position on the Calcasieu Council of the Boy Scouts of America. Other organizations which have benefited from his contributions include Ducks Unlimited and Woodmen of the World.

Before being selected as King Fur IV, he had been recognized as Lion of the year and Knight of the Year. He has been nominated several times as V.F.W. Citizen of the Year.

It would be unfair not to mention King Fur's greatest talent. Between his duties of job and family, and his selfless community work, King Fur IV found time to establish a reputation as the best Dawgone fisherman in Cameron Parish if not the state of Louisiana! His fish stories are well respected, because Burton was and is always willing to bring along a friend to share the location of a prime fishing hole, or share his knowledgeable technique of landing the big ones. Good fishing, Burton!

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21st ANNUAL 1976 MISS CAMERON PARISH

VICKIE LEE NUNEZ



Miss Vickie Lee Nunez is the eighteen year old daughter of Mr. and Mrs. Lee R. Nunez, Jr., of Grand Chenier.

Vickie was a 1976 honor graduate of South Cameron High School, where she was a Tarpon Cheerleader, a member of the F.H.A., Beta Club and 4-H Club. Vickie received the 1976 Key Club Award in 4-H and was on the 1976 State Executive Committee. She was class favorite for four years and elected most beautiful at South Cameron in her senior year.

Presently, Vickie is attending McNeese University, majoring in Home Economics in Business, with the intention of going into the fashion merchandising field. Her hobbies are - playing the piano, sewing and swimming. In the summer, Vickie works as a lifeguard and swimming instructor.

As Miss Cameron Parish, Vickie represented the parish at the National Outdoor show in Cambridge, Maryland, the Rice Festival in Crowley, the Dairy Festival in Abbeville and the Christmas Festival in Natchitoches.

Vickie wishes to express her sincere thanks to all those who supported her reign and that a year of meeting people and representing Cameron Parish was the best of her life.

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1976 LITTLE MISS CAMERON PARISH

VICKIE LYN DELINO



Vickie Lyn Delino, 9 year old daughter of Mr. and Mrs. Carlton R. Delino of Cameron holds the title of Little Miss Cameron Parish 1976. She is a 4th grade student at Cameron Elementary School in Cameron.

During her year as Little Miss Cameron Parish, Vickie participated in the Junior Dairy Queen Contest in Abbeville, in which she was selected 2nd Runner Up.

Vickie has one brother, Nathan. Her hobbies are swimming and bike riding. She has one pet dog, "Lose", a peekapoo.

This page paid for by MARGARET MELANIE AND LORI SUE

1976 LITTLE MISTER CAMERON PARISH

JOE MATTHEW CONSTANCE



Little Mister Cameron Parish 1976 is Joe Matthew Constance of Johnson Bayou. He is the oldest son of John T. and Mary Lynn Constance. Joe is nine years old and in the 4th grade. He has brown hair and brown eyes.

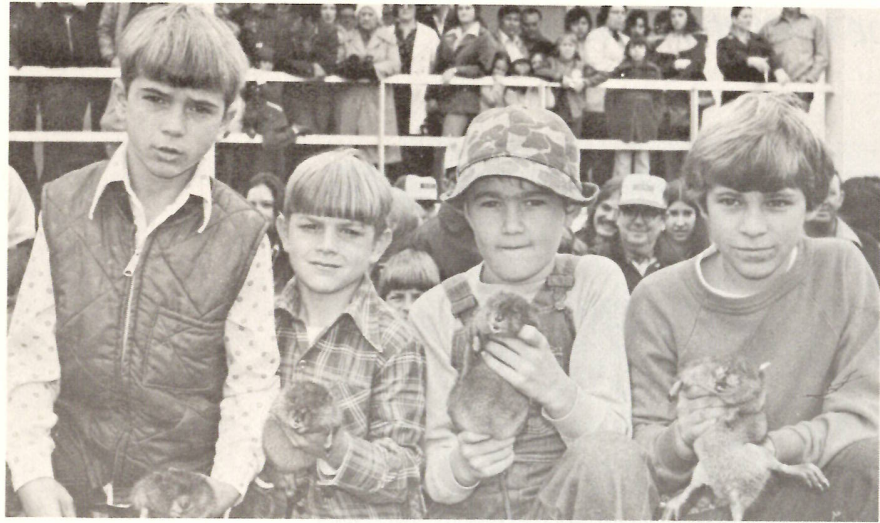
Joe is a member of the Johnson Bayou Little League ball team, 4-H Club and Cub Scouts and also an altar boy at the Johnson Bayou Catholic Church.

Joe has two brothers, Bobby and George and one sister, Joanie. His hobbies are cleaning ducks, riding horses and playing football. Joe has a horse named Cody and a calf named Sally.

Joe was Little Mister Johnson Bayou for 1975 and was 1st runner up in the Johnson Bayou contest for two years before being selected Little Mister.

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1976 FESTIVAL PICTURES



Here are some of our future muskrat skinning champs.



The National High School Rodeo held in Sulphur brought additional beauty to the 1976 Festival.



Twilight frames a last contestant.



1776 styles; 1976 smiles.



These fellows love to "clown" around!

THE ALLIGATOR AND CAMERON PARISH

(An enlightened approach to maintaining nature's balance.)

Citizens of Cameron Parish have demonstrated the American alligator to be a significant aesthetic and economic aspect of Louisiana's renewable resources if properly managed. Populations have increased dramatically in areas where well planned management programs have been initiated. Because of its value and vulnerability however, the alligator requires special regulations which must be designed to closely regulate the harvest of surplus animals and yet instill in land managers an incentive to develop this valuable resource. The ultimate objectives of these alligator harvest regulations are to enhance existing alligator populations and to provide for the harvest of surplus animals on a sustained yield basis.

The development of the alligator management program in Cameron Parish is based upon a comprehensive long range research program which was initiated in 1958. Since that time, Louisiana has emerged as an international leader in alligator research. Although the research projects appear diverse in scope, their primary objective was to provide input into the management of the alligator as a renewable resource.

Complementing research was a concerted effort to reduce the illegal kill by the enactment of effective state and federal laws governing the taking, possession and transportation of alligators and their products. By late 1970, such legislation was in effect in Louisiana. With the implementation of the amendment to the Lacy Act that same year, nationwide laws regulating the interstate shipment of illegally taken animals became effective.

Seven years before these bills became law, concerned individuals in Cameron Parish took the initiative to reverse the downward trend of the alligator population. Through the cooperation of state and federal agents, the local courts and a concerned citizenry, alligator poaching was virtually eliminated. During the same period several thousand alligators were transferred from federal and state refuges to privately owned lands in an effort to increase the recovery rate of the alligator population.

The plan worked almost too well . . . By the late 1960's populations expanded to the level where they were becoming a nuisance. Trappers complained that alligators were eating their

nutria and other fur animals. They appeared in stock ponds, swimming pools, flower gardens and garages. Many were killed on highways posing hazardous obstacles to nighttime motorists. Large alligators in canals and bayous are often killed when hit by boat propellers. The problem is greatest in areas of high population densities during periods of drought.

In 1970, the first steps were taken toward harvesting the alligator surplus with the enactment of state legislation setting up the basic framework of the season. A decision was made to allow two years to develop an effective harvest program and, at the same time, test the recently enacted state and federal laws regulating the illegal killing of alligators. By 1972, a harvest plan had been developed which would control the taking of alligators and, through a system of tags and report forms, effectively prevent illegally taken skins from entering the legal traffic. Enforcement efforts had already reduced poaching in southwestern Louisiana to a negligible level.

Several large scale dealers in illegal skins sought to test the new state and federal laws and were imprisoned. Other dealers were quickly made aware of the seriousness of violating the provisions of the amended Lacy Act and . . . "would have nothing to do with illegal skins".

The time was right to test the rather complex system of applications, licenses, tags and report forms which were necessary to the implementation of a workable harvest program. The Louisiana Wildlife and Fisheries Commission, acting on the advice of researchers and professional administrators, decided to test the system by implementing an experimental harvest program in September 1972.

Results from the recent alligator seasons in southwest Louisiana have been extremely encouraging. Cameron Parish hunters sold 1,334 alligator hides in 1972 worth \$74,600.00 or approximately \$56.00 per skin. In 1973, 2,916 hides brought \$268,545 or \$92.00 per skin. The season was closed in 1974 due to passage of the Federal Endangered Species Act. The season was reopened in 1975 with 4,333 alligators being taken valued at \$58.22 per hide. Hunters received the highest price ever recorded in 1976 for their 4,300 alligator skins, averaging 716.55 per foot or \$116.70 per hide (\$501,977.00 total).

EDITOR'S MESSAGE

The remnants of ancient beaches can still be located by the ridges rising out of the marsh. Dark, moss-covered oaks populate the cheniers down to the water's edge where a lazy bayou wanders between cattails and salt grass. An occasional willow leans out over the water's edge, its branches studded with snowy egrets. It's image is mirrored on the bronze surface of the bayou whose reflection is disturbed only by the tiny "V" ripples of an alligator's wake. The primeval beast glides silently and softly, through the murky, brown water toward some unsuspecting victim.

Any school child past his third grade in Geography could tell you that the above is a description of a Louisiana scene. One who really knows, would even tell you that it was only in the Southwest corner of the State that such a scene could be viewed. The vast, coastal plain of Louisiana, comprising more acreage in marshland than the total of the other 49 States combined, is unique in its appearance, its ecology and, we like to think, its people. A local flavor anecdote which made the rounds some years back, told of a Mama crawfish, warning her children to stay away from Cajuns, because, "*They eat anything.*" Well, believe it or not, even the alligator, that menacing, vestige from the Age of the Dinosaurs, is not immune from the Cajun's penchant for putting something in a pot to see how it tastes.

Under the present regulations on Alligator trapping, the hunter cannot sell the meat, but only the hide. But they can use the meat themselves or give it to friends. According to Mrs. Roland Primeaux, who has experimented with alligator meat in various ways, it is good in a Sauce Piquant, fried, barbecued, or made into croquettes. You might want to try your own variation if some of the 'gator meat happens your way.

This year's book does not contain many alligator recipes. However, we have had several in the past printings and with the cumulative index, which is the special feature of this year's book, you should be able to consult your older issues and plan a most exotic meal. Surprise your family some evening when they have become bored with the same old meat and potatoes.

To those of you who sent us recipes or contributed in the makeup of this year's book, many thanks.

The Editors

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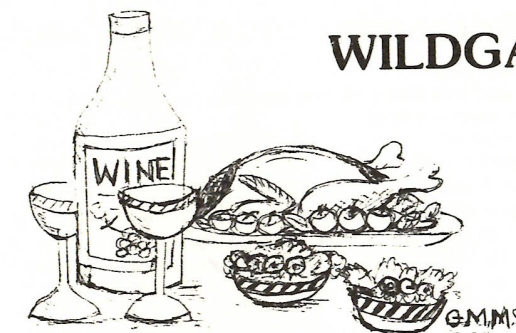
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STUFFED TEAL

6 teal ducks
1½ cups bell pepper, chopped fine
1½ cups onions, chopped fine
1 lb. smoked sausage
Salt, red and black pepper
1 cup cooking oil

The day before cooking, wash and season ducks well with salt, black pepper and red pepper. Combine the onions and bell pepper, and season lightly with salt, black and red pepper. Make a pocket in each duck breast and stuff with vegetable mixture. Slit sausage lengthways and cut into 1-inch pieces. Lodge firmly into pocket. The next day, heat oil in a heavy pot. Place ducks in the pot and brown slowly, adding a little water occasionally. Do not cover during this process. When the ducks are brown, some of the sausage may be added to the gravy if desired. Lower the fire and cover. Continue to add water occasionally. Cook until tender.

Mrs. Burton Daigle, Creole, La.

SPAGHETTI AND GATOR-MEATBALLS

2 lbs. alligator meat, ground
½ cup onions, chopped
¼ cup chopped celery
¼ cup chopped parsley
½ tsp. mustard
2 eggs
¼ cup bread crumbs
¼ cup chopped bell pepper
2 T. lemon juice
Salt and pepper to taste

Mix all ingredients together and form into small balls. Roll in flour. Fry balls until golden brown. Prepare your favorite plain spaghetti sauce then add the gator-meatballs to sauce and simmer on a low fire for about 35 minutes. Serve over spaghetti. Sprinkle your favorite grated Italian cheese on top. (No Italian has ever tasted anything quite as delicious!)

Mrs. Roland U. Primeaux, Creole, La.

TEAL JAMBALAYA

3 T. cooking oil
2 chopped onions
3 Teal, cut into serving pieces
Onion tops as desired
Parsley as desired
Garlic powder as desired
Water as needed to tenderize
meat and cook rice
1½ cups rice, uncooked
Salt and pepper to taste

Saute onions in oil until dark brown. Add teal and brown. When browned to your desire add onion tops, parsley, garlic powder and water. Let simmer until teal is tender. Add rice and let simmer until rice is cooked. adding water if needed. Serve hot with vegetables or alone. Top with parsley tips, lemons or bell pepper or item of your choice.

★ 1st Place Winner in the 1976 Favorite Foods Show.

Mrs. Susan Benoit, Creole, La.

STUFFED QUAIL

6 quail
salt and pepper to taste
¼ cup vegetable oil
3 T. sherry
1 lb. ground lean pork
½ cup minced onions
3 T. chopped green peppers
1 small clove garlic, chopped
¼ tsp. cayenne
1½ cups cooked rice
1 can drained mushrooms
6 slices bacon

Sprinkle quail with salt and pepper to taste, then saute in oil. Add sherry and cook 20 minutes over a low flame. In another pan, brown pork; add onions, peppers, garlic and seasonings. Cook until pork is done - about 30 minutes. Add rice and mushrooms. Mix well and stuff quail. Wrap each quail with bacon slices. Place in covered baking dish and bake for 1 hour at 350°.

Mrs. John Prescott, Johnson Bayou, La.

ALLIGATOR STEW

½ cup cooking oil
1 quart alligator meat cut in
small pieces about ½ inch thick
½ cup chopped onions
½ cup chopped green onions
½ cup chopped bell peppers or
banana peppers
½ cup chopped celery
2 T. minced parsley
1 10-oz. can Ro-tel tomatoes
Salt and pepper to taste

Put cooking oil and alligator meat in cooking pot. Add chopped vegetables, Ro-tel tomatoes and season to taste with salt and pepper. Cover pot and cook over medium heat for 30 to 40 minutes.

Mrs. Charles W. Hebert, Sweet Lake, La.

POT ROASTED TEAL

1 dozen teal (ducks)
1 small bottle Italian dressing
1 pint cooking oil
Salt and pepper

Season ducks with salt and pepper and marinate in Italian dressing over-night. In a large black pot or heavy pot, heat oil until hot. Remove ducks from marianade and fry in oil until brown. Keep turning and adding a small amount of water to keep from burning. Continue cooking over a low heat until ducks are tender. (About 2 hours). The bottom of the pot will have browned drippings, which I call a "rust gravy". It is very good served with hot rice.

Mrs. Velma Picou (Kato), Cameron, La.

BRAISED QUAIL

12 Quail
4 T. flour
Salt and pepper
12 T. butter
2 scallions, chopped
½ green pepper, chopped
2 cloves garlic, minced
2 or more cups chicken broth

Heat oven to 350°. Coat the quail with a mixture of flour, salt, and pepper. Melt the butter in a large Dutch oven and brown the quail. When all are browned; transfer to a roasting pan. Add flour to the Dutch oven. Brown flour over moderate heat, stirring constantly. Add scallions, green pepper, and garlic, cooking briefly. Add broth, stirring rapidly. When the mixture is bubbling and well blended, pour it over the quail. Cover and bake for about 1 hour until quail is tender. Serve the quail on toast with sauce separately.

Carolyn Johnson, Cameron, La.

GATORBURGERS

- 2 lbs. ground alligator meat
- ½ cup chopped green onions
- ¼ cup parsley
- 2 eggs
- 2 T. lemon
- ¼ cup bread crumbs
- Salt and pepper to taste

Mix the ingredients together and shape into patties as you would with hamburger. Roll in flour, or bread crumbs. Fry or grill and serve with all the fixings on buns, or "have it your way". It is recommended that gatorburgers be served with fried potatoes and "Gatorade".

Mrs. Roland U. Primeaux, Creole, La.

SEAFOOD



PICKLED FISH

- 1 lb. fresh or frozen fish, cleaned and skinned
- 3 cups salt
- White vinegar

Make a strong brine by adding salt to a quart of water. It's best to use pickling salt or uniodized salt. Put fish in brine and refrigerate for 24 hours. Drain off brine and discard. Cover with white vinegar and refrigerate again for 24 hours.

- 1 cup white vinegar
- ½ cup water
- ½ cup sugar
- ½ cup white port wine
- ½ tsp. pickling spices
- 1 onion cut in rings

Combine vinegar, water, sugar, port and pickling spices. Bring to a boil, then cool to room temperature. Drain fish. Cut fish into three-fourth inch chunks and pack in glass quart jar, alternating layers of fish with layers of onion rings. Strain spices out of boiled, cooled marinade and pour over fish and onions. Cover and refrigerate for 24 hours; they will then be ready to eat. (These will keep for weeks in the refrigerator. They're good as a snack with brown bread and butter and cold beer.)

Janna Mhire, Grand Chenier, La.

SHRIMP CASSEROLE

- 3 cups shrimp, peeled, devein and boil about 10 minutes
- 1 cup water reserved from boiling shrimp
- 1 cup chopped onions
- 1 cup chopped celery
- 1 cup chopped green onions
- ½ cup chopped parsley
- 1 cup chopped bell pepper
- 3 cloves garlic, chopped
- 2½ cups precooked rice
- 1 can Cream of Mushroom soup
- 1 can Cream of Shrimp soup
- Paprika

Combine all ingredients and pour into buttered casserole. Sprinkle with paprika. Bake 45 minutes at 375°.

Mrs. Rose Crochet, Klondike, La.

MIRLITONS A LA CAMERON

- 6 to 8 mirlitons
- 1 stick butter or oleo
- 1 large onion, chopped
- 1 large bell pepper, chopped
- 2 ribs celery and leaves, chopped
- 2 large cloves of garlic, minced
- ½ lb. medium-size shrimp, deveined, boiled and chopped
- ½ lb. crab meat
- 1½ to 2 cups stale French bread, soaked in water
- 1 bay leaf
- ½ tsp. thyme
- 2 tsps. parsley flakes or fresh chopped
- Salt and pepper to taste
- Dash of cayenne pepper
- 2 T. butter or oleo
- ¾ cups seasoned Progresso bread crumbs

Place mirlitons in large pot and cover with water. Bring to a boil and simmer until tender, 20 to 30 minutes. Allow to cool and slice in half. Remove seed and any stringy pulp around seed. Scrape out pulp leaving a nice shell for stuffing. A grapefruit spoon works quite well for this. In large skillet melt butter and saute onion, bell pepper, celery and garlic until wilted. Add mirliton pulp and juice from pulp, bread, bay leaf, thyme, parsley, shrimp, crab meat and season to taste. Simmer for 20 to 25 minutes to blend flavors and cook crabmeat. Pile mixture into mirliton shells. Melt 2 T. butter and pour over bread crumbs and mix. Sprinkle bread crumbs over stuffed mirlitons and bake at 350° for 15 minutes or until heated through. May be made ahead and frozen.

Mrs. Jerry Jones, Cameron, La.

TUNA CHOW MEIN

- 1 9½-oz. can tuna
- 1 10½-oz. can mushroom soup
- 2 T. milk
- 1 small onion, chopped very fine
- Pepper to taste
- 1 3-oz. can Chow Mein noodles

Mix tuna, mushroom soup, milk, onion, pepper and half of noodles in a 1½ quart casserole dish. Sprinkle with remaining noodles. Bake 25 to 30 minutes at 350°.

Sue Stewart Fox, Slidell, La.

BAKED EGGPLANT WITH TUNA

- 5 slices bread
- 1 large eggplant
- 1 T. salt
- 2 quarts water
- 2 onions, minced
- Butter
- Bacon fat
- 2 bay leaves
- Salt and pepper to taste
- Pinch of thyme
- Dash of Tabasco sauce
- 1 large can Tuna packed in water
- ¾ cup evaporated milk
- 1 can chicken broth
- ¼ lb. cheese, grated
- 5 to 6 oz. Sherry

Toast the bread, then place in slow oven until bread is a dried, golden brown. This is essential to the dish. Roll bread slices with a rolling pin until well crumbled. Peel the eggplant and cut into small cubes. Soak in a brine solution made of 1 T. salt and 2 quarts water. Weight down eggplant so it will be well soaked. Drain after ½ hour and place in clear water until ready to use. Brown the onions slowly in butter and bacon fat until soft and golden. Add bay leaves, salt, pepper, thyme and Tabasco to taste. Drain the eggplant and add to onion mixture, frying eggplant until it is soft, slightly brown and about half its original volume. Add the tuna, most of toast crumbs, evaporated milk and chicken broth. Next add grated cheese and sherry. Stir over a low flame until mixture is thickened, but still soft enough to bake. Correct seasonings if necessary. Pour into baking dish, sprinkle reserved crumbs over top and bake at 350° until bubbly and brown on top. Delicious and different. Serves 4 to 6.

Mrs. Howard Cox, Bell City, La.

LENA'S SEAFOOD GUMBO

- 3 lbs. shrimp, cleaned and deveined
- ½ lb. white crab meat
- 1 pint oysters
- 6 T. file
- ½ cup fresh bacon grease
- ½ cup flour
- 3 cans Campbells Chicken broth
- 2 bunches onion tops, chopped
- 2 white onions, chopped
- 2 pods garlic, chopped
- ½ cup parsley, chopped
- 1½ gals. water
- Red and black pepper to taste
- Salt to taste

Bring water to a boil in a large pot. Make a roux with bacon grease and flour. When roux is dark enough, add the first three T. file and cook and stir for 2 minutes. Add onion, onion tops and garlic. Cook for 10 minutes, stirring constantly. Add chicken broth and blend well. Add to boiling water. Blend all ingredients well, and let simmer for 45 minutes. Season shrimp and add to gumbo. Let simmer for about 15 minutes, then add crab meat and oyster and parsley. Let simmer for another 15 minutes. Add the last 3 T. of file, and any additional seasoning as needed. Serve over hot rice. Guaranteed to be the best gumbo you've ever eaten!

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

RICE AND CRAB CASSEROLE

- ½ cup chopped onions
- ½ cup chopped celery
- ½ cup chopped bell pepper
- ½ cup onions and parsley chopped fine
- ½ cup margarine
- 1 egg
- 1 can mushroom soup
- 2 cups crab meat
- 2½ cups cooked rice
- ½ cup bread crumbs

Season to taste with salt, black pepper and red pepper. Saute onions, celery, bell pepper in margarine. When these are wilted add green onion tops and parsley. Add crab meat, rice, mushroom soup and egg. Mix well. Pour into greased casserole dish and top with bread crumbs and dot butter. Bake 25 minutes in 350° oven. Serves 6.

Nelvia Murphy, Grand Chenier, La.

SHRIMP SAUCE PIQUANT

- 1/3 cup oil
- 1/3 cup flour
- 1 medium onion, chopped
- 3 cloves garlic, minced
- ½ cup bell pepper, chopped
- 3 pints water
- 1 small can whole tomatoes
- ½ tsp. Tabasco sauce
- 2 tsps. salt
- 1½ lbs. shrimp, peeled and deveined

Make a roux by browning oil and flour. Add onions, garlic and bell pepper, cooking until transparent. Add water, tomatoes, Tabasco sauce and salt. Simmer over low heat for about one hour. Add shrimp and simmer until tender, about 20 minutes. Serves 4.

Mrs. Winston Benoit, Cameron, La.

SHRIMP PATTIES

- 2 eggs
- 1 quart shrimp, peeled and deveined
- 1 cup chopped green peppers
- 1 cup chopped onions
- 1 cup chopped celery
- 1 cup flour
- Salt and pepper to taste

Beat eggs in bowl and add all other ingredients. Place in refrigerator 2 to 3 hours so flavors can mingle. Fry in deep fat by spoonfuls. Cook until golden brown.

Mary Louise Mhire, Grand Chenier, La.

SHRIMP JAMBALAYA

- 1 lb. bacon
- 4 large onions, chopped
- 2 bell peppers, chopped
- ½ celery stalk, chopped
- ¼ cup chopped green onions
- ¼ cup chopped parsley
- 3 lbs. shrimp, peeled and deveined
- 3 cups rice
- 3 cups water

Fry bacon until brown and crispy. Remove bacon and crumble in a bowl. To drippings add onions and cook until brown, almost burned. Add all at once the bell peppers, celery, green onions, parsley, crumbled bacon, shrimp, rice and water. Stir to mix. Let come to a boil, cover tightly with lid, lower fire, put asbestos plate under pot, and cook until rice is done. (For every cup of rice, put a cup of water.) Crawfish may be substituted for shrimp.

Mrs. Rose Crochet, Klondike, La.

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MARINADED CRAB CLAWS

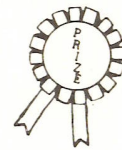
3 doz. boiled crab claws
1 cup Tarragon flavored vinegar
Lemon pepper marinade

Crack and peel claws leaving the meat on the stationary side of the claw exposed. Arrange claws in shallow serving dish. Pour Tarragon Vinegar over claws, sprinkle generously with Lemon pepper marinade, place covered in refrigerator for 6 to 24 hours.

Mrs. JoAnn Nunez, Creole, La.

CRAB AND SHRIMP SPAGATINNA

½ lb. crab meat
2 lb. peeled shrimp
1 can Rotel tomatoes
1 can stewed tomatoes
1 can mushroom soup
1 cooking spoon of cooking oil
½ cup chopped onion
¼ cup onion tops
¼ cup bell pepper
¼ cup parsley
1 pkg. #3 spaghetti
Salt, black pepper, red pepper,
Creole seasoning
Season to your own taste



Put cooking oil in pot, add can of stewed tomatoes, Rotel tomatoes, onions and stew down until tomatoes get a little brown. Add mushroom soup and ½ pot of water, onion tops, parsley and bell pepper. Let this come to a boil. Lower fire, cook spaghetti in another pot for about 3 minutes. Remove spaghetti from boiling water. Add this to the crab and shrimp mixture. Cook until spaghetti is finished cooking.

★ 3rd Place Winner in 1976 Favorite Food Show.

Barbara Boudoin, Cameron, La.

DIANE'S STUFFED CRAB

1 lb. crab meat
½ lb. margarine
1 cup evaporated milk
½ tsp. Worcestershire sauce
1 cup chopped onions
½ cup chopped celery
2 cloves garlic, chopped
3 eggs
½ cup chopped green onion tops
and parsley
Salt, pepper and red pepper

Place margarine, chopped onions, celery and garlic in heavy pot, cook until onions wilt. Add: Worcestershire sauce, crab meat and season to taste. Cook medium heat 15 minutes stirring constantly, add onion tops and parsley, then crumbs, milk and eggs. Stuff shell with mixture or place in buttered casserole dish, sprinkle with crumbs and dot with margarine. Bake: 350° for 10-15 minutes or until bubbly. May freeze and bake before eating.

Mrs. Diane McCall, Grand Chenier, La.

STUFFED CRABS

3 cups crab meat
2 large onions
4 slices toast
6 eggs
¼ lb. oleo
Salt and pepper
8 crab shells - cleaned

Saute onions in a heavy pot in oleo until wilted. Place crab meat in a large mixing bowl. Add sauted onions, diced toast, salt and pepper to taste and eggs, mix well. Stuff mixture into crab shells. Roll stuffed shells in flour and fry in deep hot cooking oil until brown.

Mrs. JoAnn Nunez, Creole, La.

