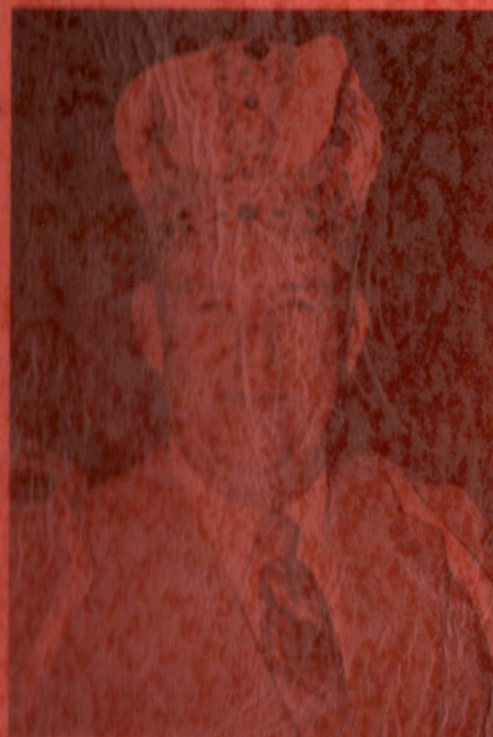


# CAMERON PARISH

## 25TH ANNUAL FESTIVAL FUR & WILDLIFE COOKBOOK

January 9-10, 1981  
Cameron, Louisiana  
Price \$4.00

CAMERON PARISH LEGACY  
CAMERON, LOUISIANA



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Dr. David Warren & Leo Club .....	Program Stage Helpers



## A MESSAGE FROM THE PRESIDENT



Welcome to Cameron! Come share with us our gala winter festival which we conduct with true Southwest Louisiana hospitality and genuine friendship.

Last year we paid tribute to one of the oldest industries in our parish—the Cattle Industry.

The pioneer settlers of Cameron Parish were principally cattlemen who were attracted by the lush growth of vegetation which grew practically the year around. Most of the native brackish and salt water marsh grasses remain green in winter time and suffer little from draught in the summertime. The soil, having an abundance of calcium, salt and other minerals, produced large and strong boned animals. Today, more than a century later, with the same salt water marsh grasses, the use of improved pastures and effective mosquito control, raising cattle is one of the top five money-making industries in Cameron Parish.

We humbly, yet proudly, dedicate this year's cookbook to the COWBOYS of Cameron Parish for their promotion of the beef industry.

This year the festival celebrates its Silver Anniversary. Many unique contests relating to fur and wildlife, beauty pageants, balls, an Arts and Crafts Show and a parade are featured for your entertainment. And of course, the most delicious food you will find anywhere. So come and enjoy!

A very special "thank you" to the many fine people in our parish who work so hard to make this festival one of the best in the state.

Sincerely,

J.B. Blake, Jr.  
President

RAY CONNER  
PRESIDENT

LESTER J. RICHARD, JR.  
VICE-PRESIDENT

GLENN W. ALEXANDER  
SECRETARY

E. GARNER NUNEZ  
PARISH TREASURER  
ADMINISTRATIVE ASSISTANT

POLICE JURY

PARISH OF CAMERON

CAMERON, LOUISIANA 70631

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DISTRICT 3  
A. BRENT NUNEZ

DISTRICT 4  
LESTER RICHARD, JR.

September 29, 1980

TO: CAMERON PARISH RESIDENTS, FRIENDS & VISITORS

It is indeed an honor and a privilege to welcome our many residents, friends and visitors who will participate in our Louisiana Fur & Wildlife Festival in Cameron this year.

We of the Cameron Parish Police Jury applaud the Louisiana Fur & Wildlife Festival and what it has done and continues to do for the promotion of our Parish.

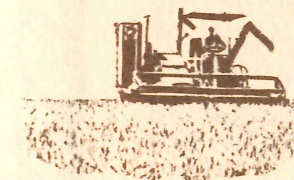
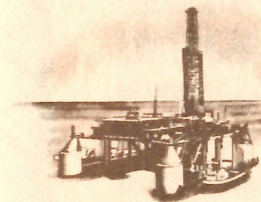
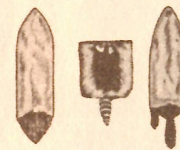
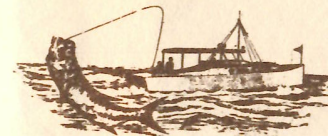
The Louisiana Fur & Wildlife Festival is one of the outstanding products of Cameron Parish. We are always thrilled to be a part of it.

The Cameron Parish Police Jury pledges full and continued support to the Festival. We congratulate all those who have contributed. A job well done!

Sincerely yours,

Ray Conner, President  
CAMERON PARISH POLICE JURY

RC/bc



THE HEART OF SPORTSMAN'S PARADISE



**25TH ANNUAL  
1980  
FUR AND WILDLIFE  
FESTIVAL QUEEN**

**CINDY RICE**



Miss Cindy Rice is the 20 year old daughter of Mr. and Mrs. Larry Walker of LaPlace, Louisiana—St. John Parish.

Cindy is a sophomore at Louisiana State University and is majoring in Communication Arts. She's actively involved in the Campus Crusade for Christ Organization.

She was the 1978 St. John Parish Sugar Queen, 1980 Miss South Central Louisiana 1st Alternate and has held several other titles.

During her reign, she has attended various festivals throughout the state, rode in a Mardi Gras Parade and modeled a \$25,000 gorgeous fur for a pageant. The highlight, however, was the Mardi Gras Ball in Washington, D.C. "Louisianians' have such a friendly nature that no matter where one goes, one is made to feel at home."

Cindy enjoys singing, playing the piano and meeting people from all walks of life.

"I can't thank ya'll enough for the beautiful mink jacket I received upon winning my title. I am now the envy of my friends. Thanks for the kindness you've shown me throughout the year."



**KING FUR XII  
1980**

**CONWAY LEBLEU**

King Fur XII, Conway LeBleu, is a Cameron Parish cattleman. Conway is the great grandson of Mr. S.P. Henry, who was an early settler and one of the pioneers in the cattle industry in Cameron Parish.

Conway was born and reared in Lake Charles. He is the son of Mrs. Sarah Henry LeBleu and the late Loree LeBleu. He graduated from Lake Charles High School. After serving four years in the Air Force during World War II, he attended McNeese State University, Colorado A & M University and graduated from Louisiana State University with a B.S. degree in Animal Husbandry in 1950.

After graduating from L.S.U., Conway married the former Virgie McCall of Grand Chenier. He moved to Cameron and has been actively engaged in the cattle industry since 1950.

King Fur XII is an active civic leader. He is a past president of Cameron Optimist Club, Cameron Parish Farm Bureau and Cameron Water District Board. He is also a member of the V.F.W., American Legion and Cameron Parish Cattleman's Association. In 1976 he received the V.F.W. Doxey-Vincent Citizenship Award as the outstanding citizen of the year in Cameron Parish.

Conway has an active interest in political and governmental affairs. He served on the Cameron Parish Police Jury from 1956 to 1960. He has been a member of the House of Representatives of the Louisiana State Legislature since 1964. He is presently serving on the Appropriations and Natural Resources Committees.

It is with a great deal of pleasure that Conway salutes Cameron Parish and the Louisiana Fur and Wildlife Festival.





**25TH ANNUAL  
1980  
MISS CAMERON  
PARISH**

**LAURA HICKS**

Miss Laura Hicks is the 18 year old daughter of Mr. and Mrs. George Hicks of Hackberry.

She is a graduate of Hackberry High School where she served as Mustang Cheerleader, Miss FBLA of 1979, School and Class Favorites and selected for "Who's Who."

*Laura is presently employed as a secretary for Texas Brine Corporation in Hackberry. She plans to attend beauty school in the near future and hopes one day to own her own salon.*

*Laura ends her reign by saying, "Thank you for giving me the opportunity to travel to Cambridge, Maryland to the National Outdoors Show and the different festivals throughout our state."*

*"I would also like to thank my family and friends for their support. I hope that I represented Cameron Parish well and thank you for all your support during my reign."*

*"Even though my reign is over, my memories will never be."*

**This Page Paid For By CRAIN BROTHERS**



**LITTLE MISS  
CAMERON PARISH  
1980**

**CHRISTY ANN TRAHAN**

Christy Ann Trahan, 9 year old daughter of Mr. and Mrs. Lynn Trahan of Hackberry was chosen Little Miss Cameron Parish for 1980.

She is a fourth grade student at Hackberry High School.

As Little Miss Hackberry, Christy represented her community in Cameron for the parish contest.

As Little Miss Cameron Parish, she participated in the Junior Dairy Queen Contest in Abbeville, where she was chosen 1st runner-up and awarded a trophy. Christy was invited to ride a float in the Cattle Festival Parade in October in Abbeville.

Her hobbies are baseball, swimming and skating. She has one brother, Roy Lynn, and a dog named Toby.

**This Page Paid for By CAMERON TELEPHONE COMPANY**



**LITTLE MISTER  
CAMERON PARISH  
1980**

**ALFRED ALCIDE  
DEVALL II**

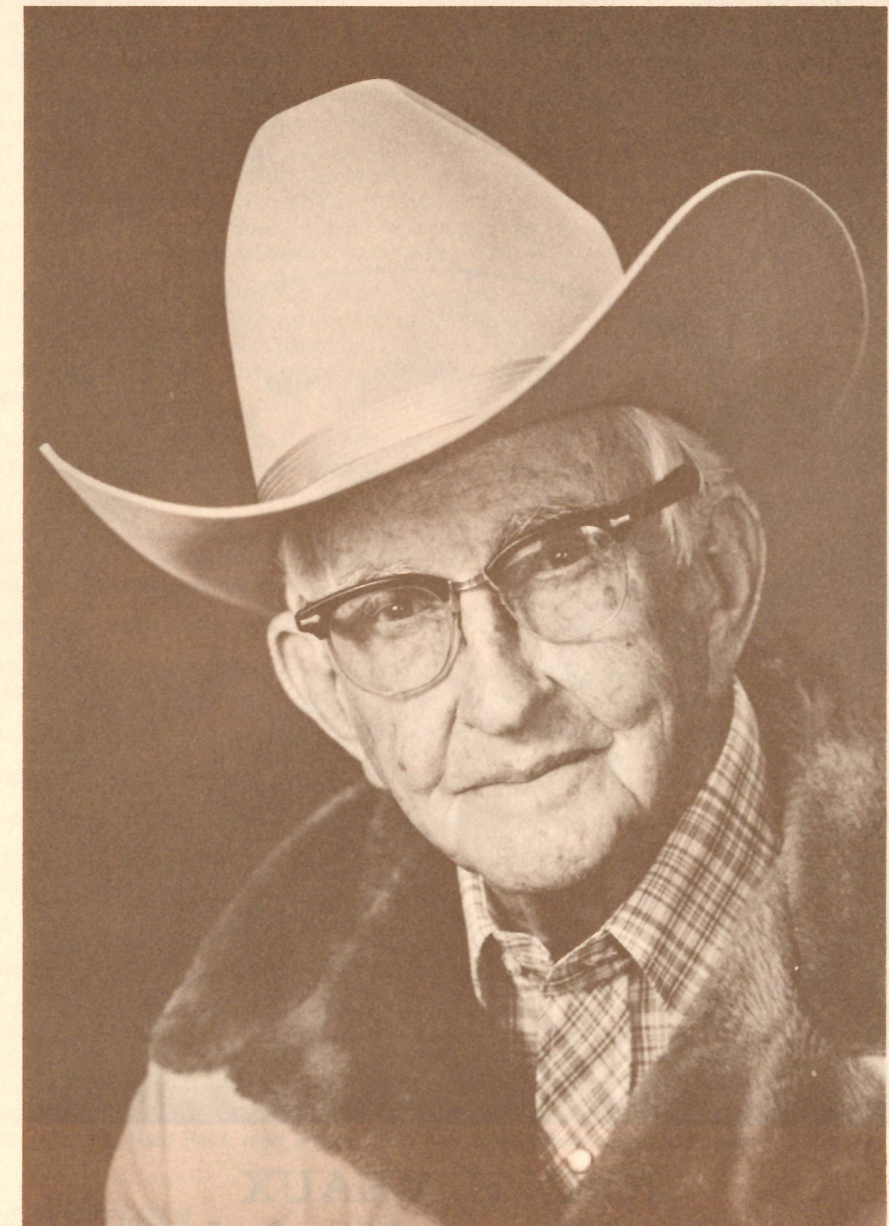


Alfred Alcide Devall II is the son of Mr. and Mrs. Michael R. Devall, Sr. of Hackberry. Alfred is 7 years old and a third grade student at Hackberry High School. He has brown hair and brown eyes.

Alfred has two brothers, Mike and David. He has a dog named Sally. His hobbies are swimming, playing pool and riding motor bikes. He also enjoys watching cartoons and playing baseball. When he grows up, he wants to be a Veterinarian.

This Page Paid for By JONES, JONES & ALEXANDER

The 1980 Fur Festival parade boasted two Parade Marshals. They are featured here in tribute to the love and interest they have shown in furthering the cattle industry in Cameron Parish, which has spanned more than half a century.



**JAMES AUSTIN DAVIS**  
1980 Parade Marshal  
*"Oldtime Cowboy"*





**JOHN H. MEAUX**  
1980 Parade Marshal  
"Oldtime Cowboy"

## THE BEEF INDUSTRY OF CAMERON

By Donald P. Broussard

### INTRODUCTION

This work would make far more interesting reading if we had the source and time to trace the coming of the first livestock into every segment of Cameron Parish and the people responsible for their getting here. If we could fill the missing gaps created by time and lack of direct information that link our present society with the first settlers, it would be interesting historical data to our ever increasing reading public.

Much of the information contained here has been compiled through periodicals and book research of a century ago. Most of this information is ambiguous in its presentation and therefore difficult to interpret and restrict to specific areas. The greatest portion has been collected through interviews with the older parishioners. We are fortunate to have access to some near centenarians, who will readily inform you that they may not recall what happened yesterday but their chores in caring for cattle and other farm duties of fifty years ago they recall as vividly as though they performed that task yesterday.

Beef has always been a staple food of all who have ever in any way been connected with beef production. This cannot be completely true of those brave men who challenged the unknown wild of southwest Louisiana. Other wildlife, game and seafood supplied the household with bountiful delectable foods. Therefore, most of the early livestock raised on the prairies was for the market.

As far as has been ascertained about the beef industry, this area in its infancy served primarily as a transient grazing area for moving herds either to or from winter pasturage or to market.

The first permanent settlers especially in the interior of the parish were of French descent and consequently carried much of the French terminology with them in their search for a homeland. For that reason there are some terms that may need explaining:

prairie - the plain, level grasslands used for grazing purposes;

bayou - natural water streams used for drinking water, most of them had "floating" bottoms because of silt collected with the flow of the current;

les penieres - the piney woodlands which lay to the north of the interior of the parish;

cheniers - oak ridges or barrier beaches, presumably built by actions of the tide;

coulee - old drainage channels no longer navigable, served mostly for drainage purposes;

platin - small circular ponds, sometimes created by the constant stomping of cattle in the same general area;

coves -,small prairies, usually surrounded by trees;

vacherie - a place where one raises cattle.

The beef industry is one of the highest ranking agricultural enterprises in Cameron Parish. Though the early settlers could not afford expensive bulls for various reasons, today's story is quite different. The earlier stock was predominately Brahman blood because they were more resistant to insects and climate conditions. Yet today a certain portion of Brahman blood is integrated in the local stock but such registered sires as Brangus, Braford, Santa Gertrudis, Shorthorn, Angus, Red Poll, and Black Poll are found scattered throughout the parish.

### EARLY HISTORY

Unfortunately very little is known about the early beef industry of Cameron Parish. Why do we consider it unfortunate? Principally because that was a secondary factor or enticement to the settling of this area. Since most citizens were preoccupied with clearing the wilderness and toiling tirelessly from "can to can't" trying to survive the hardships of the virgin lands very little time was left for them to record historical data on their early exploits and means of subsistence.



Historians have established that the longhorn breed of cattle was transplanted to Mexico in 1521 and from there they multiplied and spread northward to the Texas prairies. As early civilizations began to increase, necessitating expansion, these Mexicans began to spread both east and west. By 1845 many large ranches had been established on the plains of Texas consisting of hundreds of Spanish longhorns which served as foundation stock for the range beef industry which was to follow. With all of this movement west of Cameron, we can also turn to our own contribution to the world of livestock.

Our records, though incomplete and misleading at times, do show some early encouraging signs to the growth of this industry in southwest Louisiana.

The Poste des Attakapas which was the center of most Louisiana activity around 1750 reveals some information through statistical data registered there. The cattle brand book compiled by Gradney Cochran registers all brands of the Attakapas and Opelousas districts from 1760 to 1888. These extend all the way down the Calcasieu River and the Mermentau (sic) River, and Tiger Lake, and many other waterways which bore other names. We find such owners of livestock in these records as Barthelemy LeBleu, James Elliot, Alex Hebert and St. Maurice names of which are very familiar and prominent in our society of today. Barthelemy LeBleu in addition to owning a herd of cattle also earned money by supplying trail hands to assist in movement of herds along the Calcasieu River whereas St. Martin earned money on the lower Calcasieu River by feeding cowhands at 25¢ a day.