SHRIMP STROGANOFF

1 cup buttermilk
1 T. sour cream
1 large chopped onion
1 clove split garlic
1 T. butter
½ lb. sliced mushrooms
1½ lbs. cooked shrimp
2 T. seasoned salt
2 T. flour

Blend buttermilk with sour cream and set aside. Saute onions and garlic in ½ T. butter over low fire until golden. Add mushrooms and cook covered 5 minutes. Drain shrimp and pat dry. Mix seasoned salt and flour and coat the shrimp well. Remove onions and mushrooms from skillet, add remaining butter and quickly toss the shrimp around in the pan over medium heat. Remove garlic. Add onions, mushrooms and the buttermilk-sour cream mixture. Warm thoroughly, but do not boil. Serves 4.

Mrs. John Prescott, Johnson Bayou, La.

FISH CROQUETTES

4 to 5 cups of filleted
fish, boiled
½ cup chopped onion
¼ cup chopped bell pepper
Salt to taste
25 Ritz crackers, crushed
1 egg
Deep fat for frying

Boil filleted fish, flake and set aside. Saute onions, bell pepper and add to flaked fish. Season to taste. Next add crushed crackers and egg, mixing well. Form into croquettes and fry in deep fat. (Tastes like stuffed crabs.)

Janna Mhire, Grand Chenier, La.

LENA'S SHRIMP STEW

3 lbs. shrimp, cleaned, deveined
1 large onion, chopped
1 medium bell pepper, chopped
1 carrot, grated
1 stick celery, chopped
½ cup flour
½ cup oil
Red and black pepper, salt

Make roux with flour and oil. Add chopped onion, bell pepper, celery and carrot. Saute in roux for 15 minutes, stirring constantly. Add seasoned shrimp and continue to cook and stir for 15 minutes. Add 1 quart of water and simmer for 30 minutes, uncovered. Serve over rice.

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

SHRIMP AND GREEN BEAN BAKE

1 9-oz. pkg. frozen French-style
green beans
1 cup cooked shrimp
1 can condensed Cream
of Celery soup
2 T. snipped parsley
1 tsp. lemon juice
¼ tsp. grated lemon peel
½ cup American cheese shredded

Cook green beans according to package direction omitting the salt. Drain thoroughly. Place beans in shallow one quart baking dish and cover with shrimp. Combine soup, parsley, lemon juice and peel and pour over shrimp. Cover and bake in 350° oven for 15 minutes. Uncover and top with cheese and sprinkle with a little paprika. Bake 10 minutes more or until cheese is melted. Serves 4.

Mrs. Wendell Murphy, Cameron, La.

MAMOU'S OYSTER STEW

3 doz. oysters
1½ sticks butter
1 white onion, chopped
1 bell pepper, chopped
½ cup chopped celery
1½ cups chopped green onions
1 cup chopped parsley
1 pint half and half
1 quart milk
Salt, black pepper, garlic
powder to taste

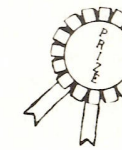
Tabasco
1 T. mayonnaise

Melt butter in large gumbo pot; then add onion, bell pepper, celery, half of the green onions and half of the parsley. Cook until the white onions are clear and tender. Mix the half and half a little at a time with the vegetables. Add milk, stirring constantly. Season to taste with salt, black pepper, garlic powder and Tabasco. Let stew heat slowly until just before boiling point. Do not let it boil! Add oysters with liquid and cook until the edges curl. To serve: stir in the mayonnaise (this adds a distinct flavor) and additional green onions and parsley. Serves 6 to 8.

Sallie Jones, Cameron, La.

RICE AND OYSTER SURPRISE

1 quart oysters
1 cup chopped green onions
6 T. margarine
Salt and pepper
2 T. soy sauce
2 cups cooked rice
2 T. Worcestershire sauce
3 slices toasted bread crumbs



Put oysters, green onions, margarine, soy sauce, Worcestershire sauce, and salt and pepper to taste in a large Corning ware cooking dish, cover and place in microwave oven for 5 minutes, stir mixture and repeat twice as oysters and mixture cooks it makes its own gravy, when oysters look cooked add cooked rice a small amount at a time stirring well. Return to Microwave oven for 5 more minutes. Top with dry toasted bread crumbs. (Total cooking time in Microwave oven 20 minutes.)

★ 2nd Place Winner in Favorite Food Show.

JoAnn Nunez, Creole, La.

OYSTERS A L'ESCARGOT

4 doz. plump oysters
1 cup finely chopped parsley
4 large cloves garlic, minced finely
½ lb. (2 sticks) butter
Salt and pepper

Poach the oysters in their own liquid just until they plump and begin to curl around the edges. Remove them immediately with a slotted spoon and set aside. Reduce the juices to just a few spoonfuls. It should be syrupy. Taste for salt. Mix together the minced parsley and garlic. If the oyster juices are very salty, you may have to add sweet butter instead of the lightly salted kind. Mix with the oyster juices into a sort of paste, seasoning well with plenty of black pepper. Cover the oysters with this escargot sauce, and refrigerate for 4 hours or longer.

Serve in any of the following manners:

1. Place a pat of the sauce in an escargot (large snail) shell, add one or two oysters, cover with more butter. Re-heat in a very hot oven just until sizzling hot.
2. Scrub thoroughly nice deep oyster shells. Arrange 2 oysters in each. Cover with butter as above. Place the shells in pie pans filled with rock salt and heat as above.
3. Re-heat oysters in butter in a large skillet or chafing dish and serve spooned over French bread.

*Ms. Myriam Guidroz, Chez D.H. Holmes Restaurant
New Orleans, La.*

CAMERON CONSTRUCTION COMPANY, INC.

CRAWFISH PIE

3 cups boiled crawfish, cleaned
1 1/2 cups water reserved from boiling crawfish
1/3 cup chopped celery
1/4 cup chopped green onion tops
1 cup chopped onions
1/4 cup cooking oil
3 cups cooked rice
1 can Cream of Mushroom soup
3/4 tsp. salt
1/8 tsp. black pepper
1/4 tsp. hot sauce
1/8 tsp. Worcestershire sauce

Boil cleaned crawfish for about 10 minutes, then drain, reserving 1 1/2 cups water. Saute chopped vegetables in oil until soft. Add to boiled crawfish, along with reserved water, cooked rice, soup and seasonings. Mix well. Pour the mixture into a greased baking dish. Bake uncovered at 350° for 30 minutes. Serves 8.

Mrs. Rose Crochet, Klondike, La.

SHRIMP-STUFFED CREOLE EGGPLANT

2 medium eggplants
1 large onion or 5 green onions, chopped
1/2 cup minced celery tops
1 lb. raw shrimp, peeled and deveined
2 cloves garlic, minced
2 T. melted butter or margarine
5 slices day old bread
1 cup water
4 sprigs parsley, chopped
2 tsp. salt



1/8 tsp. black pepper
1/8 tsp. red pepper
2 eggs beaten
1/3 cups Parmesan cheese, grated
1 tomato chopped

Cook eggplant in boiling water about 15 minutes, remove from water and let cool. Cut each in half lengthwise. Carefully scoop out pulp leaving shells intact. Chop pulp. Saute onions, celery, shrimp (chopped) and garlic in butter until tender. Soak bread in water, squeeze out excess water. Add bread, parsley, eggplant pulp, salt, pepper to shrimp mixture, mix well. Cool slightly, then add beaten eggs, blending well. Arrange eggplant shells in baking dish, stuff each shell with shrimp mixture, sprinkle with cheese. Bake at 400° for 20 to 25 minutes.

★ 1st Place Winner in 1976 Favorite Food Show.

Mrs. Claude Eagleson, Cameron, La.

CRAWFISH ETOUFFEE

1 stick oleo
1/2 T. flour
1 onion, chopped fine
1 T. bell pepper, chopped fine
2 pods garlic, chopped fine
Crawfish fat
1 lb. crawfish tails
Seasoning to taste
Green onions and parsley, chopped fine

Melt oleo in skillet; add flour and stir until blended. Add onion, bell pepper and garlic, cooking until tender. Add crawfish fat and cook about 15 minutes, stirring occasionally. Add crawfish tails, cover and simmer about 20 minutes. Season to taste and add chopped green onions and parsley. Cook over low heat until seasonings blend. Serve over hot rice. Serves 4.

Mrs. Winston Benoit, Cameron, La.

SHRIMP CASSEROLE

1 lb. peeled, deveined cooked shrimp
1 T. lemon juice
3 T. salad oil
3/4 cup uncooked regular rice
1/4 cup finely chopped, green pepper
1/4 cup finely chopped, onions
1/4 cup melted butter or margarine, divided
1 tsp. salt
Pepper to taste (black & red)
1 tsp. accent
1/8 tsp. ground mace
1 can condensed tomato soup, undiluted
1/4 cup water
1 cup whipping cream
1/4 cup sherry
1/2 cup slivered blanched almonds, divided
1 cup bread crumbs

Set aside 8 shrimp for topping, combine remaining shrimp, lemon juice and salad oil in lightly greased 2 quart casserole. Cook rice, set aside. Saute onions, green pepper in 2 T. butter for 5 minutes, add to rice, with seasoning, tomato soup, water, whipping cream, sherry and 1/4 cup almonds. Add to shrimp mixture, stirring gently, bake at 350° for 20 minutes. Combine 2 T. butter, bread crumbs and reserved shrimp. Sprinkle over casserole and bake 15 minutes more or until lightly browned.

★ 3rd Place Winner in 1976 Favorite Food Show.

Mrs. Claude Eagleson, Cameron, La.

STUFFED SHRIMP

1 lb. fresh shrimp, peeled and deveined
1/4 lb. crab meat
2 eggs
1 cup chopped onions
3/4 cup chopped celery
1/4 lb. oleo
1/2 cup green onions (chopped fine) and parsley
1/2 cup bread crumbs
1/4 cup chopped bell pepper
3 slices bread
1/2 lb. boiled shrimp, peeled and deveined

Set fresh shrimp aside after peeling. Put oleo, onions and 1 cup chopped celery into heavy pot. Season to taste. Cook slowly in uncovered pot until onions are wilted. Grind boiled shrimp in food chopper. Mix shrimp, crab meat, with onion mixture and cook 15 minutes over medium heat in covered pot. Add bread which has been soaked in eggs; mix well. Add bell pepper, remainder of celery, green onion tops, parsley and bread crumbs. Mix well. Split each shrimp lengthwise almost to the end and flatten out. Stuff centers of shrimp with mixture, holding each shrimp in the hand and squeezing it together to form a croquette. Roll in all purpose flour, then dip in heavy egg batter and roll in bread crumbs. Fry rapidly for 5 minutes in deep fat at 375°. Serves 5.

★ 1st Place Winner in 1976 Favorite Food Show.

Nelvia Murphy, Grand Chenier, La.

LENA'S STUFFED CRABS

1/2 cup bacon grease
1/2 cup flour
1 large onion, chopped
1 bell pepper, chopped
3 ribs celery, chopped
1/3 cup parsley, chopped
6 slices stale bread
1/2 cup water
2 cups crab meat

1 cup onion tops
Salt and pepper to taste

Make a light roux with bacon grease and flour. Saute onion, bell pepper and celery in roux until tender. Wet bread and squeeze out water. Add bread and crab meat to roux. Mix well, and add onion tops, parsley and seasonings. Stuff crab shells and sprinkle buttered bread crumbs on top. Bake at 350° for 45 minutes.

Mrs. Lena Aubey Tebbets, Natchitoches, La.

CRAB CASSEROLE A LA BLAKE

2 cups crab meat
8 saltine crackers broken in small pieces
1 stick butter
1/2 cup chopped green onions
1/4 cup chopped parsley
1/4 cup chopped celery
1/4 cup chopped bell pepper
1 6-oz. can sliced button mushrooms
1 can water chestnuts, sliced
1 egg
1/4 cup Pet milk
1/4 to 1/2 cup toasted bread crumbs
Salt, black and red peppers

Combine crab meat, crackers and season with salt and peppers; set aside. Saute green onions, parsley, celery, bell pepper, mushrooms and water chestnuts in butter until onions are soft and transparent. Beat raw egg with canned milk and mix carefully with crabmeat mixture. Then add sauteed vegetables. Correct seasonings. Pour into buttered casserole and top with bread crumbs. Dot with additional pats of butter, sprinkle with paprika and bake for 30 minutes in a 350° oven, or until brown and bubbly.

Mrs. J.B. Blake, Jr., Cameron, La.

CRAB CASSEROLE

3 T. cooking oil
1/4 cup bell pepper, chopped
1/2 cup onions, chopped
1/2 cup bread crumbs (toasted bread)
2 eggs, beaten
2 cloves garlic, chopped
3 cups crab meat
Salt and pepper to taste

Saute bell pepper and onions in cooking oil. Mix bread crumbs, milk, eggs, garlic, crab meat and seasonings. Add sauteed bell pepper and onions. Grease a 2 quart baking dish with butter and sprinkle with bread crumbs. Pour in crab mixture and top with bread crumbs. Bake in a moderate oven (350°) about 25-30 minutes.

Mrs. Lee J. Harrison, Grand Chenier, La.

OYSTER AND EGGS GUMBO

1 T. cooking oil
1 onion, chopped
3/4 cup roux
3 quarts water
1 quart oysters
2 T. chopped parsley
3 T. chopped green onions
Salt and pepper to taste
6 hard boiled eggs

In gumbo pot, saute onion in oil. Add roux and water. Boil for about 20 minutes; then add oysters and cook 20 minutes more. Sprinkle in parsley and green onions. Season to taste. Lastly add boiled eggs, cut in half. Spoon over rice and serve.

Mrs. Mayo Cain, Klondike, La.

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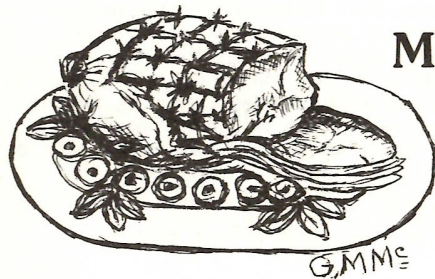
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CRAWFISH STUFFED PEPPERS

- 2 large onions, minced
- 1 bell pepper, minced
- 1 cup chopped celery
- 2 cloves garlic, minced
- 1½ sticks oleo
- 1 T. parsley, chopped
- 1 lb. peeled crawfish tails, coarsely chopped
- ½ loaf stale French bread
- 1 bay leaf
- ½ tsp. thyme
- 1½ tsp. salt
- ½ tsp. Tabasco sauce
- 1 egg
- 5 medium bell peppers, halved

Saute onions, pepper, celery and garlic in oleo until light brown. Add parsley, crawfish tails and bread that has been soaked in water and squeezed out. Add bay leaf, thyme, salt and Tabasco sauce and blend thoroughly. Remove from heat; add egg and blend. Remove seeds and membrane from bell pepper halves and cook in boiling, salted water about 5 minutes; drain. Pile mixture into pepper shells; garnish with whole crawfish tails, if desired. Bake at 350° for 15 to 20 minutes. Yield: 5 generous servings.

Susan Stewart Fox, Slidell, La.



MEATS

MEAT LOAF

- 1 lb. ground beef
- 1 egg
- 1/3 cup bread crumbs
- ½ cup chopped green onion tops and parsley
- 1 onion chopped

Mix all above ingredients in casserole dish and bake at 350° for 1½ hours.

★ 1st Place Winner in the 1976 Favorite Foods Show.

Nelvia Murphy, Grand Chenier, La.

SHIRLEY'S FIESTA BEEF BALLS

- 3 lbs ground beef
- 1 cup chopped onions
- ¾ cup chopped bell pepper
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. red pepper
- 8 slices of bread soaked with milk
- 1 can cream of mushroom soup
- 2 oz. jars Sweet and Sour Sauce (2 oz. Balles Chile Sauce)

Mix beef, onions, bell pepper, seasonings, bread and soup together, form small balls and bake at 425° for 12 minutes. Remove from pan let cool so they will firm up. In separate sauce pan mix Sweet & Sour sauce and Chili Sauce and warm. Put meat balls in serving dish and pour sauce over them. Let set a while before serving.

★ 2nd Place Winner in the 1976 Favorite Foods Show.

Shirley Chesson, Sweetlake, La.

EGGPLANT CASSEROLE

- 1 T. oil
- 2 cups ground beef
- 1 cup chopped onion
- ¾ cup chopped bell pepper
- 2 cloves garlic

Brown ground beef in oil then add onions, pepper and garlic and saute, then add

- 1 large eggplant, diced
- 1 can cream of mushroom soup
- 1 can cream of chicken soup

Cook these together until eggplant is tender. Remove from heat and add 2 cups crushed crackers. (Buttery or Ritzy kind)

Mix thoroughly then put into large greased casserole and top with

- 1 cup crushed crackers
- ½ c. margarine
- 1 T. paprika
- 1 cup grated cheese

Put into preheated 425° oven until cheese is melted.

★ 3rd Place Winner in the 1976 Favorite Foods Show.

Shirley Chesson, Sweetlake, La.

LAST MINUTE MEAT LOAF

- 1½ lbs. ground beef
- ¾ cup oatmeal
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup chopped onion
- ¼ cup chopped celery
- 1 egg, beaten
- ¾ cup milk
- 1 T. Worcestershire sauce
- Green pepper slices

Combine all ingredients, mixing well. Pack firmly in greased loaf pan. Garnish with green pepper rings. Bake at 350° for one hour. Let stand for 5 minutes before slicing. Serves 8.

Mrs. Anna Paris, Creole, La.

MEAT LOAF

- 1 lb. ground beef or veal
- ½ lb. ground lean pork
- 1 cup bread crumbs (toasted)
- 1¼ cups Carnation milk
- 1 egg, beaten
- ¼ cup minced onion
- ¼ tsp. salt
- 1 T. Worcestershire sauce
- ¼ tsp. each: pepper, dry mustard
- celery salt, and garlic salt

Combine all ingredients. Shape into loaf on a shallow baking pan. Bake at 350° for 1¼ hours. Serves 8.

Mrs. Lee J. Harrison, Grand Chenier, La.

LENA'S STEAK ROYALE

- 1 large shoulder steak, thick cut
- 1 pkg. onion soup mix
- 5 T. Worcestershire sauce
- 2 T. flour
- 1 cup water
- ½ cup chopped onion

Put steak on tin foil in a pan or baking dish. Bake steak for 15 minutes, or until brown, uncovered, in a pre-heated 500° oven. While steak is browning, mix all of the onions, half of the soup mix, flour, water and Worcestershire sauce. Pour over steak. Close foil and bake 45 minutes at 400°. Additional water may be added, if needed, at the end of cooking time, and can be cooked for 10 more minutes.

Mrs. Lena Aubev Tebbets, Natchitoches, La.



TransOcean Oil, Inc.

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MOTHER'S HOMEMADE STEW

- 1 lb. stew meat or deer steaks cut into cubes
- 2 T. oil
- 2 T. flour
- Salt and pepper
- 1 large onion, chopped
- 1 bell pepper, chopped
- 2 large cans whole tomatoes and juice
- 2 small cans tomato sauce
- 2 cans water (use large tomato cans)
- 3-4 carrots chopped into cubes
- 2-3 potatoes cut-up

Brown meat in oil. Add onions, bell pepper, salt and pepper. Now add tomatoes, tomato sauce, water, carrots and potatoes. Cook on low fire for 3 to 4 hours. Add water as needed.

Mrs. Larry McNeese, Grand Chenier, La.

LENA'S BEEF STROGANOFF

- 1 large sirloin, cut in thin strips
- 1 large white onion, sliced
- 1 large can sliced B & B mushrooms
- 6 T. butter
- 1 can Franco-American brown gravy or mushroom gravy
- 5 T. Worcestershire sauce

Brown meat strips *lightly* in butter. Add onion and mushrooms and cook until well browned. (About 20 minutes). Add Worcestershire sauce, canned gravy and ½ cup water. Cover and simmer 15 minutes. Add sour cream. Mix well and serve immediately over rice.

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

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TACOS

Meat filling:

- 1 lb. either ground beef or deer
- ½ lb. cheese, grated (sharp)
- 1 large onion, finely chopped
- 2-3 tomatoes, chopped or cubed
- ½ head lettuce torn into bite-size pieces
- Peppers, if desired

Cook meat in a little oil until brown. Drain on paper towels.

Tortillas:

- Quaker brand Masa Trogo (available at Penny's grocery)
- ½ cup water

Blend water with enough Masa Trogo flour. Pinch off a small ball of dough. Roll on floured board. Place in a small amount of hot grease and brown lightly. Turn and brown other side. Place on a paper towel.

To make tacos, fold the tortillas in half. Add meat, onions, tomatoes, lettuce and pepper, and top with cheese.

If you like enchiladas, make a tomato sauce. Fold up the filled tortillas and place in a baking dish. Pour tomato sauce over them, sprinkle with cheese and bake at 350° for 15 minutes.

Mrs. Larry McNeese, Grand Chenier, La.

BARBEQUED PORK CHOPS LOUISIANA STYLE

- 2½ cups water
- 1 T. sugar
- 2½ tsp. black pepper
- 2 T. butter
- ¼ cup vinegar
- 2½ tsp. salt
- ¼ cup onion, chopped
- 2 T. Worcestershire sauce
- 1 tsp. powdered mustard
- 2 tsp. chili powder
- ½ tsp. Tabasco sauce
- ½ tsp. red pepper
- 1 bud garlic

Combine all ingredients in a one quart sauce pan and bring to a rolling boil. Allow sauce to stand overnight to blend flavors. For best results, warm sauce slightly before use. Any leftover sauce may be stored in the refrigerator and reused. Select large meaty chops sliced at least 1 inch thick. Place chops on grill over medium to low heat and cook for 30 to 45 minutes, turning often. Apply sauce with dish mop or small paint brush everytime you turn chops. Since the sauce does not have a tomato base, it will not burn. Your only concern is not to burn the chops. Cook until tender.

Harriet Addison, Hackberry, La.

PEPPER STEAK

- 2 lbs. steak
- 2 T. Crisco
- ¼ cup plus 2 T. flour
- ¼ cup cold water
- 1 beef bouillion cube dissolved in 1 cup boiling water
- 2 large green bell peppers cut in rings
- 1 large onion cut in rings
- 1 clove garlic chopped fine
- Seasoning to taste

Brown meat well in Crisco. Remove from heat, place meat in platter, and pour off fat. Stir in flour, water, bouillion cube dissolved in water, and bell pepper rings. Heat to boiling and add meat, garlic and onion rings. Cover and simmer for 30 minutes. Season to taste. (Green pepper rings should be crispy tender.) Serves 4.

Mrs. Winston Benoit, Cameron, La.

MEATBALLS CON QUESO

- 1½ lbs. ground beef
- 1½ cups fresh bread crumbs (3 slices bread)
- 1/3 cup minced onion
- 1/3 cup milk
- 3 T. chopped parsley
- ¼ tsp. pepper
- 1 egg
- 1 16-oz. pkg. pasteurized process cheese, cubed
- 1 4-oz. can minced green chilies
- 1 (1½ or 1¼ oz.) pkg. Taco seasoning mix
- 3 T. salad oil

In medium bowl mix ground meat, bread crumbs, onion, milk, parsley, pepper and egg. Shape into 1" balls. In 10" skillet over medium high heat, brown meatballs in salad oil, removing as necessary. Spoon off fat and wipe skillet clean. In same skillet over low heat, stir cheese, green chilies with their liquid, taco seasoning mix, and ¾ cup water until cheese is melted. Return meatballs to skillet, cover and simmer until heated through, stirring occasionally. Keep meatballs warm in chafing dish; serve with cornbread, taco chips or on top of rice. (Can also be used as an hors d'oeuvre.) Makes 8 servings.

Mrs. Charles R. Perkins, Cameron, La.

PORK CHOP 'N POTATO SCALLOP

- 6 pork chops cut ½ inch thick (1¾ lb.)
- 2 T. flour
- 1 tsp. salt
- 1 10¾-oz. can condensed Cheddar cheese soup
- 1¼ cups milk
- 1/3 cup crumbled bleu cheese
- 6 medium baking potatoes, peeled and thinly sliced (7 cups)
- 1½ cups sliced onions (2 medium)
- 2 T. flour
- 1½ tsp. salt
- ⅓ tsp. pepper

Trim fat from chops; in a large skillet, fry trimmings. Combine flour with salt; coat chops. In skillet brown chops well on both sides. Remove from skillet; set aside. Add soup to skillet; gradually stir in milk. Heat over medium heat to boiling point; remove from heat and stir in bleu cheese. Arrange half of potatoes and half of onions in buttered shallow 3-quart casserole. Combine flour, 1½ tps. salt and pepper; sprinkle half of flour mixture over potatoes and onions. Repeat with remaining potatoes, onions and flour mixture. Pour cheese sauce over all. Arrange chops on top; cover casserole with foil. Bake in preheated 350° oven 60 to 75 minutes or until potatoes are tender. Allow to stand 10 minutes before serving. Serves 6.

Mrs. John Prescott, Johnson Bayou, La.

LENA'S PORK & SAUERKRAUT

- 2 cans Del Monte sauerkraut
- 6 pork chops
- 1 large onion, chopped
- 6 slices bacon
- Salt and pepper to taste

Brown pork in a large casserole or pan in a 425° oven for 30 minutes. Reduce heat to 350° and continue to cook for another hour. Fry bacon in a heavy skillet. Remove bacon and add onions to remaining oil. Saute until soft. Add sauerkraut and cook together for about 15 minutes, stirring occasionally. Remove pork chops from baking pan. Add vegetables, place chops on top and return to oven for 30 minutes. NOTE: Be sure to rinse and drain kraut in colander before cooking.

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

PEPPER STEAK

- 1½ lb. round steak cut in strips
- ¼ cup shortening
- 1 8-oz. can tomatoes, drained, reserved liquid
- 1 chopped onion
- ½ cup bell pepper, chopped
- ½ cup celery chopped

Coat meat with following mixture:

- ¼ cup all-purpose flour
- ½ tsp. salt
- ⅓ tsp. pepper

Fry meat in shortening. Pour off remaining oil. Add tomatoes, reserve liquid. Add onion, bell pepper and celery, simmer. Then add reserved tomato liquid and 1¼ cup water. Cover and simmer for 1¼ hours. Stir occasionally. Perfect for electric skillet. Serve over hot rice.

Barbara LeBlanc, Cameron, La.

BEEF STEW

- 3 lbs. Boneless stew meat
- 1 onion
- ½ bell pepper, chopped
- 2 stalks celery, chopped
- ½ cup oil
- 5 medium potatoes, peeled
- 4 carrots
- 1 cup flour
- 1 can mushroom soup
- Seasoning

Brown flour in oil, add onions, celery and bell pepper. Add 2 cups water, stir in meat, seasoning. Then add 1 quart water cook for about 30 minutes. Then add in carrots, potatoes, when vegetables are done, serve over hot rice. Serves 6.

Barbara LeBlanc, Cameron, La.

AUNT FLORENCE'S GREEN PEPPER STEAK

- 1 T. soy sauce
- 1 clove garlic minced
- ½ cup salad oil
- 1 lb. round steak, cubed
- 1 green pepper, cubed
- 1 large chopped onion
- ½ cup diced celery
- 1 tsp. cornstarch
- ¼ cup water
- 2 tomatoes cut in 8th's

Mix soy sauce, garlic and salad oil; pour over steak and let stand for 1 hour. Pour into fry pan, allowing meat to brown thoroughly. Add pepper, onion and celery. Cover and cook 5 to 10 minutes over low heat or until vegetables are tender. Stir in cornstarch dissolved in water; stir until thickened. Add tomatoes and cover. Cook 5 to 10 minutes longer or until meat is tender. Serve over hot rice.

Mrs. Wayne Wood, Grand Chenier, La.

BROILED LAMB CHOPS PARMESAN

- 6 lamb chops cut ¾" thick
- ¼ cup grated parmesan cheese
- 2 T. soft butter or oleo
- ½ tsp. salt
- Dash of pepper

Broil chops 3 to 4 inches from heat about 8 to 10 minutes or until lightly browned. Turn on other side and broil 4 to 5 minutes or to desired doneness. Blend remaining ingredients; spread on chops. Broil 1 or 2 minutes or until cheese is lightly browned. Makes 6 servings.

Mrs. J.C. Murphy, Cameron, La.

CABBAGE ROLLS

1 lb. ground meat
1 egg
½ cup chopped onion
⅛ tsp. oregano
½ cup chopped bell pepper
2 T. parsley flakes
½ cup raw rice
1 large head of cabbage
1 small can tomato sauce
½ cup water

Season meat to taste with salt and pepper. Add chopped vegetables, unbeaten egg, oregano and parsley flakes. Mix in rice. Wilt 10-12 cabbage leaves in boiling water. Place in greased baking pan. Divide meat mixture into 10-12 small rolls and roll up in leaves. Place rolls in pan with edges down. Mix tomato sauce and water, and pour over rolls. Bake at 350° for 1 hour in a covered pan.

Mrs. Robert Ortego, Creole, La.

CREOLE CANNELONI

Crepes

1 T. butter, melted
2 eggs
1 cup milk
½ tsp. salt
1 cup all-purpose or pastry flour
Salad oil for frying

In a medium bowl, beat eggs thoroughly. Stir in milk and butter. Beat in flour and salt just until batter is smooth. (Should just coat a spoon dipped in it, if too thick, add a little more milk.) Lightly brush a 5" or 6" frying pan with salad oil. Then heat over medium heat until hot but not smoking. Quickly spoon in 2 T. of batter; tilt pan so batter covers bottom completely. Cook crepes 2 minutes on each side or until lightly browned. Remove from skillet and stack with foil between each. Cover with damp cloth until ready to use.

Meat Filling:

1 lb. ground meat
(½ beef, ½ pork)
Olive oil
2 T. butter, melted
1 T. minced fresh parsley
½ cup grated Parmesan cheese
Salt and pepper to taste

Cook ground meat in a small amount of olive oil. Remove from skillet and add melted butter, parsley, Parmesan cheese, salt and pepper. Mix until well blended and set aside.

Tomato Sauce:

2 T. butter
1 T. olive oil
1 small yellow onion, chopped
½ carrot minced
1 small clove garlic, pressed
1 small stalk celery, chopped
1 lb. fresh mushrooms, sliced
(or 8 oz. canned sliced mushrooms)
3 cups fresh tomatoes, peeled,
cut in chunks, (or 2 cups canned)
Salt and pepper to taste
½ tsp. dried oregano
½ T. chopped fresh basil
(½ tsp. dried basil)

Heat butter and olive oil in large skillet. Add onion, carrot, garlic, celery and mushrooms. Cook stirring until vegetables are lightly browned and limp. Add pureed tomatoes, then salt, pepper, oregano and basil. Heat to boiling, reduce heat and simmer for about 45 minutes until thick.

White Sauce:

2 T. butter
1½ T. flour
½ tsp. salt
Ground nutmeg to taste
Black (or white) pepper to taste

1 cup milk

Melt butter in small skillet. Blend in flour till smooth, add salt, nutmeg, and pepper. Gradually add milk. Cook and stir over low heat until sauce reaches a boil, then remove from heat.

To Assemble:

Preheat oven to 375° F. Spoon meat filling into each crepe, bringing one end over the other. Pour half the Tomato Sauce in bottom of foil-lined pan. Place filled crepes in Tomato Sauce and top with remaining Tomato Sauce. Pour White Sauce over then add shredded mozzarella (½-1 lb.) and Parmesan cheese. Bake uncovered for 20-30 minutes until bubbly and cheese is melted. Sprinkle with parsley and serve at once with large tossed Italian salad.

Mrs. Carolyn Harper, Grand Chenier, La.

SPAGHETTI SAUCE OVER RICE (Rice Supreme)

1¼ lb. ground meat
1 medium onion
1 small green bell pepper
1 tsp. salt
½ tsp. pepper
½ tsp. Italian seasoning
2 cups rice
1 small can tomato sauce
1 small can tomato paste
3 cloves garlic

Cook ground meat, finely chopped onion, finely chopped garlic, bell pepper, salt, pepper, and Italian seasoning together until meat is well done. Add tomato paste and tomato sauce, mixing all ingredients together and let simmer for 15 minutes. Serve over top of cooked rice. Serves approximately 8.

Nancy Young

CAMERON INSURANCE AGENCY

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Cameron, Louisiana

CANTONESE PORK CHOPS

6 (1 inch thick) loin
pork chops
2 T. salad oil
1 30-oz. can apricot halves
½ cup water
2 to 3 T. soy sauce
1 large clove garlic
1 tsp. Accent
1 8-oz. can water chestnuts,
drained and sliced
5 green onions, chopped
1 cup celery, chopped
Salt and pepper

Brown pork chops in oil in a large skillet. Pour off drippings. Drain apricots and reserve syrup. Combine syrup, water, soy sauce, garlic, ginger, salt and pepper. Pour over chops. Cover and simmer 35 to 45 minutes or until done. Add additional water during cooking. Add water chestnuts, onions, celery, to pork chops, and cook about 5 minutes. Add apricots and heat thoroughly. Yields: 6 servings.

Mrs. Claude Eagleson, Cameron, La.

PORK CHOPS BAKED WITH CABBAGE

12 cups cabbage, finely chopped
3 T. butter
½ cup finely chopped onions
½ tsp. finely chopped garlic
8 center cut loin pork
chops, about ¾" thick
3 T. oil
½ cup dry white wine
1 cup heavy cream
1 bay leaf
4 tsp. Parmesan cheese, mixed with
2 tsp. dry bread crumbs

Cook cabbage in salted boiling water for 5 minutes. Drain in colander. In skillet, melt 2 T. of butter, and cook onions and garlic until soft but not brown, stirring constantly. Stir in the cabbage, salt, and pepper. Cook stirring frequently for 5 minutes or until almost all moisture has evaporated. Transfer to bowl and set aside. Pat chops with paper towels, season with salt and pepper. Add 1 T. butter and oil and brown the chops. Remove and set aside. Drain almost all fat from pan. Add wine and boil rapidly, stirring drippings until wine is reduced to ¼ cup. Mix wine into cabbage. Layer cabbage and chops, beginning and ending with cabbage. Scald cream. Pour over casserole. Top with bay leaf. Bake at 350° for 1½ hours. Remove cover, discard bay leaf. Sprinkle with cheese and crumbs. Bake 30 minutes longer until brown and crusty.

★ 3rd Place Winner in the Favorite Foods Show

Martha Fontenot, Cameron, La.

PORK CHOPS AND SPANISH RICE

5 pork chops (½ inch thick)
1½ tsp. salt
½ to 1 tsp. chili powder
1 can tomato sauce
2 cans water
¾ cup long grain rice
½ cup chopped onion
Dash black pepper
Cheese, if desired

Trim excess fat from pork chops. Brown chops in 1 T. oil. Drain excess oil and combine rice, onion, tomato sauce and seasonings. Place rice mixture in a casserole dish, and place chops on top of the rice. Cover and cook 30-35 minutes, stirring occasionally. If desired, top with cheese and run under broiler to melt cheese.

Mrs. Edna Bertrand, Cameron, La.

SMOTHERED LIVER

2 lbs. liver
1 tsp. salt
1 tsp. cooking oil
1 tsp. red pepper
1 tsp. garlic powder
1 large chopped onion

Cut liver into slices about ½ inch thick and season with salt, pepper and garlic powder. Heat oil in skillet; saute onions for about 10 minutes. Drop in the slices of liver, and turn over when brown. Brown both sides. Add ½ cup of water, cover and simmer for 30 minutes. Serve with hot grits or rice.

Mrs. Brenda Conner, Cameron, La.

GOLDEN MEAT BALL CASSEROLE

1 lb. ground beef
½ cup fresh bread crumbs
1 egg
1 T. all-purpose cooking oil
2 cups water
1 cup cooked rice
2 large carrots cut in quarters
½ cup green peppers, chopped
¼ cup chopped onions
½ lb. Velveeta cheese, cubed

Combine meat, bread crumbs, eggs and salt. Mix, shape into 18 meat balls, brown in small amount of oil in large skillet, drain and add water, rice, carrots, peppers and onions, cover and simmer for 25 minutes. Add Velveeta cheese, heat until cheese melts.

Shirley Bonsall, Grand Chenier, La.

CHARLES' HAMBURGER DELIGHT

¼ lb. ground meat
1 slice tomato
1 slice cheese
1 large hamburger bun
1 T. catsup
Salt and pepper
2 slices bread and butter pickles
1 T. Mayonnaise

Make 2 thick patties. Place tomato, cheese, onion, pickles on one patty. Sprinkle salt and pepper to taste. Place second patty on top of all ingredients, sealing two patties to make one hamburger patty. Bake about 1 hour at 350°. Place in hamburger bun with mayonnaise spread on each side of patty.

Charles R. Young

DINNER IN A DISH

1 lb. ground chuck
1 onion, chopped
1/3 cup bell pepper, chopped
1 egg, beaten
1 12-oz. can whole kernel corn
3 tomatoes, sliced
Salt and pepper to taste
¼ cup chopped parsley
1 dozen soda crackers, crushed

Brown meat in small amount of oil in heavy fry pan. Add onions and bell pepper and saute. After mixture cools slightly, add the egg and stir well, making a thick mixture. Spread a layer of this in a greased two quart casserole, add a layer of corn and a layer of sliced tomatoes. Sprinkle the parsley on top, salt and pepper, and begin again with a layer of meat, corn and tomatoes until all is used, salting and peppering the top again. Place crushed crackers on top and bake in a 350° oven for 30 to 40 minutes. Serves 6.

Mrs. Charles Rogers, Cameron, La.

NORMA'S FETTUCINE AND MEATBALLS

2 lbs. ground meat
1 tsp. salt
1 tsp. Seasoned salt
1 tsp. Seasoned pepper
1 tsp. Accent
½ tsp. oregano
½ tsp. thyme
½ tsp. salad herbs
1 tsp. cayenne pepper
1 T. Worcestershire sauce
1 cup finely chopped onions
½ cup finely chopped green onions
2 T. finely chopped bell pepper
3 beaten eggs
1 cup bread crumbs

Place the meat in a large bowl and work in all the seasonings. Form into balls about the size of a lemon. Heat oil in an iron skillet, using just enough to cover the bottom, and brown the meatballs. Makes 20 meatballs. (I freeze half the meatballs after they are cool to use another day.)

2 T. flour
6 T. butter
1½ cups milk
½ tsp. salt
¼ tsp. white pepper
Dash of cayenne
2 T. fresh minced parsley
10 meatballs

Combine flour, butter, milk, salt and peppers. Stirring constantly, cook over low flame until thickened. Add meatballs, turning to cover them with sauce. Sprinkle the parsley overall, cover and simmer for 20 to 30 minutes while preparing the fettucine.

2 5-oz. pkgs. thin egg noodles
2 sticks oleo

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¾ cup heavy cream
½ cup chopped fresh parsley
1 tsp. dried basil
½ tsp. salt
Freshly ground black pepper
1½ cups grated Parmesan cheese

Cook noodles according to directions on package. Put 1 stick of butter in the serving dish and put in oven to melt butter and heat the dish. In the serving dish, after butter is melted, add cream, parsley, basil, salt and pepper. Drain noodles quickly, and pour into serving dish. Slice in remaining oleo, tossing gently until noodles are well coated. Add grated cheese and toss until cheese coats noodles. Serve immediately. Serves 4 very generously.

Mrs. Braxton Blake, Cameron, La.

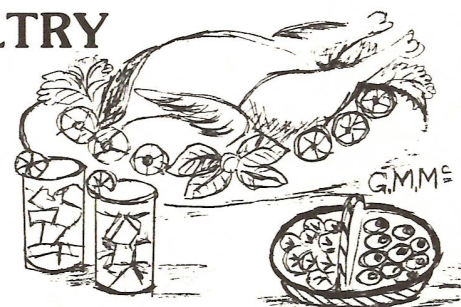
LENA'S SAUSAGE SURPRISE

2 lbs. ground pork (Boston Butt)
¼ cup fennel seed
4 cups Pioneer Biscuit Mix
Salt and pepper to taste

Mix pork, fennel seed, salt and pepper. Place in a covered dish and refrigerate overnight. Follow package directions for biscuits, substituting Carnation milk (canned milk) for water. Do not bake biscuits. Cook pork and let cool. Spread half of biscuit mixture in a greased casserole. Spread sausage mix over this. Spread out and put other half of biscuit mixture over the sausage mix. Bake in a pre-heated 425° oven for 25 minutes.

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

POULTRY



BAKED ALMOND CHICKEN

1 (3½ lb.) fryer cut into pieces
All purpose flour
1 tsp. celery salt
1 tsp. paprika
1 tsp. salt
½ tsp. curry powder
½ tsp. oregano
½ tsp. black pepper
7 T. melted butter or margarine
¾ cup half and half (milk)
½ cup commercial sour cream
3 T. dry bread crumbs
¾ cup sliced almonds

Wash chicken and pat dry. Shake pieces of chicken in bag containing flour. Combine celery salt, paprika, salt, curry powder, oregano, pepper, and 6 T. melted butter, reserve one tablespoon butter and set aside. Roll floured chicken in seasoned butter.

Arrange chicken in a single layer in a 13"x9"x2" baking dish or pan, sprinkle with almonds and pour half and half over chicken. Cover with foil; bake at 350° for one hour.

Uncover, spoon out ½ cup liquid and combine with sour cream. Pour mixture over chicken. Combine bread crumbs and the 1 T. melted butter; sprinkle over chicken. Bake, uncovered, 30 minutes longer or until tender. Yield 6 servings.

Mrs. Charles F. Hebert, Cameron, La.

CHICKEN LIVERS WITH POLENTA

Polenta:

1¼ cup yellow cornmeal
2½ tsp. salt
½ cup cheddar cheese, grated

In large saucepan, bring 2¾ cup water to boiling. Mix cornmeal, salt and 1 cup water. Gradually stir into boiling water. Cook over low heat, cover and stir frequently for 10 minutes. Remove from heat, add grated cheese and mix well. Spoon into well buttered 4½ cup ring mold. Cover with foil and let stand in warm place to set - about 15 minutes.

4 T. margarine
1-lb. chicken livers, washed and halved
½ cup onion, chopped
½ tsp. dried oregano leaves
Chopped parsley
¼ tsp. pepper
½ cup tomato juice
1 chicken bouillon cube
1 can (10½ oz.) condensed cream of mushroom soup, undiluted

Saute livers and onions in hot margarine 8 minutes or until brown. Stir in oregano and pepper. Gradually stir in tomato juice, bouillon cube and cream of mushroom soup. Bring to a boil, stirring constantly. Reduce heat, simmer uncovered for 5 minutes. Taste, season with salt if needed.

To serve: unmold polenta onto warm serving platter. Fill center with chicken liver mixture. Garnish with chopped parsley. Serves 6.

Sharon Terrell, Alexandria, La.

CHICKEN CONFETTI

4 or 5 lb. broiler-fryer chicken, cut up
1 tsp. salt
½ tsp. pepper
¼ cup salad oil
½ cup chopped onion
1 clove garlic, minced
2 cans tomatoes (16 oz. each)
1 can (8 oz.) tomato sauce
1 can (6 oz.) tomato paste
2 T. snipped parsley
2 tsp. salt
1 tsp. basil
¼ tsp. pepper
7-8 oz. spaghetti, cooked and drained
Grated Parmesan cheese

Wash chicken pieces and pat dry. Season with salt and pepper. In a large skillet or Dutch oven, brown chicken in oil; remove chicken. Pour off all but 3 T. oil. Add onion and garlic; cook and stir until onion is tender. Stir in chicken and remaining ingredients except spaghetti and cheese. Cover tightly; cook chicken slowly for 1-1½ hours, or until tender, stirring now and then and adding water if necessary. Skim off excess oil. Serve over spaghetti; sprinkle with cheese.

Liz Ducote

CHICKEN AND RICE

1 2½-lb. cut-up fryer
½ stick margarine
1 cup raw rice
½ to 1 pkg. dry onion soup mix
2 cups boiling water

Melt margarine in casserole dish or pan. Add cut-up fryer, turn to coat with margarine. Pour raw rice over the chicken. Sprinkle the soup mix over chicken. Pour in boiling water. Cover with foil or tight fitting lid. Bake 1½ hours at 300°. If you wish, you may remove cover (or foil) and let brown during the last 30 minutes of cooking time.

Patsy Granger, Jennings, La.

CHICKEN CONFETTI

4 to 5 lb. fryer cut up
1 tsp. salt
½ tsp. pepper
¼ cup salad oil
1 clove garlic (minced)
1 pint jar home canned stewed tomatoes
1 can (6 oz.) tomato paste
½ cup snipped parsley
7 or 8 oz. spaghetti (cooked and drained)
Grated Parmesan Cheese

Wash chicken and pat dry. Season with salt and pepper. In large skillet or Dutch oven, brown chicken in oil, pour off all but 3 T. fat, add onion, garlic, cook and stir until onions are tender, stir in remaining ingredients except spaghetti and cheese.

Cover tightly, cook chicken slowly 1 to 1½ hours or until tender, stirring occasionally and adding water if necessary. Skin off fat. Serve on spaghetti. Sprinkle with Parmesan Cheese.

★ 1st Place Winner in the 1976 Favorite Foods Show

Mrs. Shirley Bonsall, Grand Chenier, La.

WEIGHT-WATCHING FRIED CHICKEN

1 broiler-fryer (2½-3 lbs.)
cut in serving size pieces
1 tsp. salt
1 tsp. Tex-Joy steak seasoning
½ tsp. poultry seasonings
2 onions, peeled and sliced
½ cup water

Sprinkle seasonings over chicken and rub in well. Place chicken pieces, skin side down, in a single layer in a large frying pan. Place onion slices on top; cover tightly. (No need to add any fat). Cook over low heat 30 minutes. Tilt lid slightly so liquid will evaporate; continue cooking 20 minutes longer, or until chicken is tender and golden. Place chicken on a heated serving platter, pushing onions back into pan. Stir in water, mixing with browned bits from bottom of pan (mushrooms may be added at this point and cooked until done). Cook until liquid evaporates. Spoon over chicken, and serve hot.

Mrs. Carolyn Harper, Grand Chenier, La.

WAKEFIELD ENGLISH JAMBALAYA

6 chicken breasts
1 lb. butter
2 bunches shallots
2 large bell peppers, chopped
4 leaves celery, chopped
4 medium white onions, chopped
4 cups rice
6 eggs, hard boiled
4 pkgs. McCormicks chicken gravy mix
Salt, red and black pepper
3 T. dried parsley

Remove skin from chicken and boil until tender (add no salt). Strip chicken from bone, dice. Reserve broth - should be about 10 cups. Melt butter in large pot and simmer shallots, bell peppers, celery and onions until wilted. Add chicken broth. Prepare rice - do not rinse - and cook as usual. Boil the eggs. Add diced chicken to vegetable and broth mixture. Blend gravy mix with 10 ounces water and add to vegetable and broth mixture, simmering until thick. Season to taste. Add chopped boiled eggs and parsley. Stir well ONCE. Blend mixture into cooked rice. Note: pour rice into vegetable mixture; do not mix until ready to serve; do not cook after mixing in rice; rice should be moist but not mushy. (This is an original recipe by Lonnie A. Davis, Baton Rouge, submitted by his sister.)

Mrs. Wilma Guthrie, Cameron, La.

TURKEY CRUNCH CASSEROLE OR SECOND DAY TURKEY

3 cups diced cooked turkey
2 hard cooked eggs, chopped
1 can (4 oz.) sliced mushrooms
¾ cup diced celery
½ cup slivered blanched almonds
1 T. chopped onion
1 can (10½ oz.) condensed cream of chicken soup
¾ cup Hellman's Real Mayonnaise
Chow mein noodles or crushed potato chips

Mix together first 6 ingredients. Stir soup into Real Mayonnaise, toss with turkey mixture. Turn into 2 quart casserole. Sprinkle with noodles or crushed potato chips. Bake in 350° F oven 30 minutes or until mixture is bubbling. Serves 6.

Mrs. Charles F. Hebert, Cameron, La.

HOT CHICKEN SALAD

3 cups diced, cooked white chicken meat
1 T. dried onion flakes
½ cup chopped pecans
1 T. lemon juice
2 cups finely chopped celery
¾ cup mayonnaise
¼ cup salad dressing
¾ cup grated mild cheese
Potato chips, crushed
Paprika

Combine all ingredients except potato chips. Pour into a two-quart greased casserole, top with the crushed potato chips, sprinkle with paprika and bake at 350° for 20 minutes.

Mrs. Charles Rogers, Cameron, La.

CHICKEN SUPREME

5 whole chicken breasts,
seasoned with salt and pepper
4 T. margarine
2 cups chicken bouillon
2 cans cream of chicken soup
1 can 4-oz. sliced mushrooms
Juice of 1 lemon
2 T. parsley flakes or fresh
parsley chopped fine
2 T. sherry

Saute seasoned chicken breasts on each side in margarine. Remove and place in baking pan. Mix other ingredients and pour over chicken. Bake in 325° oven for 45 minutes to 1 hour.

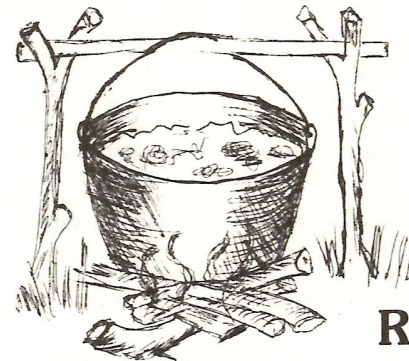
Mrs. Jerry Jones, Cameron, La.

OVEN-FRIED CHICKEN WITH SAUCE

½ stick oleo
2 envelopes Spaghetti Sauce mix
½ cup dry bread crumbs
1 fryer, cut-up
Milk

Line a shallow baking pan with foil and dot with oleo pats. In paper bag, shake together the sauce mix and bread crumbs. Dip chicken in milk and then shake in bag to coat evenly. Place chicken in baking pan, cover with foil and bake at 350° for 30 minutes. Remove foil and turn chicken, then continue baking until tender and golden brown. Serves 4.

Mrs. Wendell Murphy, Cameron, La.



RICE

RICE WITH MUSHROOMS

3 T. butter
1 cup uncooked rice
1 7-oz. can sliced mushrooms, drained
1 10-oz. can onion soup
1 soup can water
1 tsp. sage
salt and pepper to taste

Melt butter in skillet and lightly brown rice and mushrooms. Add soup, water, sage, salt and pepper. Cover and cook over low heat 25 minutes. Serves 6.

Michael Prescott, Johnson Bayou, La.

VICKIE'S BROWN RICE CASSEROLE

1 can onion soup
1 can beef consomme
½ stick oleo, melted
1 cup long grain rice
1 small can mushroom button, drained

Preheat oven to 375°. Place all ingredients in 1½ quart casserole and bake covered for 45 minutes. (Especially good with chicken.)

Mrs. C.J. Broussard, Jr., Baton Rouge, La.

FLUFFY ORANGE RINGS

1 cup chopped celery
¼ cup chopped onion
¼ cup butter
2 T. orange juice concentrate
1¼ cups water
½ tsp. salt
1-1/3 cups packaged precooked rice

Cook celery and onions in saucepan with butter until tender. Add orange juice concentrate, water and salt. Bring mixture to a boil and add rice and continue cooking following directions on package of rice. Serves 4.

Mrs. J.C. Murphy, Cameron, La.

CHINESE RICE

3 lbs. shrimp - boil, drain,
chop and set aside
3 cups uncooked rice - cook
and set aside
8 slices bacon
2 lg. toe garlic, chopped
2 lg. onions, chopped
1 green pepper, chopped
5 stems celery, chopped
2 cans waterchestnuts, chopped
2 cans bamboo shoots
Soy sauce

Cut bacon into bite size pieces, fry slowly in large frying pan until all fat is out leaving both in pan. Add onions, garlic, pepper and celery, cook stirring often. Add green onions, cook until wilted. Add all other ingredients including shrimp and rice. Season with hot sauce and sprinkle with soy sauce until a pretty beige color or to taste.

Wardella Fontenot, Jennings, La.

BASIC JAMBALAYA MIX

1½ cups raw rice
1 can Mushroom soup
2 onions, chopped
½ cup bell pepper, chopped
½ cup celery, chopped
2 cups water
6 carrots, grated
¼ cup oil
Meat of your choice

Saute onions, bell peppers and celery in oil until wilted. Add meat and brown. Then add carrots, soup 2 cups water and raw rice. Cover stirring occasionally. When rice is cooked Jambalaya is done.

Barbara LeBlanc, Cameron, La.

CHINESE FRIED RICE

3 T. bacon drippings (or butter)
½ cup green onions and tops, chopped
1 cup diced celery
1 cup mushrooms, sliced
2½ cups cooked rice
2 T. soy sauce
1 egg, slightly beaten
10 slices crisp bacon

Heat butter in skillet. Add onions and celery. Cook until almost tender. Add mushrooms, rice and soy sauce. Cook 10 minutes on low heat, stirring occasionally. Stir in beaten egg and cook only until egg is done. Sprinkle with crumbled bacon and serve. Extra soy sauce may be served with rice.

Mrs. Mary B. Cockrell, Cameron, La.

SOUTHERN RICE DRESSING

Roux: 1 T. shortening
1 T. Flour
2 cups broth, chicken or beef
2 cloves garlic
1 cup chopped giblets or
ground meat
1 onion, chopped
2 T. parsley, chopped
2 T. green onion tops, chopped
4 cups rice
Salt and pepper to taste

Mix roux and cook over low flame until brown. Add broth, garlic and meat. Let cook for 20 minutes. Add onions and parsley. Simmer for 10 minutes. Mix with cooked rice and seasonings. Simmer for about 10 minutes.

Mrs. Lovenia Bartie, Cameron, La.

RICE AND SHRIMP PARTY PIE

3 cups hot cooked rice
4 T. butter
¼ tsp. red pepper
2 T. minced parsley
2 T. finely chopped pimiento
1 T. minced onion
¼ tsp. salt
¼ tsp. red pepper
1½ lbs. peeled and deveined shrimp
1 can condensed cream of
mushroom soup
1 T. lemon juice

Combine rice, 2 T. butter, parsley, pimiento, onion, salt and ¼ tsp. pepper. Toss lightly. Press firmly around sides and bottom of a greased 9-inch pie pan. Cook shrimp slowly in remaining butter about 3 to 4 minutes. Arrange shrimp over rice. Stir soup, lemon juice and remaining pepper into skillet in which shrimp were cooked and blend until smooth and thoroughly heated. Pour over shrimp. Bake at 350° for 30 minutes. Makes 6 servings.

Renee Boudreaux, Creole, La.

QUICK RICE DRESSING

1½ lbs. ground meat
1 cup raw rice
1 can cream of mushroom soup
1 can onion soup

Mix all ingredients together. Place in a covered dish and bake 1¼ to 1½ hours at 350°.

Mrs. Robert Ortega, Creole, La.

COMPLIMENTS OF
Lee Dee Cigar Co.

BROWN RICE CASSEROLE

- 1 cup uncooked rice
- 1 small can mushrooms
- 1 cube beef broth
- 1 can onion soup
- 1 stick margarine

Combine all ingredients in baking dish. Bake uncovered in oven, 300°, 1½ hours. Cover the last 15 minutes of baking time.

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

LENA'S SPANISH RICE

- 1 lb. smoked sausage, sliced in rounds
- 1 stick butter
- 1 large can tomato sauce
- 2 cans Campbell's Beef Broth
- ½ can Ro-tel tomatoes
- 1 large onion, chopped
- 1 medium bell pepper, chopped
- 2 cups med. or long grain rice
- 1 T. salt, or to taste

Puree Ro-tel tomatoes and tomato sauce in blender. Melt butter in saucepan, and saute onion and bell pepper until tender. Remove vegetables from butter and stir in rice. Brown the rice, stirring constantly. After the rice is nicely browned, add broth, tomatoes, onion, bell pepper, sausage and salt. Cover with foil and bake at 350° for 45 minutes.