The early beef of Southwest Louisiana in 1769 were described as being of "stocky build, large size and of a wild nature. These animals roamed lazily on the lush range lands of southwest Louisiana where luxuriant forage was beautiful and bountiful" There were picturesque cowboys "ranchero looking riders" riding back and forth across the early Texas and Louisiana borders with wide hats, rough attire, bearded faces and belted ornaments of long

bowie knives and army revolvers. Governor Alexandro O'Reilly toured southwest Louisiana in 1770 and encouraged the establishment of tanneries in this area for the processing of hides in order to expand the population, and he also emphasized restrictions on brands, pasturage, and round-ups in order to keep accurate records of each man's herd.

Little was heard of southwest Louisiana anymore until after the American Revolution when this served as a "stop over" for the Texas herds moving to the New Orleans shipping center. Juan Colet, who hailed from New Orleans held the meat franchise for shipping from the New Orleans Center. Here a good cow sold for an average of \$13 whereas they sold for \$4 in Mexico, so this encouraged much smuggling, and rapid movement with direct access routes to New Orleans were necessary.

During these early times near the regions of Attakapas and Opelousas, cattle were auctioned on Sunday. Because of scattered settlements, gatherings were rare, and since everybody, regardless of how far away they lived, worshipped on the sabbath, their coming to gather was twofold — to worship and to auction.

About the same time, James Monroe and Robert Livingston were transacting the sale of the Louisiana Territory in France. In 1803 the Oak Grove settlement was initiated by the Demosthene LaBove family, who came here to clear the lands to raise cotton and livestock, and it was not until 1840 the far eastern end of the Oak Grove settlement (area of the Bluff) was settled by Mrs. Martha Yocum Rutherford, who came from Rutherford County, Tennessee. Her objective was to raise cotton, cattle, and oranges. From this endeavor, came the Meauxs and the Welchs who still reside in the same vicinity today and who have built large individual herds of cattle.

For a period of time these settlers moved east to the Cheniere Aux Tigre area for winter grazing until Hurricane Audrey (1957) no longer made this necessary because of the destruction of a large percentage of the herds. They now move north to "les penieres" of adjacent parishes for summer grazing.

While these settlers were establishing homesites on the southern periphery of the parish, the French were still migrating, trying to quench their thirst for adventure.

Jean Vileor Theriot had moved into the Lake Arthur area from St. Martinville and later established a claim at Palm-A-Royal, southwest of Lake Arthur. However, this did not fulfill his dream of a vacherie. His intuitive adventurous personality prompted him to seek more grazing lands to care for his herd of cattle. He, therefore, wandered down the Mermentau and in and out of many small streams before he ventured upon his dream home, which he later named Chenier Perdu meaning "lost oak" because of its topography.

After surveying the virgin, uninhabited land, he returned to Palm-A-Royal eager to disclose his newly found fortune. His wife, the former Clonise Richard, and one son moved into the area in 1847 by skiff via Grand Lake, the Mermentau, and Cattail Bayou, landing on the northern side of Chenier Perdu where he selected a high spot and reestablished his home where the remainder of his family was born. Once his family was settled, his friends and relatives drove his herd of cattle from Lake Arthur to Grand Lake where the animals swam the narrow western bayou and then followed the west banks of the Mermentau River on to Chenier Perdu. Thus was established the cattle trail that was to be used for many a year afterward to drive the steers annually to the cattle markets in Lake Arthur and Mermentau. Vileor's small herd was to be the beginning of a very large cattle business which over the ensuing years was to grow and flourish on this remote chenier, far exceeding agriculture.

Nonc V'eor, as he was affectionately known, was not a lone settler for very long. He was soon accompanied by James Dyson, Armogene Conner, and Vileor's two brothers Dolzie and Adolph, who had likewise outgrown the Lake Arthur settlement and headed for the lush green chenier lands. These early settlers were soon joined by the Italian stowaway, Bartholomie Bassigalopi, who was determined to make his way to the new world. His journey was climaxed at the home of Vileor who welcomed him to the wild domain of Southwest Louisiana.

These rugged characters overcame the wilds of the prairie and soon found a small self-sustaining community seemingly in the midst of nowhere. They grew cotton, corn, sugar cane, and vegetables of every sort and soon accumulated a thriving business of cattle raising.



A very lasting mark which the great herds of these early days carved out of the marsh and which remains today as a reminder of the "golden" cattle era on Chenier Perdu is the narrow canal that winds its way from the eastern end of the ridge to the Mermentau River. What had once been a trail here in the marsh was eventually hallowed out and deepened into a canal by a heavy trampling of the large herds of cattle driven annually over the trail to the edge of the Mermentau, thence along the west banks northward to the cattle markets. For over half a century, the canal provided the residents of Chenier Perdu, East Creole and Creole with a link to the Mermentau River thence to the outside.<sup>5</sup>

The Civil War Years had its impact on this remote segment of the country also. The Confederate government ordered Vileor to supply the troops of this area with beef - an order which he obeyed faithfully throughout the rampage here.

This small community began to grow and soon became a hubbub of activity. So in 1849 Ursin Primeaux in Breaux Bridge, hearing of this paradise, sailed for the unknown by skiff down the Mermentau. He passed up the Chenier Perdu settlement and ventured on about ten miles to a high shell knoll which he claimed and settled. He barged lumber from Lake Arthur and built a settlement to include a cotton gin, a sugar cane mill, a grist mill and weaving outfit. Cattle business was of secondary importance to him, yet it was a "must" because most of the labor on the farm was done by oxen. The tilling of the soil, the grinding of the cane, the power of the mills were all supplied by oxen teams. They were a multi-purpose animal because they also afforded a means of transportation plus a supply of meat.

Ursin soon had many followers. As he met with success, despite hard labor, the news began to spread and there soon appeared on the surrounding prairies the Broussards, the Boudoins, the Michons, the Benoits, the Trahans and the Clements.<sup>6</sup>

In 1855, another pioneer, Sosthene Richard, and his wife moved into the present Creole area and settled a permanent settlement soon to be joined by others from the eastern extremity of the area. This was no doubt the most isolated part of the new settlements in southwest Louisiana. Ox-drawn wagons and slides were the only means of transportation.



Until the Lake Charles-Creole Highway was constructed all transactions were through the 'Premo' (original spelling of Primeaux) settlement in Little Chenier.

Cattle were of lesser significance to these settlers, as agriculture was more conducive to subsistence. However, the vast majority of large herd owners of interior Cameron Parish are now domiciled in the Creole area.

J. B. Watkins, Samon A. Knapp, and Benjamin Chadwell came to the northern sector of the parish in 1883 to do experimentation with the cattle industry. They were to try fencing for separation of herds, importing of special breeds, dividing ranches for breeding, others for the market, adequate supply of fresh water, available minerals for stock and supplying the herds with hay for winter consumption.<sup>6</sup>

### MARKS OF IDENTIFICATION

Brandings have always served as a legal protection for the rancher. All brands are recorded and a record is kept, compiled and published. This became his coat of arms, so to speak. Soon ranchers also carved their mark on personal belongings such as wagons, plows, saddles and other items which they loaned to neighbors and friends. They also became identifying marks for ranches and homesites and the tradition still prevails today in some local areas. It is not an uncommon sight to see such signs as the Circle K Ranch (Ⓚ), the Lazy B Home (ℒ), the Flying B Ranch (Ⓟ), the Bar H Bar Ranch (-H-), the Seven T Six Ranch (Ⓟ) and many others.

The idea of branding cattle was adopted from the Mexicans and Spanish as they maneuvered about on the plains of Texas and Mexico. This was not original with them, because brandings can be traced all the way back to the ancient Romans, Greeks or Babylonians for cattle, horses, and even slaves.<sup>7</sup>

At first only brand marks were used for identification of one's herd and as they grew in number and it became necessary to identify cattle more rapidly and from greater distances and because many times the brand did not have a clear identifying character or it became diffused, therefore an easier and quicker way was designed for identifying ownership—that of ear-marks. In most cases, these are not recorded anywhere except indelibly in the minds of all those who work with this industry. Identical brands are never duplicated and are never recorded. Duplicate ear marks are rare. They are both part of every cowboy's vocabulary, not by design but in their own particular vernacular thus  $\diamond$  G becomes Diamond G in conversion,

$\boxed{E}$  becomes box E;  $\text{7}$  is referred to as lazy B seven; K) becomes K quarter circle;  $\overline{MD}$  becomes bar money down;  $\frac{I}{2}U$  becomes I see you to; XXI becomes double XI and the list goes on indefinitely.

The carving of the ears into various characters was also a mark of distinctive ownership and those also became part of the "ranch lingo". The following are some prominent marks and any combination of these joined in becoming allied with the mark seared on the hide. These two marks become legal characters to claim ownership to anything possessing them.

Under figure Seven



Upper bit

Under bit



End Crop



Under Slope



Swallow Fork



Split





Many of the pioneer settlers could neither read nor write but could recall both earmark and brand marks of every individual in each surrounding community. They could also carve the earmark with great skill, and by use of a "running iron"—a straight, slender iron rod usually about two feet long with a half moon arc or circle on the end—heated to the right temperature, artistically display the mark of any individual on the right hip of any animal.

Today a stamp has replaced the old time "running iron" which speeds branding time considerably and simultaneously produces a clearer, more professional-looking identifying character. However, modern scientists are experimenting with a new system of branding—that of acid burning.

In the early settlements brandings were a major affair and were held at different times throughout the year first at one place, then another. This usually lasted about three weeks, especially on the plains of the Chenier Perdu, Little Chenier, Creole areas, as these were such widespread areas and the marshes took time to travel through. In the middle nineteenth century, a branding usually involved a thousand calves and this brought together scores of cowboys to test their prowess against the wild yearlings of the prairie. Preparatory to branding, the cattle were herded together and as the calf began to nurse his mother, a very skilled roper lassooed his "game" and pulled him near the huge bonfire in which were the marking irons since early morning hours. As he approached the fire, the youngsters dashed forth for a throw. The calf had to lie on his left side in order to affix the mark properly. By twisting the neck of the calf in a half right turn the steer was easily overcome and thus lay in a "broadside" position. Then quickly he jumped to the flank of the victim applying as much weight there as possible and pulling backward on the fore right leg.

As one person held his captor, another "ran the mark" while the third carved the ears with the accompanying ear mark. These "Chenier" cowhands possessed no pencils or notebooks for record keeping and therefore designed their own method of keeping count of their stock. Each trimmed a long stick with his name and/or brand carved on it and each calf branded for any individual was notched onto the stick for that particular person. These early brandings meant hard work, barrels of fun, plenty of delicious food and the last night a community "soiree". Brandings today never last more than a day or two.

### CATTLE DRIVES

**INTRODUCTION:** The practice of driving cattle in the western part of our country began about 1860 and ended around 1890. The first cattle were driven from Texas to railroad terminals in Kansas. More railroads, packaging plants and fencing of the ranges made it uneconomical to drive cattle on foot. Perhaps the most famous of the early cattle drives was made over the Chisholm Trail. Many a movie, television script and song was written about the colorful life and the dangers that cowboys experienced in those days.

Cameron Parish cowboys have reactivated this old custom to a certain extent. Increasing herds, shortage of private property, a desire to improve the beef industry of the parish and the geographical outlay of the ranging areas have necessitated this move. The most extensive and comprehensive drive is the Creole-Johnson Bayou trek.

**THE WESTWARD DRIVE:** The flat marshes of Cameron Parish, unlike the northern part of the state where the rolling hills limit the view of the traveler, stretch to join the falling horizon. Tall green grass with an apparent "welcome sign" interspersed with small natural bodies of water are the only visible objects as far as the human eye can stretch.

This area does not provide income only from grazing but also bounds in fur production, a hunter's paradise for wild fowl and a mammoth production of oil.

To the local residents who have always been concerned about the livestock industry, the appearance of cattle scattered about in these grazing areas is the most rewarding sight of all.

For various reasons enumerated in a subsequent unit, cattle grazing is limited to a seasonal activity, usually late fall and winter in these areas of the southwest corner of the parish namely the Johnson Bayou area. The mode of moving these cattle to these luscious grazing areas is a fascinating one.

The most luxuriant winter grazing areas of the parish are located in the extreme southwest

corner adjacent to the Texas line stretching eastward to the Calcasieu River which has a ferry as its only means of crossing. This necessitates the swimming of the channel for the entire herd—a bi-annual event which attracts many sightseers as well as local people.

When the trek begins from Creole, many volunteers assemble in all their "cowboy regalia". The men enjoy the hard work and the feel of being "in" on a real cowboy job. A neophyte cowboy who successfully fulfills his responsibility and completes the drive has "won his spurs".

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Usually each rider has two or more well groomed and fed horses to withstand the gruelling twenty mile-a day hike and keeping up with each attempt of brute to stray from the main herd. They are usually strong, graceful animals with a beauty to match the personality of the owners. This has all been part of their training for only one purpose - to get cattle from one place to another with the utmost efficiency.

Trail driving entails precise pre-planning and detail assignment. With so many independent cattlemen and valuable cattle involved, someone who knows cattle and horses and who can maintain discipline among the cowboys has to be selected to be trail boss. Many times split-second timing must be executed and the trail boss leads as cavalry officers once did.

The chuck wagon does not resemble the ones used on the trails seventy or so years ago, nor does it produce the same kind of victuals. Years ago the cook was a tobacco chewing, perhaps bearded, dirty, rejected cowboy. His meals were usually prepared from dried or canned foods. A feast would consist occasionally of sour dough biscuits and a stew made from an unlucky wild animal killed along the way. The French cuisine is served from the tail gate of a pick-up truck by the pretty wives of the Creole cowboys. The menu on the day of the last crossing consisted of gumbo, so thick with fresh shrimp and crab meat you could eat it with a fork, rice, potatoes au-gratin, deviled eggs, candied yams, cake and coffee.

The speed of a walking cow is the same that it was centuries ago, about twenty miles a day if they are all in good shape with no small calves to accompany the herd. Driving cattle on foot is a matter of geography in this particular area. The biggest obstacle to this westward movement is the Calcasieu River with no bridges. It would take too long to haul them in trucks across the only available ferry in competition with the regular traffic. The following pictures are typical scenes at the time of the Calcasieu River Channel Crossing in Cameron:





Swimming the Calcasieu River is not as simple as it may sound. The task is very difficult because the river is very wide with a deep channel allowing ingress and egress to ocean going vessels, barges of equipment, shrimp trawlers, fishing fleets and tug boats. It is also a stream of swift currents, when the tide is moving in or out. There is a period of less than an hour when the tide is at a standstill twice a day. This is the time the trail boss must give the order to plunge. When the current is still, cattle can swim directly across to the opposite side. A current upstream would disperse them and control could not be maintained. Some would come ashore at both sides of the river and other losses would occur, whereas a current downstream would pull the cattle into the Gulf and they would be lost forever.

The trail boss also must make certain a large ship does not enter the channel simultaneously and cause havoc. A large ship cannot stop in a channel as can shrimp boats and tugs.

The cows are brought up to within a half mile of the river. They are stopped here and await the river's whims. The cows idly graze and rest after a fast pace from Creole, their point of departure. Walking has been fairly easy on the highway and part of the packed sand beach of the Gulf of Mexico. The cowboys stand watch over the herd and take refuge from the hot sun under some small scrubby trees.



The large sticks of wood that have been placed in midstream begin to slow down and finally do not move. The trail boss who has been watching intently for this moment, gives the signal now to move the cattle forward. The cattle are driven fast to gain momentum as they hit the river. Guide horses are poised at the river bank as the first cows approach. The guide horses hit the water first and the cattle follow. The bellowing cows, the cracking whips, the yelling cowboys, and the splashing water stir immense excitement among the many spectators and participants alike.

As the stream of animal bodies moves across to form a living bridge, motor boats on each side of the line of swimming cattle serve the same purpose as horses do on land. Calves that stray from the swimming line are rescued by these "water cowboys". Some reluctant cows who pursue independent courses must be driven back in line by the boats. Constant vigilance must be maintained for the forty minutes it takes to herd the cattle.

By the time the first cow reaches the opposite shore, some horses have been re-saddled and are ready to continue the drive. As the last cow makes it splash, horses are unsaddled for their swim. The saddles with their owners make their way across in boats and continue the drive to Johnson Bayou, the terminal point for the winter.

In the spring the cows and their offspring are rounded up (a process which takes from a week to ten days sometimes) and brought back to Creole in the same manner. In Creole, they are divided where they are brought either to individual pastures or are driven to upland pastures and open ranges in the pine woods of neighboring parishes.

This westward drive was first begun in 1938 by Mr. Mark Richard, who trailed his cattle alone across the channel for two years. Because of high water in 1940 many of the ranchmen of lower Cameron drove their cattle to the piney woods of the parishes north of Cameron. Mr. Richard and these other ranchers then began the drive north for the summers and back to the southwest corner for the winter months. This represented about 3,000 head of cattle before Hurricane Audrey. After Audrey, less than half remained alive.

### THE SOUTHWARD DRIVE

Probably the shortest drive of all is the "Carter and the Rutherford" herds which are driven to Hackberry Beach. This area is located about four miles south of the Oak Grove community, extending east to the Bluff Area. Encircling the northern section is the Mermentau River to its origin near Rutherford Beach and bordered on the southern side by the Gulf of Mexico. This area affords a winter haven for approximately eight hundred head of cattle once owned by "Old Doc Carter" of Creole. The grazing area is still owned and grazed in the same manner by the Carter and Rutherford heirs.

Though this drive is not as comprehensive as any of the other three directional drives, it still has its adventurous "wild west" atmosphere. It is a one day trek through the southern marsh of the Oak Grove community. The "lead cows" are placed in front of the herd and lead the herd into the Mermentau River across to the Hackberry Beach where Louisiana straw and sprig-tail grasses remain green throughout the winter months. The entire island is of open range with mesquites in abundance. These offer "wind breaks" for the cattle during blustery north winds.

One small camp is maintained on the ridge for overnight camping especially in the spring when round-up time comes. It takes more time to herd the cows together and separate the Carter herd from the Rutherford herd. Large waterholes are constructed on the ridge by draglines and these keep fresh water for the herd.

### THE EASTWARD DRIVE

In considering the east drive, we must be reminded there were two drives via two different routes with neighboring terminals.

The Oak Grove community of Meaux and Welchs (or descendants thereof) joined with Mr. Arceneaux Miller of Grand Chenier to drive by way of the beach bordering the Gulf of Mexico to the McIlhenny Refuge south of Avery Island for winter forage.

In 1930-1932 this drive was through the Pecan Island Ridge where they camped overnight allowing the cattle to graze and rest, then across a wide span of marsh to Belle Isle thence to McIlhenny pastures. From 1932 to 1957 when Hurricane Audrey hit the area, the drive was



conducted along the beach and usually lasted four to five days. Mr. Johnny Meaux recalls vividly the longest run extending eleven days due to short trips from mosquitoes and low tides and difficulty with the cattle crossing the bayous, and the shortest period was three days. The troop usually left from Joseph Harbor and drove to Roll Over Bayou where they camped overnight on the beach with one-half the cowhands standing watch half the night and vice versa.

A huge bonfire built on either end of the herd scattered over a half mile's distance usually kept the mosquitoes away and provided the hands with warmth and light for the jokesters. (One of the favorite pastimes of the cowhands was to see who could outdo the others in telling jokes.) Tending the fires helped keep the hands alerted to the possible stray of any cattle. The only drinking water available on this drive was found in small reservoirs north of the beach that may have held fresh water from a previous rain.

Men in small boats from Pecan Island kept company with the cowhands and assisted in crossing the four or five bayous they had to cross. These were not very wide and had no dangerous undercurrents, but the bayous were boggy and sticky; therefore, the animals had to be rested and be in fair condition to make the pull across the bayou. By 1957, of the five or six large herd owners driving this trip, only Mr. Johnny Meaux was still using this grazing range.

The first years there, they drove only steers that were to be prepared for spring market. The grazing was excellent for preparing those for the market and Mr. Meaux contends that the breeder cattle did much better on home grazing and they demanded more care and attention; therefore they were kept in the home area. The steers were turned loose on the open range and left for the duration of the winter without care and attention. After Hurricane Audrey, the remainder of this crew began driving their herds north to the "Penieres."

Mr. Meaux recounts of unauthenticated tales of cow drives originating in Jefferson County, Texas, prior to the 1880's, proceeding through Cameron to Pecan Island where the cattle were placed in Fresh Water Bayou and driven to Mulberry for winter grazing. This was done by the Broussards and Heberts of East Texas.

The other eastward drive was conducted by the Eugene Miller family. This was an arduous drive usually lasting five days and entailed the movement of about 1,000 head of cattle herded on the eastern end of Grand Chenier where the cattle had grazed all summer on marsh range between Grand Chenier and Pecan Island and on the banks of White Lake.

From this departure their first stop was on Pecan Island where they camped overnight then moved through the eastern marshes to the second night's camp on Lost Island. From there they journeyed to the third night's resting area at Belle Isle, where again the cattle were allowed to rest and graze before moving to their fourth night's rest. Belle Isle was separated from the Chenier Aux Tigre area by Belle Isle Bayou, a wide body of water completely clogged with water lilies so thick that passage was almost impossible. The cowboys first had to wade in the water pushing aside the lilies and tying them back with ropes long enough for the cattle to swim across. After an overnight stay at Chenier Aux Tigre, the cattle were driven to the sandy beach and headed back to Mulberry, where they remained for the winter. This route was long and consisted mostly of marshy lands but not as difficult and less hazardous than the more direct route would have been. This drive began in 1916 and has never ceased since the Miller heirs continued the trek until recently when it was continued only by Dr. M. O. Miller.

With the advent of oil explorations in the swampy marshland between Pecan Island and Mulberry, the Cowboys were blessed in that huge canals were dug to transport oil equipment. Most of the dirt excavated from the marshlands was levied on one side thus constructing a much shorter passage route to the winter grazing area. The trip is now completed in two days with hardly any marshes to bog through.

Today, Dr. M. O. Miller has done extensive planning and caring for the grazing areas on Belle Isle and Mulberry and grazes several thousand head of cattle there annually. Pastures have been fenced to prevent co-mingling of herds and less wandering aimlessly for grazing. This also facilitates herding the cattle in the spring. This area has been transformed into a modern well-planned ranch.

### THE NORTHWARD DRIVE

Because of the destruction of large herds of livestock and damage to the grazing areas in 1957, there was little need for extra grazing territory. However, as the herds begin to rebuild, the

Oak Grove and the Cameron cowhands began moving herds to "les Penieres" in the parishes of Calcasieu and Beauregard for summer grazing. This was a three day trip on high land following the highway from Creole to the final destination in Gillis and Ragley. The Meauxs and Welchs of Oak Grove stop their herd in Gillis, where they remain for the summer, while the Davis and Henry heirs drive their herd on to the Ragley area.

After crossing Interstate 10, the herd does pass through a wooded area before swimming the Calcasieu River. This swim does not pose much of a problem in that the approach to the river is fenced in a chute style, extending outward in a wide wing where the cattle are entrapped and forced to enter the Calcasieu River. This swim is short and quickly executed with boatmen standing by for an emergency. The small calves are hauled by truck. The calves are transported from one sleeping area to the next, whereas the bulls are taken directly to the summer grazing areas.

The return trip follows the same route and the same procedure. The big obstacle of this drive is the menace to highway vehicular traffic.

### CATTLE WALKWAYS

The marsh rangelands of southwest Louisiana supply an abundance of choice winter forage for livestock. However, until about 1950, a vast percentage of these areas were inaccessible for grazing purposes because of soft soil, bayous, sloughs and ponds.

Through the ingenuity of Mr. Mayo Boudreaux of the Oak Grove community much of this condition has been alleviated. Mr. Boudreaux observed the cattle grazing only a fourth of a mile marshward causing overgrazing in some areas and undergrazing in the deep marshes where the luscious grasses of high quality forage abound. Thus, much of the potential grazing area was lying idle being overcome with brush and weeds of no value. After contemplating on the reclaimed areas established elsewhere in lower Cameron and neighboring area, he conceived the idea of the now famous cattle walkways. His idea was to actually dig a levee by means of a dragline, joining the main ridgeland and proceeding into the deep marsh. These were constructed with dirt removed from staggered borrow pits so cattle can descend into marshland to graze on either side. Staggering the pits also prevents drainage or salt water intrusion which often occurs with a continuous pit. The levees are constructed to a settled height of two feet above the normal marsh water level. Sides are sloped to the constructed walkway to facilitate accessibility. The top width is usually approximately twelve feet.

The walkway offers many advantages to the farmer-rancher. In addition to providing accessibility to more than twice the ranging area, they serve as a refuge area from high water created by heavy rainfall or storm tides and they are used for bedding and resting areas as well as calving areas. They are used by ranchers for getting to and caring for their herds of cattle.

The borrow pits provide drinking areas for the cattle and a home for many other forms of wildlife such as alligator, nutria or muskrat.

Where walkways cross bayous or other natural drainage courses, bridges or other drainages are provided in order not to disturb the natural water conditions. Without these openings, drainage and tidal fluctuations would be interrupted, causing unnatural flooding which often results in a change of marsh vegetation reducing the production of desirable grazing plants.



More than one hundred and fifty miles of walkways have been built in Cameron Parish up to date. It is a common practice now in use in many areas of marsh range in the United States as well as several foreign countries.



## PROTECTION:

The protection of one's livestock has never been of major importance in Cameron yet their welfare was always paramount to the ranchers in that their living depended upon revenue therefrom.

**RUSTLERS:** In 1884 the parishes of Vermillion and Cameron joined in organizing "The Regulators", a group of volunteers who banded together in mutual support to suppress lawlessness from rustlers. Though not heavy in toll, annually it is one hazard that has demanded the constant surveillance of ranchers. Within the last decade rustlers were apprehended in the Johnson Bayou area. The heavy fines imposed by the courts have aided in discouraging this infringement on the property of others.

**THE ELEMENTS:** Manmade and natural disasters, hurricanes, storms and lightning have all added their impact on the cattle industry. Little can be done to avert some of these, yet much precaution is observed when threats of these occur. Cameronites have learned a lesson from experience with natural disasters and exercise all precautionary warnings with strict obedience.



**DISEASES:** The old timers will attest to the heavy toll taken annually from pestilences that ravaged many herds of early settlers because of lack of proper immunization. Modern science has done much to relieve this situation. Drugs and vaccines have helped to near eradicate deadly diseases. The more common diseases that demand the attention of the ranchers are: charbon, pink eye, mern, blind staggers, blackleg and encephalitis. The picture shows Cameronites immunizing their livestock.

**INSECTS:** Since the marshes and the salt water of the area provide an excellent breeding area for mosquitoes, this has been a deterrent to the cattle industry from its beginning. These insects and flies have been prevalent since the first attempt at cattle raising and is just as pronounced today as it was two centuries ago. In former times the ranchers would herd the cattle together in large troupes so as to better destroy the insects or a large fire would be started and smothered with green wood, manure, leaves or grasses in order to ward off the pests. Smokes are still used today for protection against insects. However, liquid and dusting insecticides have offered much relief from the threat of insects.

Back scratchers are used on many ranches and the cattle adjust to this readily. Many report very satisfactory effects from these. (Since the writing of this story, an effective mosquito control program has been enacted.)

**WEATHER:** The climate and weather conditions of this area are more conducive to the cattle industry than elsewhere. The climate is never to either extreme thus permitting year-round grazing in almost any area of the parish. However, within recent years cattlemen have helped the situation because of increasing herds by harvesting hay and planting rye grass and other winter forage. This is used especially for the young heifers, weaned from their mothers in late fall and the sick or poor cows.

Very little has been done in the way of building shelters for the cattle because of the astronomical cost. However, Mr. Isaac White of Hackberry has built levees that serve as windbreaks from the wintery north wind. He reports these have helped his herd immensely. The Grand Lake cattlemen have planted pine seedlings for the same purpose and are also encouraged with the results.

## TRENDS

According to statistics collected and compiled by the members of the Parish Cooperative Extension Service Advisory Committee in 1964, of Cameron's 1,444 square miles of land area, approximately two-thirds is under agricultural status either in farming or livestock production. A total of 350,000 acres of this land is devoted to the grazing of livestock.

Even this cannot adequately provide the ever increasing number of cattle ranging in lower Cameron. This fact coupled with constant threat of destruction from hurricanes plus the menace of insects and mosquitoes, compel large herd owners to evacuate approximately 15,000 head of cattle to the adjoining parishes of Calcasieu, Allen and Beauregard parishes for the summer months. This movement also allows the forage to build a good yield and maintain high vigor for winter grazing.

Controlled burning of the grazing areas is also a very profitable practice in that it burns all the old, tough or partially dead forage and allows the lush, tender, green forage to sprout in time for the return of the cattle from the summer grazing areas.

A new endeavor of recent interest to the beef industry is the sale of calves for rodeo steers in early spring. (This is no longer true because calves now bring more money per pound.) Several thousand calves ranging from one hundred twenty-five to two hundred pounds are sold annually for sixty to eighty-five dollars per steer depending upon the market demand. This is a good price considering that some of these cows are part Brahman. This trend has played right into the hands of the cattle raiser in that more money is realized ultimately since there is no shrinkage, vaccination, castration, death loss or sales yard fee and the mother cow regains her strength and weight more rapidly, thus potentially increasing the calf crop the ensuing year.

The residents of the upper portion of Cameron Parish, where rice and soybeans are grown in abundance, sell a percentage of calves as feeders in the late summer and early fall. This is profitable practice also.

Ten percent of all reactor herds to tuberculosis in the United States is found in Cameron Parish. There is also a high percentage of Brucellosis. The reason for this is the movement of herds, co-mingling of herds, mosquitoes, horse flies and stagnant drinking water. Within recent years the federal government has initiated an eradication program through required testing of all reactor herds in Cameron Parish. The citizens of Cameron have availed themselves of this service, and a continuous annual testing program is culling any and all reactors.

Severe mosquito and horse fly infestation is the greatest deterrent to a good calf crop followed by co-mingling of herds on large open ranges, poor culling practices and insufficient bull power. A more recent pest is the fire ant infestation.

Through experience and professional assistance and personal training Cameron ranchers are trying to improve the quality of their herds through purchasing good bulls, selecting the best heifers for replacement, culling unproductive cows, fencing more lands for better management and control of internal and external parasites.

## ACKNOWLEDGMENT

The writer wishes to thank Mrs. Charles Hebert and Mrs. Geneva Griffith for the valuable information which they so freely gave on this manuscript.

## FOOTNOTES

1. Lauren C. Post, "The Old Cattle Industry of Southwest Louisiana," THE McNEESE REVIEW, Vol. 9, 1957.
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3. Jack D. L. Holmes, "Joseph Piernas and the Nascent Cattle Industry of Southwest Louisiana," The McNEESE REVIEW, Vol. 17, 1966.
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5. Mrs. Harold Carter, Creole, Louisiana, Personal Interview.
6. Dr. Donald Millet, History Professor, McNeese State University, Personal Interview.
7. Edna H. Evans. WRITTEN WITH FIRE, (Dallas, Holt, Rinehart and Winston, Incorporated).
8. LeRoy Willie, editor of BATON ROUGE ADVOCATE, Personal Interview.
9. Johnny Meaux, former State Representative, Oak Grove, Louisiana, Personal Interview.
10. Eugene Broussard, Pecan Island, Louisiana, Personal Interview.
11. Jerome Rutherford, Oak Grove, Louisiana, Personal Interview.
12. Terry Clement, S. C. S. Office, Parish Courthouse, Personal Interview.

"The Beef Industry of Cameron" story is a reprint of the one which appeared in the very first issue of the cookbook—15th Annual, January 8-9, 1971. It is interesting, thoroughly researched and so well written, we felt it could not be improved upon.

The Editors



# 1980 FUR FESTIVAL PICTURES



## 1980 LITTLE MISS & MR. CAMERON PARISH CONTESTANTS

Little Mr. & Miss Grand Chenier, Jared Griffith & Sherrie Thomas; Little Mr. & Miss Grand Lake, Kirk Fruge & Rhonda Verzwyvelt; Little Mr. & Miss Hackberry, Alfred Devall & Christy Trahan; Little Mr. & Miss South Cameron Elementary, Robin Rutherford & Billy Jo Trahan; Little Mr. & Miss Johnson Bayou, Todd Billion & Nita McGee; Mr. & Miss Cameron, Jeremy Meaux & Jennifer Harvey.



## 1980 MISS CAMERON PARISH CONTESTANTS

From left to right: 1st runner-up, Mary Lee Manuel; Queen & Miss Congeniality, Laura Hicks; 2nd runner-up, Yvonne Savoie; Rosalind Crain; Charla Jo Blake; Mary Crador; Laurie Dyson; Jackie LeBoeuf; 3rd runner-up, Carla Reyes; Jennifer Kay Theriot.



GUESTS FROM THE NATIONAL OUTDOOR SHOW, CAMBRIDGE MARYLAND - Mrs. Wayne Bryan; Bill Doerge; National Outdoor Queen, Lisa Bryan; and David Frazier.



MUSKRAT SKINNING CHAMPS - front row: Ben & Yancy Welch; back row: Lance & Chad Mudd.