Mrs. Lena Aubey



VEGETABLES

SWEET POTATO SURPRISE

- 2 cups cooked sweet potatoes
- 1 egg beaten
- ½ tsp. salt
- ⅛ tsp. pepper
- 8 marshmallows
- ½ cup crushed corn flakes
- Hot shortening

Combine warm, mashed potatoes with beaten egg, salt and pepper. Add a little milk if mixture is too dry to form into balls. Shape into 8 balls with a marshmallow inside each. Roll in crushed corn flakes and fry in deep, hot shortening until golden brown. Yield: 6 to 8 servings.

Gerald Richard, Grand Chenier, La.

YAMS ON THE HALF SHELL

- 4 medium sweet potatoes
- ½ cup seedless raisins
- 1 tsp. salt
- 1 T. sugar
- 1 T. melted butter

Bake sweet potatoes in moderate oven until soft. When done, cut lengthwise and scoop out pulp, being careful not to break the shell. Mash the pulp and add raisins, salt, sugar and butter. Mix well and pile lightly into potato shells. Brown at 425°. Serve hot. Yield: 6 to 8 servings

Gerald Richard, Grand Chenier, La.

HAWAIIAN SWEET POTATOES

- 2 (1 lb. 7 oz.) cans sweet potatoes, drained
- 1 (9 oz.) can crushed pineapple, not drained
- 6 T. melted butter or oleo
- ½ tsp. salt
- ½ cup packed dry bread crumbs
- 2 T. brown sugar
- Dash of ground cloves

Mash sweet potatoes in a medium-sized bowl. Measure 4 cups. Stir in pineapple, 2 T. butter and salt. Turn into one quart ungreased casserole. Combine remaining butter with bread crumbs, brown sugar and cloves. Sprinkle over potatoes and bake at 375° for 30 minutes. Yield: 6 large servings.

Gerald Richard, Grand Chenier, La.

ENGLISH PEA CASSEROLE

- ¾ can drained mushroom crowns
- 4 T. butter
- 2 oz. Philadelphia Cream Cheese
- ½ cup milk
- 2 T. flour
- 1 8-oz. jar drained socktail onions
- 1 10-oz. pkg. frozen english peas
- 1 T. parsley flakes

Saute mushrooms in butter. Blend cheese, milk and flour together. Combine remaining ingredients, seasoning with salt and pepper, and bake in a greased casserole for 30 minutes at 425 degrees.

Geneva Griffith, "Lazy Acres", Cameron, La.

EGGPLANT FRITTERS

- 1½ cups mashed cooked eggplant (1 medium)
- 1 cup pancake mix
- 1 egg
- ¼ cup milk
- Season with salt and pepper if desired

Combine ingredients and drop by teaspoonfuls into hot grease or in electric skillet in one inch hot oil (365°). Cook about 5 to 7 minutes. Drain on paper towels. Serves 4.

Mrs. B.A. McDonald, Lake Charles, La.

EGGPLANT CASSEROLE

- 2 medium size eggplants
- 3 to 4 slices bacon or ½ to 1 cup cooked ham
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 1 small bell pepper, chopped
- 1 egg, beaten
- 2 slices dried bread, crushed
- ½ tsp. salt
- Bread crumbs
- Margarine

Wash eggplants, peel and cut up. Drop into boiling, salted water to cover. Eggplant discolors quickly when cut, so work quickly, use a stainless steel knife and non-metal utensils. Boil until tender, about 10 to 15 minutes, drain and cool. In a skillet, cook bacon and then saute onion, garlic and bell pepper in drippings until soft. Add drained eggplant, beaten egg, two slices dried bread and salt. Stir to mix. Pour into 1½ quart baking dish and sprinkle with bread crumbs. Dot with margarine and bake at 350° for 30 minutes. Serves 6. (This is good with turkey, chicken or beef. Can be prepared ahead and frozen. One can also add ½ lb. shrimp, crayfish or crabmeat instead of ham.)

Mrs. B.A. McDonald, Lake Charles, La.

EGGPLANT CASSEROLE

- 3-4 green eggplants, chopped
- 1 stick oleo
- ½ tsp. Italian seasoning
- ½ tsp. salt
- 2 cups Corn Flakes, crushed
- ½ lb. of Velveeta cheese, grated
- 1 med. onion chopped

Saute onion in oleo, add chopped eggplant and ½ tsp. Italian seasoning and simmer until eggplants are tender. Add salt.

Into greased baking dish put a layer of 1 cup crushed corn flakes, then ½ of eggplant mixture, then ½ of grated cheese. Repeat layers. Bake at 350° for about 25 minutes.

Mrs. June Harper, Grand Chenier, La.

RED KIDNEY BEANS

- 1 16-oz. bag Kidney beans
- 3 cups water
- 1 pkg. Lipton Onion soup
- 1 bell pepper, chopped
- 1 small onion, chopped
- ½ cup green onion tops and parsley, chopped fine
- ¼ cup celery
- ½ lb. sausage (may substitute salt meat or ham).



Wash beans, cover with water and soak overnight. Add all above ingredients except green onions tops and parsley. Season to taste. Cook in deep fat fryer 275° for hours. Stir occasionally. Add green onions and parsley and cook on 250° for 15 minutes. Serves 5-7.

★ 2nd Place Winner at the 1976 Favorite Foods Show.

Nelvia Murphy, Grand Chenier, La.

BOUDOIN BROTHERS SERVICE STATION

POTATOES AND ONIONS TEMPURA

Batter:

- 1 cup flour
- ½ tsp. salt
- ½ tsp. sugar
- 1 egg
- 2 T. oil
- 1 cup ice Water
- 2 med. onions
- 3 med. potatoes

Slice onions in rings about ⅛" thick. Slice potatoes like shoestring potatoes. Mix in above batter. Drop by tablespoons in shape of a patty into 2" of hot grease. Cook on one side until golden, then turn and repeat for other side. Drain on paper towels and serve hot.

Mrs. June Harper, Grand Chenier, La.

POTATO SOUFFLE

- 2 cups mashed potatoes
- 1 T. parsley
- 1 T. green onion
- 1/3 cups grated cheese
- 4 egg yolks, well beaten
- 4 egg whites, stiffly beaten

Add parsley, onion, and cheese to mashed potatoes. Beat in yolks and then fold in whites. Pour in casserole and bake 350°, 30-35 minutes.

Katy Elmer, Grand Chenier, La.

SCALLOPED CORN

- 1 No. 303 can Food Club Golden Cream Style Corn
- 1 cup coarse cracker crumbs
- 1 cup milk
- 1 egg, beaten
- ¼ cup chopped green pepper
- ¼ cup chopped onion
- ¾ tsp. salt and dash pepper

Combine corn, milk and heat to lukewarm. Stir in remaining ingredients. Pour in greased 10"x6" baking dish if desired, top with butter crumbs. Bake at 350° about 35 minutes or until set.

Shirley Bonsall, Grand Chenier, La.

SWEET AND SOUR CARROTS CRUNCH

- 2 lbs. pkg. medium sized fresh carrots
- Boiling water to cover
- 2 tsps. salt

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

Sweet and Sour Sauce:

- ¾ cup vinegar
- ¾ cup sugar
- 1 pkg. Italian salad dressing mix, dry
- 1 tsp. Worcestershire sauce
- 1 tsp. salad oil

Mix all ingredients in a jar and shake well. Cover cooled carrots with the mixture and refrigerate. (It is best made a day ahead.) Serve as a cold vegetable, removing carrots from the sauce. Yield: 5-6 servings. This dish will keep one to two weeks in the refrigerator.

Mrs. Charles F. Hebert, Cameron, La.

A B C TOMATO ASPIC

1 3-oz. pkg. lemon flavored gelatin
1 1/4 cups boiling water
1 8-oz. can seasoned tomato sauce
1 T. vinegar
1/2 tsp. salt
Dash of pepper

Dissolve gelatin in boiling water. Add remaining ingredients. Pour into individual molds and chill until firm. Unmold on lettuce leaves. Yield: 4 servings.

Mrs. J.C. Murphy, Cameron, La.

CREOLE STUFFED BELL PEPPERS

16 large peppers
1/2 cup butter
2 cloves garlic, chopped
4 onions, chopped
1 cup chopped ham
1 cup water
1 cup tomato juice
1 No. 2 can tomatoes
2 well-beaten eggs
4 cups cracker crumbs
Salt and pepper to taste
1 T. sugar
Bread crumbs
Melted butter or oleo
Dash paprika

Chop 4 peppers, leaving in seed. Saute in butter with garlic and onions until tender. Add ham, water, tomato juice and tomatoes. Cook until liquid is absorbed. Stir in eggs and cracker crumbs. Season to taste with salt and pepper. Cut off tops and remove seeds from remaining 12 peppers. Parboil with sugar until slightly tender. Stuff with tomato mixture. Cover lightly with bread crumbs, butter

and a sprinkle of paprika. Bake at 350° for about 20 minutes until peppers are piping hot. Yield: 12 servings.

Mrs. B.A. McDonald, Lake Charles, La.

SQUASH BAKE

2 1/2 cups sliced yellow squash
1 medium onion, chopped
2 slices bread, cubed
1 beaten egg
1/2 cup grated cheese
Salt and pepper to taste

Cook squash in a small amount of water until tender. (Need two cups cooked squash.) Do not drain. Fry onions in a little bacon grease. Combine all ingredients, season to taste and bake in casserole dish until browned.

Mrs. James Ellis, Grand Chenier, La.

SQUASH AU GRATIN

2 lbs. yellow squash, sliced
1 medium onion, chopped
1/2 tsp. salt
1/4 tsp. black pepper
3 tsps. butter
1 cup cracker crumbs
1 cup grated cheddar cheese
1/2 cup milk
1 egg

Cook squash and onion until tender. Remove from heat; add salt, pepper and butter. Add cracker crumbs, half the grated cheese, milk and egg; stir until well blended. Pour into casserole; sprinkle remaining grated cheese over top. Cover casserole and bake at 350° for 20 minutes. Garnish with parsley. Yield: 8 servings.

Roberta Carol Blake, Cameron, La.

GREEN BEANS, CREAM STYLE

1 10-oz. pkg. frozen green beans
1 3-oz. pkg. cream cheese, softened
1 T. milk
1/4 tsp. celery seed
1/4 tsp. salt

Cook beans according to package directions; drain and set aside. Combine remaining ingredients and blend thoroughly. Add beans and heat through. Serves 4.

Mrs. J.C. Murphy, Cameron, La.

CORN SYRUP

1 lb. beef ribs
1 can whole kernel corn
1 cup chopped onions
1 cup chopped celery
2 quarts water
Salt and pepper
1 can cream style corn

Place meat, whole kernel corn, onions, celery, water, salt and pepper in pot. Cook until tender, then add cream style corn and cook 15 minutes longer.

Judy Lemaire, Lake Arthur, La.

CORN PUDDING

2 cups corn (cut from
cob or canned cream style)
1 cup (or small can) evaporated
milk or cream
2 T. butter or oleo
2 T. flour
2 tsps. salt
1 T. granulated sugar
Red or white pepper to taste
3 eggs
Minced onion as desired

To corn add cream, butter, flour and seasonings. Beat eggs until fluffy and add to mixture. Add minced onion as desired. Pour into buttered baking dish and bake at 350° for one hour or until custard is firm.

Bernice Hollister Stewart, Lake Arthur, La.

ZUCCHINI

2 cups sliced zucchini
(unpeeled)
1 onion cut in rings
1 green pepper cut in rings
Salt and pepper to taste
1 can stewed tomatoes and juice
1/2 stick butter or oleo
Grated cheese or Croutons

Butter casserole. Place sliced zucchini in casserole, then onions, then green pepper. Salt and pepper to taste. Add tomatoes and butter cut in chunks. Bake covered at 300° for one hour. Sprinkle grated cheese or croutons on top and bake uncovered for about 15 or 20 minutes. Serves 4.

Mrs. Melvin Dugas, Carlyss, La.

LENA'S STUFFED CELERY

2 8-oz. pkgs. Philadelphia
cream cheese
1 lb. boiled shrimp,
cleaned and deveined
1/2 cup Miracle Whip Salad Dressing
2 T. Worcestershire sauce
1/2 tsp. Tabasco sauce
Paprika, salt and pepper

Clean celery ribs, dry and salt. Mash boiled shrimp with fork tines. Mix softened cream cheese, Miracle Whip, Tabasco sauce and Worcestershire sauce. Add mashed shrimp, stuff with celery and sprinkle with paprika.

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

OKRA AND EGGPLANT

3 cups eggplant (1 large)
3 cups cut-up okra (1 lb.)
1 medium onion, chopped
1 cup shortening
Salt and pepper to taste
Pinch of Basil if desired
1/2 cup catsup
1/2 cup water

Peel eggplant; cut up and place in large bowl. Salt each layer as it is added. Weigh down with a plate and let stand about 30 minutes. Drain off water. Fry okra, eggplant and onion in shortening in large skillet. When vegetables are brown, about 10 to 15 minutes, drain off excess shortening. Season vegetables with salt, pepper and basil. Add catsup and water and let simmer about five minutes. Serves 6.

Mrs. B.A. McDonald, Lake Charles, La.

SCALLOPED CORN SUPREME

1 can (1 lb., 1 oz.) cream
style corn
1 cup milk
1 egg, well beaten
1 cup cracker crumbs
1/4 cup onions, finely chopped
3 T. green peppers, chopped
3/4 tsp. salt
1/2 cup buttered bread crumbs

Heat corn and milk. Gradually add beaten egg. Add next 4 ingredients and a dash of pepper. Mix well. Pour into greased 8 inch round baking dish. Top with buttered cracker crumbs. Bake at 350° for 20 minutes.

Ethel L. Watts, Hackberry, La.

OKRA CROQUETTES

1/2 cup shortening
1 T. flour
1/2 tsp. salt
1 egg
2 cups okra, finely chopped
3 T. corn meal
1/4 tsp. pepper
1/4 cup onion, finely chopped

Beat egg. Add flour, cornmeal, salt and pepper. Mix well. Stir in okra and onion. Drop by tablespoonful into hot oil. Cook 3 minutes or until golden brown, turning once and flattening with spatula. Serves 4.

Betty Smith, Oakdale, La.

NINE DAY COLE SLAW

1 3-lb. head of cabbage
1 large onion
1 green pepper
2 cups sugar

Chop or shred and mix. Let stand a few minutes. Then bring to a boil:

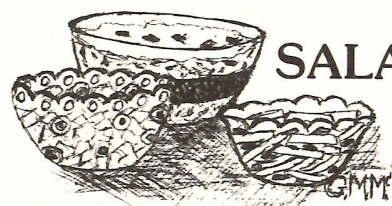
1/2 cup salad oil
1 cup vinegar
2 tsp. celery seed
2 T. sugar
2 tsp. salt

Pour over cabbage mixture. The longer it stands, the better it is, but it does not have to stand for 9 days. It will keep a long time in the refrigerator.

Kathy Knowlton, Alexandria, La.

Compliments of

La. Menhanden Co.



SALADS

CONGEALED VEGETABLE SALAD

- 3 small pkgs. Lime or Lemon Jello
- 3 cups hot water (use some pineapple juice)
- 1 16-oz. can crushed pineapple, drained
- 1 carton creamy cottage cheese
- 1 cup mayonnaise
- 1½ cups whipped topping (Cool Whip)
- 1 cup chopped nuts
- ½ cup chopped bell pepper
- 1½ cups chopped onion
- Small jar pimiento (optional)
- 2 T. horseradish

Dissolve jello in hot water. Cool until partially set. Add remaining ingredients and return to refrigerator.

Wardella Fontenot, Jennings, La.

LENA'S POTATO SALAD

- 8 white potatoes
- 6 eggs, boiled
- 8 small sweet pickles
- 1 large white onion
- 1 cup Miracle Whip or mayonnaise
- 1 cup celery hearts
- 1 T. celery seed
- ½ tsp. sugar
- 1 T. Tarragon vinegar
- Salt and pepper

Boil potatoes gently, with skin on, for 45 minutes or until tender. Let cool; peel and cut into cubes. Chop onion, egg whites, pickles and celery. Add to potatoes. Moisten egg yolks with vinegar and add sugar, Miracle Whip and celery seed. Mix with other ingredients.

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

HOT POTATO SALAD WITH BREAKFAST STRIPS

- 10 strips breakfast bacon strips
- 2 T. polyunsaturated oil
- 4 cups boiled and sliced potatoes
- 1 cup chopped celery
- ½ cup chopped onion
- 1 cup water
- 2 T. sugar
- 1 tsp. salt
- ½ tsp. dry mustard
- ½ tsp. celery seeds
- ½ cup vinegar
- 2 T. flour

Brown bacon strips in oil in skillet. Remove bacon from skillet and break into small pieces in a large bowl. Saute potatoes, celery, and onions in remaining oil. In another bowl, combine water, vinegar, sugar, flour, salt, mustard and celery seeds. Stir until free of lumps. Pour over potato mixture in skillet and cook until sauce is thickened, mixing carefully. Fold in bacon bits and heat. Serves 4.

Mrs. Velma Picou (Kato), Cameron, La.

CARROT PINEAPPLE SALAD

- 3-4 medium size carrots (grated)
- 1 16-oz. can crushed pineapples (drained)
- 1 pkg. orange jello
- 1 small cool whip

Make jello as usual. Add carrots and pineapple. Place in oblong glass pan. Top with cool whip. Chill 3 to 4 hours.

Mrs. Larry McNeese, Grand Chenier, La.

CHEF'S SALAD

- ½ lb. chopped boiled shrimp
- ½ head lettuce in bite size pieces
- 2-3 tomatoes, cubed
- 3-4 slices cheese, cubed
- 1 onion cut into rings

Mix all above with your favorite salad dressing. You may use luncheon meat in place of shrimp.

Mrs. Larry McNeese, Grand Chenier, La.

CHERRY MOLD SALAD

- 1 can cherry pie filling
- 1 can mandarin oranges, drained
- 1 can pineapple chunks, drained
- ½ pkg. Jello (black cherry is good)
- ½ cup sugar
- 2-3 bananas, sliced
- Chopped nuts, if desired

Mix all ingredients. Refrigerate overnight.

Mrs. Thelma Coco, Alexandria, La.

CONGEALED RIBBON SALAD

- 2 pkgs. lime gelatin
- 1 pkg. lemon gelatin
- 2 pkg. cherry gelatin
- 1 8-oz. pkg. cream cheese
- 1 cup hot water
- ½ cup marshmallows
- 1 can crushed pineapple

Prepare lime gelatin. Chill until set. Dissolve lemon gelatin in hot water in double boiler, add marshmallows and melt, remove from heat, add 1 cup of pineapple juice and cream cheese. Beat with rotary beater or put in blender until blended, stir in pineapple. Cool, then chill until almost ready to set. Pour over lime gelatin. Let set, then prepare cherry gelatin, chill, then pour over top. When set, serve in squares.

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

YUM YUM CONGEALED SALAD

- 1 large can crushed pineapple and juice
- 1 cup sugar
- 1 cup cold water
- 2 envelopes plain gelatin
- 1 cup grated American cheese
- 1 cup chopped nuts
- 1 pint whipped cream
- 1 small bottle maraschino cherries chopped along with juice (optional)



Combine pineapple and juice, sugar and water and cook for a few minutes. Soak gelatin in ½ cup cold water (not the cup above). Soak a few minutes then add to hot mixture. Cool and refrigerate till it's well set. Then fold in the cheese, nuts, whipped cream and cherries, if you like cherries. Place into a large mold. This is a real rich salad and should feed 10 to 12 people.

★ 2nd Place Winner in the Favorite Foods Show.

Mrs. Irene Trasher, Grand Chenier, La.

SHRIMP MOLD

- 1½ T. unflavored gelatin
- 2 cans shrimp
- 1 can tomato soup
- 3 small pkgs. cream cheese
- ¾ cup celery, chopped fine
- ¾ cup green onions, chopped fine
- 1 cup mayonnaise
- Salt and pepper to taste

Dissolve gelatin in ¼ cup boiling water. Cream the cream cheese. Mix with hot soup. Mix the cream cheese, soup and gelatin and let cool. Add mayonnaise, celery, onion and seasonings, let stand till thick in refrigerator, about 5 minutes. Add shrimp, slightly broken and place in a well oiled mold. Chill till firm. Serve with crackers or any other chips.

Mrs. Corrine Canik, Grand Chenier, La.

LERAH'S GREEN SALAD

- 1 head lettuce
- 3 ribs celery (chopped)
- 1 bunch green onions
- ½ cup water chestnuts
- 1 cup frozen green peas

Dressing

- 2 cups salad dressing
- 1 jar Romano cheese

Start with a lettuce lined bowl and also end with lettuce. Place rest of ingredients in order listed. Pour dressing over top of salad and seal edges with it. Sprinkle 1 T. sugar on top of this. Cover with saran wrap. Prepare 1 day in advance. NOTE: Each time salad is removed from bowl, try to spread dressing over where it was removed. Very good.

Katy Elmer, Grand Chenier, La.

FROZEN FRUIT SALAD

- 2 3-oz. pkgs. cream cheese
- 1 cup mayonnaise
- 3½ cups fruit cocktail
- ½ cup drained maraschino cherries, quartered
- 2½ cups miniature marshmallows
- 1 cup whipping cream, whipped

Soften cream cheese; blend in mayonnaise. Stir in fruits and marshmallows. Fold in whipped cream. Tint with few drops of red food coloring or cherry juice is desired. Pour mixture into two 1-quart round ice cream or freezer containers and freeze until firm - about six hours or overnight. To serve, let stand at room temperature for a few minutes, then remove from container. Cut in slices and serve on top of lettuce leaves.

Mrs. George Blake, Cameron, La.

SOUR CREAM STRAWBERRY SALAD

- 2 small pkg. strawberry gelatin
- 2 cups boiling water
- 1 10-oz. pkg. frozen strawberries
- 1 #2 can crushed pineapple
- 3 mashed or sliced bananas
- 1½-2 cups sour cream

Dissolve gelatin in boiling water. Add frozen strawberries, pineapple, and bananas. Pour half the mixture into a large mold or 12"x8"x2" pan. Chill until firm while other half remains at room temperature. Let sour cream come to room temperature, spread on top of congealed mixture. Top with remaining gelatin mixture. Chill again until firm. Serves 8-10.

Mrs. Charles R. Perkins, Cameron, La.

APRICOT SALAD

- 1 large can apricots, chopped fine
- 1 can crushed pineapple
- 2 pkgs. orange jello
- ¾ cup miniature marshmallows

Drain and chill fruit, reserving juice. Mix jello with 2 cups hot water and 1 cup fruit juice (reserve rest of juice for topping). Chill. Then fold in fruit and marshmallows and chill until firm. I use a 9"x13" pyrex dish.

Top with the following:

- ½ cup sugar
- 3 T. flour
- 1 egg, beaten
- 1 cup juice
- 2 T. butter
- 1 cup whipping cream whipped
- ¾ cup grated cheddar cheese

Cook the first four ingredients until real thick, stirring constantly. Add butter and cool. When cold, add cream. Spread on top of salad and sprinkle the cheese on top.

Mrs. Carrie Montgomery, Cameron, La.

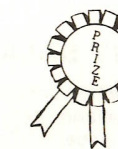
POTATO SALAD

- 6 potatoes
- 3 eggs
- 2½ T. mayonnaise
- 1 tsp. mustard
- 1 small onion
- ¼ tsp. salt
- ⅓ tsp. black pepper
- 6 bread and butter pickles

Boil potatoes and eggs at the same time until potatoes are done. Mix all ingredients together after dicing eggs, potatoes, pickles and onions. Garnish with parsley.

★ 3rd Place Winner in the 1976 Favorite Foods Show.

Nancy Young, Cameron, La.



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SHRIMP SALAD

3 to 5 lbs. shrimp
cleaned and boiled
4 eggs, boiled
¼ cup celery, chopped
¼ cup raw onions
½ cup salad dressing
Salt and pepper to taste
¼ cup pickled relish

Grind shrimp and eggs, add remaining ingredients and mix well.
Serve on lettuce leaf with crackers or on bread for sandwich.

★ 1st Place Winner in the 1976 Favorite Foods Show.

Shirley Bonsall, Grand Chenier, La.

WATERGATE SALAD

1 pkg. Jello brand
Pistachio instant pudding
1 16-oz. can crushed pineapple
1 cup chopped nuts
1 cup Marshmallow
(miniature size)
1 small cool whip

Mix everything but cool whip. Place in pan, cover with cool whip.
Chill for 1 hour.

Mrs. Larry McNeese, Grand Chenier, La.

24 HOUR SALAD

Layer each of the following in a large bowl:

½ head lettuce, shredded
½ cup chopped celery
½ cup chopped green peppers
½ cup chopped onions
1 10-oz. pkg. frozen peas,
cooked and drained
1 pint mayonnaise
2 T. sugar
4 to 6 oz. shredded cheddar cheese
½ jar Bacos

Cover with plastic wrap and refrigerate for 24 hours before serving.

Mrs. Melvin Dugas, Carlyss, La.

CREAM CHEESE SALAD

1 large pkg. cream cheese
Juice of ½ orange
¼ cup mayonnaise
2 cans pineapple chunks,
well drained
Salt and pepper to taste
1 lettuce head or any other
type salad greens

Put cream cheese in bowl and cream well. Add orange juice, then mayonnaise, mixing well after each addition. Add pineapple, salt and white pepper. Toss with shredded lettuce.

Hazel Cain, Maurice, La.

CRANBERRY SALAD

1 8¼-oz. can crushed pineapple
1 T. unflavored gelatin
½ cup pineapple juice
¾ cup cranberry sauce
2 cups water
1 3-oz. pkg. cherry gelatin
½ cup chopped celery
½ cup chopped pecans

Drain pineapple. Save juice, adding enough water to make ½ cup. Soak unflavored gelatin in the juice. Dissolve cranberry sauce over low heat, add water and heat well. Dissolve cherry gelatin and

unflavored gelatin in hot cranberry mixture. Add pineapple, celery and nuts. Pour into mold and chill until congealed. Cut and serve on lettuce cups. Serves 8 to 10.

Mrs. Jerry Jones, Cameron, La.

SPANISH SALAD

2 tomatoes
1 avocado
1 cucumber
1 jar marinated artichoke hearts
Salad olives
1 can of mushroom buttons, drained
1 small carrot, coarsely grated or
thinly sliced
1 head of lettuce
Salt and pepper to taste

Slice the vegetables as you like them. Drain the artichoke hearts and reserve the liquid for salad dressing. Discard liquid in the mushroom can. Place the vegetables in a salad bowl and cover with dressing.* Rinse the lettuce and allow to dry. Tear leaves into bite sized pieces and place them over the vegetables. Do not toss. Refrigerate the salad until ready to serve. Then toss, and add salt and pepper to taste.

*Dressing:

¼ cup olive oil
1 clove of garlic, halved or sliced
(or ¼ tsp. each: basil, thyme, oregano)
1 T. Italian seasoning
½ cup salad vinegar
3 T. of artichoke marinade

Combine all ingredients and allow to stand at room temperature for about an hour. Remove the garlic clove, and shake or stir the dressing. Pour over salad vegetables.

Martha Fontenot, Cameron, La.