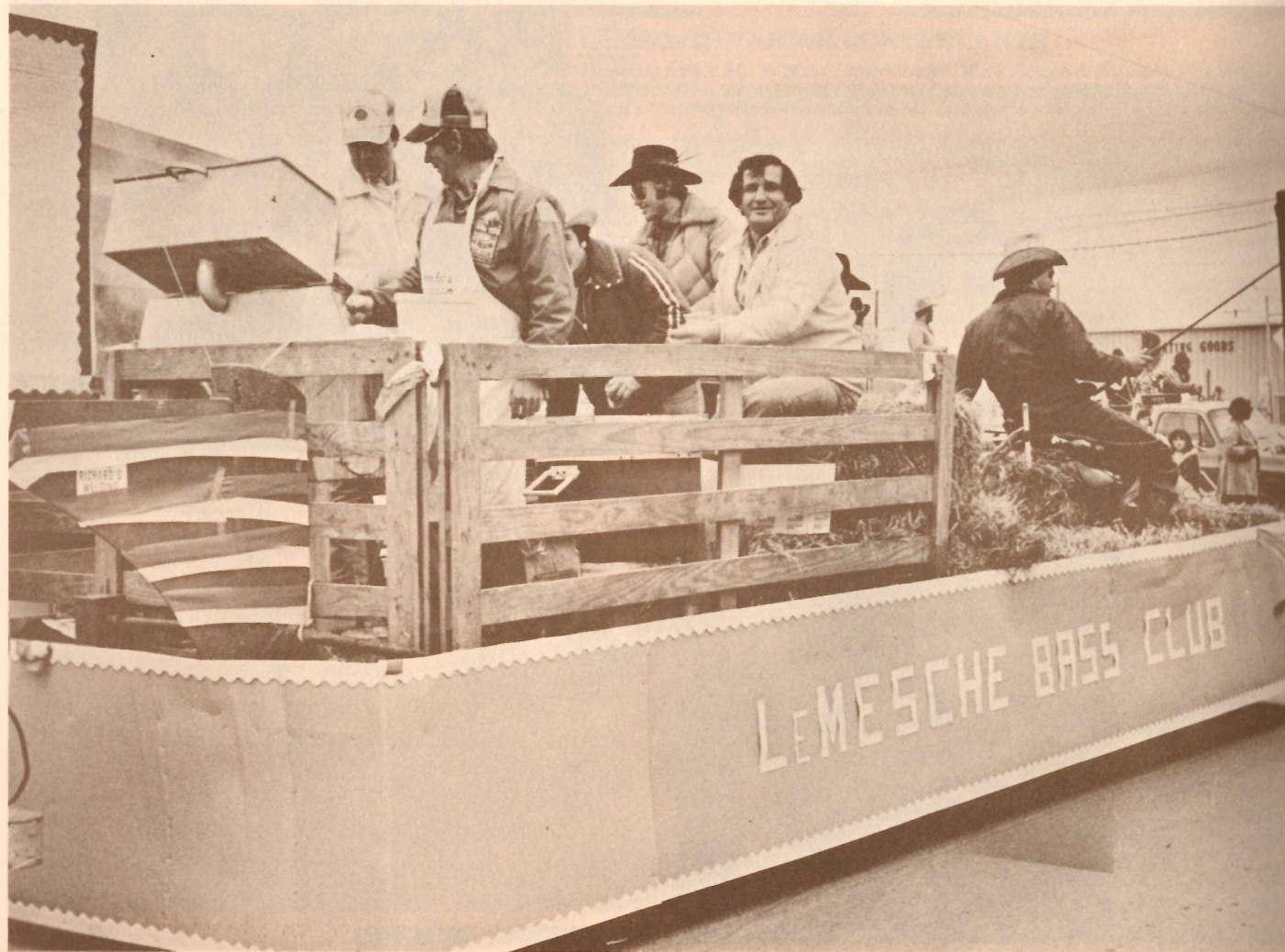


LADIES NUTRIA SKINNING - 1st place winner, Mrs. Linda Dahlen.





FINALS - FUR SKINNING CONTESTANTS - 1st Wade Miller & 2nd Benny Welch.



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MODELING THE FUR COATS THAT WERE GIVEN TO SOME OF THE QUEENS: Mrs. Gregory Henry, Mrs. Jerry Racca, Miss Roberta Blake and Mrs. Michael Kelley in front.



WINNERS IN THE POSTER CONTEST: Joey Doxey, Lola Jones, Christy LaLande, Caroline Wilkerson, Charlotte Griffith, Carl Murphy and Tommy Watts.

## EDITOR'S MESSAGE

"The Cowboy Barbecue"  
 "Cowboy way of cooking a big  
 chunk of beef:  
 Over th' spit  
 Or in th' pit."

—American National Cowbelles Cookbook—

Nothing beats a barbecue! For informal entertaining, good eating and just plain fun, there isn't anything that compares to the tantalizing aroma of barbecuing meat.

It was the most popular form of celebration for the pioneering families of Cameron Parish over a century ago and the same is true today. The cooks and equipment have changed, but not the barbecue. It is still being cooked, served and bragged about from coast to coast.

Beef has variety. There's liver, tongue, sweet breads, kidneys, tripe, brains (Brains and Eggs?) even the bony chunks of meat like short ribs, oxtails and beef shanks, not to mention the old branding-time delicacy, Mountain Oysters (calf fries). Whether you call these beef parts delicacies or not is up to you, but here in the Bayou Country of Southwest Louisiana, we eat'em and like'em.

Creole Cooking is famous throughout the United States. We've attempted to bring you some of the favorite recipes (with special emphasis on beef) of our area, because eating and the enjoyment of good fellowship go hand in hand! Bon Appetit!

There are many people responsible for this publication and to all these fine folks—the good cooks who contributed recipes—Mrs. Gladys McCall, our artist—Geneva Griffith, our photographer and story writer—Marcia Wilkerson, our proof reader—Carolyn Johnson, our typist—and last, but not least, our advertisers—thank you.

The Editors

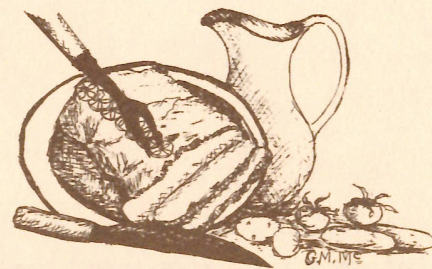
*Mrs. Braxton Blake*  
*Mrs. Lyle Crain*

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## MEATS



### SPAGHETTI SAUCE SUPREME (prepared in microwave oven)

1 lb. ground chuck  
1 envelope dry onion soup mix  
½ bell pepper, chopped  
Salt, pepper and garlic to taste  
½ lb. fresh mushrooms, sliced  
2 large cans herb-flavored tomato sauce

Combine first three ingredients. Add seasonings to taste. Cook in microwave on high setting for 5-6 minutes. Drain off any excess fat. Add mushrooms and tomato sauce. Cook another 6-8 minutes on high setting, cover to avoid splattering. Serve over hot, cooked spaghetti noodles. Delicious! The mushrooms are what gives the sauce its sensational flavor.

*Mrs. Joyce Jones, Bell City, La.*

### MIXED-MEAT LOAF

1 lb. ground round steak  
½ lb. lean ground pork  
½ lb. minced ham  
½ lb. fresh mushrooms, sliced  
1 medium onion, chopped  
1 medium bell pepper, chopped  
1 stalk of celery, diced  
½ tsp. minced garlic  
1 egg, slightly beaten  
1 T. sugar  
1 T. horseradish  
1 T. catsup  
1 tsp. mustard  
¼ tsp. tabasco sauce  
¾ cup milk  
½ cup of Ritz cracker crumbs  
1 tsp. Worcestershire Sauce  
Salt and pepper to taste

Preheat the oven to 350°. In a large mixing bowl, mix together all ingredients thoroughly. When well mixed, shape into a loaf or mold in a loaf pan. Bake for 1 hour at 350°. Serves 6.

*Jude W. Theriot, Lake Charles, La.*

### OLD-FASHIONED BEEF POT ROAST

4 lbs. beef chuck roast  
2 T. flour  
1 T. cooking oil  
2 tsp. salt  
¼ tsp. dried thyme, crushed  
¼ tsp. dried basil, crushed  
¼ tsp. pepper  
½ onion, sliced  
½ cup water  
½ cup red wine  
3 medium onions, cut in sixths  
1 lb. carrots, cut in chunks  
1 lb. potatoes pared, small (about 8)  
½ cup water  
½ tsp. salt

Sprinkle roast with flour and rub in. In dutch oven brown meat slowly on all sides in hot oil, season with salt, thyme, basil and pepper. Add sliced onion and ½ cup water and wine. Cover and roast in 350° oven for 2 hours. Add vegetables and remaining water. Sprinkle with ½ tsp. salt. Cover and continue cooking for 1 to 1½ hours more or till meat and vegetables are tender. Makes 6 to 8 servings.

*Louise Skidmore, Cameron, La.*

### BEEF STEW

2 lbs. beef stew meat, cut in 1" pieces  
Flour  
3 T. cooking oil  
Salt and pepper to taste  
1 cup each carrots, celery and small onions  
2 T. parsley  
½ tsp. thyme  
1 T. Worcestershire sauce  
1 bay leaf  
1 T. flour

Roll beef in flour, brown in oil, cover with water, simmer for 1½ hours. Add seasonings and vegetables, simmer for 40 minutes. Thicken broth with 1 T. flour in ½ cup of broth.

*Bertha Duhon, Creole, La.*

### PORKY PIE

1 cup flour  
½ tsp. salt  
1 T. butter  
1 cup shortening  
2 tsp. baking powder  
½ cup boiling water  
½ tsp. salt  
1 lb. fresh pork, chopped  
1 onion, ground  
½ tsp. sage  
½ tsp. salt  
½ tsp. pepper

Sift the flour, salt and baking powder together, set aside. Place shortening, butter, salt & boiling water in a pan. Stir and cook until shortening is melted. Pour this mixture over sifted flour mixture and stir. Work to a smooth dough and shape in pan while still warm, keeping enough for top. Place meat, onion and seasonings in crust, cover and brush edges with white of egg. Make an incision to let steam out. Brush top with well beaten egg. Bake at 350° 1 hour.

*Ida Boutte, Lake Charles, La.*

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## DELUXE HOT DOGS

16 frankfurters  
¼ lb. American Cheese  
Chili sauce  
Pickle relish  
4 cups biscuit mix  
1 1/3 cups milk  
Prepared mustard

Split franks almost all the way through. Fill each with a strip of cheese, then cover cheese with chili sauce and relish. Make biscuit dough with mix and milk. Knead lightly and roll out 2 rectangles, each 12"x 8". Cut into 3"x 4" strips with pastry wheel. Spread each strip with mustard. Wrap dough around franks, sealing edges together. Place sealed side down on lightly greased cookie sheet. Bake in 425° oven for 12-15 minutes. Serves 8-12.

*Ida Boutte, Lake Charles, La.*

\*\*\*

## TAGLIARINI

1 large onion, chopped  
¼ tsp. red pepper  
¼ cup diced green pepper  
3 T. oil  
1-#2 can tomatoes  
2 lbs. ground lean beef  
1 large can whole kernal corn  
1 small bottle pimento-stuffed olives, sliced & juice  
1 lb. Velveeta cheese, grated  
1 large package noodles, cooked according to directions.

Fry onions and peppers in oil until brown. Add tomatoes and cook a few minutes. In a heavy fry pan, brown the ground beef, pour off fat. Add the corn and half of the sliced olives and juice. Add the onion and tomato mixture, stirring. Reserve ½ cup cheese; add rest of cheese to above mixture and the noodles. Stir and cook 5-10 minutes over low heat. Pour mixture in large casserole dish, sprinkle top with reserved cheese, other half of olives and juice. Bake for 40 minutes at 300°. Serves 10-12.

*Mrs. Leroy Nunez, Cameron, La.*

## CHILI

**BROWN:**  
2 lbs. ground meat  
2 minced onions  
1 minced bell pepper

**ADD:**  
2 T. flour  
2 small cans tomato sauce  
2 small cans water  
Salt and pepper to taste

Let come to a boil; then cover and simmer for 45 minutes;

**ADD:**  
1½ tsp. chili powder  
2 cans Van-Camp kidney beans

Cook for 15 minutes longer on low fire

*Bertha Duhon, Creole, La.*

\*\*\*

## CHEESY MEAT LOAF

½ cup chopped onions  
¼ cup chopped green peppers  
1-8 oz. can tomato sauce  
2 eggs, beaten  
1 cup diced processed American cheese  
1 cup bread crumbs  
1 tsp. salt  
Dash of pepper  
¼ tsp. thyme, crushed  
1½ lbs. ground beef  
½ lb. ground pork

Cook onions and peppers in boiling water till tender, drain. Stir in tomato sauce, eggs, cheese, bread crumbs, salt, pepper and thyme. Add ground meats, mixing well. Shape into a loaf in a baking dish. Bake at 350° for 1½ hours. Makes 8 to 10 servings.

*Louise Skidmore, Cameron, La.*

## BUCALONI-GRAND CHENIER STYLE

2 beef round steaks, cut ¼" thick  
Salt & pepper to taste

### Stuffing:

4 hard-boiled eggs, finely chopped  
½ cup celery leaves, chopped  
4 toes garlic, chopped  
1 bell pepper, chopped  
1 fresh tomato, chopped  
½ cup parsley, chopped  
1 cup bread crumbs  
½ cup Romano or Parmesan cheese, grated

Mix ingredients for stuffing together. Lay steak out flat and season with salt and pepper to taste. Spoon stuffing over entire steak and roll jelly-roll style and tie with No. 8 white thread. Brown steak and set aside.

### Gravy:

1 cup flour  
1 cup cooking oil  
1 can Rotel tomatoes  
1 onion, chopped  
2-4 cups water

Make a roux by blending flour and oil until a golden to dark brown. Add tomatoes and onions and saute until onions wilt. Add water and bring to a boil. Add steaks to gravy and cook until meat is tender, approximately 1-1½ hours, and serve over rice. This recipe serves about 6, depending on size of steaks.

*Mrs. Guthrie Perry, Grand Chenier, La.*

\*\*\*

## HUNGARIAN GOULASH

¼ cup cooking oil  
2 lbs. beef chuck or round, cut into 1" cubes  
1 cup sliced onions  
1 small clove garlic, minced  
¼ cup catsup  
2 T. Worcestershire Sauce  
1 T. brown sugar  
2 tsp. salt  
2 tsp. paprika  
½ tsp. dry mustard  
Dash cayenne red pepper  
1½ cups water  
2 T. flour  
¼ cup water  
3 cups hot cooked egg noodles

In oil brown meat with onions & garlic. Add catsup, Worcestershire Sauce, sugar, salt, paprika, mustard, cayenne. Add 1½ cups water. Cover, simmer about 2 hours. Blend flour and ¼ cup water, stir gradually into meat mixture. Heat to boiling, stirring constantly, for about 1 minute. Serve over noodles. Serves 6 to 8.

*Judy Guidry, Westlake, La.*

\*\*\*

## SAUSAGE AND EGGS CASSEROLE

1 lb. bulk sausage, crumbled  
1 onion, chopped

1 small jar mushrooms, chopped  
½ cup diced bell pepper  
1 T. chopped pimento  
¼ cup dill pickle relish  
Salt and pepper to taste  
Dash of tabasco  
6 eggs  
½ cup sour cream  
1 cup grated cheddar cheese  
1 cup grated mozzarella cheese

Combine sausage, onion, mushrooms and pepper in a heavy skillet over high heat and saute until sausage is cooked. Drain off all fat. Add pimento, relish and seasonings and mix well. Put into a 9x13 pyrex baking dish. Combine eggs and sour cream and beat 1 minute. Pour over sausage mixture and bake in 400° preheated oven till set, about 10-12 minutes. Combine the two cheeses and sprinkle over top. Broil until cheese are melted and delicately browned. Serve immediately. Serves 8.

*Mrs. Charles Rogers, Cameron, La.*

\*\*\*

## ITALIAN MEATBALLS

5 lb. ground beef  
3 eggs  
1½ cups bread crumbs or ritz crackers  
Seasonings to taste (Salt, pepper, oregano, garlic and parsley flakes)

Mix all ingredients in a large bowl. Preheat oven to broil or 550°. Shape into meatballs and arrange in baking dish. Cook under broiler until brown, about 10 minutes, turning so all sides are browned. Drain off fat. Add to your favorite spaghetti sauce or 2 cans of canned spaghetti sauce with onions and place in slow cooker to simmer all day. Serve over spaghetti.

*Randi Coyle Hebert, Cameron, La.*

\*\*\*

## BARBECUED PORK SHOULDER (BEEF ROAST MAY BE USED)

3½ to 4 lbs. pork shoulder roast  
1 cup catsup  
½ cup firmly packed brown sugar  
2 tsp. salt  
1 tsp. pepper  
1 to 2 T. chili powder  
6 T. vinegar  
2 T. lemon juice  
¼ cup Worcestershire sauce  
2 tsp. prepared mustard  
Hamburger buns (optional)

Cover roast with salty water in a large Dutch oven. Cover and cook for 2-2½ hours or until tender. Drain and thinly slice; place in a shallow 2 quart baking dish. Combine remaining ingredients stirring well. Spoon mixture over sliced roast, turning slices to coat. Bake at 300° about 45 minutes. Serve over buns.

*Judy Faye Guidry, Westlake, La.*

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## BEEF STEW

1 large round steak  
1 T. flour  
3 T. oil  
1 onion, chopped  
1 bell pepper coarsely chopped  
½ lb. fresh sliced mushrooms  
1 cup diced celery  
3 cups water  
1 pkg. onion soup mix  
4 potatoes, cubed  
6-8 carrots, sliced ½ in. thick  
Minced parsley

Cube the steak, dust with flour and brown in the oil. Remove the meat and add the onion, pepper, mushrooms and celery. Saute five minutes on medium heat. Add 3 cups water and simmer until meat is tender. Stir in onion soup mix and bring to a good boil, adding water to make a light gravy. Add potatoes and carrots and simmer till cooked. Sprinkle with parsley. Serve in bowls with crackers.

C. A. "Buster" Rogers, Cameron, La.

## CHILI TACOS

2 T. vegetable oil  
1 onion, chopped  
1 lb. ground meat  
1-8 oz. jar hot taco sauce  
12 taco shells  
Tomatoes, finely chopped  
Cucumber, diced  
Lettuce, shredded

Heat oil in saucepan. Add the onion and fry until it is soft. Stir in the meat and fry until it loses its pinkness. Drain grease. Add taco sauce and bring to a boil. Reduce heat and simmer for about 40 minutes. To serve tacos, warm taco shells according to package directions. Fill each shell about 2/3 full with filling and top with tomato, cucumber and lettuce.

Karen Belanger, Cameron, La.

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## COMPANY SPECIAL BEEF STEW

1 large (2-3 lb.) round steak  
Cooking oil  
1 cup chopped green onions  
2 cups coarsely chopped white onions  
½ cup chopped parsley  
1 clove crushed garlic  
1 bay leaf  
Dash of thyme  
1 T. salt  
1 tsp. pepper  
¼ tsp. cayenne pepper  
Several dashes tabasco  
1 T. Accent  
1 tsp. Season-All  
1 tsp. Seasoned-Salt  
½ tsp. Seasoned Pepper  
3 T. Sugar  
3 T. Worcestershire Sauce  
1 T. Kitchen Bouquet  
1 to 1½ cups burgandy wine  
5 potatoes, quartered  
5 carrots, cut into 2" chunks  
3 stalks celery, sliced ½" thick  
1 can beef bouillon  
1 bell pepper, cut into small chunks  
1 can whole tomatoes, cut up  
Cornstarch

Cut meat into small chunks, being sure to discard all gristle and fat. Cover bottom of black iron pot with cooking oil and brown meat. Remove meat from pot and saute green onions, onions and parsley until tender. Return meat to pot and add the next 15 ingredients. Simmer very slowly at least an hour; then add potatoes, carrots, celery, beef bouillon and 1 soup can of water. Cook another hour. Twenty minutes before done, add the bell pepper and the can of tomatoes. Thicken with cornstarch. This is a highly seasoned, but excellent beef stew.

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

## EASY TWO—CRUST PIZZA

2-16 oz. loaves frozen bread dough, thawed  
1½ lbs. ground beef  
1 medium onion, finely chopped  
2-6 oz. jars chopped mushrooms  
1 small green bell pepper, seeded and finely chopped  
1 can pitted black olives, sliced  
1-15½ oz. jar extra thick spaghetti sauce  
1½ cups grated Parmesan cheese  
8 oz. mozzarella cheese, grated  
Salt, pepper and seasonings to taste  
Milk  
Cornmeal

Shape each loaf of bread dough into a ball; cover and let rise according to package directions till nearly double. Punch dough down, cover and let rest 10 minutes. Meanwhile in a large skillet cook ground meat and onion until meat is browned. Add mushrooms, green peppers, olives and spaghetti sauce. On floured surface roll half of the dough to a 13 in. circle. (If necessary, let dough rest a few minutes more for easier rolling.) Grease a 12 in. pizza pan or a large black skillet. Fit dough into prepared pan. Sprinkle dough with parmesan cheese. Top with meat-onion mixture. Sprinkle grated mozzarella cheese over the mixture. Roll remaining dough to a 13 in. circle; place over filling. Fold extra dough under bottom crust, pinching to a seal. Flute edge if desired. Cut slits in top crust for escape of steam. Bake at 400° for 15 minutes. Brush top crust with milk; sprinkle with a little cornmeal. Bake 15 minutes more or till top is well browned. Let stand 10 to 15 minutes before cutting into wedges. Makes 10 servings.

Charla Jo Blake, Cameron, La.

## AIR ACADEMY BRISKET

1 beef brisket (4-5 lbs.)  
2 cans beef consomme with gelatin  
1-5 oz. bottle of soy sauce  
1/3 cup liquid smoke  
2 cloves garlic

Marinate brisket overnight in remaining ingredients. Place liquid & brisket in ovenware and cover lightly with foil. Cook 5½ hours at 250°. Serves 5-6.

Nancy Tarter, Creole, La.

## SWISS STEAK

1/3 cup flour  
1½ tsp. salt  
¼ tsp. black pepper  
3 lb. round steak 1½" thick  
¼ cup cooking oil  
3 medium onions, sliced  
1 green pepper, sliced  
1 cup celery, sliced  
1½ cups burgandy wine  
1 cup sliced mushrooms  
1 cup tomato juice

Combine flour, salt, and pepper; pound into meat, which has been cut into about 4 or 5" square pieces. Brown meat in hot oil; add onions, green pepper, celery and ¼ cup of wine. Bake covered at 350° for 30 minutes. Add remaining wine, sliced mushrooms and tomato juice. Continue baking covered for 1 hour. Yield: 8 servings.

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

## DORITOS CASSEROLE

1 lb. ground meat  
1½ cups crushed Doritos  
1 cup chopped onions  
¼ cup chopped bell peppers  
¼ cup chopped celery  
1 egg  
1 cup evaporated milk  
1 tsp. salt  
4 slices cheese

Mix all ingredients together except cheese. Pour in greased 2 quart covered casserole. Bake 45 minutes at 350°. Place cheese on top of cooked casserole and return to oven for 2 minutes. Serves 4.

Mrs. Mayo Cain, Gueydan, La.

## MY CHARCOALED, STUFFED STEAK

Necessities: Bar-B-Que pit, charcoal, charcoal lighter and matches  
1-2" sirloin steak (or 2-1" cuts)

Unseasoned meat tenderizer  
Black pepper  
Season-All or Tony's Creole seasoning  
Garlic powder  
Worchestershire sauce  
Italian dressing  
1 sliced onion  
1 small bottle sliced mushrooms  
1 can Real-Bacon bits  
Basting sauce (Pig Stand)  
Toothpicks  
1 small package Velveeta Cheese

Leaving one long edge uncut, slice sirloin into 1" cuts. Season steak lightly with meat tenderizer, black pepper, season-all and garlic powder, inside and out. Pour small amounts of worchester-shire sauce and Italian dressing into hands and rub into steak, inside and out, covering entire steak. Open steak and place sliced onions, mushrooms and bacon bits evenly inside. Close steak and seal with toothpicks. Dab outside of steak (both sides) with basting sauce. Let set in refrigerator, while starting fire. When coals are ready, cook steak until 3 minutes before desired doneness. Open steak and cover inside ¼" to ½" slices of Velveeta cheese (just enough to cover the steak). Return the steak to pit for the 3 minutes. Remove and serve. Servings depend on size of steak.

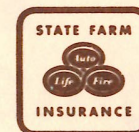
Gary Dimas, Cameron, La.

## COKE ROAST

3-4 lbs. beef roast  
Salt, pepper, celery salt and garlic powder  
¼ cup oil  
Small bottle of Coca-Cola  
1-14 oz. bottle chili sauce  
Dash of Tabasco  
1 T. Worcestershire sauce

Slit roast in several places, and fill with seasonings. Brown roast on all sides in oil. Remove from oil and blot dry. Place roast in foil-lined pan. Pour coke, chili sauce, Tabasco and worchester-shire sauce over meat. Cover loosely with foil and place in pre-heated oven 325°. Bake for 3 hours.

Mrs. Sam Warren, Grannis, Arkansas  
(former resident of Cameron)



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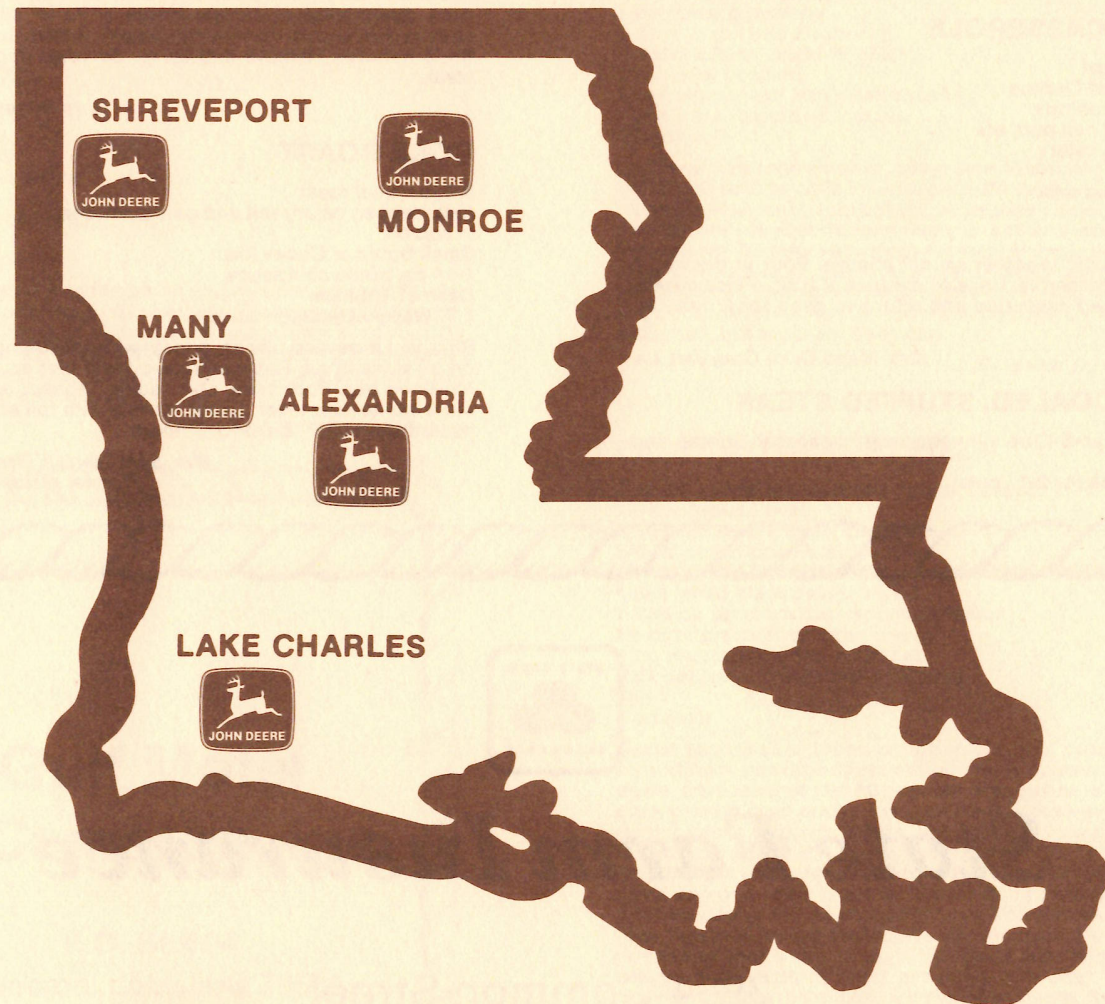
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## PORK CHOPS PACIFICA

4 thick pork chops, (or chicken breasts)  
Salt  
Pepper  
2 envelopes instant chicken broth  
2 cups boiling water  
1 cup uncooked rice  
3 green onions, sliced  
1 large tomato, chopped  
½ green pepper, chopped  
1 tsp. salt

Season pork chops to taste with salt & pepper. Brown well on both sides; put in shallow baking dish. Stir instant chicken broth (or cubes) into boiling water; pour over chops. Add rice, onion, tomato and green pepper. Sprinkle with 1 tsp. salt. Cover tightly with lid or foil. Bake at 350° for 1 hour. Yield: 4 servings.

Mrs. Joy Kelley, Cameron, La.

## BAKED STEW

2½ lbs. lean beef for stewing  
4 large potatoes, cut into 1-inch pieces  
6 carrots, cut into ½ inch pieces  
1 onion, diced  
1 cup sliced celery  
3 T. quick-cooking tapioca  
2 cups canned tomatoes or tomato juice  
1 cup water  
1 tsp. sugar  
2 tsp. salt  
Pepper to taste

Combine all ingredients in a heavy Dutch oven. Cover and bake at 300° for 3 to 3½ hours or until done. Yield: 8 servings.

Mrs. Joy Kelley, Cameron, La.

## 1-2-3 STEW

2 lbs. round steak cut in cubes  
1 can cream of mushroom soup

1 pkg. Lipton's onion soup

Preheat oven to 300°. Place meat in a covered casserole baking dish. Combine the two soups and pour over meat, stir. Cover, bake for 3 hours. Serve over rice.

Mrs. Charles Rogers, Cameron, La.

## CRANBERRY MEAT LOAF

¼ cup brown sugar  
½ cup cranberry sauce  
1½ lbs. ground beef  
½ lb. ham  
¾ cup cracker crumbs  
¾ cup milk  
2 eggs  
2 T. finely chopped onion  
Salt and pepper

Spread sugar on bottom of greased pan. Stir cranberry sauce and spread over sugar. Combine the beef, ground or chopped ham, cracker crumbs, milk, eggs, onion and seasonings. Shape into loaf or two smaller loaves and place on the cranberry sauce. Bake at 350° for 1 hour. Serves 10.

Mrs. Charles Rogers, Cameron, La.

## PORK CHOP BAKE

6 pork chops, 1" thick  
4 medium potatoes, uncooked, peeled and sliced thin  
1-4 oz. can sliced mushrooms, drained  
1 cup water  
1 envelope onion soup mix

Preheat oven to 350°. Brown chops, drain on paper. In buttered 2 quart baking dish, arrange potatoes, mushrooms and the chops. In a bowl, combine water and soup mix. Pour over meat. Cover with foil and bake 1¼ hours or until potatoes are tender. Makes 6 servings.

Carolyn Johnson, Cameron, La.



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## BEEF-MACARONI CASSEROLE

1½ cups macaroni uncooked  
2 tsp. shortening  
½ cup chopped onion  
1 lb. ground meat  
1 tsp. salt  
¼ tsp. pepper  
1 tsp. steak sauce  
½ cup catsup  
1½ cups shredded cheese  
1 egg  
1½ cups milk  
½ cup catsup

Cook macaroni and place in a bowl. In shortening brown onion and meat. Drain off fat, add salt, pepper, steak sauce and ½ cup catsup. Mix meat and macaroni and let cool. When cool add cheese and mix well. Place in two 1 quart casserole dishes. To bake: Mix together egg, milk and ½ cup catsup and additional shredded cheese, if desired. Pour over the casserole mixture and bake in a covered casserole dish at 350° about 25 to 30 minutes, or until it heats through and starts to bubble. Yield: 8 servings. This is an excellent dish to make ahead of time and freeze.

*Carolyn Johnson, Cameron, La.*

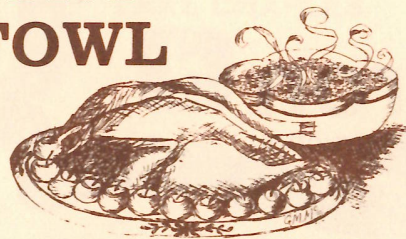
## ITALIAN MEAT LOAF

1 lb. ground beef  
1 lb. ground pork  
6 slices bread, soaked in water and squeezed dry  
2 eggs  
1 chopped medium onion  
1 chopped green pepper  
3 T. grated Parmesan cheese  
1 T. chopped parsley  
1 tsp. oregano  
1 tsp. salt  
1 minced clove garlic  
1 cup canned tomatoes  
3 T. tomato paste

Mix all ingredients thoroughly. Shape in a loaf pan. Bake at 350° for 1½ hours. Serves 6.

*Leven Harmon, Cameron, La.*

## POULTRY AND FOWL



## CHICKEN AND RICE CASSEROLE

1½ cups chopped onions  
1 bell pepper, chopped  
2 stalks celery, chopped  
1 stick oleo  
½ cup water or chicken broth  
Salt and pepper to taste  
1 can cream of mushroom or chicken soup  
2 cups cooked rice  
1 whole chicken, boiled and meat chopped

Saute onions, bell pepper and celery in oleo. Place in large greased casserole with all other ingredients and mix well. Spread seasoned bread crumbs over top. Cook in 400° oven for ½ hour.

### Seasoned Bread Crumbs

4 slices day-old bread  
1 stick melted oleo  
Tony seasoning

Toast bread in toaster, then cut into small squares. Mix oleo and seasonings. Mix all together and toss until bread crumbs are covered.

*Lori McNeese, Grand Chenier, La.*

## DOVE BREASTS AND RICE

15-20 dove breasts  
Seasonings to taste, salt, pepper, season-all salt, garlic salt  
4 T. cooking oil  
1 medium onion, chopped  
6 cups water  
¾ cups chopped fresh green onions  
3 cups rice

Season doves the night before you plan to cook them, rubbing seasonings in good and using lots of pepper. Heat oil in magnalite or black iron pot. Add dove and onions and brown doves to make a rusty gravy. Then add 6 cups water and simmer on low for 15 minutes. Add green onions and cook for 5 minutes more. Add 3 cups raw rice (be sure the liquid has enough salt and pepper for your taste). After rice comes to a full boil turn fire to low, cover pot and cook for 20 minutes. DO NOT OPEN POT during this time. Turn off fire and let sit for about 5 minutes before serving.