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FROG-EYE SALAD

- 1 cup sugar
- 2 T. flour
- 2½ tsps. salt
- 1¾ cups pineapple juice
- 2 eggs, beaten
- 1 T. lemon juice
- 3 quarts water
- 1 T. cooking oil
- 1 pkg. 16-oz. Acini de Pepe (a macaroni product about BB size)
- 3 cans 11-oz. (each) mandarin oranges, drained
- 2 cans 20-oz. (each) pineapple chunks, drained
- 1 can 20-oz. crushed pineapple, drained
- 1 carton 9-oz. non-dairy whipped topping
- 1 carton 4½-oz. non-dairy whipped topping
- 1 cup miniature marshmallows (optional)
- 1 cup coconut (optional)

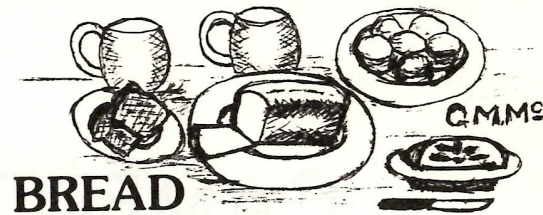
Combine sugar, flour and one-half teaspoon salt. Gradually stir in pineapple juice and eggs. Cook over moderate heat, stirring, until thickened. Add lemon juice. Cool mixture to room temperature. Bring water, remaining two teaspoons salt and oil to boil. Add Acini de Pepe. Cook at rolling boil until Acini de Pepe is done. Drain Acini de Pepe, rinse with water, drain again and cool to room temperature. Combine egg mixture and Acini de Pepe. Mix lightly, but thoroughly. Refrigerate overnight in air-tight container. Add remaining ingredients, mixing lightly, but thoroughly. Refrigerate until ready to serve. Salad may be refrigerated for as long as a week in air-tight container. It may also be frozen, though freezing somewhat alters the texture. Makes 25 servings. (This recipe submitted by Robert Farley of Cameron).

Mrs. Ed Campbell, Denver, Colorado
Submitted by: Robert Farley, Cameron, La.

Cameron Food Mart, Inc.

YOUR LOCAL GROCERY STORE

Mr. and Mrs. Alvin Murphy
Owners



RICE BREAD

- 2 cups rice, boiled soft
- 6 eggs, lightly beaten
- 2 cups milk
- 1 cup cornmeal
- 2 T. shortening or butter
- 1 tsp. salt

Combine all ingredients, mixing well. Bake in greased muffin pans at 350° for 25 minutes until brown. Yield: 12 to 16 muffins.

Mrs. Mildredge Broussard, Grand Chenier

SQUAW BREAD

- 4 cups all purpose flour
- 1 T. sugar
- 1 T. baking powder
- 2 tsps. salt
- 1 T. shortening
- 2 cups lukewarm milk
- Syrup

Combine dry ingredients and cut in shortening. Add milk and beat. This makes a very soft dough. Roll on floured board and cut into squares. Fry in deep hot shortening. Serve hot with syrup. Yield: 6 servings.

Mrs. Mildredge Broussard, Grand Chenier

BATTER WHIPPED BREAD

- 2 pkgs. dry yeast
- 3¾ cups warm water
- 1 cup Crisco, melted
- 1 cup sugar
- 1 T. salt
- 3 eggs
- 9 cups flour

Use large mixer bowl. Dissolve yeast in warm water. Add melted Crisco, sugar, salt, eggs and 4 cups flour. Beat with electric mixer until smooth. Add remaining 5 cups flour, one at a time. This will just fit in large mixer bowl. Grease a larger bowl or pot and put dough into it. Cover with wax paper and let rise in a warm place until double in size. Punch down and divide into greased loaf pans. Let rise until double and bake for about 35 minutes at 350°. Should be golden brown. Yield: 3 regular size loaf pans or 5 of the smaller foil loaf pans.

Sue Stewart Fox, Slidell, La.

ANGEL BISCUITS

- 5 cups flour
- ¼ cup sugar
- 3 tsps. baking powder
- 1 tsp. soda
- 1 tsp. salt
- 1 cup shortening
- 1 pkg. dry yeast
- 2 T. warm water
- 2 cups buttermilk

Sift all dry ingredients together; cut in shortening. Dissolve yeast in warm water and add to buttermilk. Pour this over dry ingredients and mix well. Turn out on lightly floured board or wax paper. Roll out ¼ inch thick and cut with biscuit cutter. Bake at 400° about 15 minutes.

Mrs. Wayne Montie, Creole, La.

YEAST BREAD

- 1 egg
- ½ cup sugar
- 1 tsp. salt
- 6 T. shortening
- 2 pkgs. yeast
- 2 cups warm water
- 6 cups flour

Measure first 5 ingredients in a mixing bowl. Sift in flour. Mix with spoon until smooth. Add enough flour to handle easily; mix with hands. Turn onto lightly floured board; knead until smooth and elastic. Round up in a greased bowl, greased side up. Cover with damp cloth. Let rise in a warm place until double, about 1½ hours. Shape dough as desired; let rise. Bake 35 minutes at 350°.

Mrs. Lee J. Harrison, Grand Chenier, La.

BEER BISCUITS

- 1 can beer room temperature
- 2 tsp. sugar
- 3 cups Bisquick or Pioneer biscuit mix

Mix all together place in greased pan. Bake for 20-25 minutes at 375°. Makes 16-18 biscuits.

Mrs. Larry McNeese, Grand Chenier, La.

BLUEBERRY MUFFINS

- 1 pkg. white cake mix
- 1 egg
- 1½ cups milk
- 1 pkg. blueberries (drained)

Mix above and place in muffinstin, cook for 25 minutes.

Mrs. Larry McNeese, Grand Chenier, La.

QUICK NUT BREAD

- 2 cups sifted flour
- ½ cup sugar
- ½ tsp. salt
- 3 T. baking powder
- ½ cup chopped nuts
- ½ cup shortening (room temp.)
- 1 egg
- 1 egg yolk
- 1 cup milk

Cut sugar, baking powder and shortening into flour. Add nuts. Beat eggs and egg yolk and add milk. Add to flour and beat well. Pour into a loaf pan. Bake at 350° for 40 minutes. It is good either hot or cold.

Mrs. Edna Bertrand, Cameron, La.

CRUSTY FRENCH BREAD

- 1 cup warm water
- 1 pkg. yeast
- 2 T. sugar
- 1½ tsp. salt
- 3 cups flour - about
- Cornmeal

Dissolve yeast in warm water; add remaining ingredients, except cornmeal and mix till stiff dough forms. Push down once, let rise; push down again; let rise. Shape into loaf or 2 small loaves; let rise again. Put on ungreased cookie sheet, sprinkle with cornmeal. Bake 375° - 30 minutes.

Mrs. Phil Bell, Oak Grove, La.

EASY BISCUITS

- 4 cups Pioneer Biscuit Mix
- 1 cup butter milk
- 1/3 cup sweet milk

Combine all ingredients and mix well. Using slightly oiled hands place 1 tablespoon of mixture and form flat patties, place close together in greased baking pan. Bake until brown. These are quick and fluffy biscuits.

Barbara LeBlanc

HINT

To make a very light Pain Perdue (French Toast or "Lost Bread") toast the bread in the toaster before dipping it into batter.

Edna Bertrand, Cameron, La.



CHOCOLATE CREAM CAKE

- 5 large eggs, separated
- 1 cup sugar
- 1 can (1 lb.) chocolate syrup
- 1 tsp. salt
- 1 tsp. vanilla
- ¾ cup unsifted flour
- ½ pint whipping cream

Beat egg yolks until thickened. Gradually beat in sugar until ivory colored; then beat in half of the chocolate syrup. Fold in salt, vanilla and flour. Beat egg whites until stiff; fold in. Bake in ungreased 9 inch tube pan at 325° for about 1 hour. Remove from pan and cut in half horizontally. Whip cream until almost stiff, then gradually add the remainder of the chocolate syrup, beating until very stiff. Spread a little less than half the cream between cake layers and frost top and sides with rest. Refrigerate.

Mrs. Mildredge Broussard, Grand Chenier, La.

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CAROL'S SOUR CREAM CAKE

- 1 Duncan Hines Butter cake mix
- 1 8-oz. carton sour cream
- ½ cup Wesson or Blueplate oil (No Crisco)
- 4 eggs at room temperature
- 1 tsp. almond extract
- 1 tsp. vanilla extract

Mix all ingredients and beat with mixer for 10 minutes. Place in well greased and floured tube or bundt pan. Bake at 300° for 70 minutes. Let cool 10 to 20 minutes then drizzle on a glaze made by combining the following:

- 1 cup powdered sugar
- 1 tsp. melted butter
- Pet milk to desired thickness

Mrs. Randy Bonnacaze, Baton Rouge, La.

BLUE FRUIT CAKE

- 1 pkg. (1 lb.) blueberry coffee cake mix
- ½ cup milk
- 1 egg
- 2/3 cup pecans
- 1 cup candied lemon peel, diced
- 2/3 cup candied pineapple, diced
- 1/3 cup candied cherries

Line a two pound coffee can with aluminum foil, pressing it into corners. Grease foil. Blend cake mix envelope from coffee cake package with milk and egg, beating as package directs. Fold in pecans and candied fruits, then add well-drained blueberries and the envelope of crumbled topping from the coffee cake package. Spoon butter into foil-lined can. Bake at 325° for 1 hour or until cake tester comes out dry. Wrap cake in more foil to keep moist.

Mrs. George Blake, Cameron, La.

BIT O' HONEY CAKE

- 4 eggs
- 1 cup sugar
- 1 cup cooking oil
- ¾ cup honey
- 1 tsp. vanilla extract
- ½ tsp. orange extract
- ½ tsp. lemon extract
- 2 cups pre-sifted flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. cinnamon
- ½ tsp. ginger
- ¾ cup chopped pecans or walnuts

Beat eggs well. Gradually add sugar. Beat well. Add cooking oil, honey and extracts. Beat well. Mix dry ingredients and add gradually, beating well. Add the nuts last. Pour into well-greased and floured bundt pan. Bake at 320° for 65 minutes. Cool. Invert on cake dish and decorate with nut halves and cherries, if desired. Slices into 24 even slices. Ages well when kept well wrapped.

Mrs. Harold D. Carter, Creole, La.

BASIC WHITE OR YELLOW CAKE

- 1 box Duncan Hines white or yellow cake mix
- 1 pint sour cream
- 4 eggs
- 1 tsp. butter flavoring
- ½ cup cooking oil

Combine all ingredients. Mix until smooth. Pour into greased and floured cake pans. Bake at 350° until top springs back to touch. Use any kind of filling you desire.

Mrs. Brenda Conner, Cameron, La.

MY OWN PINEAPPLE CAKE

- 1 cup Crisco (do not substitute)
- 2 cups sugar
- 4 eggs
- 1 cup crushed pineapple, juice also
- 2 tsps. butter extract
- 2 tsps. baking powder
- ¾ cups all purpose flour
- ¼ cup milk

Cream Crisco and sugar until well mixed; then add 1 egg at a time and continue beating at medium speed until mixture is fluffy. (This is what makes your cake.) Add crushed pineapple, butter extract and baking powder, beating a little longer. Lower mixer speed to low (4); add milk and flour and mix only until flour is well mixed. This will yield 3 nine inch layers. Bake at 350° 25 to 30 minutes.

Pineapple Filling:

- 1 small can crushed pineapple
- 1 cup sugar
- ¼ cup water
- 1 tsp. butter extract
- 1 T. cornstarch

Cook pineapple, sugar, water and extract about 2 minutes. Mix cornstarch with a little water and add to mixture very slowly. Lower fire and cook until it thickens a little - you don't want it too thick. Spread between layers. Make a white frosting for top and sides. This is a very rich cake.

Mrs. Mildredge Broussard, Grand Chenier, La.

YUM YUM CAKE

- 1 box Duncan Hines Yellow Cake mix
- 1-1/3 cups water
- 2 eggs
- 2 T. cooking oil
- 2 T. flour
- 2 T. brown sugar
- 1 T. cinnamon
- 3 T. melted butter or oleo
- 1/3 cup raisins
- ¼ cup chopped pecans
- 3 T. applesauce

Combine the cake mix, water, eggs, and cooking oil. Mix well and set aside. In another bowl, combine the remaining ingredients, mix well, and then add to the other mixture. Pour into 13"x9"x2" oblong pan and bake at 350° until done, 40-45 minutes.

Mrs. Anna Paris, Creole, La.

CAJUN CAKE

- 2 cups flour
- 1½ cups sugar
- 2 tsp. soda
- 2 eggs
- 1 large can crushed pineapple

Combine dry ingredients, add eggs and pineapple, beat until well blended. Pour into large (13"x9"x2½") greased, floured cake pan. Bake at 350° for 35-40 minutes or until done. Spread with topping.

Topping:

- ¾ cup sugar
- ½ cup evaporated milk
- 1 cup pecans
- 1 cup coconut
- 1 stick of margarine

Combine sugar, milk and margarine in a saucepan and heat to boiling. Remove from heat, add coconut and pecans. Cool and spread on cake.

Paulette Hymel, Vacherie, La.
Recommended by: Patsy Granger, Jennings, La.

RED DEVIL'S FOOD CAKE

- 2 cups sugar
- ¾ cup shortening (or ½ cup butter)
- 2 eggs
- 1 cup buttermilk
- 2 tsp. soda
- 1 tsp. vanilla
- 2½ cups sifted all purpose flour
- ½ cup cocoa
- 1 cup boiling water
- 1 tsp. salt

Cream shortening, add sugar. Add unbeaten eggs one at a time. Beat well after each addition. Sift dry ingredients. Add vanilla and milk alternately with flour mixture (salt, soda and cocoa.) Add boiling water all at once and stir until well combined. Bake at 350° for about 30 minutes.

Icing:

- 1 pkg. confectioner's sugar
- 1/3 cup butter or margarine
- 2 to 3 T. milk
- 1½ oz. melted chocolate
- 1 tsp. vanilla
- Dash of salt
- 1 egg

Melt butter and chocolate together. Add sugar, then egg, then vanilla and salt. Stir in enough milk to make spreading consistency.

Mrs. Dewey LaBove, Cameron, La.

DELICIOUS COCONUT CAKE

- ¾ cup margarine
- 2 cups sugar
- 7 eggs, separated
- 3 cups flour
- 3½ tsp. baking powder
- 1 tsp. vanilla
- 1 cup milk
- 1 cup coconut
- ½ tsp. salt

Cream butter with sugar until light and fluffy. Add egg yolks. Sift together flour, baking powder and salt. Add vanilla to milk. Add flour mixture to butter mixture alternately with milk beginning and ending with flour mixture. Add coconut. Fold 4 stiffly beaten egg whites into mixture carefully. (Reserve remaining 3 egg whites for icing.) Divide batter into 3 greased and floured pans. Bake at 350° for 30 minutes. Let cool.

Frosting:

- 3 egg whites (reserved from cake)
- 2¼ cups sugar
- 1 tsp. vanilla
- 3 tsp. white Karo syrup
- 2/3 cup cold water

Mix well with electric beater for 1 minute. Place over boiling water, but not touching water. Beat with mixer for 7 minutes. Remove from heat. Add vanilla. Beat 2 minutes. Spread on layers and sprinkle with coconut.

Mrs. Vickie Parker, Hackberry, La.

ORNAMENTAL FROSTING

- 1 cup Crisco
- 2 lbs. sifted powdered sugar
- 1 unbeaten egg white
- ½ tsp. salt
- 1 tsp. butter flavoring
- ¼ to ½ cup lukewarm cream

Cream Crisco with half the sugar gradually; add the egg white, salt and butter flavoring. Then alternately add the cream and the remaining sugar, beating until fluffy and creamy. This frosting will keep in a tight container in the refrigerator. Yield: about 3 cups.

Mrs. Mildredge Broussard, Grand Chenier, La.

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AMBROSIA CAKE

2 cups sugar
1 stick of butter or margarine
3 eggs
3 cups sifted flour
1 tsp. nutmeg
1 tsp. cinnamon
½ tsp. cloves
1 cup buttermilk
2 T. cocoa
2 tsp. soda
½ cup boiling water
1 peeled and grated apple



Cream butter and sugar. Add eggs one at a time. Pour boiling water over cocoa and set aside to cool. Mix dry ingredients and add buttermilk with dry ingredients alternating with butter mixture. Add cocoa paste along with grated apple. Bake at 350° in well greased, waxed and floured cake pans. Don't over bake.

Filling:

3 cups sugar
2 cups milk
1 stick margarine or butter
1 cup raisins
2 tsp. baking powder
1 cup coconut
1 cup nuts
1 orange and grated peel

Mix sugar, baking powder, butter and milk in a large sauce pan (as it will rise). Cook till it forms a soft ball. Add other ingredients. Let cool. Beat till thick and use as filler and icing. This cake is a little expensive to make but will feed quite a few people. I have 8" pans and get 4 layers.

★ 1st Place Winner in the 1976 Favorite Food Show.

Mrs. Irene Trasher, Grand Chenier, La.

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HICKORY NUT CAKE

2 cups sugar
½ cup butter
3 eggs
2/3 cup milk
3 cups flour
1 tsp. baking powder
1 cup pecans
1 cup raisins
Vanilla

Cream butter and sugar. Add eggs one at a time. Add milk, flour, baking powder and vanilla. Put 1 layer of dough at bottom of pan. Put the pecan and raisins in the center. Add remainder of the dough on top and bake 1 hour at 350°.

Mrs. Rosa Mhire, Grand Chenier, La.

OATMEAL CAKE

1 cup oatmeal
1 ¼ cups boiling water
2 eggs
½ tsp. salt
1 tsp. soda
1 tsp. cinnamon
½ tsp. nutmeg
¼ lb. oleo
1 cup sugar
1 cup brown sugar
1-1/3 cups flour

Pour the boiling water over the oatmeal and oleo. Cover and let stand 20 minutes. Add the remaining ingredients and pour into a well greased 11"x14" baking pan. Bake at 350° for 35 to 40 minutes. Remove from the oven, leaving the cake in the pan, and cover with this topping:

1/3 cup Wesson oil
1 cup brown sugar
6 T. Cream (may be canned)
1 tsp. vanilla
1 ½ cups grated coconut

Combine all ingredients and spread over the hot cake as soon as removed from oven. Place under medium broiler about 5 minutes, or until golden brown. Cake may be served slightly warm.

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

COFFEE CAKE

Pre-heat oven to 400°. Empty one package of Morrison's Bis-Kit Bisquit Mix into bowl; add ½ cup of milk, ¼ cup of sugar and 1 egg. Stir with a fork thoroughly. Spread in a 5 ½"x9 ½" greased baking dish and top with a mixture of ½ cup brown sugar 3 T. butter, ½ tsp. cinnamon; add nuts, raisins, or apple slices. Sprinkle on batter and bake about 15 minutes.

Shirley Bonsall, Grand Chenier, La.

STRAWBERRY CAKE

1 pkg. white cake mix
1 T. flour
1 pkg. Strawberry jello
¾ cup oil
½ cup water
½ cup frozen strawberries
4 eggs

To 1 pkg. cake mix add flour, strawberry jello, oil, water and mix well; then add eggs (one at a time). Pour in three cake pans. Bake at 350° for 25-30 minutes.

Icing:

¼ lb. softened oleo
1 box confectioners sugar
½ cup frozen strawberries

Shirley Bonsall, Grand Chenier, La.

JEAN PINCH'S FRUITCOCKTAIL CAKE

1 egg well beaten
1 can (14 oz.) fruitcocktail

Combine and stir well the above ingredients.

1 cup flour
1 cup white sugar
1 tsp. baking soda
½ tsp. salt
½ tsp. cinnamon

Sift bottom five ingredients together. Now add this mixture to egg mixture and mix well. Pour into 8"x8" (buttered) pan top with ½ cup brown sugar and ½ cup chopped nuts. Bake at 350° for 30-45 minutes or until golden brown. Top with cool whip and serve.

Mrs. Dora Mae Pinch, Grand Chenier, La.

SOFT GINGERBREAD

1 ½ cups sugar
1 ½ cups butter
1 ½ cups buttermilk
2 T. ginger
2 tsps. allspice
2 tsps. cinnamon
3 tsps. soda
½ tsp. salt
1 ½ cups molasses
(or cane syrup)
6 eggs
3 ¾ cups sifted flour

Cream butter and sugar; stir in molasses. Add the soda to the buttermilk and add alternately to the creamed mixture with the flour mixture (spices, salt and flour). Beat the eggs in one at a time. Pour into two greased and floured pans (9"x12"). Bake at 325° until done, about 50 minutes.

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

CHEESE CAKE (Original Recipe)

3 cream cheese (8 oz. each)
3 sour creams (8 oz. each)
Lemon juice (½ lemon)
¼-½ cup sugar
1 tsp. vanilla

Beat ingredients with mixer until smooth. Pour onto baked vanilla wafer crust. (Cooled). Top with 1 can Blueberry or Cherry pie filling. Add 1 T. sugar to filling and pour over cheese mixture. Bake at 350° for 5 minutes.

Vanilla Wafer Crust:

3 cups vanilla wafer crumbs (roll wafer until pulverized). Mix crumbs with 1 block margarine and ½ cup sugar. Press onto buttered pie pan. Bake at 375° for 10 minutes.

Mrs. Diane McCall, Grand Chenier, La.

LIGHTNING CAKE

1 cup all purpose flour
2 tsps. baking powder
1 cup sugar
¼ tsp. salt
¼ cup melted butter or oleo
2 eggs
Milk
Flavoring

Sift dry ingredients into mixing bowl. Pour melted butter into 1 cup measuring cup, add eggs and finish filling the cup with milk. Add to the dry ingredients, beating thoroughly. Add desired flavoring. Bake in a greased and floured 9 inch cake pan at 350° for 30 minutes.

Mrs. Mildredge Broussard, Grand Chenier, La.

FIG CAKE

1 ½ cup sugar
2/3 cup shortening
4 eggs
1 tsp. cinnamon
1 tsp. nutmeg
2 tsp. vanilla
2 cups flour
1 tsp. soda
1 cup chopped pecans
¾ cup coconut
1 quart cooked figs

In mixing bowl cream sugar, shortening, then eggs. Add cinnamon, nutmeg, vanilla, flour, soda, pecans, coconut and mix well. Add figs and mix until figs are well chopped. Pour in greased and floured baking pan 12"x18" inches. Bake at 350° for 45 minutes to 1 hour.

Mrs. Charles W. Hebert, Sweet Lake, La.

PECAN DETACHE'

Using your favorite recipe for white or yellow cake, bake 2 nine inch round layers, cool and remove from pans.

1 14-oz. can condensed milk
1 cup chopped pecans
½ cup milk (may need a little more)

Cover unopened can of condensed milk with water and boil for 1 ½ to 2 hours. Be sure to allow milk to cool before opening can. (The longer the boiling time, the darker the milk becomes. The can of condensed milk can be boiled several days in advance and does not need to be refrigerated if not opened.) Pour condensed milk into mixing bowl, add chopped pecans and gradually add milk until consistency is obtained for good spreading between the layers and the top of cake.

Rudy Mhire, Grand Chenier, La.

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BLITZ TORTE

Torte:

1 cup sifted cake flour
1 tsp. baking powder
¼ tsp. salt
½ cup sugar
4 egg yolks
1 tsp. vanilla

Meringue:

4 egg whites
½ tsp. salt
½ tsp. cream of tartar
1 cup sugar
½ tsp. vanilla

Beat egg whites until peaks hold their shape. Slowly add other ingredients while beating, until peaks are stiff.

Custard Filling:

1 egg
2¼ cups milk
3 T. cornstarch
1/3 cup sugar

Cream egg, sugar and cornstarch. Scald milk. Gradually add hot milk to egg mixture, stirring constantly. Return to fire. Cook over medium heat, stirring constantly until thick.

Preparation:

Preheat oven to 350°. Grease two 8-inch layer cake pans. Sift flour, baking powder and salt together. In large bowl, with mixer set at medium speed, beat shortening until creamy. Gradually add sugar and continue beating until light and fluffy. Beat egg yolks in separate bowl and add to creamed mixture. Stir in milk and vanilla. Add dry ingredients at low speed and beat until batter is smooth. Pour into cake pans. Lightly pile meringue mixture over batter in each pan and spread evenly. Bake until cake tests done and meringue is pale gold. (About 35 minutes). Remove from oven,

loosen sides of tortes from pan and remove them to wire racks keeping meringue side up. Add filling and topping on one of the tortes. Place the other torte on top of the filling. This torte may also be topped with filling if desired. Decorate with cherries or strawberries.

Mrs. Estelle Theriot, Creole, La.

BANANA PUDDING CAKE

2 small ripe bananas
1 box yellow cake mix
1 pkg. banana jello pudding (4 oz.)
4 eggs
1 cup water
¼ cup oil

Slice bananas into a large bowl. Beat until well mashed. Add remaining ingredients. Blend; then beat 2 minutes at medium speed. Pour into greased tube pan. Bake 70 minutes at 350°.

Michael Prescott, Johnson Bayou, La.

NEVER FAIL LOAF CAKE (No B.P. - No. Soda)

1 cup butter
2 cups sugar
5 large or 6 small eggs
2 cups flour

Cream butter and sugar and add whole egg one at a time beating after each addition. Add flour. Bake at 350° about 45 minutes. Cook ¾ cup orange juice and ½ cup sugar. Cook until not too thick. Pour over cake when taken out of oven.

Mrs. Corrine Canik, Grand Chenier, La.

AMBER WESTERN CAKE (No B.P. - No Soda)

3 sticks margarine or
½ cup butter
1 lb. light brown sugar
6 eggs
2¾ cup flour
1 tsp. vanilla
1 tsp. lemon extract

Cream butter and sugar, beat till fluffy. Add eggs one at a time. Beat well after each addition. Sift flour 3 times, add gradually to batter, add flavor and mix well. Bake in a tube pan at 325°F. for 1½ hours. Cool 4 minutes. Then invert pan.

Mrs. Corrine Canik, Grand Chenier, La.

IDA'S FRUIT AND NUT CAKE

2½ cups sifted flour
¾ tsp. baking powder
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 cup sugar
½ cup vegetable oil
1 tsp. vanilla
1 egg
1½ cups applesauce
1 cup seedless raisins
1 cup chopped pecans
¼ tsp. cloves

Mix flour and baking powder, soda, salt and cinnamon; sift 3 times. In separate bowl, mix sugar with oil thoroughly, then stir in vanilla. Add egg and mix well. Stir in applesauce, raisins, nuts and cloves. Add sifted dry ingredients to mixture, blending well. Pour into well-greased and floured tube pan. Bake at 350° for about an hour to 1¼ hours.

Mrs. B.A. McDonald, Lake Charles, La.

WHITE LOAF CAKE

½ cup Crisco
1¼ cups sugar
1 tsp. almond extract
3 cups sifted cake flour
3 tps. baking powder
½ tsp. salt
1 cup milk
4 egg whites

Cream shortening and sugar until light and fluffy, adding extract and beating again. Mix together in a bowl all the dry ingredients, and add alternately with the milk, beating after each addition. Beat egg whites until stiff and fold into batter. Pour into two greased and floured loaf pans 8½"x4½"x2½". Bake in 350° oven until tests done. Slices of this cake are good to serve with ice cream or fresh fruit.

Mrs Charles Rogers, Cameron, La.

GLADYS' MARDI GRAS SUPREME CAKE

1 Duncan Hines Angel
Food cake mix
8-oz. pkg. cream cheese
1 cup sugar
½ cup sour cream
1 pkg. dream whip,
whipped as directed
1 cup chopped cherries
1 small chopped Hershey bar
½ cup chopped walnuts
1 cup chopped pecans

Bake cake mix according to package directions. Cool 2½ hours. Split cake in half across. Cream cream cheese, add sugar; beat until creamy. Add sour cream, dream whip and remaining ingredients. Mix well. Spread between layers and top of cake.

Mrs. Wayne Woods, Grand Chenier, La.

"JEWISH COOKIES" CAKE

4 eggs
1 pkg. brown sugar
1½ cups flour
¼ tsp. salt
1 tsp. vanilla
1 cup chopped nuts

Beat eggs; in small amounts add brown sugar, flour, salt, vanilla and nuts. Pour into a greased and floured 9"x13" pan and bake at 350° for 25 minutes. Cool, turn upside down and frost by combining the following ingredients:

1 cup powdered sugar
¼ stick butter
1 tsp. vanilla

Holly Hendrix, Grand Chenier, La.

GRANNY MILLER'S SYRUP CAKE

1 cup lard
2 cups molasses
3 eggs
3 cups flour
3 tsp. baking powder
¾ tsp. salt
1 tsp. vanilla

Cream lard, add syrup, add eggs slightly beaten. Sift flour and then measure. Combine flour with baking powder and salt, and add to creamed mixture. Beat in vanilla. Pour into a large rectangular baking pan, greased, and bake at 375° for about 45 minutes. Test for doneness by sticking toothpick through center.

Mrs. Charles R. Perkins, Cameron, La.

YELLOW CAKE DELUXE

2/3 cup butter or margarine
1¾ cup sugar
2 eggs
1½ tsp. vanilla
3 cups sifted cake flour
2½ tsp. baking powder
1 tsp. salt
1¼ cups milk

Cream butter or margarine. Add sugar gradually, creaming until light. Add eggs and vanilla and beat till fluffy. Sift dry ingredients together; add to creamed mixture alternately with milk, beating after each addition. Beat 1 minute. Bake in 2 greased and floured 9"x1½" cake pans at 350° for 30 to 35 minutes. Cool 10 minutes; remove from pans. Cool. Fill with Lemon Filling. Frost.

Lemon Filling:

Combine ¾ cup sugar, 2 T. cornstarch, and a dash salt in saucepan. Add ¾ cup water, 2 slightly beaten egg yolks, and 3 T. lemon juice; cook over medium heat till thick, stirring constantly. Remove from heat, add 1 teaspoon grated lemon peel and 1 tablespoon butter. Cool. Spread between layers.

Icing:

½ cup shortening
1 box sifted powdered sugar
1/3 cup milk
2 tsp. butter flavoring
Pinch salt
½ tsp. vanilla

Cream shortening and about half of sugar, till smooth and creamy. Add rest of ingredients and beat about 3 minutes. Add remainder of sugar gradually, until the right consistency, beating well after each addition. Then beat all together about 3 minutes. Frost cake.

★ 2nd Place Winner in the 1976 Favorite Food Show.

Mrs. Ethelyn Kibodeaux, Cameron, La.



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BOSTON CREAM PIE

White Cake:

2 cups all-purpose flour
1½ cups sugar
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
¼ cup shortening
¼ cup soft butter
1½ tsp. vanilla
1¼ cup buttermilk
4 egg whites (reserve 2 egg yolks for filling)

Combine flour, sugar, baking powder, soda and salt in large mixing bowl. Add shortening, butter, vanilla and buttermilk. Blend on low speed, then beat 2 minutes on medium speed. Add egg whites and beat 2 more minutes. Pour into 2 greased and floured 9 inch cake pans. Bake at 350° for 30-35 minutes. Cool 10 minutes, remove from pan.

Cream Filling:

1/3 cup sugar
2 T. cornstarch
⅞ tsp. salt
1½ cups milk
2 egg yolks
1 T. butter
1 tsp. vanilla

Combine sugar, cornstarch and salt in sauce pan. Gradually add milk and egg yolks; blend well. Cook over medium heat, stirring constantly until mixture boils. Boil and stir 1 minute. Remove from heat, blend in butter and vanilla. Cool 10 minutes. Spoon filling over one cake layer. Carefully top with other layer. Prepare cocoa glaze.

Cocoa Glaze:

3 T. water
2 T. butter
¼ cup cocoa
1 cup confectioner's sugar
½ tsp. vanilla

Combine water and butter in small pan. Bring to full boil; remove from heat and add cocoa. Stir to blend well (mixture leaves side of pan and forms a ball). Add confectioner's sugar and vanilla. Beat until smooth. Pour on top of cake allowing some to drizzle down sides. Chill. Delicious! Usually is gone before it gets cool.

Mrs. Howard Cox, Bell City, La.

HONEY PECAN PIE

1 T. vinegar
Milk
1 cup cooking oil
1½ cups sugar
3 eggs
1 tsp. vanilla
2 cups flour
3 tsps. baking powder
½ tsp. soda
1 tsp. cinnamon
¼ tsp. cloves
½ cup chopped pecans

Preheat oven to 350°. Combine vinegar and enough milk to make 1 cup; set aside. Stir oil into sugar; add eggs and vanilla. Beat for one minute at medium speed; set aside. Sift together dry ingredients (note: there is no salt) and add to creamed mixture alternately with sour milk. Beat for one minute; then stir in pecans. Pour into lightly greased and floured bundt pan. Bake for 40 minutes. Let stand 10 minutes, then remove from pan and prick holes in hot cake. Drizzle with Honey Syrup made by bringing to a boil:

¼ cup honey
1 T. water
1 T. lemon juice

Mrs. B.A. McDonald, Lake Charles, La.

SWEETHEART CREAM CAKE

1 cup buttermilk
1 tsp. soda
5 eggs, separated
2 cups sugar
1 stick oleo
½ cup Crisco
2 cups flour
1 tsp. vanilla extract
1 cup chopped pecans
1 small can flaked coconut

Preheat oven to 325°. Combine buttermilk and soda; set aside. Beat egg whites until stiff; set aside. Cream sugar, oleo, and Crisco, add egg yolks, beating well. Add buttermilk alternately with flour to the creamed mixture. Stir in vanilla, fold in egg whites. Gently stir in nuts and coconut. Bake in three 9 inch greased and floured pans at 325° for 25 minutes. After baking, wait several minutes for cakes to cool before turning out of pans onto rack to cool completely. After cake is cool ice with the following:

Cream Cheese Icing:

1 8-oz. pkg. cream cheese
1 stick oleo
1 1-lb. pkg. powdered sugar
1 tsp. vanilla

Cream together the cream cheese and oleo until light and fluffy; then add sugar and beat until smooth. Ice between layers keeping plenty for top and sides of cake. Sprinkle ground pecans and coconut (both optional) between layers and on top and sides of cake. Note: If it's a Valentine Day event, cinnamon or other candy hearts would be festive.

Bernice Hollister Stewart

BUTTERMILK POUND CAKE

½ cup oleo
½ cup shortening
2 cups sugar
6 eggs
3 cups flour
1 cup buttermilk
1 tsp. lemon flavoring
1 tsp. vanilla flavoring
½ tsp. soda
1 tsp. baking powder

Have all ingredients at room temperature. This is important. Cream oleo, soda, powder, shortening and sugar well. Add eggs one at a time, beating well after each addition. Stir in flour alternately with milk and flavorings. Bake for 1 hour at 350°. If desired, glaze with the following:

2 cups powdered sugar
1 cup orange juice

Combine sugar and juice. When cake comes from the oven, use ice pick to punch holes in cake, spoon glaze over the top.

Mrs. Wayne Montie, Creole, La.

SOUR CREAM POUND CAKE

1 box Duncan Hines
Butter cake mix
½ cup sugar
¾ cup Wesson oil
4 eggs
1 carton sour cream
2 T. sugar
2 T. cinnamon
1 cup chopped pecans

Combine cake mix, sugar, Wesson oil, eggs and vanilla; fold in sour cream. Into greased and floured bundt cake pan, pour in one-half the batter. Combine sugar, cinnamon, and pecans and sprinkle over the batter. Add remaining batter. Bake for 1 hour at 350°.

Tammy Hendrix, Grand Chenier, La.

CHOCOLATE COFFEE CAKE

¾ cup butter or oleo
2 cups sugar
2 eggs beaten
2 cups flour plus 2 T.
½ cup cocoa
½ tsp. salt
1 tsp. soda
½ cup buttermilk
1 cup strong coffee
1 tsp. vanilla

Cream butter and sugar; add beaten eggs and mix well. Combine dry ingredients and add to creamed mixture alternately with buttermilk. Mix coffee and vanilla and add. Pour into three 9 inch greased floured cake pans and bake at 350° for 20 minutes or until just done. Do not overbake.

Frosting:

2 cups sugar
½ cup cocoa
½ cup milk
½ stick oleo
½ tsp. instant coffee (optional)
1 tsp. vanilla
½ cup chopped pecans

Combine first five ingredients and boil hard for 3 minutes. Cool; beat in vanilla and pecans. Spread over cooled cake layers and sides.

Mrs. James Ellis, Grand Chenier, La.

FUDGE CAKE

2 cups sugar
2 cups flour
1 stick oleo
4 T. cocoa

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Grand Chenier, La.

½ cup Crisco
1 cup water
2 eggs
½ cup buttermilk
1 tsp. soda
1 tsp. vanilla

In mixing bowl, combine sugar and flour. In saucepan, combine oleo, cocoa, shortening and water. Bring to a boil, remove from heat and add to flour-sugar mixture, mixing well. Add eggs, buttermilk, soda and vanilla, combining well. Pour into greased and floured 9"x13" oblong pan and bake for 25 to 30 minutes at 400°.

Start 5 minutes before cake is done:

1 stick oleo
4 T. cocoa
1/3 cup milk
1 box powdered sugar
1 cup chopped pecans
1 tsp. vanilla

Bring to boil the first 3 ingredients, stirring constantly; then remove from heat. Add powdered sugar, pecans and vanilla. Mix until smooth. Pour over hot cake and spread.

Mrs. J.B. Blake, Jr., Cameron, La.

BUTTER CAKE

1 cup butter
1¾ cups sugar
3 eggs
1½ tsps. vanilla extract
3 cups flour
2½ tsps. baking powder
½ tsp. salt
1¾ cups milk

Cream butter; add sugar, eggs and vanilla, creaming until light and fluffy. Sift together flour, baking powder and salt. Add alternately with milk, blending well after each addition. Pour batter into two greased and floured nine inch cake pans and bake 35 to 40 minutes in 350° preheated oven. Cool cake thoroughly.

Pineapple filling:

1 large can crushed pineapple
4 T. flour
1½ cups sugar
½ cup butter
2 eggs
1 tsp. vanilla extract

First take enough pineapple juice drained from the pineapple to blend with flour and sugar into a paste. This will avoid lumps. Blend remaining ingredients, beating well with egg beater, and cook until thick. Cool and spread between cake layers, on sides and top of cake.

Mrs. Winston Benoit, Cameron, La.

OLD-FASHIONED JAM CAKE

2 cups sugar
1 cup butter
3 eggs, separated
4 cups jam
3½ cups flour
1 tsp. baking powder
½ tsp. salt
1 tsp. each of cinnamon,
nutmeg, ginger and allspice
1 tsp. soda
1 cup buttermilk
1 cup raisins
1 cup chopped nuts

Cream butter and sugar; then add egg yolks and jam. Stir in flour, baking powder, salt and spices. Mix soda in buttermilk and add to mixture, stirring well. Fold in raisins and nuts. Beat egg whites until stiff, but not dry, and fold into mixture. Bake in greased and floured tube pan in slow oven (300°) until toothpick comes out clean. (This recipe is a family favorite handed down from my late mother-in-law Mrs. Ethel McCall Doland. She was born and reared in Grand Chenier.)

Mrs. Everett S. Doland, DeQuincy, La.

APPLESAUCE CAKE

2½ cups sifted flour
2 cups sugar
1½ tsp. soda
1½ tsp. salt
¾ tsp. cinnamon
½ tsp. each of allspice, cloves
½ cup shortening
½ cup water
1½ cups applesauce
1 egg
½ cup chopped walnuts or pecans
½ cup raisins

Sift all dry ingredients in large mixing bowl. Add shortening and water; beat for one minute with electric mixer. Add applesauce and egg; beat 3 minutes. Stir in nuts and raisins. Bake in greased and floured 13"x9"x2" baking pan or tube pan for 35 to 40 minutes at 350°. Cool and glaze if desired.

Mrs. Melvin Dugas, Carlyss, La.

PIONEER CAKE

1 lb. fresh bulk sausage
1 lb. seedless raisins
1 lb. chopped dates
1 cup chopped pecans
2 cups packed dark brown sugar
2 cups light brown sugar
1 T. grated orange peel
2/3 cup fresh orange juice
1 tsp. salt
1 T. soda
2 T. cinnamon
1 tsp. ground cloves
1 tsp. mace
1 tsp. ground allspice
2 tsp. nutmeg
6 cups sifted all-purpose flour

Have all ingredients at room temperature. In large bowl combine sausage, raisins, dates, pecans, sugar, and orange peel. Toss these ingredients together until there is even distribution. Combine water and orange juice; bring just to a boil; pour this boiling liquid over raisin-date mixture. Stir to blend thoroughly. Sift flour, then measure out 6 cups, add salt, soda, cinnamon, cloves, nutmeg, mace, and allspice to flour and again sift this dry mix into the fruit. Stir till thoroughly combined. Pour batter into one large teflon or buttered bundt pan. Bake in preheated 350° oven for 1 hour and 20 minutes. Allow cake to cool in pan for 30 minutes. Remove cake from pan. When completely cool it may be stored by wrapping in wax paper and placing in a tightly closed container. Cake may be laced with a bit of brandy, if desired, or dusted with powdered sugar.

Bernice Hollister Stewart

JUNE'S BAKED FROSTING

3 egg whites
¼ tsp. Cream of Tartar
¾ cup firmly packed brown sugar
½ cup chopped nuts

Beat egg whites with cream of tartar until foamy. Add sugar gradually beating until whites stand in peaks. Spread over cake batter, then sprinkle with nuts. Bake according to cake directions. Yield: Enough frosting to cover two 8 or 9 inch layers, a 9"x14" sheet cake, or 18 cupcakes.

June Richard, Grand Chenier, La.

MILE HIGH FROSTING

2 egg whites
1 cup jelly or
1 cup corn syrup
1 tsp. vanilla extract

Put all ingredients into large bowl of mixer. Turn beaters on low, then increase to medium, then high speed, beating until very stiff. It never gets hard. Yield: 1½ cups frosting.

June Richard, Grand Chenier, La.



APPLE BUTTER PIE

Unbaked pie shell
1½ cups apple butter
2 T. flour
2 T. sugar
½ cup sweet cream

Put into raw pie shell the apple butter. Sift together flour and sugar. Spread evenly over apple butter. Pour cream over all. Cook until firm at 350°.

Mrs. James Ellis, Grand Chenier, La.

CRACKER PIE

1½ cups sugar
1½ cups water
½ stick butter
1 tsp. cream of tartar
1 tsp. cinnamon
½ tsp. nutmeg
21 saltine crackers
Unbaked pie shell

Mix together all ingredients except crackers. In unbaked pie shell, layer crackers then a layer of mixture, alternating until all crackers are used. Bake at 350° for 25 to 30 minutes. Tastes like apple pie.

Janna Mhire, Grand Chenier, La.

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FRENCH COCONUT PIE

1 stick butter, melted
1½ cups sugar
3 eggs
1 T. vinegar
1 tsp. vanilla
1 cup coconut
Unbaked pie shell

Combine all ingredients and pour into unbaked pie shell. Bake at 350° for 45 minutes.

Mrs. Carrie Montgomery, Cameron, La.

OSITE LEE'S GLAZED APPLE PIE

2 cups sifted flour
1 tsp. salt
¾ cup Crisco
¼ cup water

Combine flour and salt in mixing bowl. With a pastry blender or 2 knives, cut in Crisco. Mixture should be fairly coarse. Sprinkle with water a little at a time. Toss with a fork; then work dough into firm ball. Divide dough into 2 parts and press into flat circles with smooth edges. On a lightly floured surface, roll out crust. Makes a double pie crust.

6 cups apple slices
½ cup seedless raisins
¾ cup sugar
2 T. flour
½ tsp. cinnamon
⅛ tsp. salt
2 T. orange juice
3 T. butter

Preheat oven to 400°. Toss apples and raisins with combined sugar, flour, cinnamon, and salt mixture. Turn into pastry lined 9

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inch pie pan. Cover with top crust, seal and flute edges; cut slits for escape of steam. Bake for about 40 minutes or until pie is desired brownness and apples are tender. Spread orange glaze over hot pie.

Glaze:

1 cup confectioners sugar
1 tsp. grated orange peel
3 T. orange juice

Blend above and spread over hot pie.

Mrs. Wilma Guthrie, Cameron, La.

PUDDIN'S STRAWBERRY PIE

9 inch cooked pie shell
2 T. corn syrup
1 cup cold water
1 cup sugar
3 T. cornstarch
2 T. strawberry jello
1 pint fresh, hulled strawberries

Combine corn syrup, water, sugar and cornstarch. Cook until clear, then add jello and pour over berries while warm. Pour into pie shell and chill. Serve with whipped cream.

Mrs. Wayne Wood, Grand Chenier, La.

PUMPKIN PIE

1 can pumpkin mix
2 eggs
1 tsp. pumpkin pie spice
1 cup packed brown sugar
1 cup half & half cream

Mix all ingredients together and pour into a 9-inch pie shell. Bake at 375° until a knife inserted in the middle comes out clean. (About 45 minutes).

Barbara LeBlanc, Cameron, La.

APPLE PIE

5 apples, sliced
1 cup brown sugar
½ cup white sugar
½ stick oleo
1 tsp. flour
½ tsp. cinnamon
¼ tsp. nutmeg

Simmer apples in enough water to barely cover fruit. Simmer until softened. Add the remaining ingredients and pour into a 9-inch pie shell. Top with another crust. Bake in 350° oven until top crust starts to brown. (About 15 minutes). Brush top crust with milk. Sprinkle with 2 T. white sugar, ½ tsp. cinnamon. Bake about 10 more minutes.

Barbara LeBlanc, Cameron, La.

LEMON SPONGE PIE (Elsie Pinch Gibson)

1 cup sugar
2 eggs
2 T. flour
1 T. melted butter
1 cup milk
1 lemon
Pinch of salt

Beat sugar, egg yolks and flour together, add pinch of salt, melted butter and juice of lemon. Then add milk. Last fold in beaten egg whites. (Beaten until stiff). Add to uncooked pie shell. Bake at 400° for 15 minutes and lower heat to 350° and bake until set.

Mrs. Dora Mae Pinch, Grand Chenier, La.

STRAWBERRY PIE

2 quarts berries
1 cup sugar
3 T. corn starch
¾ cup 7-up
1 tsp. margarine
1 baked pie shell

Combine sugar and corn starch in small pan. Crush 1½ cups berries and add to sugar and corn starch stir to blend, add 7-up to mixture. Cook over medium heat stirring constantly until mixture comes to a boil. Cook and stir for 2 more minutes on low heat. Remove, stir in margarine, cool.

Place whole berries in pie shell, reserving a few choice ones for garnish. Pour cooled mixture over berries in pie shell. Chill for 2 hours. Serve topped with whipped cream and garnish with berries.

Pie Shell:

½ cup shortening
¼ cup boiling water
½ tsp. salt
1½ cups flour

Sift flour and salt in small mixing bowl. Add shortening, cutting in flour then add boiling water mixing with a fork. Pat out in pie plate. (Bake 350°).

★ 1st Place Winner in the 1976 Favorite Foods Show.

Mrs. Jo Ann Nunez, Creole, La.

CHESS PIE

Blend together:

2 T. oleo, melted
¼ cup lemon juice
1 T. cornmeal
1 T. flour

Mix together:

1½ cups sugar
4 eggs
1 tsp. vanilla

Pour first mixture into second mixture and blend well. Bake in a 9 inch pie shell in 400° oven for 15 minutes. Then turn temperature down to 350° and bake until brown.

Mrs. Raymond East, Cameron, La.

STRAWBERRY GLAZE CREAM PIE

2 pie crust sticks
½ cup finely chopped almonds
2 cups dairy sour cream
2 cups milk
2 pkg. (3¼ oz. each) vanilla instant pudding
2 pints fresh strawberries, sliced
1 cup water
1 cup sugar
3 T. cornstarch

Prepare two 9-inch baked pie shells as directed on inside wrapper except - add almonds to crumbled mix. Beat sour cream and milk with rotary beater until smooth. Blend in pudding (dry mix) until mixture is smooth and slightly thickened. Divide equally between cooled baked pie shells. Combine 1 cup sliced strawberries and ½ cup of the water in a small saucepan; simmer about 3 minutes. Stir together sugar and cornstarch; blend in remaining ½ cup water. Stir into hot strawberry mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cool. Arrange remaining sliced berries equally over cream fillings. Pour cooled strawberry glaze over berries. Chill until firm, at least 2 hours. Makes 2 pies.

Mrs. Wardella Fontenot, Jennings, La.



LEMON DELIGHT PIE

1½ cups flour
1½ cups butter
¾ cup chopped pecans

Combine ingredients and pat into bottom of oblong pan. Bake for 15 minutes at 350°. Let cool thoroughly.

1 8-oz. pkg. cream cheese
½ large container cool whip
1 cup sugar

Combine ingredients and layer over crust.

2 pkgs. lemon instant pudding
3 cups milk
1 tsp. vanilla

Combine ingredients and layer over 2nd layer.

½ large container cool whip

For 4th layer, cover with the second half of the cool whip. Chill.

Mrs. Earl Veron, Lake Charles, La.

LEMON ICED BOX PIE

1 vanilla wafer crust
¾ stick oleo, softened
1½-2 cups crushed wafers
Use whole wafers for side of 9 inch pie pan

Filling:

1-1/3 cup condensed milk
½ tsp. lemon juice
1 tsp. grated lemon juice
3 egg yolks

Mix all the above together, pour into pie shell. Beat the egg whites with about ¼ cup of sugar until the form peaks. Place in oven until whites are light brown.

Mrs. Larry McNeese, Grand Chenier, La.

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RAISIN CREAM PIE

1 cup raisins
1 cup cream
2 egg yolks, reserving
2 whites for meringue
1 cup sugar
1 heaping T. flour
Dash of cinnamon
1 baked pie shell

Boil raisins until tender, drain and mix with rest of ingredients; cook until thickened. Pour into baked pie shell and top with meringue made from beating the egg whites with 4 T. sugar. Brown in 425° oven. (This is a family favorite handed down from my late mother-in-law, Mrs. Ethel McCall Doland. She was born and reared in Grand Chenier, La.)

Mrs. Everett S. Doland, DeQuincy, La.

MISS ANNIE'S PECAN PIE

1 cup sugar
½ cup white Karo syrup
¼ stick of oleo, melted
3 eggs, well beaten
1 cup chopped pecans
1 tsp. vanilla
1 unbaked pie shell

Mix all ingredients together and pour into unbaked pie shell. Bake at 350° for 40 minutes. Garnish with pecan halves.

Mrs. Anna Paris, Creole, La.

CAL'S PECAN PIE

3 eggs
1 cup sugar
2 T. flour
1 cup dark syrup or
1 cup white Karo syrup
1 tsp. vanilla flavoring
2 T. butter
2 cups pecans
Pinch of salt
1 unbaked pie shell

Mix eggs, sugar, flour, syrup, vanilla, butter and pecans in this order. Bake at 400° for 15 minutes, then lower heat to 300° and cook about 45 minutes to 1 hour, in an unbaked pie shell.

Carolyn Ann Bargeman, Creole, La.

IMPOSSIBLE PIE

1 cup sugar
4 eggs
½ stick butter or
margarine, melted
½ cup self-rising flour or
½ cup all-purpose flour with
½ tsp. baking powder and
¼ tsp. salt
2 cups milk
1 (4 oz.) can shredded coconut
1 tsp. vanilla

Beat eggs thoroughly with mixer. Add melted butter, sugar, flour and milk. Beat until well blended. Stir in coconut and vanilla. Pour into 2 ungreased 8 inch pie pans and bake in moderate oven (350°) 35 to 40 minutes. Cool and cut. (Mixture is rather thin when poured into pan, but after baking it cuts cleanly.)

Mrs. B.A. McDonald, Lake Charles, La.

OLD TALBOT PIE

2 cups sugar
2 T. flour
2 T. cornmeal

½ cup butter
5 egg yolks
1 cup cream
1 unbaked pie shell

Mix sugar, flour and cornmeal. Cream butter; blend in egg yolks. Add cream gradually, then add dry ingredient mixture. Pour into unbaked pie shell and bake at 425° for 15 minutes, reduce heat to 375° and bake 30 minutes more.

Nora Deason, Sulphur, La.

MY LEMON MERINGUE PIE AND CRUST

Crust:

2 cups all-purpose flour
1 tsp. salt
2/3 cup Crisco
4 T. cold water

Measure flour and sift with salt. Add Crisco (at room temperature) and blend with pastry blender or 2 knives. Add water. Roll out onto floured board, and line two 9 inch pie pans. Put one pie pan in zip-lock bag and freeze for use another day. On the other, prick pastry and bake at 425° for 12 to 15 minutes.

Pie Filling:

1 cup sugar
½ cup cornstarch
1½ cups hot water
3 slightly beaten egg yolks
3 T. butter
4 T. freshly squeezed lemon juice
1¼ T. grated lemon rind
1 baked 9 inch pie shell

Mix sugar and cornstarch thoroughly. Gradually stir in hot water. Cook over moderate heat, stirring constantly until mixture boils. Boil for 1 minute or until mixture thickens. Slowly stir half the hot mixture into slightly beaten egg yolks and then beat into hot mixture in saucepan. Boil for 1 minute longer, stirring constantly. Remove from heat and continue stirring until smooth. Blend in butter, lemon juice and rind. Return mixture to heat for 1 or 2 minutes, stirring constantly until firm. Pour into pie shell and cover with meringue.

Meringue:

3 egg whites
¼ tsp. cream of tartar
9 T. sugar

Beat egg whites with cream of tartar until frothy, then gradually beat in sugar. Continue beating until stiff and glossy. Pile meringue onto pie filling. Seal to edge of crust to prevent shrinking. Bake at 400° until brown.

June Richard, Grand Chenier, La.

PRALINE HOLIDAY PIE

1/3 cup butter or margarine
1/3 cup firmly packed brown sugar
1 lightly baked 9 inch pie shell
1 pkg. Instant Pudding & Pie filling
vanilla flavor *
2½ cups milk
1 envelope whipped topping mix

Combine butter, brown sugar and nuts in a saucepan; heat until butter and sugar are melted. Spread in bottom of pie shell. Bake at 450° for 5 minutes, or until bubbly; cool. Prepare pie filling mix with 2½ cups milk as directed on package for pie. Measure 1 cup filling; set aside. Pour remaining filling into pie shell. Prepare whipped topping mix as directed on package; blend 1-1/3 cups into the measured pie filling. Spoon into pie shell; chill about 3 hours. Garnish with remaining whipped topping and pecans if desired.

* NOTE: Or use 1 pkg. (5 oz.) regular pudding & pie filling - vanilla flavor. Prepare pie filling mix as directed on package for pie, using 2½ cups milk. Measure 1 cup, cover and chill thoroughly. Pour remaining filling into pie shell; chill.

LEMON PIE

- 2½ cups milk
(½ cup evaporated milk)
- 1 cup sugar
- 5 T. corn starch
- 3 egg yolks
- 3 T. butter
- 1/3 cup lemon juice
- ¼ tsp. lemon rind

Scald milk, mix sugar and corn starch, add to milk. Add little hot mixture to beaten eggs and add to milk mixture and cook on low fire until it thickens. Add butter, lemon juice, and rind. Pour in baked pie shell. Add meringue.

Mrs. Lyle Crain, Grand Chenier, La.

LEMON PINEAPPLE PIE

- 2 eggs, beaten
- ¾ cup sugar
- 1 small can crushed pineapple
- 1 small pkg. lemon jello
- 1 tall can Carnation milk, partially frozen
- 1 baked pie shell or graham-cracker crust

Cook eggs, sugar and pineapple over low heat till reaches slow boil. Add jello and blend. Cool. Remove partially frozen canned milk from freezer and beat until stiff. Fold into pineapple mixture and pour into crust. Refrigerate until time to serve.

Mrs. Jerry Jones, Cameron, La.

PINEAPPLE OR VANILLA CHESS PIE

- 3 eggs
- 1½ cups sugar
- ½ stick oleo
- ½ cup sour cream
- 1 T. corn meal
- 1 T. flour
- 1 small can drained crushed pineapple
- 1½ tsp. vanilla

Mix and beat all together. Pour in unbaked 9 inch pie shell. Bake at 325° for about 1 hour or until when shaken is firm.

Mrs. Corrine Canik, Grand Chenier, La.