*Edith Griffith, Oak Grove, La.*

## SMOTHERED DOVES

24 dove breasts  
4 T. cooking oil  
Flour to dredge doves  
1 small bell pepper, diced  
1 medium white onion, diced  
3 cups water  
1-5 oz. jar sliced mushrooms  
Seasonings to taste (salt, pepper, seasoned salt and garlic salt)

Rub dove breasts thoroughly with seasonings, cover, and place in refrigerator overnight. Heat oil in large, heavy roaster over medium heat. Dredge each breast in flour and brown on each side and remove doves from oil. Add chopped pepper and onion, saute until wilted. Add mushrooms and seasonings. Add 3 cups water and let cook down, about 15 minutes. If too thick, add desired amount of water. Put dove breasts back in pot, cover, turn fire to low and stew for about 20 minutes. Serve over rice.

*Edith Griffith, Oak Grove, La.*

## ARROZ CON POLLO

3-4 lbs. chicken, cut up (or boil ahead and dice)  
Salt, pepper and paprika to taste  
1 large onion, chopped  
1 small green pepper, chopped  
2 small garlic cloves, minced  
1 small can pimento, chopped  
½ tsp. chili powder  
2 chicken bouillon cubes  
1 cup diced leftover ham  
1-12 oz. can tomatoes  
1 small can mushrooms  
1-10 oz. pkg. frozen peas  
1 cup rice

Put everything in crock pot except the peas and rice. Cover and cook on low for 6 to 10 hours. Turn to high 1 hour before serving, add peas and rice and cook until rice is tender. Stir occasionally.

*Mrs. Donald Johnson, Kinder, La.*

## CHICKEN AND RICE CASSEROLE

1 Fryer chicken, cut up (about 2½ lbs.) and seasoned with salt and pepper  
1 can cream of celery soup  
1 can cream of mushroom soup  
1 soup can of milk  
1 pkg. dry onion soup mix  
1 cup uncooked regular rice

Put raw rice in 13"x9" baking pan. Mix celery and mushroom soups with milk and pour over rice. Sprinkle dry onion soup mix over mixture. Put chicken parts, seasoned with salt and pepper on top, skin side down. Cover with foil and bake at 350° for 1½ hours or until done. Remove foil for the last 15 minutes to allow chicken pieces to brown.

*Mrs. Harold Carter, Crockett, Texas*

## ONION BAKED CHICKEN

1 fryer, cut-up, skin removed  
1 pkg. dry onion soup mix  
1 can cream of mushroom soup

1 soup can of water  
Dash Kitchen Bouquet

Coat fryer pieces in dry onion soup mix; then put in casserole. Combine soup with water and kitchen bouquet, stir and pour over chicken. Cover and bake in preheated 350° oven for about 45 minutes. Uncover and continue baking 15 minutes more. (You will note there is no seasonings, none is needed.) This makes a delicious gravy and especially good served over creamed potatoes.

*Roberta Carol Blake, Cameron, La.*

## POLLO EN MOLE VERDA (CHICKEN IN GREEN MOLE)

1/3 cup all purpose flour  
1 tsp. paprika  
1 tsp. salt  
¼ tsp. pepper  
1-2½ to 3 lb. broiler-fryer chicken, cut up  
3 T. cooking oil

### Mole Sauce

1-12 oz. can tomatillos, drained and rinsed  
1-4 oz. can green chili peppers, rinsed, seeded and cut up  
¼ cup chicken broth  
¼ cup chopped onion  
¼ cup walnuts  
¼ cup almonds  
¼ tsp. salt  
Dash of pepper

Combine flour, paprika, salt and pepper in a paper or plastic bag; add three pieces of chicken at a time and shake to coat. In a 12" skillet heat oil til a drop of water sizzles. Brown chicken over medium heat for 15 to 20 minutes, turning pieces as necessary to brown evenly. Reduce heat, cover tightly and cook 30 to 40 minutes until tender. Uncover during the last 10 minutes of cooking. Meanwhile, in blender container combine the remaining ingredients, cover, and blend until pureed. Transfer to a 1½ quart saucepan and heat thoroughly. To serve, arrange chicken pieces on platter, spoon sauce over it. Delicious and elegant.

*Mrs. Linda Scalassi, Baton Rouge, La.*

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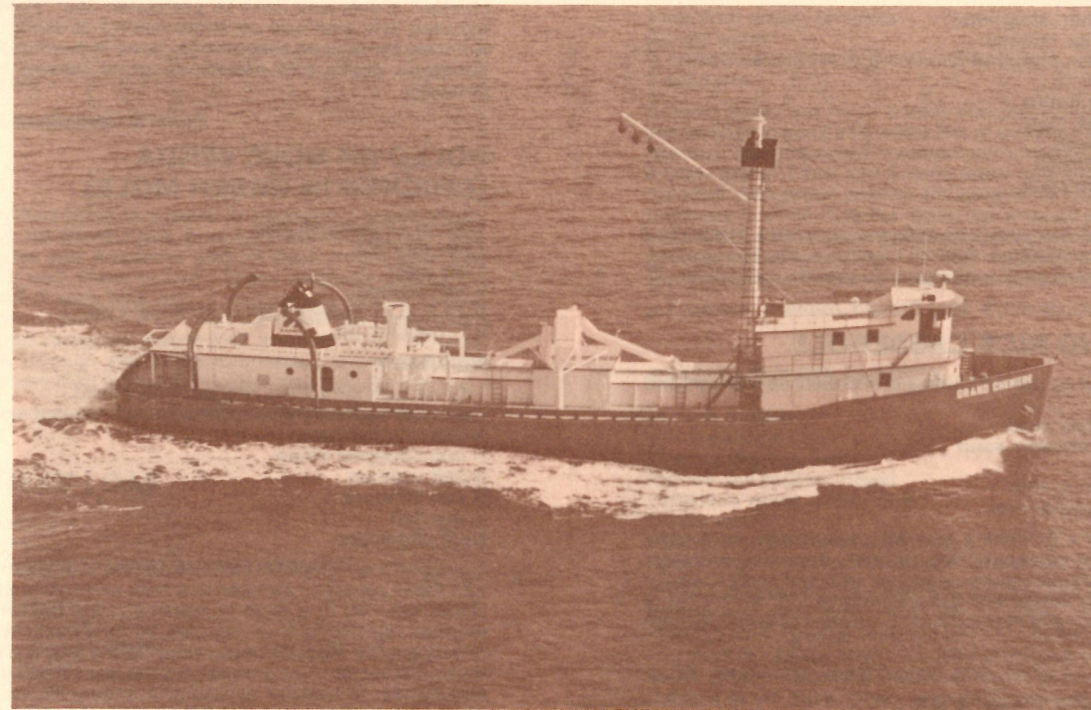
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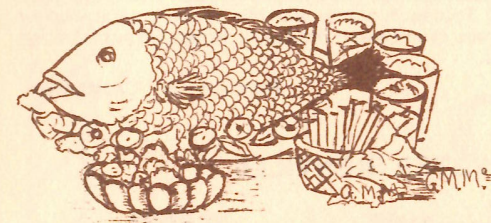


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## SEAFOOD



### SHERI'S DELUXE RICE CASSEROLE

- 1 lb. ground meat
- 1 T. butter or margarine
- 1/3 cup chopped onion
- 1/3 cup chopped bell pepper
- 1 cup raw long grain rice
- 1 tsp. black pepper
- 1 tsp. salt
- 1 lb. Shrimp cleaned and deveined
- 1 can cream of onion soup
- 1 can cream of mushroom soup
- 1 can mushroom steak sauce
- 1/4 cup pimentos
- 1/4 cup grated cheese

Brown ground meat in margarine. Add vegetables and saute. Add raw rice and seasonings; mix well. Add shrimp, onion soup, mushroom soup, mushroom steak sauce, pimentos and mix well. Transfer to a 2 quart buttered casserole dish. Sprinkle grated cheese on top. Cover and bake at 350° for 1 hour or continue cooking in skillet for 30 minutes. Garnish with cherry tomatoes, parsley or possibly boiled shrimp. Serves 6.

*Sheri Beard, Sweetlake, La.*

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### PEGGY'S SHRIMP GUMBO

- 1 cup flour
- 1/2 cup cooking oil
- 1 onion, chopped
- 1 cup chopped celery
- Salt and pepper to taste
- 2 quarts water to start (add more if needed)
- 2 lbs. peeled shrimp
- 2 cups chopped green onion tops
- 1 cup chopped parsley
- 1 T. file'

Make a very brown roux by cooking the flour in the oil, stirring to keep from burning. Add chopped white onion, celery, salt and pepper, stir just until glazed. Add water and let boil on low fire for 2 hours. Add shrimp and cook for 30 minutes over high fire. Add chopped onion tops, parsley and file'. Turn fire off and cover. Let stand for 5 minutes before serving. Serve over cooked rice.

*Mrs. Evans (Peggy) Mhire, Grand Chenier, La.*

\*\*\*

### BLANC'S SHRIMP CREOLE

- 1 medium onion, chopped
- 2 stems celery, chopped
- 1 medium bell pepper, chopped
- Salt and pepper to taste
- 1 T. mustard
- 1 T. Worcestershire sauce
- 1 can tomato sauce
- 1 can tomato paste
- 1 lb. peeled shrimp

Brown onions, celery and bell pepper in small amount of cooking oil. Add all other ingredients except shrimp and cook on very low fire for about 2 hours. Add shrimp 15 minutes before serving and cook on slow fire. A little water may have to be added if mixture cooks down too low. Serve over mounds of cooked rice. Note: For those who like chili, a little chili added to the dish gives the Shrimp Creole a little "Tangue" and a little different taste.

*Blanc Bonsall, Creole, La.*



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### CRAB MEAT SAUCE PICAUNTE

1 medium onion  
1 medium bell pepper, chopped  
2 celery sticks, chopped  
¼ cup cooking oil  
1 can rotel tomatoes  
1 can tomato sauce  
Pint of crab meat  
½ cup chopped green onions  
¼ cup chopped parsley

Saute onions, bell pepper and celery in cooking oil. Add rotel tomatoes, tomato sauce and ½ cup water (if frozen crab meat is used). Add more water if fresh crab meat is used. Cook 10 minutes on hot fire. Simmer for 30 minutes. During the last 10 minutes, add the green onions and parsley. Serve over mounds of cooked rice. The Touchet family likes to serve it with sweet peas, salad and rolls.

Angela "Angie" Touchet, Holly Beach, La.

### OYSTERS ROCKEFELLER

Medium white sauce using 1 stick butter and enough flour & milk to thicken  
2 or 3 pkg. frozen spinach  
1 small stalk celery  
Parsley  
Onion tops  
½ cup bread crumbs, plain  
Garlic to taste  
Dash of tabasco and Worcestershire sauce  
Salt, red and black pepper to taste  
1/3 cup bread crumbs, seasoned  
3 or 4 doz. oysters

Make the medium white sauce. Boil the spinach and drain. Add this along with the celery, parsley and onion tops to the white sauce. Stir well then add the ½ cup bread crumbs, garlic, Tabasco, Worcestershire sauce, pepper and salt to taste. Toss lightly. Add the 1/3 cup of seasoned bread crumbs. Prepare the

oysters by draining them well and drying them. Put them in a shallow pan under the broiler for a few minutes to remove the excess liquid. When dry remove and put 2 or 3 oysters in a small shell until you have used all the oysters. (Or use one large glass casserole dish.) Top each oyster with the spinach sauce, cover with buttered bread crumbs and broil until brown. Be sure oysters are well drained.

Bobbie Miller, Crowley, La.

### HILDA'S OYSTER BIENVILLE

4 dozen oysters  
½ lb. shrimp, chopped fine  
1 can chopped mushrooms  
3 oz. white wine (Dry Sauterne or Sherry)  
1 bunch green onions, chopped fine  
¼ lb. butter  
3 T. flour  
1 pint chicken broth  
3 egg yolks  
½ cup evaporated milk  
Salt, black pepper and hot sauce to taste  
½ cup sharp cheddar cheese  
Sprinkle of paprika

Place oysters in shallow pan and bake at 350° until they curl, about 7 minutes. Take out of oven and set aside. **Sauce:** Mix shrimp, mushrooms and 1½ oz. wine together and set aside. Brown onions in butter; add flour and stir over a low flame until mixture is light brown. Add chicken broth which has been heated slowly stirring all the while. Add shrimp, mushroom and wine mixture until sauce is smooth and begins to thicken and set aside to cool slightly. Beat egg yolks well, but not too long, with 1½ ozs. wine and evaporated milk. Slowly pour the warm sauce into this egg, wine and milk mixture stirring constantly so it will stay smooth and not curdle. Add liquor from pre-baked oysters and season to taste. Replace the whole mixture on the fire and cook over low heat for 10 to 15 minutes, until thick, stirring constantly to prevent lumping or scorching. If too thin, add flour or cornstarch to thicken. Pour into 4 separate casseroles or ramkins and place 10 or 12 oysters in the middle of the mixture. Cover with more of the sauce, sprinkle well with cheese and paprika, place in oven and bake until cheese is bubbly. Caution: Make sure oysters are placed between layers of sauce as they will get extremely hard if they are cooked on the bottom. This recipe, used as a casserole dish will serve 4 to 6 persons. It can also be used as a sauce to cover approximately 4 dozen oysters on the half shell.

Hilda Henry, Cameron, La.

### CRAWFISH PIE

2 cups plain flour  
2 heaping T. shortening  
1 tsp. salt  
1 tsp. baking powder (do not omit, as juice from filling will run out of crust if not used)  
5 T. water

Blend all ingredients thoroughly, then knead with hands until pastry leaves hands, then separate into 4 balls. Roll out crust on a floured tin foil (this saves time and mess). Roll each individual crust the size of a paper plate.

#### Filling

1 lb. crawfish tails and fat  
2 medium onions, chopped fine  
2 large stems celery, chopped fine  
½ stick oleo  
1 T. cornstarch (dissolved in cold water)  
Seasonings to taste

Saute onions, celery and oleo until it forms a paste. Then add fat and cook on low fire until it has a red color. Add cornstarch with water and bring to a boil, then add tails and seasonings to taste (they will add their own water) and cook until done. (The tails will be tender but not soft.) It will have a pretty orange-red color. Crawfish should be cooked in a stainless steel pot. If none is available they should be removed immediately when cooked as the crawfish has a tendency to darken in aluminum or an iron pot. Place about 2 T. filling in one half of crust, flip over and thoroughly seal edges. Roll edges all around completely, then flute. Bake on a foil lined cookie sheet at 375° in a preheated oven until light brown. If there is any left-over sauce it can be served over pies. Note: These pies can be frozen immediately after making and when removed to cook do not thaw out, just cook in oven that has not been preheated as it takes less time to brown and cook.

Anne Broussard, New Iberia, La.

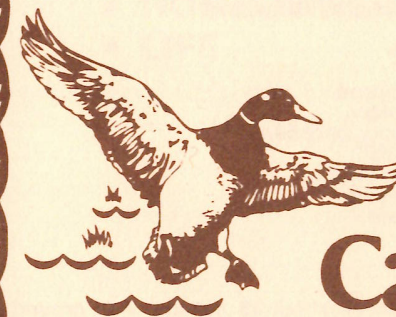
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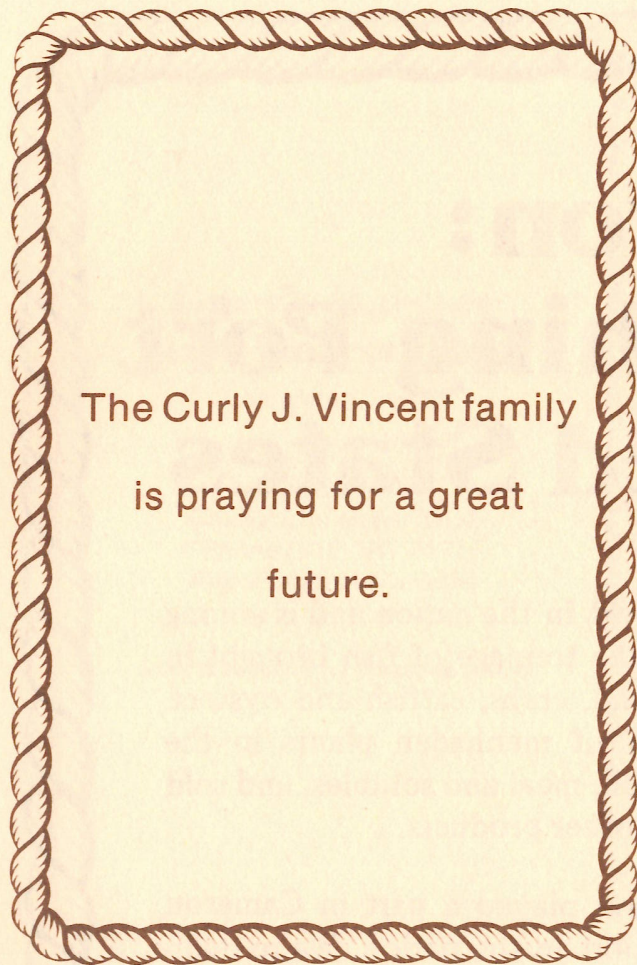
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#### RICE FARMER CASSEROLE

¼ cup oil  
¼ cup flour  
1 small can tomato sauce  
1 cup chopped onions  
½ cup chopped bell peppers  
2 cloves garlic (minced)  
2 cups water  
3 cups raw shrimp  
½ cup chopped green onions & parsley  
1½ cups cooked rice  
1 tsp. salt  
½ tsp. black pepper  
¼ tsp. red pepper

Heat oil, add flour and brown. When brown, add tomato sauce, onions, bell pepper, garlic & water, cook for 20 minutes or until onions & peppers are tender. Add shrimp and cook 7 minutes. Add green onions & parsley, let come to a boil again & add rice, seasonings and remove from fire and cover. If you like you may put into casserole and put into 400° oven for 20 minutes more, but the dish is ready when rice is added.