HAWAIIAN PIE

- 1 9-inch pie graham crust baked
- 2 bananas, sliced
- 1 15-oz. can condensed milk
- ½ cup freshly squeezed lemon juice
- 1 20-oz. can crushed pineapple, drained
- ½ pint whipping cream
- ¼ cup sugar
- ¼ cup flaked coconut
- ¼ cup chopped nuts
- ¼ cup chopped maraschino cherries

In baked crust layer banana slices. Top with layer of condensed milk which has been mixed with lemon juice. Add layer of crushed pineapple and top with whipped cream that has been whipped with the sugar. Repeat layers until all ingredients are used. Garnish with coconut, nuts and chopped cherries. Chill 3 to 4 hours before serving.

Mrs. Jerry Jones, Cameron, La.

BLACKBERRY PIE (Original)

Sift 3 T. flour with 1 cup sugar and mix with 3 cups blackberries. Fill an unbaked pie shell with the berry mixture and dot the surface with 3 T. butter. Cover the fruit with pie dough lattice. Bake 400° for 15 minutes, reduce temperature until crust is golden brown. Serve with sweetened whipped cream or vanilla ice-cream if so desired.

Mrs. Diane McCall, Grand Chenier, La.

PEAR PIE

- 4 cups sliced pears
- 2 T. lemon juice
- 1 stick margarine, melted
- 1 cup sugar
- 2 T. flour
- ½ tsp. cinnamon
- 2 Ritz pie crusts

Put pears in a bowl, add lemon juice and toss. Add melted margarine and toss. Mix sugar, flour and cinnamon. Toss with pears until well coated. Pour into one pie shell. Use other crust to cover top and press together to seal. Slip top. Put on cookie sheet and bake one hour at 350°. Serve hot with ice cream or cold with whipped cream.

Mrs. Mayo Cain, Klondike, La.



COOKIES

FRUIT BALLS

- 1 lb. dry figs
- 1 lb. raisins
- 1 lb. pitted dates
- 2 to 3 lbs. pecans
- 1 cup citrus juice
- Powdered Sugar

Grind figs, raisins, dates and pecans then soak for a week in 1 cup of fruit juice. Roll into balls and dip in powdered sugar. Yield: 3 dozen.

June Richard, Grand Chenier, La.

FRUIT COOKIES

- 2 eggs
- ¾ cup sugar
- ½ cup molasses
- 1½ tsp. soda
- 1½ T. water
- ½ tsp. each of cinnamon, nutmeg, and cloves
- ¼ cup fruit juice, any flavor
- 2 cups flour
- 1 box seedless raisins
- 1 lb. of shelled nuts

Beat the eggs; add sugar and molasses, mixing well. Add soda dissolved in water, then spices, fruit juice and half the flour. Dredge raisins and nuts in other half of flour, and add to batter. Drop by teaspoonfuls onto a greased cookie sheet and bake at 350° for about 12 to 14 minutes. These cookies will keep fresh over a long period. Yield: 4 dozen cookies.

Mrs. Mildredge Broussard, Grand Chenier, La.

CANDY COOKIES

- 1 stick oleo
- 2 cups sugar
- 1/3 cup cocoa
- ½ cup milk
- 1 tsp. vanilla
- 3 cups dry oatmeal
- 1/3 cup peanut butter

In a saucepan mix oleo, sugar, cocoa and milk. Bring to a boil and remove from fire. Stir in vanilla, oatmeal and peanut butter. Quickly drop by teaspoonfuls onto wax paper. Makes about 1 dozen cookies.

Mary Louise Mhire, Grand Chenier, La.

PEANUT BLOSSOMS

- 1¾ cups flour
- 1 tsp. soda
- ½ tsp. salt
- ½ cup sugar
- ½ cup brown sugar firmly packed
- ½ cup shortening
- ½ cup peanut butter
- 1 egg
- 2 T. milk
- 1 tsp. vanilla
- 48 Hershey kisses

Combine all ingredients except candy in a large mixer bowl. Mix on lowest speed of mixer until combined well. Shape dough into balls, using a rounded teaspoonful for each. Roll balls in sugar; place on ungreased cookie sheet. Bake at 375° for 10 to 12 minutes. Top each cookie immediately with a candy kiss; press down firmly so cookie cracks around edge.

Mary Louise Mhire, Grand Chenier, La.

LEMON COOKIES

- ¾ cup shortening
- 1 cup sugar
- 3 eggs
- 2 packs instant pudding (lemon)
- 2 cups flour
- ¾ tsp. soda
- Dash of salt

Mix all ingredients real well and drop by teaspoon on ungreased baking sheet. Bake at 325° oven for 8 to 10 minutes.

Mrs. Bessie Boudreaux, Creole, La.

MOLASSES PEANUT BUTTER COOKIES

- ¾ cup shortening
- ½ cup molasses
- 1 egg
- ¼ tsp. salt
- ¼ tsp. baking soda
- 2 tsp. baking powder
- ½ cup sugar
- ½ cup peanut butter
- 2 cups flour

Cream together shortening and sugar until light and fluffy. Add molasses, peanut butter and egg; blend well. Mix together flour, salt, baking powder and soda. Stir into molasses mixture. Drop by tablespoonfuls onto ungreased baking sheet. Bake in 375° oven 10 to 12 minutes. Yield: Approximately 2 dozen cookies.

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

FIG TARTS

- ½ cup shortening
- 1 cup sugar
- 2 eggs
- ¼ tsp. soda
- ½ tsp. baking powder
- Pinch of salt
- 1 tsp. vanilla extract
- ¼ cup milk
- 3 cups flour
- 1 qt. fig preserves

Into large mixing bowl cream shortening, add sugar creaming again, then add eggs and cream again. Sift flour, salt, soda and baking powder into the creamed mixture; then add milk a little at a time while stirring. When dough is stiff, divide into 3 equal parts, knead on a floured pastry sheet, and shape dough into rolls. Pinch small pieces off about the size of a 50¢ piece, pat out flat with hand on floured pastry sheet, place on cookie sheet. Put figs in a shallow dish and mash with a fork or pastry blender, place about 1½ tsp. of figs on rolled dough, fold one side over to the other side, press with a fork and prick top, put in a 375° oven for 15 minutes or until light brown.

★ 1st Place Winner in the Favorite Food Show.

JoAnn Nunez, Creole, La.

PECAN CRISPIES

- ½ cup shortening
- ½ cup butter
- 2 cups brown sugar
- ½ cup white sugar
- 2½ cups flour
- ¼ tsp. salt
- ½ tsp. soda
- 2 cups pecans

Cream shortening, butter and sugars. Add other ingredients and mix well. Drop by teaspoonfuls on greased cookie sheet. Bake at 350° until brown, about 10 minutes.

Mrs. James Ellis, Grand Chenier, La.

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PECAN DROP COOKIES

1¼ cups all-purpose flour
¼ tsp. baking soda
¼ tsp. salt
1/3 cup shortening
1¼ cups brown sugar,
firmly packed
1 egg
1 cup coarsely broken pecans

Sift flour, measure, resift 3 times with soda and salt. Cream shortening and sugar. Add egg, mix thoroughly. Stir in flour mixture in 2 or 3 portions, mixing each portion until smooth. Stir in nuts. Drop by tablespoonfuls, 2" apart, onto lightly greased cookie sheet. Bake in moderate oven 375°F. 10-12 minutes. Cool on cookie sheet about 5 minutes. Yield: 3½ dozen 2½" cookies.

Catherine Helene Perkins
"Little Miss Cameron Parish 1975"

PECAN NUT STICKS

½ cup butter or oleo
2 cups dark brown sugar
2 eggs, slightly beaten
2 cups flour
2 tsps. baking powder
1 tsp. salt
2 cups chopped pecans
2 tsps. vanilla

Mix thoroughly all ingredients and spread in shallow baking pan at least two inches thick. Bake at 325° for 30 to 45 minutes until done. Cut into oblong pieces when nearly cool.

Mary E. Driscoll, Creole, La.

CHEWY CARAMEL FUDGE BARS

1 pkg. light caramels
1 cup evaporated milk
1 pkg. Pillsbury German
chocolate cake mix
1/3 cup softened margarine
1 cup chocolate chips

Combine caramels and 1/3 cup evaporated milk. Cook until melted, stirring constantly, and set aside. In bowl combine cake mix, margarine, and 2/3 cup evaporated milk. Stir by hand until dough is mixed. Grease and flour a 9"x13" pan. Press one-half of the dough into pan and bake at 350° for six minutes. Remove pan from oven and spread the chocolate chips on top, then spread caramel mixture over chips. Crumble rest of dough over caramel mixture. Return pan to oven and bake 15 to 18 minutes more. When cool cut into bars. Makes 46 bars.

Mrs. Melvin Dugas, Carlyss, La.

OATMEAL DATE SQUARES (Jean Pinch's)

Crust:

½ cup margarine melted
1 cup brown sugar
1 cup flour
2 cups oatmeal

Mix thoroughly and spread ½ of mixture in bottom of 9"x13" pan. Spread with date filling and pat remaining oatmeal mixture on top. Bake: 375° for 20 minutes or until brown and set.

Date Filling:

1 lb. dates (about 2 cups
chopped)
1 T. flour
1 cup water

Bring to boil and cook until thick. Let cool before putting onto oatmeal crust.

Mrs. Dora Mae Pinch, Grand Chenier, La.

TEA CAKES

1 cup butter
2 cups sugar
1 cup cream or milk
5 eggs
5 cups flour
4 tsps. baking soda
½ tsp. salt
1 tsp. flavoring

Combine all ingredients. Roll out onto floured board and cut with large cookie cutter. Bake on greased cookie sheet at 350° until lightly browned, 15 to 20 minutes. (This is a family favorite handed down from my late mother-in-law, Mrs. Ethel McCall Doland. She was born and reared in Grand Chenier.)

Mrs. Everett S. Doland, DeQuincy, La.

KEVIN'S HAND COOKIES

½ cup shortening
1 cup sugar
1 egg
1 tsp. vanilla
2-2/3 cups all-purpose flour
1 tsp. baking powder
½ tsp. soda
½ tsp. salt
¼ tsp. nutmeg
½ cup dairy sour cream

Heat oven to 425°. Mix shortening, sugar, egg, and vanilla. Blend in remaining ingredients. Divide dough into 3 parts. Roll each part ¼" thick on floured board. Trace around child's hand with pastry wheel. Cut remaining dough into desired shapes. Bake 6-8 minutes. Cool. Decorate as desired with decorator frosting. Yield: About 6 hand cookies and 1 dozen 2" cookies.

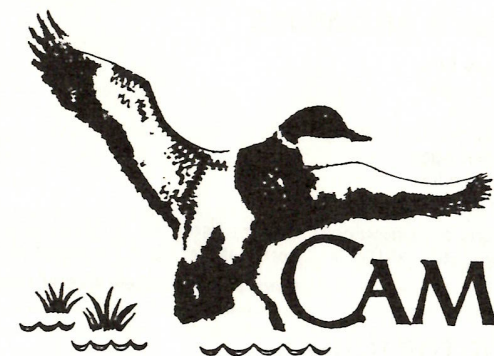
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TOTAL RESOURCES OVER \$13 MILLION

BROWNIES

- 2 squares unsweetened chocolate (2 oz.)
- 1/3 cup shortening or vegetable oil
- 1 cup sugar
- 2 eggs
- 3/4 cup flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup chopped nuts

Heat oven to 350°. Grease 8"x8"x2" square pan. Melt chocolate and shortening over low heat. Beat in sugar and eggs. Stir in flour, baking powder and salt together; blend in, then mix in nuts. Spread in pan. Bake 30 to 35 minutes or until top has dull crust and a slight imprint remains when touched lightly. Cool slightly and cut in squares.

Lori Sue Jones, Cameron, La.

MOCK PRALINE COOKIES

- 1 cup butter, do *not* substitute
- 1 cup brown sugar
- 1 cup chopped pecans
- Honey Graham crackers

Bring butter, brown sugar and nuts to a boil. Cook 5 to 10 minutes. Spoon over 8"x10" cookie sheet which has been filled with graham crackers. Cook in 350° oven for 5 minutes. Cool slightly and cut into squares.

Charla Jo Blake, Cameron, La.

PERSIMMON COOKIES

- 1/2 cup shortening
- 1 cup sugar
- 1 cup Persimmon pulp (mushy ripe)
- 2 cups flour
- 1 tsp. baking powder
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. allspice
- 1/2 tsp. nutmeg
- 1 cup raisins
- 1 cup chopped pecans

Mix ingredients in the order they are listed. Drop by teaspoonful onto a teflon cookie sheet. Bake at 350° for 15 to 20 minutes.

Mrs. Mae Cox, Sweetlake, La.

OATMEAL COOKIES #1

- 1 cup softened butter or other shortening
- 2 eggs
- 1 cup granulated sugar
- 1/2 cup firmly packed brown sugar
- 2 tsp. vanilla
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup chopped nuts
- 1 pkg. Chocolate Chips (optional)
- 2 cups quick-cooking rolled oats
- 1-1/3 cups flour

Beat butter, eggs, brown and white sugar and vanilla until light and fluffy. Add dry ingredients; blend well. Stir in nuts and chocolate chips. Drop from a teaspoon onto ungreased baking sheet, 2 inches apart. Bake at 375° for 8-10 minutes. Makes about 8 dozen cookies.

Mrs. Lee J. Harrison, Grand Chenier, La.

OATMEAL COOKIES #2

- 3/4 cup shortening, soft
- 1 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 1 egg
- 1/4 cup water
- 1 tsp. vanilla
- 1 cup sifted all-purpose flour
- 1 tsp. salt
- 1/2 tsp. soda
- 3 cups oats

Beat shortening, sugars, eggs, water, and vanilla together until creamy. Sift together flour, salt and soda; add to creamed mixture; blend well. Stir in oats. Drop by teaspoonfuls onto greased cookie sheet. Bake in preheated moderate oven 350° 12-15 minutes. (For variety, add chopped nutmeats, raisins, chocolate chips or coconut.) Yield: 5 dozens.

*Catherine Helene Perkins
"Little Miss Cameron Parish 1975"*

DIANE'S BROWNIES

- 1 1/2 cups flour
- 2 cups sugar
- 8 T. cocoa
- 2 sticks butter or margarine
- 4 beaten eggs
- 2 tsp. vanilla
- 1 cup chopped nuts

Combine all ingredients; stir until smooth. Spread the dough in a greased 15 1/2"x10 1/2"x1" pan. Bake at 350° for about 30 minutes.

Mary Diane McCall, Grand Chenier, La.

SANDTORTCHEN

- 6 T. flour
- 2 1/2 T. sifted confectioners sugar
- 1 cup sifted cake flour
- 1 tsp. cold water
- 1/2 cup toasted pecans, finely chopped
- 1/2 tsp. vanilla
- 1/2 pkg. (1/2 cup) semi-sweet chocolate chips, finely chopped

Blend flour and confectioners sugar; add cake flour, water, pecans, vanilla and chocolate chips and mix well. Shape into 1 inch balls and place on ungreased cookie sheet. Bake at 300° for 30 minutes. When almost cool, roll in sifted confectioners sugar. Yield: 3 dozen.

Mrs. Jerry Jones, Cameron, La.

PEANUT CRUNCHIES (Double Peanut Treat!)

- 1 cup unsifted flour
- 1 tsp. baking powder
- 1/3 cup butter or margarine
- 1/3 cup granulated sugar
- 1/3 cup packed light brown sugar
- 1/4 cup creamy peanut butter
- 1 egg, separated
- 1/2 tsp. vanilla
- 3/4 cup chopped (Medium fine) cocktail peanuts
- 12 candied cherries, halved

Thoroughly stir together the flour and baking powder. Cream butter and sugars; beat in peanut butter, egg yolk and vanilla until combined. Gradually stir in flour mixture until blended. Shape into balls, using 1 level tablespoon for each. Dip each ball into egg white beaten until frothy, then in chopped peanuts. Place 2 inches apart on greased cookie sheets. Make a deep indentation in top of each ball; place a cherry half in each indentation. Bake in a pre-heated 350° oven about 12 minutes. Remove to wire racks to cool. Makes 2 dozen.

Mrs. Wardella Fontenot, Jennings, La.

BON BON COOKIES

- 2 cups powdered sugar
- 1 1/2 cups peanut butter
- 2 cups chopped dates
- 1 1/2 cups chopped nuts
- 6 T. melted oleo

Mix by hand. Roll into small balls.

Melt:

- 1 12-oz. pkg. butterscotch chips
- 1/2 bar parafin

Put balls one by one into melted mixture. Cover each ball well and place on wax paper to dry.

Mrs. Vickie Parker, Hackberry, La.

CHEESECAKE COOKIES

- 1/3 cup brown sugar, packed
- 1/4 cup walnuts, chopped
- 1 cup flour
- 1/3 cup butter, melted
- 1 8-oz. pkg. cream cheese
- 1/4 cup granulated sugar
- 1 egg
- 1 T. lemon juice
- 2 T. cream or milk
- 1 tsp. vanilla

Mix brown sugar, nuts and flour together in a large bowl. Stir in the butter and mix with your hands until crumbly. Remove 1 cup of the mixture to be used later as a topping. Place remainder in an 8-inch square pan and press firmly. Bake at 350° for about 12 to 15 minutes. Beat cream cheese until smooth with the granulated sugar. Beat in egg, lemon juice, cream and vanilla. Pour this onto the baked crust. Top with the reserved crumbs. Return to a 350° oven and bake for about 25 minutes. Cool thoroughly, then cut into two-inch squares. These can be baked the day before serving. Cover with plastic wrap and keep refrigerated. Makes 16 cookies.

Mrs. Wardella Fontenot, Jennings, La.

SAND TARTS

- 1 cup soft oleo
- 1/2 cup powdered sugar
- 1 tsp. vanilla
- 2 1/4 cups Gold Medal flour
- 3/4 cup finely chopped pecans

Mix together, form balls or half moons, place on an ungreased cookie sheet, bake at 350° for about 8-10 minutes, roll in powdered sugar while still warm. Makes about 4 dozen cookies.

Mrs. Larry McNeese, Grand Chenier, La.

BUTTERSCOTCH BARS

- 1/2 cup oleo
- 2 cups brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups all-purpose flour
- 1/4 tsp. salt
- 1 cup flaked coconut
- 1 cup peanuts or semi sweet chocolate or butterscotch chips
- 2 tsp. baking powder

Melt oleo, add brown sugar, add eggs one at a time, add vanilla. Sift flour, baking powder, salt. Add the flour mixture to the oleo mixture, add chips and coconut. Place on Pam sprayed cookie sheet, bake at 350° for 25-30 minutes. Makes about 3 dozen. Pan size is 15 1/2"x10 1/2"x1".

Mrs. Larry McNeese, Grand Chenier, La.

MISS EMMA'S BROWN SUGAR COOKIES

- 2 1/2 cups packed brown sugar
- 2 1/2 cups flour
- 1/2 tsp. soda
- 1/4 tsp. salt
- 1 cup butter
- 1 cup nuts
- 2 eggs

Combine all ingredients. Drop by tablespoonfuls on a greased cookie sheet. Bake at 375° for 10 minutes.

Barbara LeBlanc, Cameron, La.

HOMEMADE COOKIE MIX

- 2 1/2 cups flour
- 1 tsp. baking soda
- 1 1/4 tsp. salt
- 1 cup sugar
- 1 cup brown sugar (packed)
- 1 1/2 cups Crisco
- 3 1/4 cups quick cooking oats
- 1 cup raisins
- 1 cup semi-sweet chocolate chips

This recipe makes about 10 cups of dry mixture. Place about 5 cups, without the last two items in a plastic bag. Now measure 1/2 cup of the raisins and chips. Put the remaining mixture with raisins and chips in another bag, seal and store for about 3 weeks. If you have substituted margarine or butter for the Crisco, store in the refrigerator. This mix can be made for presents adding a note for the addition of liquid ingredients and baking instructions, which are as follows:

- 1 egg
- 1/3 cup milk
- 1/2 tsp. vanilla

Mix and add to dry ingredients. Drop by teaspoonfuls on a greased cookie sheet. Bake for 12 to 15 minutes at 350°. Makes about 4 1/2 dozen cookies.

Mrs. Larry McNeese, Grand Chenier, La.



CANDIES

ORANGE CANDY

- 3 cups sugar
- 1/4 cup water
- 1 cup undiluted evaporated milk
- Pinch of salt
- 1 cup chopped walnuts
- 3 T. grated orange peel

Put 1 cup of the sugar into a heavy frying pan and stir with a wooden spoon over medium heat until sugar is melted and caramelized to a golden brown color. Add water and stir until sugar completely re-dissolves. Add remaining 2 cups of sugar, evaporated milk and salt. Place over low heat and stir until the mixture begins to boil. Cook, stirring frequently, until it reaches the soft ball stage (236°). Remove from heat; cool to luke warm without stirring. Add to orange peel and nuts. Beat until candy loses its gloss and will hold its shape when dropped from a spoon. Pour into a lightly buttered 8 inch square pan and cool until set. Cut into squares before candy becomes too firm. (Makes 16-20 pieces). Looks like orange fudge.

Mrs. Vickie Parker, Hackberry, La.

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CHOCOLATE-MAPLE BONBON BALLS

½ cup maple blended syrup
1 (8½ oz.) pkg. chocolate wafers,
crushed
1 cup chopped walnuts
1 cup confectioners sugar
¼ cup bourbon
¼ cup sweetened cocoa mix

In a small sauce pan, bring ½ cup maple syrup to a boil and boil gently until syrup is reduced to ¼ cup - about 3 to 4 minutes. Remove from heat and cool.

Combine 1 (8½ oz.) pkg. chocolate wafers, crushed, 1 cup each chopped walnuts and confectioners sugar, the reduced maple blended syrup and ¼ cup bourbon. Mix well and shape into balls, using 1 teaspoonful per ball. Let stand 10 minutes, then roll in ¼ cup sweetened cocoa mix. Makes about 5 dozen.

Mrs. Charles F. Hebert, Cameron, La.

HOLIDAY DIVINITY

4 cups sugar
1/3 cup light corn syrup
¾ cup water
3 eggs whites (stiffly beaten)
1 tsp. vanilla
1 cup chopped pecans

Combine sugar, syrup and water. Place in saucepan over low heat. Stir until sugar is dissolved, cook without stirring to 255° on candy thermometer or until a small amount dropped into cold water forms hard ball. Remove from heat; pour beating constantly, in fine stream into stiffly beaten egg whites. Continue beating until mixture holds shape and loses gloss. Add vanilla and nuts. Drop quickly from tip of spoon onto waxed paper in individual peaks. Yield: 30 pieces

Mary Diane McCall, Grand Chenier, La.

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DAINTIE'S

2 pkgs. butterscotch or
milk chocolate marcells
2 cups chow-mein noodles
1 cup salted spanish peanuts

Melt morsels over hot water. When melted, remove from heat and add the noodles, and one cup of the peanuts. Drop on wax paper. For faster servings, set in refrigerator.

Patsy Poole, Hackberry, La.

SNOWBALLS

3½ cups vanilla wafer crumbs
¼ cup butter, melted
¾ cup powdered sugar, sifted
1 cup Dr. Pepper
Flaked coconut

Mix crumbs, butter, sugar, pecans and Dr. Pepper. Roll into very small balls. Using a fork, dip ball into icing and then roll in flaked coconut.

Icing:

2 cups powdered sugar, sifted
2 T. melted butter
1/3 cup Dr. Pepper
¼ tsp. vanilla

Combine all ingredients in a mixing bowl.

Neva Sheffield, Hackberry, La.

PINEAPPLE-PECAN FUDGE

3 cups sugar
1 cup crushed pineapple, juice and all
1 T. white Karo
24 large marshmallows
1 T. butter
3 cups pecans, chopped
1 T. vanilla

Dissolve sugar, pineapple and Karo in pan. Cook until it forms a ball - the same as chocolate fudge (a soft-ball). Remove from fire. Whip in marshmallows, then butter and pecans. Add vanilla. When it begins to harden, pour into a buttered dish and cut.

Mary E. Driscoll, Creole, La.

PECAN PRALINES

3 cups pecans
1 cup white sugar
1 cup light brown sugar
¼ cup water
¼ cup white Karo
1 tsp. vanilla
2 T. butter

Cook all together until it forms a soft ball in water. Add vanilla and butter. Stir until starts to stick together. Drop by spoonfuls on waxed paper.

Ruby Mhire, Grand Chenier, La.

PEANUT BUTTER FUDGE

3 cups sugar
1¼ cups milk
1½ cups crunchy peanut butter
1 tsp. vanilla extract
1 tsp. butter extract

Grease a 9"x13" pan. Combine sugar and milk. Bring to a boil stirring constantly. Reduce heat and continue cooking until mixture makes a soft ball when dropped in a cup of cold water. Remove from fire. Add peanut butter and extracts. Put a little bit of water in sink. Set pot in water. Beat until mixture gets thick. Pour into greased pan and spread. Let cool at least 30 minutes and cut.

Mrs. Brenda Conner, Cameron, La.

JEAN PINCH'S AMERICAN BUTTER TARTS

Crust:

2 cups flour
1 cup brown sugar
firmly packed
½ cup margarine or butter softened
1 cup chopped nutmeats
½ cup coconut

Mix thoroughly until particles are fine. Pat firmly into bottom of 9"x13" pan, build up edge a bit. Sprinkle 1 cup chopped nutmeats over and add butter tart filling.* Do not put filling up to edge of crust. Sprinkle top with coconut. Bake: 350° until brown and set, about 20 minutes. Cool, mark and score crust to cut into bars.

*Butter Tart Filling:

½ cup raisins - add water just to cover and simmer until liquid is almost gone. (1 T. left) cool.
¼ cup margarine softened (butter)
1 cup brown sugar
1 egg
1 tsp. vanilla

Mix all ingredients thoroughly adding raisins and liquid first.

Mrs. Dora Mae Pinch, Grand Chenier, La.

FROSTY HERMITS

1 cup Kellogg's All Bran cereal
½ cup milk
1 cup regular all-purpose flour
½ tsp. baking soda
½ tsp. cinnamon
½ tsp. nutmeg
¼ tsp. ginger

1 cup brown sugar (packed)
½ cup oleo
2 eggs
½ cup coarsely chopped dry roasted peanuts
1 cup raisins

Mix everything together, place on Pam-sprayed cookie sheet. Bake 12 minutes at 375°. Frost with following vanilla icing.

Icing:

1½ cups powdered sugar
1 tsp. vanilla
1 T. milk
2 T. oleo melted
¼ cup crushed dry roasted peanuts

Mix all ingredients together and frost.

Mrs. Larry McNeese, Grand Chenier, La.

WINTER STRAWBERRIES

1½ cups grated pecans*
1½ cups grated coconut*
3 pkgs. (3 oz.) strawberry gelatin
1 tsp. vanilla extract
1/3 cup red-colored sugar
Green spearmint candy leaves
1 can (14 oz.) condensed milk, sweetened

Combine nuts, coconut, gelatin, milk and vanilla in bowl. Knead until smooth. Form into balls and chill for 1 hour. Shape chilled mixture into strawberries. Chill again. Roll strawberries in red sugar. Cut stems from spearmint leaves. Insert into each strawberry. Refrigerate in airtight container.

*NOTE: Use electric blender or chop very fine.

Charlotte LaBauve, Hackberry, La.

MACAROON FUDGIES

4 squares (1 oz. each) unsweetened chocolate
1 cup butter or margarine
2 cups sugar
1 cup all purpose flour
¼ tsp. salt
1 tsp. vanilla
3 eggs
1 cup (6 oz. pkg.) semi-sweet chocolate pieces
½ cup chopped nuts, if desired

Filling:

2 to 3 cups flaked coconut
2/3 cup sweetened condensed milk
1 tsp. vanilla
¾ tsp. almond extract, if desired

Oven 350°
24 to 36 bars

Grease 13"x9" baking pan. (No need to sift flour, measure by lightly spooning in to cup and leveling off.) In large sauce pan over low heat, melt chocolate and butter; remove from heat. Add sugar, flour, salt, one teaspoon vanilla and eggs; mix well. Spread ¼ chocolate batter in prepared pan. Prepare filling, spoon evenly over chocolate batter. Spread remaining chocolate batter evenly over filling. Bake at 350° for 35 to 40 minutes; immediately sprinkle with chocolate pieces. Let stand one minute; spread evenly over bars. Sprinkle with nuts. Cool completely; cut into bars.

Filling: In medium mixing bowl, combine all ingredients; mix well.

Fudge - Full Peanut Butter Bars combine two favorite "kid" flavors in an easy-to-make bar cookie. A creamy fudge filling bakes between a cookie - like base and topping made from butter - flavor cake mix and peanut butter.

Wardella Fontenot, Jennings, La.

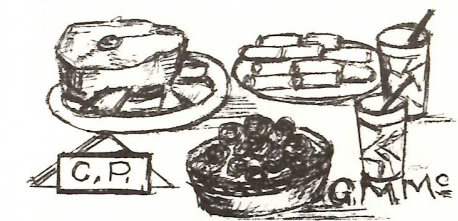
HARD ROCK CANDY (Looks like colored glass)

3½ cups granulated sugar
1 cup karo light syrup
1 cup water
Food coloring

Mix and boil to 300°F. Stir until dissolved. Divide in half. Add 1 tsp. flavoring oil* to each batch. (Be careful that no fire is near when adding oil because it could catch fire.) Add a variety of food coloring to each batch. Spread out aluminum foil on a counter top or in heavy pans. Spray foil with "Pam." Pour hot candy on foil to make a thin coating. As soon as it dries, crack into small pieces and seal in jars or containers to keep out moisture. Makes lovely arrangements for tables or as gifts at Christmas or other holidays.

*NOTE: Flavoring oils can be purchased at drug stores. Suggested flavors are: oil of cinnamon, grape, cherry, peppermint and wintergreen.

Mrs. Vickie Parker, Hackberry, La.



PARTY FOODS

STUFFED CHILES

2 7-oz. cans of green chiles
1 lb. Velveeta cheese
2 eggs
Water
1 tsp. salt
¼ tsp. pepper
Flour

Cut cheese strips, ½" wide, ½" thick, and 1" shorter than peppers. Stuff 1 strip of cheese into each chile pepper. Roll stuffed pepper in flour very well. Spray baking dish with Pam. Lay peppers in pan, close together. Beat eggs well and add enough water to equal 1 cup. Add salt and pepper and mix well. Pour liquid over peppers. Bake until slightly brown. (Approximately 15 minutes in 350° oven.)

Mrs. Vickie Parker, Hackberry, La.

HONEY CRACKLE

3 quarts freshly popped corn
1 cup blanched slivered almonds
½ cup butter
1 cup firmly packed light brown sugar
¼ cup honey
1 tsp. vanilla

Into a large shallow roasting pan, turn the popped corn. Sprinkle the almonds over the corn. In a 1-quart saucepan over low heat, melt the butter; stir in brown sugar and honey. Over medium heat, stirring constantly, bring to a boil. Boil gently without stirring for 5 minutes. Remove from heat; stir in the vanilla. Pour mixture over popped-corn and almonds; stir until well mixed. Bake in a preheated 250° oven, stirring every 15 minutes for 1 hour. Cool completely. Break apart and store in a tightly covered container. Makes about 3 quarts.

Southern Structures

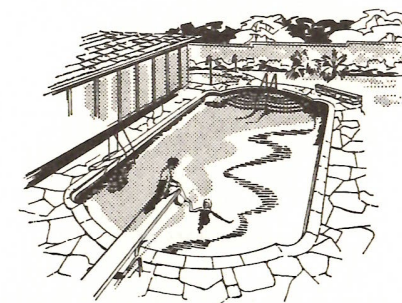


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CAPANTA (ITALIAN APPETIZER)

½ cup olive oil
6 cups diced unpeeled eggplant
3 onions chopped
1 large outer rib celery
1 large green pepper chopped
1 tsp. salt
¼ tsp. pepper
1 7-oz. Italian style peeled tomatoes with basil undrained
¾ cup pimiento olives
1 T. sugar
2 or 3 T. red wine vinegar

In large saucepan in hot olive oil, lightly brown eggplant. Add onions, celery and pepper. Simmer, covered 10 minutes. Add remaining ingredients. Simmer covered till eggplant are tender and sauce is thick, about 45 minutes. Chill thoroughly and serve on salad greens. Very good.

Katy Elmer, Grand Chenier, La.
* * *

HOT AND SPICY DIP

1 8-oz. pkg. Philadelphia cream cheese
2 T. milk
½ c. sour cream
1 2½-oz. jar or pkg. of dried beef
2 T. chopped onions
1 T. chopped green pepper (optional)
¼ tsp. black pepper
1½ tsp. curry powder (start with 1 tsp. then add as this can make it quite hot) optional
Chopped nuts

In a medium bowl blend cheese and milk until smooth. Add sour cream and mix well. Add chopped dried beef, onions, green pepper, black pepper and curry powder. Beat at low speed. Spoon into a baking dish (small deep one) and sprinkle chopped nuts liberally over the top. Bake in a 350° oven until hot. About 20 minutes. (This may be made ahead of time and refrigerated until ready to use.)

Mrs. Roy Johnston, Pineville, La.
Mrs. Ed Campbell, Denver Colorado
Submitted by: Robert Farley, Cameron, La.
* * *

CHEESE ROLL

1 pkg. cream cheese - 3 oz.
1 pkg. sharp cheese - ½ lb.
Garlic
Lea & Perrins sauce
Tabasco sauce
Pecans - chopped

Mix and roll in chili peppers. Roll in wax paper and chill.

Mrs. Phil Bell, Oak Grove, La.
* * *

CHEESE COOKIES

½ lb. grated sharp cheese
¼ lb. margarine
½ tsp. cayenne pepper
1 cup flour
¾ cup chopped nuts

Mix and roll. Chill. Slice as thin as possible and bake at 350°, 10-15 minutes.

Mrs. Phil Bell, Oak Grove, La.
* * *

QUICK DIP

1 7½-oz. can Jalapeno bean dip
1 cup sour cream

Mix and heat until steaming. Serve with chips or crackers.

Mrs. Vickie Parker, Hackberry, La.

CHEESE WAFERS

2 sticks margarine
2 cups cheese, shredded
1 tsp. salt
1 tsp. baking powder
2 cups flour
2 cups rice crispies
1 or 2 tsp. red pepper

Cream margarine and cheese. Add flour, salt, baking powder, red peppers and rice crispies. Roll in small balls; press down with wet fork. Bake at 375° for 10 to 12 minutes.

Mrs. Charles H. Precht, Sr., Sweet Lake, La.
* * *

CRAYFISH DIP

1 lb. frozen, cleaned crayfish
3 or 4 ribs celery, chopped
1 bell pepper, chopped
1 med. onion, chopped
¾ stick of butter
1 7-oz. jar pimiento, chopped
½ lb. sharp cheddar cheese, grated
1 can cream of mushroom soup
1½ small cans evaporated milk
Generous dash of Worcestershire
Salt
Black and red pepper (lots of red)
1 T. lemon juice (add to taste)
1 T. cooking sherry (add to taste)

Saute celery, onion, bell pepper and garlic in butter until soft. Add pimiento, soup, milk cheese and seasoning. Let cook over low heat about 30 minutes. Boil crayfish about 10 minutes - until it turns pink. Drain and cut up. Add immediately to sauce. Add lemon juice and sherry. Put into chaffing dish; serve with melba toast.

Mrs. Robert Ortego, Creole, La.

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HOLIDAY COCKTAIL MEATBALLS

1½ lbs. ground round
1 cup prepared bread crumbs
½ cup sweet pickle relish
2 eggs
2 tsps. grated onion
½ tsp. cinnamon
2 T. brown sugar
½ cup milk
1 tsp. salt

Mix ingredients in electric mixer. Shape meat into walnut-size balls and brown in 1 to 2 T. cooking oil. Meatballs can be browned and frozen ahead of time.

2 cups catsup
½ cup brown sugar
1½ cups water
2 tsps. steak sauce
2 tsp. Worcestershire sauce
1 tsp. garlic powder

Mix together and combine with meatballs. Simmer 10 to 20 minutes and serve in chafing dish with cocktail picks.

Mrs. B.A. McDonald, Lake Charles, La.

MINT MALT

3 T. crushed peppermint
stick candy
1½ cups milk
¼ cup chocolate flavored malted
milk powder
Dash of salt
1 tsp. vanilla
1 pint chocolate ice cream
Whipped cream

Place half of the crushed candy, ½ cup of milk, malted milk powder,

salt and vanilla in mixer bowl or blender. Blend until candy dissolves. Add ice cream; blend until softened. Add 1 cup milk and mix just until blended. Pour into 4 chilled glasses and top with whipped cream. Sprinkle with remaining crushed candy. Serve with candy sticks for muddlers.

Mrs. J.C. Murphy, Cameron, La.

MOCK OYSTER DIP

1 box frozen chopped broccoli
1 stick butter or oleo
1 medium onion, chopped
1 8-oz. can mushrooms, chopped
1 can cream of mushroom soup
1 roll of Kraft garlic cheese

Cook broccoli under very tender (30 to 40 minutes) and set aside. Saute chopped onion in butter until tender. Add drained broccoli, mushrooms, soup and garlic cheese. Mix well together. Put in chafing dish and serve hot. (Ruffle potato chips or Fritos are very good with this dip.)

Mrs. Harold D. Carter, Creole, La.

CHEESE-SAUSAGE BALLS

16 small sausage links
16 slices sandwich bread
1 cup shredded American cheese
4 T. softened butter

Cook sausage links in skillet till done; remove and drain. Cut crust from bread slices. Roll bread with rolling pin very thin. Combine cheese and butter; spread on both sides of bread slices. Roll up each sausage link in a slice of bread; place seam side down on a lightly greased baking sheet. Bake at 375° for 10 to 12 minutes. Cut each into 4 slices and serve hot. Yield: 64 canapes.

Mrs. Jerry Jones, Cameron, La.

SHRIMP DIP

2 quarts shrimp, cleaned
boiled and ground
2 6-oz. rolls garlic cheese
(Jalapeno cheese may be used)
Several dashes of Worcestershire
2 8-oz. blocks cream cheese
Mayonnaise - enough to make the
consistency of a dip
Salt and red pepper to taste

Mix softened cheeses thoroughly. Add mayonnaise and seasonings. Fold in ground shrimp. Taste to correct seasonings.

Mrs. J.W. Broussard, Grand Chenier, La.

MOTHER'S SAUSAGE N' CHEESE DING-A-LINGS

1 10-oz. pkg. sharp cheese, grated
1 pound hot sausage (Owens or Rath)
3 cups biscuit mix

Mix all ingredients together well. Roll into small balls and bake 10 minutes in 350° preheated oven on ungreased cookie sheet.

Mrs. Wayne Wood, Grand Chenier, La.

HOT CRAB DIP

1 block oleo
4 oz. cream cheese
1 lb. crabmeat
½ tsp. Worcestershire sauce
½ small onion, grated
1 T. red pepper
½ tsp. garlic powder
4 or 5 ground hot peppers

Melt margarine and saute onions. Add cream cheese and blend. Add crabmeat and seasonings. Stir well and place in a fondue pot to serve.

Mrs. Velma Picou (Kato), Cameron, La.



DESSERTS

PETE'S FAVORITE ICE CREAM (Original)

1 pt. half and half
1 pt. whipping cream
2 cans Pet milk
12 cups whole milk
8 eggs
1 T. vanilla
5 cups sugar (more if desired)

Beat eggs until light and fluffy. Gradually add sugar, beating until mixture is lemon colored and thick. Beat in remaining ingredients. Pour into chilled ice-cream freezer and freeze. Yield: 1 gallon.

Mrs. Diane McCall, Grand Chenier, La.

CREAM PUFFS

1 cup water
½ cup butter or Crisco
1 cup flour
4 eggs

Place the water and butter in a saucepan and heat to boiling. Add all the flour at one time, stirring vigorously until mixture forms a ball and leaves the sides of the pan. Remove from heat and add unbeaten eggs, one at a time, beating thoroughly after each addition. Drop batter by rounded tablespoonfuls onto greased baking sheet. Bake at 400° for 30 to 40 minutes or until golden brown. Do not open oven door during early part of baking. Remove shells from baking sheet and put on wire racks to cool. To serve, make a slit in cream puffs and fill with custard or ice cream. Yield: 12 cream puff shells.

June Richard, Grand Chenier, La.

EASY DOES IT CAKE

1 Sara Lee pound cake
½ pint sour cream
½ can cherry pie filling
1 can white frosting

Slice cake in three. Spread sour cream and then pie filling. Put together layers and frost. Chill in refrigerator until ready to serve.

Mrs. Hazel Cain, Maurice, La.

PECAN PIE - GEORGIA STYLE

3 eggs
1 cup dark Karo Corn Syrup
2/3 cup butter or
1 stick oleo
½ cup sugar
1 cup pecan meats,
broken in small pieces
1 tsp. vanilla
Dash of salt

Heat butter, salt, sugar, syrup together to boiling point. Beat eggs slightly, then add hot mixture gradually to the eggs, add nuts and vanilla. Mix well and pour into pie pan which has been lined with uncooked pastry. Bake in 350° oven for 45 minutes.

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

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SURPRISE MACAROON TARTS

2 cups flour
½ cup sugar
Pinch of salt
1 cup butter
1 cup three-minute oats
¼ cup water
2 eggs, separated
½ cup sugar
2 T. orange juice
1 tsp. grated orange rind
2 T. melted butter
1 cup cookie crumbs
¼ tsp. almond extract
Strawberry preserves

Mix flour, ½ cup sugar and salt. Add butter and mix until resembles pie crust dough. Stir in oats. Gradually add water until a ball can be formed - makes 48 balls. Press balls in miniature muffin pans, forming small tart shells. Beat the egg yolks and sugar; then add orange juice and rind, beating all together well. Add melted butter and crumbs, folding in along with almond extract. Beat egg whites and fold in. Put 1 tsp. preserves in each shell, top with crumb mixture and bake at 350° until slightly browned.

Mrs. Charles Rogers, Cameron, La.

VANILLA ICE-CREAM

9 eggs
3 cups sugar
¼ tsp. salt
3 cans evaporated milk
3 milk cans water
1 pint half and half
½ pint whipping cream
3 T. vanilla

Beat eggs until light. Add sugar and salt and mix well. Add milk, water, cream and vanilla. When well-mixed, chill, then put in ice-cream maker.

Mrs. Howard Cox, Sweet Lake, La.

PISTACHIO PLEASER

2 pkgs. regular size pistachio instant pudding
2 20-oz. cans crushed pineapple
1 large bowl cool whip
2 cups miniature marshmallows

Mix all ingredients together. Put in pan and refrigerate for a few hours. Cut into squares and serve. Delicious!

Mrs. Harold D. Carter, Creole, La.

CREPE SUZETTES AMERICANA

Basic dessert crepe batter:

4 eggs
1 cup flour
2 T. sugar
1 cup milk
¼ cup water
1 T. melted butter

In medium mixing bowl, beat eggs. Gradually add flour and sugar alternately with milk and water, beating with electric mixer or whisk until smooth. Beat in melted butter. Refrigerate batter at least 1 hour. Cook on upside-down crepe griddle or in traditional pan. Makes about 20 to 25 crepes.

An excellent crepe suzette filling:

½ lb. unsalted butter, softened
½ cup sugar
1 tsp. lemon juice
½ cup orange juice
¼ cup orange liqueur

1 T. grated orange peel
16 to 18 cooked crepes
2 T. sugar
¼ cup orange liqueur
¼ cup cognac

Beat butter with ½ cup sugar until very creamy. Slowly add lemon juice, orange juice and ¼ cup liqueur while beating. Stir in orange peel. Refrigerate until needed. At serving time, heat orange butter in skillet or chafing dish until bubbly. Dip both sides of crepe in hot orange butter and fold over or roll up; push over to edge of chafing dish. Repeat with remaining crepes. Sprinkle crepes with 2 T. sugar; pour ¼ cup liqueur and ¼ cup cognac into center of pan. With long match, ignite mixture. Shake chafing dish or skillet with one hand, and with other hand, spoon flaming sauce over crepes. When flames die out, quickly serve crepes on heated dessert plates; spoon sauce over. Makes 16 to 18 crepes. (The flaming is most effective when lights are dimmed. Crepes may be made up in advance, stacked separating with squares of waxed paper and frozen in plastic bag.)

Lori Sue Jones, Cameron, La.

FRESH FRUIT ICE CREAM

2 cups fresh fruit
1 tsp. lemon juice
Sugar
2 cans condensed milk
2 cups evaporated milk
Pinch salt
Milk to fill freezer container
to 3 inches below top

Mash ripe fruit - peaches, bananas, strawberries or pineapple. Mix with enough sugar to taste sweet. Pour all ingredients into a one gallon ice cream freezer. (If using canned fruit, use half the syrup and reduce the amount of milk.)

Mrs. Charles Rogers, Cameron, La.

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QUICK 'N EASY PEACH COBLER

2 T. margarine
2 cups Bisquick mix
1 cup sugar
#3 can sliced peaches with juice

Melt margarine in a casserole dish. In a separate bowl, combine bisquick mix, sugar, peaches and juice, mixing well. Pour into casserole dish with melted margarine. Do not stir once mixture has been poured into dish. Cover with lid and bake 30 to 35 minutes or until crust is golden brown at 350°.

Mary Clayton, Hackberry, La.

OLD FASHIONED APPLE PUDDING

¼ cup butter or oleo
1 cup sugar
1 egg
1 cup flour
1 tsp. soda
1 tsp. apple pie spice
½ tsp. nutmeg
Pinch of salt
2 cups finely chopped, pared apples
2/3 cup chopped pecans
Pudding sauce

Cream the butter and sugar; add egg and beat well. Stir together the flour, soda, spices and salt. Add slowly to the creamed mixture. Stir in apples and pecans. Pour into greased 8 inch square pan and bake at 350° for 45 minutes or until tests done. Cut into squares and serve warm with pudding sauce.

Sauce:

½ cup butter or oleo
1 cup sugar
½ cup evaporated milk
¼ cup water
1 tsp. vanilla
Grated nutmeg

Mix together in a small saucepan the butter, sugar, milk and water. Cook until slightly thickened, stirring often. Add vanilla and stir again. Sprinkle with nutmeg and serve warm over pudding.

Mrs. Charles Rogers, Cameron, La.

STRAWBERRY JELLO WITH CREAM & APPLES

2 boxes strawberry jello
1 pint whipping cream
1 Delicious apple, chopped

Make jello according to box directions. When almost set, add whipped cream, mix, and add chopped apple. Can also be used as a salad.

Mrs. Lena Aubey Tebbetts, Natchitoches, La.

CAL'S BREAD PUDDING

3 cups soft bread crumbs
2 cups milk scalded with ¼ cup butter
½ cup sugar
2 eggs, slightly beaten
¼ tsp. salt
1 tsp. cinnamon, nutmeg
or vanilla flavoring

Blend together all ingredients in an oblong pan and bake at 350° for 40 to 50 minutes.

Carolyn Ann Bargeman, Creole, La.

TART A'LABOUILLE (Two Pies)

2 cups milk
1½ cups sugar
2 heaping T. cornstarch
½ cup evaporated milk
1 tsp. vanilla or nutmeg

Let milk come to boiling point. Add sugar, corn starch and evaporated milk which has been well mixed. Cook until thickened. Add flavor.

Sweet Pie Crust:

1 egg
½ cup shortening
1 cup sugar
½ cup sour cream
½ tsp. baking soda
1 tsp. baking powder
4½ cups flour

Beat shortening, sugar and egg until creamy. Mix soda and sour cream and add to first mixture. Mix baking powder and flour and add to mixture last. Roll out and place in pie pans. Fill and place strips of dough on top and bake at 375° until golden brown.

Mrs. Ramie Broussard, Creole, La.

Mrs. Alix Broussard, Creole, La.

FRUIT PIE FILLING COBLER

1 stick oleo
1 cup flour
1½ cups sugar
1 cup milk
1 tsp. baking powder
½ tsp. salt
1 can fruit pie filling

Melt oleo in large baking dish. Stir batter until lumps are gone. Pour over buttered dish. Do not stir. Drop fruit over batter. Do not stir. Bake 45 minutes at 345°.

Corrine Canik, Grand Chenier, La.



COLEEN'S BEST PICKLES

7 lbs. cucumbers
1 cup pickling lime
1 gal. water

Slice cucumbers and soak in lime water for 24 hours. Rinse in clear water two times. Cover with clear water and let stand for 3 hours.

Mix picklin solution:

9 cups vinegar
8 cups sugar
1 T. salt
1 tsp. whole cloves
1 tsp. celery seed
1 tsp. pickling spice

Let sliced cucumbers stand in pickling solution overnight. Put on stove and cook for about 45 minutes or until slices are clear. Pack in hot, sterilized jars and seal.

Mrs. Ancil Hanks, Greensburg, La.

MILD BAR-B-QUE SAUCE

Simmer in a small amount of oil or fat until wilted, but not brown on a very low fire:

- 6 onions, chopped fine
- 3 bell peppers, chopped fine
- 4 garlic cloves, chopped fine

Add:

- 8 cans tomato sauce
- 3 bottles Ketchup
- ¼ bottle Worcestershire sauce
- Salt and pepper to taste
- 6 T. liquid smoke
- 2 sticks butter or margarine
- 1/3 cup sugar

Cook three hours or more. Add water if sauce gets too thick or sticks. To make sauce "hot", add Tobasco sauce to taste.

Velma Vincent, Sulphur, La.

BLACK CHOW-CHOW

- 2 gallons green tomatoes, chopped
- 1 medium head cabbage, chopped
- 2 pints onions, chopped
- 2 quarts green and red sweet peppers, chopped
- 2 cups white sugar
- 2 stalks celery, chopped
- 2 quarts cucumbers, chopped
- 2 cups white vinegar
- 2 lbs. brown sugar
- Salt and pickeling spices to taste

Sprinkle vegetables with salt. Let set over night. Put in sack and drain. Heat vinegar, brown and white sugar with spices. Mix with vegetables. Heat well and place in jars.

Mrs. James Ellis, Grand Chenier, La.

HOMEMADE NOODLES

- 2 eggs
- 1 tsp. salt
- ½ tsp. baking powder
- 1¼ cups sifted flour
- ½ cup milk

Beat eggs until frothy. Add salt and milk. Add flour and baking powder and work well. Knead well on a lightly floured board. Roll out thinly. Dust with flour. Cut into strips about ¼ inch wide. Scatter strips on board and let dry about 1 hour before cooking. Rinse out well in boiled water to remove some of the flour. Wonderful to add to home-made soups. Or drop in boiling salted water until tender and serve with melted butter or seasonings of your choice.

Mrs. Winston Benoit, Cameron, La.

DON'T BREATHE ON THE WALLPAPER SALAD DRESSING

- ¼ cup white vinegar
- ½ bell pepper
- 5 cloves garlic
- 1 T. oregano
- 1 Jalapeno pepper or 1 T. red pepper flakes
- 1 cup vegetable oil

Blend well on fast setting with electric blender, all of the ingredients except the oil. Then blend on slow setting and add vegetable oil. Dressing may be stored in refrigerator for 2 weeks.

Mrs. William Phillips, Jr., Alexandria, La.

PERSIMMON JAM

- 4 cups prepared persimmon
- 2 T. lemon juice
- 7½ cups sugar
- 1 bottle Certo fruit pectin

Prepare fruit: Peel fully ripe persimmons, crush pulp thoroughly. Measure 4 cups into very large saucepan. Add 2 T. lemon juice to the fruit, then add sugar and mix well.

Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, at once stir in Certo. Skim off foam. Stir and skim for 5 minutes to cool slightly, to prevent floating fruit. Ladle into glasses and seal.

Mrs. June Harper, Grand Chenier, La.

WINE JELLY

- 4 cups wine (grape, blackberry, burgundy do well)
- 7 cups sugar
- ½ bottle Certo fruit pectin

To the measured wine in a large saucepan, add sugar as indicated mix well. Place over high heat and bring to a boil, stirring constantly. Add Certo, then bring to a fully rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon and pour quickly into jars and seal.

Mrs. Carolyn Harper, Grand Chenier, La.

SEVEN YELLOW SQUASH PICKLES

- 8 cups sliced yellow squash (young)
- 2 cups sliced white onions
- 2 cups bell or banana peppers sliced
- 3 cups white vinegar
- 2 cups sugar
- 2 T. celery seed
- 2 T. mustard seed
- 1 large jar red pimientos chopped

Soak first 3 items 1 hour with ½ cup salt and 3 trays of ice. Rinse, salt, put in pot with rest of items. Let simmer, do not boil. Have at least 8 pint jars ready. Similar to bread and butter in taste.

Mrs. Larry McNeese, Grand Chenier, La.

BASIC ROUX FOR GUMBO

- 1 cup flour
- ½ cup oil

Heat oil in electric skillet and add flour. Stir continuously, until a light dark brown. Do not over brown, because roux will have a bitter taste. You can make as much roux as you want in an electric skillet such as; 2 lbs. flour and 1 quart oil. Follow above recipe for the same. Roux may be stored in a jar and refrigerated until needed.

Velma Picou (Kato)

FETTUCINI

- 1 can Cream of Mushroom Soup
- ¾ cup milk
- ½ cup grated Parmesan cheese
- 3 cups cooked hot noodles
- 4 T. butter or margarine

In large saucepan, stir soup over low fire until smooth; blend in milk and cheese. Heat; stir now and then. Just before serving, toss hot noodles with batter, combine with soup mixture. Serve with additional cheese. Yields: 4 servings.

Francis Hicks, Hackberry, La.

WEDDING PUNCH

- 1 46-oz. can Hawaiian Punch
- 1 6-oz. can frozen lemonade
- 1 6-oz. can frozen orange juice
- 1 6-oz. can frozen grape juice
- 6 cans cold water
- 1 12-oz. bottle 7-up or Gingerale

Combine Hawaiian Punch, orange, lemon, grape juice and water. Put in punch bowl with ice. Carefully pour Gingerale in bowl. 35 servings.

Mrs. Wardella Fontenot, Jennings, La.

FIG PRESERVES

- 6 qts. figs
- 4 qts. water
- 6 lbs. sugar
- ½ cup soda to 6 qts. boiling water

Select firm, sound fruit, discarding all overripe or broken figs. Sprinkle one cupful of baking soda over the selected figs and cover with about six quarts of boiling water. Allow them to stand up to 10 minutes for very ripe figs; a shorter time for firm, underripe figs. Drain off the soda solution, and rinse the figs well in clear cold water. Let the figs drain while syrup is being prepared. Mix sugar and the four quarts of water; boil for 10 minutes, and skim. Add well-drained figs gradually so as not to cool the syrup. (In a dry season, or if figs are underripe, use a larger amount of water for the syrup, or cook in a covered kettle for the first 15-20 minutes.) Cook rapidly until figs are clear and tender (about two hours.)

When the figs are transparent, lift them out carefully and place in shallow pans. If the syrup is not heavy enough, continue boiling until it is thick as honey, then pour it over the figs, being careful to see that the fruit is entirely covered. Let stand overnight. Next

morning pack the figs cold in sterilized jars, having all stems the same length, and place the figs so that all stems will be upward. Fill each jar with the syrup. Seal; water bath 25 minutes at simmering temperature.

*L.S.U. Extension Service
Courtesy of:
Patsy Granger, Jennings, La.*

A COOK'S METRIC TABLE

1 cup - 350 ml. (milliliter)

½ cup - 250 ml.

1 lb. - 454 grams

1 qt. - 1 liter

1 Tablespoon - 15 ml.

1 Teaspoon - 5 ml.

½ Teaspoon - 2.5 ml.

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