*Shirley Chesson, Grand Lake, La.*

#### FRIED CRAB CAKES

1 lb. crabmeat  
2 T. chopped onion  
2 T. butter or other melted fat  
1 beaten egg  
½ tsp. powdered mustard  
½ tsp. salt  
Dash pepper  
Dash cayenne pepper  
½ cup dry bread crumbs  
Lemon wedges  
2 T. chopped parsley

Remove all shell and cartilage from crabmeat. Cook onion in butter till tender. Combine all ingredients except crumbs. Shape into 6 cakes and roll in crumbs. Place cakes in a heavy frying pan

which contains ¼ inch of fat, hot but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown on the other side. Cooking time is approximately 5 to 8 minutes. Drain on absorbent paper. Garnish with lemon wedges and parsley. Serves 6.

*Leven Harmon, Cameron, La.*

#### SEAFOOD DELUXE

1 cup chopped onion  
½ cup chopped bell pepper  
1 tsp. garlic  
1 cup chopped celery  
1 stick oleo or butter

Saute the above ingredients in butter or oleo until wilted & onions are clear. Then add:

2 cups fresh crab meat  
2 cups chopped raw shrimp

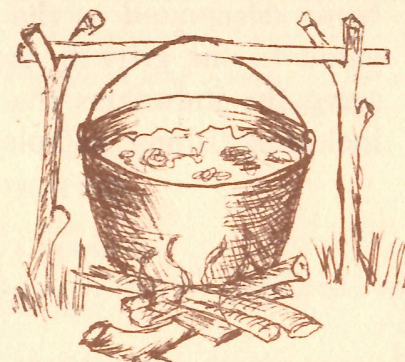
Saute this until shrimp are pink, then add:

2 cans mushroom soup  
1 tsp. red pepper  
1 tsp. black pepper  
½ cup pimento  
¼ cup parsley  
3 cups cooked rice  
2 tsp. salt

Combine together. Pour into greased casserole. Bake at 350° for 30 minutes.

*Shirley Chesson, Grand Lake, La.*

## RICE, PASTA AND DRESSINGS



#### CORN BREAD DRESSING

Turkey Giblets (optional) Grind raw  
1 lb. ground beef  
½ lb. ground pork  
Water  
1 large onion, chopped  
1 cup chopped celery  
1 large green pepper, chopped  
1 big apple, chopped  
Salt and pepper to taste  
1 T. poultry seasoning  
1 tsp. dried mustard  
Cornbread  
3 eggs  
Breadcrumbs

Boil giblets til tender, about 45 minutes. Add ground meats, vegetables, apple and seasonings. Cut meat off boiled neck and add. Simmer all till well done. Cool. Use day old cornbread and from 1/3 to ½ as much wheat bread crumbs. Whip 3 raw eggs, add to meat and broth mixture, then to bread mixture. Put into greased baking dish. Bake at 350° for about 25 minutes. NOTE: If there was insufficient liquid in meat mixture for amount of cornbread and white bread used, add sufficient amount of canned chicken broth.

*Bernice Hollister Stewart, Lake Arthur, La.*

#### MIRLITON DRESSING

4 medium mirlitons  
Boiling salted water  
1½ cups cooked rice  
1 lb. ground lean meat  
1 large white onion, chopped fine  
1 T. green onion tops, chopped fine  
½ cup chopped celery  
1/3 cup chopped bell pepper  
Salt, pepper and Kitchen Bouquet to taste  
½ cup bread crumbs  
3 slices bacon

Cut mirlitons in half. Add to boiling salted water and boil until inside is soft (stick with fork-should not be too soft, just firm). Remove seed and scoop out softened mirliton meat (do not use outer skin); Reserve. Brown ground meat until no longer red. Add onions, celery, and bell pepper and cook until vegetables are soft. Mix together with mirliton in casserole dish. Add seasonings and Kitchen Bouquet to give brown appearance. Add enough water to slightly soften dressing. Sprinkle bread crumbs on top and add 3 slices of bacon on top of this. Bake at 400° for 30 minutes. Serve hot.

*Mrs. Stirling Kling, Baton Rouge, La.*

#### LASAGNA

½ lb. Owens hot sausage  
½ lb. lean ground meat  
1 pkg. spaghetti sauce mix  
1 large can tomato paste  
1¼ cups water  
2 T. parsley flakes  
½ lb. wide noodles (cooked)  
1 lb. cottage cheese  
1-8 oz. pkg. mozzarella cheese, shredded

Cook meat, brown and drain. Add spaghetti sauce mix, tomato paste, water and cook for 10 minutes. Add parsley flakes and arrange in 9½" x 13" baking dish by layers-a very small amount of sauce on the bottom, then noodles, sauce, cheese, then another layer keeping a larger amount of cheese for the top. Bake in 350° oven for 30 minutes. Serves 8. I usually prepare a double recipe

and layer one casserole all ready to put in the oven and freeze it for a later date.

*Harry Dione, Lake Charles, La.*

#### FRIED RICE

6 eggs  
¼ tsp. salt  
Salad oil  
3 cups cooked rice  
1-8 oz. pkg. bacon, cooked and crumbled  
1 T. soy sauce  
2 T. chopped green onions

Be sure that rice is chilled. Beat eggs and salt slightly in bowl. In a 12" skillet over high heat, heat 3 T. salad oil till very hot. Pour in egg mixture. Cook, using spoon to stir quickly and constantly until eggs are the size of peas and leave sides of the skillet. In same skillet, gently stir in 2 T. salad oil until rice is well coated. Add bacon; soy sauce and green onions; stir to mix all ingredients in skillet; heat through. Onions may be omitted if desired.

*Susan S. Fox, Iowa, La.*

#### SAUSAGE & RICE CASSEROLE

1 envelope onion soup  
1 envelope chicken noodle soup  
5 cups water  
2 cups rice  
1 lb. hot bulk pork sausage  
1 cup chopped onion  
1 cup chopped celery  
1 cup chopped bell peppers  
1 cup chopped green onions

Bring soups and water to boil and add rice. Turn fire to simmer or low and cover. Cook rice about 20 minutes. Meanwhile, brown sausage, then add vegetables. Add sausage mixture and stir. Turn into casserole dish and bake 30 minutes at 350°. It's fast and delicious. Serves 4 to 6.

*Mrs. Early Buller, Fenton, La.*

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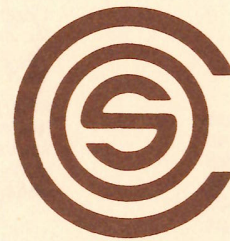
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#### ARMENTIAN RICE

½ stick margarine or butter  
¾ cup vermicelli (broken in small pieces)  
2½ cups water  
1 cup long grain rice  
1 tsp. salt  
Mushrooms (optional)

Melt butter and brown vermicelli in it. Add water and when it comes to a boil, add the rice, salt and mushrooms. Cover pot, turn fire to low temperature and cook until rice is tender-about 20 minutes. Beef Consomme substituted for water and mushrooms can be used for added zest.

*Jennifer Canik, Grand Chenier, La.  
(From her Great-Grandmother, Mrs. Charles, Stoma)*

#### CORN BREAD DRESSING

1 large fryer  
1 pack gizzards (about 3#)  
1 pack chicken livers  
Small amount of oil  
2 large onions, chopped  
1 medium bell pepper  
3 ribs celery  
1 cup chopped onion tops  
½ cup chopped parsley  
1 large corn bread  
Salt and pepper to taste

Boil fryer, gizzards and livers until tender. Cut in small pieces or grind. Save broth for mixing cornbread later. In small amount of oil wilt all seasonings. Add 1 cup broth and let boil on low fire until seasonings are tender. Add gizzard mixture and one cup broth and let simmer for about 20 minutes. Take off fire; add cornbread, broth, salt and pepper to taste. Make it kind of soupy, but not too much. Bake in 350° oven until brown.

*Rita Badon, Johnson Bayou, La.*

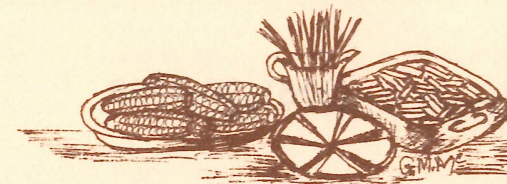
#### EGGPLANT DRESSING

4 medium eggplants  
Small amount of oil  
1 lb. ground beef  
2 medium onions, chopped  
½ cup chopped bell pepper  
¼ cup chopped celery  
¼ cup chopped parsley  
½ cup chopped onion tops  
Water  
2 cups cooked rice (about)

Peel and dice eggplants. Smother in small amount of oil. In another pot brown ground meat. Add onions, bell pepper and celery; cook until well wilted. Add to cooked eggplants, parsley, onion tops and about 1 cup water. Cover and let simmer about 30 minutes. Add rice and mix well. If needed, add a little more water, cover and cook over low heat about 10 minutes longer. Stir occasionally to keep from burning.

*Rita Badon, Johnson Bayou, La.*

#### VEGETABLES



#### STUFFED POTATOES

2 potatoes  
¼ cup margarine  
¼ cup grated cheese  
¼ cup chopped onion  
2 tsp. chopped bell pepper  
Salt and Pepper to taste

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Boil potatoes. After potatoes are boiled, cut each potato in half. Cut the middle of the potato out and add margarine, cheese, onion, bell peppers and seasonings. Mix well and fill each half of potato with filling. Bake until brown at 400°.

*Darlene Taylor, Grand Lake, La.*

#### CARLO'S REFRIED BEANS

1 lb. dried black or red kidney beans  
Bacon drippings  
Grated cheese or sour cream

Dried black or red kidney beans cooked as directed, season well to taste. Drain off most of liquid. Put beans in blender and mash thoroughly. Pour into heavy pot with ¼ inch of bacon dripping. Cook over very low heat, stirring frequently until desired consistency is reached. Cook until they can be made into a large roll and sliced. Top with grated cheese or sour cream. Delicious.

*Mrs. Danny Jumonville, Baton Rouge, La.*

#### BROCCOLI AND CAULIFLOWER CASSEROLE

1 large onion, finely chopped  
2 T. butter  
1 can cream of chicken soup  
1 cup parmesan cheese (grated)  
¾ small (8 oz.) can evaporated milk  
2 pkg. frozen whole broccoli, chopped  
2 pkg. frozen cauliflower  
1 cup Italian bread crumbs  
½ stick butter

Saute onion in butter. Add soup, cheese and milk. In separate saucepan cook broccoli and cauliflower according to package directions. Add to above mixture, stir and pour into 2½ quart casserole. Mix together butter and bread crumbs and sprinkle on casserole. Bake uncovered at 350° until bubbly. Serves 10.

*Jennifer Canik, Grand Chenier, La.*



### SQUASH-RICE CASSEROLE

1 stick margarine  
1 cup uncooked rice  
2 cups finely chopped squash  
1 cup finely chopped onion  
Salt and pepper  
1 cup mushroom soup  
1½ cans water

In large casserole or pan, melt margarine. Sprinkle raw rice over melted margarine. Sprinkle squash, then onions, salt and pepper. This casserole should be highly seasoned with pepper-red pepper may be used. Mix soup and water, then pour over casserole. Cover with lid or foil and bake in 325° oven for 1 hour, or until casserole is dry to suit taste.

Margaret Pitts, Hackberry, La.  
\* \* \*

### STEWED OKRA (JOHNSON BAYOU STYLE)

1 gallon okra, cut up in slices  
1 whole large onion (cut fine)  
½ cup cooking oil  
1-16 oz. can whole tomatoes  
1-8 oz. can tomato sauce

Saute okra and onion in cooking oil in iron pot until okra is no longer ropey. Add tomatoes and tomato sauce, put on lid, turn fire to low and let steam about 30 minutes.

Mrs. Lena Jinks, Johnson Bayou, La.  
\* \* \*

### SPINACH OF PEA SOUP

2 can frozen oyster stew  
2 cups milk  
1 pkg. frozen chopped spinach, cooked according to directions  
3 slices bacon  
4 thin slices of provolone cheese (cut into ¼" squares)

Thaw the oyster stew in the milk and bring to the boiling point. Add the cooked spinach and heat all together. Fry the bacon crisp and crumble it. Serve the soup with the bacon and cheese sprinkled on top. Serves 6.

Ida Boutte, Lake Charles, La.  
\* \* \*

### POUTINE TROU

10 large potatoes (peeled)  
2 cups mashed potatoes  
1 lb. fresh pork (use lean meat and fat) cut in small pieces  
½ tsp. salt

Grate the potatoes, trying to extract as much water as possible. Add the 2 cups of hot mashed potatoes. Take a little of this mixture and put in your hand, add a little meat which has been sprinkled with salt, add a little more potatoe mixture and shape into small balls. Boil 2 gallons of water in a large saucepan. Drop into the boiling water a few balls of the mixture. Repeat so that the water will not stop boiling. Cook 3 hours and be sure that the water boils gently. 20 servings.

Geneva Griffith, Grand Chenier, La.  
\* \* \*

### STUFFED BANANA PEPPERS

Banana peppers  
1 lb. ground meat  
1 large onion, chopped fine  
Salt and pepper to taste  
1 T. soy sauce  
Beaten egg  
Flour

Cut banana peppers in half. Clean out seeds and wash. Combine the next 4 ingredients thoroughly. Stuff each pod with ground meat mixture. Roll each stuffed pod in beaten egg and then in flour. Deep fat fry until golden brown.

Jo Ann Nunez, Creole, La.

### SAVORY STUFFED POTATOES

5 or 6 medium baking potatoes  
Butter  
1/3 cup butter or margarine  
½ cup milk  
½ cup sour cream  
2 tsp. salt  
½ tsp. pepper  
2 T. grated Parmesan Cheese  
Chopped chives

Wash potatoes and rub skins with butter. Bake at 425° for 1 hour or until done. Allow potatoes to cool to touch. Slice skin away from top of each potato. Carefully spoon out pulp, leaving shells intact; spoon pulp into a mixing bowl. Add butter, milk, sour cream, salt, and pepper; beat with an electric mixture until fluffy. Stuff shells with potato mixture. Sprinkle with cheese; bake at 425° for 15 minutes. Remove from oven; top with chives. Yield: 5 or 6 servings.

Bernice Chaplain, Beaufort, North Carolina  
\* \* \*

### GREEN BEAN CASSEROLE SUPREME

½ cup chopped onion  
2 T. margarine  
2 T. flour  
2 cups sour cream  
3 cans french style green beans (1 lb. size)  
1 tsp. salt  
¼ tsp. black pepper  
1 cup grated sharp cheddar cheese  
Dash paprika

In an electric skillet, saute chopped onions in margarine until lightly browned. Add flour, blending well. Add sour cream and heat over low heat, stirring until mixture thickens slightly. Drain string beans and add to sauce. Stir in salt and black pepper. Turn mixture into 10" square baking dish or leave in electric skillet. Sprinkle top with cheese and sprinkle lightly with paprika. Bake in preheated oven for 30 minutes at 350°, or heat over medium-low heat in covered skillet until bubbly throughout. Serves 6.

Bernice Chaplain, Beaufort, North Carolina

### SEASONED CARROTS

1 pkg. carrots, peeled and sliced  
2 to 3 T. chopped onion  
1 T. chopped parsley (flakes may be used)  
2 to 3 T. butter  
Salt and pepper to taste

Boil and drain carrots. Saute onions and parsley in butter until tender. Add drained carrots, salt and pepper to taste. Cover and let stand 1-2 hours (this waiting period is important for flavor). When ready to serve warm in 350° oven for 15-20 minutes. Serves 6.

Annie Bruchhaus, Elton, La.  
\* \* \*

### PIQUANT POTATOES

2 cups (8 oz.) crumbled blue cheese  
2 cups sour cream  
¼ cup finely chopped green onions  
½ tsp. white pepper and red pepper  
6 baked potatoes

In a bowl, combine first 4 ingredients. Cover and chill until serving time to allow flavors to blend. Use as topping for hot baked potatoes. Makes about 3 cups.

Mrs. Hayes Picou, Cameron, La.  
\* \* \*

### EGGPLANT ITALIANO

¾ cup parboiled diced eggplant, well drained  
4 large mushrooms, sliced  
1 T. minced onion  
Salt and pepper to taste  
1 T. chopped parsley

Coat a skillet with non-stick vegetable spray. Add diced eggplant, turning with a spoon until lightly browned. Add mushrooms, onion, salt and pepper. Cover and simmer for 15 minutes; add parsley and heat 5 minutes longer. Serve piping hot. Serves 1.

T-Mae Booth, Grand Chenier, La.

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### EGGPLANT CASSEROLE

4 cups diced cooked eggplant  
1 pkg. stove top stuffing mix  
1-10½ oz. can cream of mushroom soup  
1 beaten egg  
Salt and pepper to taste  
½ cup chopped onion  
1/3 cup milk  
2 T. melted butter or oleo  
1 cup grated sharp cheddar cheese

Combine eggplant, ¾ stuffing mix, soup, egg, salt, pepper, onion and milk. Place in greased 2 qt. casserole dish. Crush remaining stuffing mix and stir in melted butter. Sprinkle over eggplant mixture. Top with grated cheese and bake in 350° oven for 25 minutes. Makes 6 to 8 servings.

*Mrs. Monroe LeBoeuf, Cameron, La.*  
\* \* \*

### BATTER FRIED CAULIFLOWER

Salad oil  
1 medium head cauliflower (about 2 lbs.)  
1 can condensed cream of onion soup  
1 cup cornstarch  
1 tsp. baking powder  
1 tsp. celery salt  
1 T. salad oil  
2 egg whites

Half fill wok or large saucepan with oil; heat to 400°. Separate cauliflower into flowerets, cook in boiling water 3 minutes. Drain well. Make batter: in bowl, combine remaining ingredients except egg whites. Beat egg whites until stiff but shiny; fold in batter. Coat cauliflowers with batter. Fry a few at a time in hot oil until lightly browned; drain.

*Mrs. Joy Kelley, Cameron, La.*

### ETHEL'S BAKED BEANS

6 cans Pork & Beans (16 oz.)  
½ cup water  
2 onions, chopped  
1 bell pepper, chopped  
3 cloves garlic, chopped  
1 small bottle catsup  
1 tsp. mustard  
3 T. Worcestershire sauce  
1 cup brown sugar  
½ tsp. red pepper and salt to taste  
8 slices bacon

Mix all ingredients together except bacon. Pour into 8 quart pan and lay slices of bacon on top. Bake at 300° for 2½ hours. Serves about 30 people.

*Mrs. Fredman Theriot, Creole, La.*  
\* \* \*

### STUFFED PEPPERS-A NEW VERSION

6 medium green peppers (about 1¼ lbs.)  
1 medium onion, chopped medium fine (½ cup)  
2 T. butter or margarine  
1-16 oz. can red kidney beans, drained  
1½ cups cooked rice  
1-8 oz. can tomato sauce  
½ tsp. dried basil  
Salt and pepper to taste

Remove tops, seed, and membranes from peppers, leaving them whole. Cover peppers with boiling water and boil for 5 minutes; drain. Gently cook onion in butter until wilted. Mix with beans, cooked rice, tomato sauce, basil, salt and pepper. Stuff into peppers. Place in buttered 1½ quart oblong baking dish (10" x 6" x 1¾"); cover tightly with foil. Bake in preheated oven at 350° until peppers are tender (about 50 minutes). Nice served with cheese sauce.

*Mrs. Harold Carter, Crockett, Texas*

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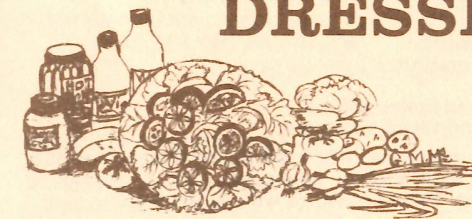
### SPINACH & CHEESE QUICHE

1-10 oz. pkg. frozen chopped spinach  
1¼ cups cottage cheese  
2 eggs, slightly beaten  
1 tsp. seasoned salt  
¼ tsp. pepper  
2 tsp. grated parmesan cheese  
Dash nutmeg  
Paprika

Cook spinach and let drain. Mix cottage cheese with eggs and seasonings; blend with spinach. Put in 9" teflon pie plate and bake at 350° for 25 minutes. Low calorie dish.

*T-Mae Booth, Grand Chenier, La.*

## SALADS AND SALAD DRESSINGS



### MOLDED SHRIMP SALAD

½ cup cream of tomato soup  
2 T. water  
1 envelope unflavored gelatin  
1½ (3 Oz.) pkgs. cream cheese  
2 cups mayonnaise

2 cups finely chopped boiled shrimp  
½ cup chopped celery  
1 T. grated onion

Heat soup and water and dissolve gelatin. Cool. Add cream cheese, mayonnaise, shrimp, celery and onion. Put in mold and refrigerate.

*Shirley Chesson, Grand Lake, La.*  
\* \* \*

### CRAWFISH SALAD

1 lb. crawfish tails  
Salt, pepper, red pepper, garlic powder & onion powder to taste  
4 hard boiled eggs  
1 cup elbow macaroni  
Mayonnaise

Season water well with seasonings and boil crawfish. Retain this water and boil macaroni in it. Mash eggs thoroughly and mix all ingredients warm. The crawfish flavors the eggs and noodles. Add just enough mayonnaise to hold it together. Serve as a cocktail before a meal or on lettuce leaves as a salad with crackers. Note-left over crawfish boiled can be peeled and used also in place of fresh crawfish.

*Anne Broussard, New Iberia, La.*  
\* \* \*

### RICE AND SHRIMP SALAD

3 cups cold cooked rice  
1 cup boiled and peeled shrimp  
6 hard cooked eggs, peeled  
¾ cup diced celery  
¼ cup diced sweet pickles  
1 T. minced onion  
Salt and pepper to taste  
½ cup salad dressing

Combine all ingredients. Serve on a bed of lettuce. Garnish with boiled whole shrimp. (very colorful)

*Allyson Richard, Grand Chenier, La.*

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### MEXICAN SALAD

1 head lettuce, minced  
1 lb. cooked and seasoned ground meat  
1 large tomato, chopped  
1 large cucumber, chopped  
1 can pinto beans, drained  
4 green onions, minced  
2/3 (8 oz.) bag Doritos, crumbled  
Thousand Island dressing

Mix all ingredients well, toss and serve.

*Mrs. Danny Jumonville, Baton Rouge, La.*

### CHEF'S GOURMET SALAD

2 cups or more of raw spinach  
1/3 cup of diced assorted cheese, such as Swiss, Gouda, Bleu (total of about 1 1/2 oz.)  
4 raw mushrooms, sliced  
2 thin slices boiled ham, diced  
1 scallion, sliced  
Garlic salt to taste  
Pepper to taste  
1 tomato, cut in eighths  
Vinegar & lemon dressing

Toss all ingredients except tomatoes together. Add tomatoes and dressing just before serving. Serves one. Low Calorie.

*T-Mae Booth, Grand Chenier, La.*

### TUNA TACO SALAD

2 tomatoes sliced in wedges  
1/2 cup ripe olives, sliced (optional)  
1/4 cup green onions, sliced  
1 can Tuna, drained  
1/2 cup cheddar cheese, shredded

1 cup Fritos, crumbled

Mix all ingredients, add Tuna Taco dressing. Serve on lettuce or in a tomato cup.

### Tuna Taco Salad Dressing

1/2 cup ripe avocado, mashed  
1/2 cup salad oil  
1 T. lemon juice (or more to taste)  
1/2 cup sour cream  
Dash of garlic salt  
1/2 tsp. chili powder  
1/4 tsp. salt  
1/4 tsp. tabasco sauce

Mix all ingredients and keep refrigerated 1 day then serve over Tuna Taco Salad.

*Marge Owings, Wichita, Kansas*

### SUNNY SEA SALAD

1-3 oz. pkg. lemon gelatin  
1 cup hot water  
3/4 cup cold water  
1 T. vinegar  
1 tsp. salt  
1-2 T. chopped pimento  
1 T. prepared horseradish  
1 tsp. grated onion  
1 1/2 cups coarsely cut boiled shrimp  
1/2 cup quartered and sliced cucumber

Dissolve gelatin in hot water. Add cold water, vinegar and salt. Blend well. Chill until slightly thickened. Fold in remaining ingredients until set. Serve on lettuce with mayonnaise.

*Marie Taylor, Beaufort, North Carolina*

### AMBROSIA SALAD

1-11 oz. can mandarin orange segments, drained  
1 medium unpared apple, chopped  
2 medium bananas, sliced  
1/4 cup chopped dates, sugar rolled  
Fruit salad dressing of your choice  
Lettuce cups  
Plain or toasted coconut

Toss orange segments, apple, bananas and dates with fruit salad dressing. Serve in lettuce cups and sprinkle each with coconut.

*Leven Harmon, Cameron, La.*

### 24 HOUR COLE SLAW

1 large cabbage, (shredded)  
2 large onions (chopped)  
Salt and pepper  
3/4 cups sugar  
1 1/2 cups vinegar  
1 T. celery seed  
1 T. prepared mustard  
1 tsp. salt  
1 cup Wesson oil

Layer cabbage and onions in a bowl. Sprinkle lightly with salt and pepper. Bring to a boil sugar, vinegar, celery seed, mustard, and salt. Add oil and stir, pour over cabbage and stir again and cover tightly. Let sit 24 hours in refrigerator. Will keep several weeks.

*Carl "Sing" Faulk and Floyd Kelley, Cameron, La.*

### A QUICKIE HEALTH SALAD

1 can mandarin oranges (with juice)  
1 small can crushed pineapple (with juice)  
1 pkg. apricot jello  
2 sliced bananas  
Add any left over fruit  
1-9 oz. cool whip

Drain juices from oranges and pineapple, heat and dissolve jello. Add oranges, pineapple, bananas and any left over fruit. Fold in cool whip and let set to gel.

*Raye Phifer, Silver Spring, Maryland  
(Native of Grand Chenier, La.)*

### WALDORF SALAD

COOK:

2 eggs, beaten  
1/2 cup sugar  
1/8 tsp. salt  
1/2 cup pineapple juice

ADD TO:

1/2 cup chopped celery  
2 red apples, chopped  
1 cup chopped cherries  
1/2 cup chopped nuts  
1 cup whipped cream

CHILL AND SERVE.

*Darlene Taylor, Grand Lake, La.*

### LOW CALORIE SALAD

1-12 oz. carton cottage cheese  
1-small pkg. Jello (any flavor)  
1-8 oz. carton cool whip  
1-#303 can fruit cocktail, drained

Mix dry Jello with cottage cheese. Fold in cool whip. Mix well. Add fruit cocktail. Mix well. Refrigerate.

*Mrs. H. T. Worthington, Lake Charles, La.*

### HOT CHICKEN SALAD

3-4 cups diced cooked chicken  
2 cups chopped celery  
2 cups chopped onion  
1 cup chopped bell pepper  
1 small jar pimentos, chopped  
1 can mushroom soup  
3/4 cup mayonnaise  
1 tsp. curry powder  
6 boiled eggs, diced  
1 cup cooked rice  
1 small bag potato chips, crushed

Mix chicken with the chopped celery, onion, pepper and pimentos. Add soup, mayonnaise and curry; fold in. Add eggs and rice and continue folding lightly till well mixed. Pour in buttered 9"x13" pyrex baking dish. Bake at 350° for 45 minutes. Remove from oven and sprinkle with crushed potato chips. Serves 16-18.

*Mrs. Pansy Rogers Bonsall, Port Arthur, Texas  
(Native of Cameron)*

### REFRIGERATOR CUCUMBERS

7 cups unpeeled sliced cucumbers  
1 tsp. salt  
2 cups sugar  
1 cup cider vinegar  
1/4 tsp. celery seed  
1/4 tsp. celery salt  
1 cup sliced onion rings  
1 cup thinly sliced green peppers

Wash and slice cucumbers thinly. Add salt and let stand one hour. Drain. Mix together sugar, vinegar, celery seed and celery salt. (Do not cook.) When mixed thoroughly add the other ingredients and refrigerate 24 hours. (These keep for weeks in refrigerator.)

*Bernice H. Stewart, Lake Arthur, La.*

### VINEGRETTE DRESSING

1/2 cup red wine vinegar  
2 tsp. grated onions  
2 tsp. chopped parsley  
2 tsp. chopped pimento  
1 T. chopped pickle or capers  
1 T. water  
1/4 tsp. freshly ground black pepper  
Salt & paprika to taste  
1/2 clove crushed garlic (optional)

Shake all ingredients together in a jar or bottle with a tight top. This dressing may be used on any mixed green salad. Keep chilled.

*T-Mae Booth, Grand Chenier, La.*

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## MOM'S FRENCH DRESSING

¼ cup vinegar  
¼ cup sugar  
1 tsp. meat sauce  
1 medium onion  
1 clove garlic  
1 tsp. paprika  
¼ tsp. white pepper  
1 cup corn oil  
1 can tomato soup

Mix in blender or food processor. Keep in ice box and it will improve with age.

*Mrs. Raye Phifer, Silver Spring, Maryland  
(native of Grand Chenier, La.)*

## BOILED DRESSING

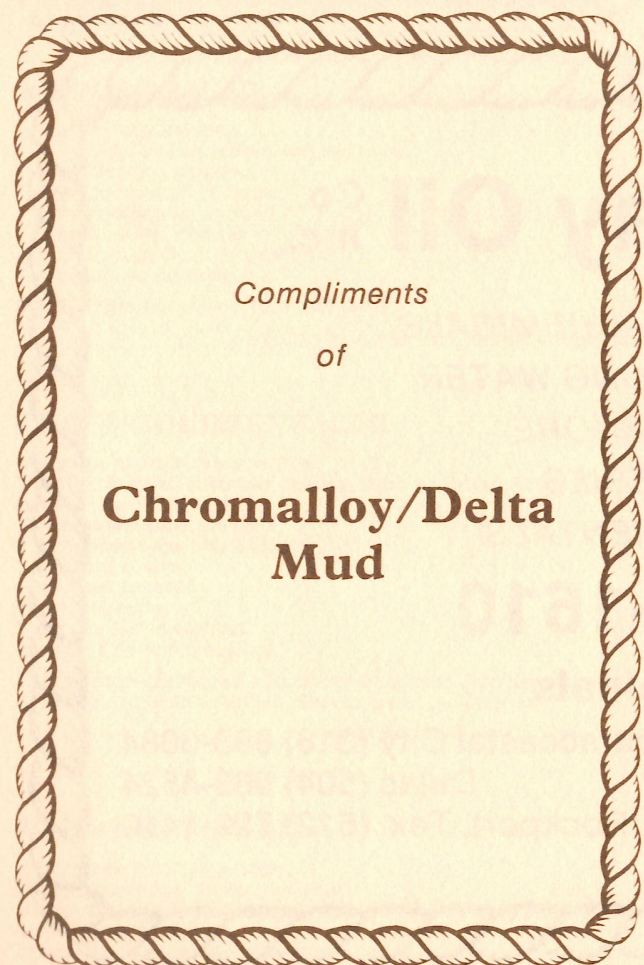
1½ T. sugar  
1 T. flour  
¼ tsp. salt  
1 T. prepared mustard  
3 egg yolks, slightly beaten  
¾ cup cold water  
¼ cup vinegar  
1 T. butter or oleo

Mix sugar, flour and salt; add mustard, egg yolks, cold water and vinegar. Mix until smooth. Bring to a boil over medium heat. Cook until thickened. Add 1 T. butter or oleo, mix well. Yield: about 1 cup. May be thinned with cream. Good for potato or Waldorf salad. This is a very old recipe in the Hartwell family.

*Blanche Hollister, Lake Arthur, La.*

## MACARONI-CHEESE SALAD

1 cup salad macaroni, cooked, drained and cooled  
1-12 oz. can chopped ham or left over ham cut in strips



1 cup chopped or cubed cheddar cheese  
½ cup bias cut celery slices  
1/3 cup chopped green onion or red onion  
1/3 cup chopped green pepper  
2 T. chopped pimento  
¼ cup drained pickle relish  
½ cup mayonnaise  
1 T. prepared mustard  
¼ tsp. salt

Combine first 8 ingredients; stir in mayonnaise, mustard and salt. Mix well. Chill. Serves 6.

*Mrs. H. T. Worthington, Lake Charles, La.*

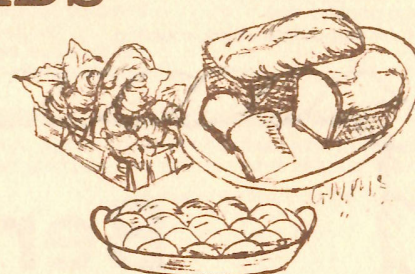
## CREOLE SALAD BOWL

½ cup salad oil  
½ cup vinegar  
¼ tsp. sugar  
3 T. parsley, minced  
½ head of lettuce, cut in wedges  
3 tomatoes, cut in wedges  
2 cucumbers, sliced  
2 green onions, cut in rings  
1 onion, sliced thin  
1 cup chopped celery  
1 egg, chopped

Make the dressing for the salad the night before mixing oil, vinegar, sugar and parsley together and place in a covered jar in refrigerator. Combine all other ingredients in salad bowl and add dressing just before serving, tossing lightly. Serves 6.

*Carl "Sing" Faulk and Floyd Kelley, Cameron, La.*

## BREADS



### BANANA NUT BREAD

½ cup margarine  
1 cup sugar  
2 eggs  
1 tsp. vanilla  
3 mashed bananas  
2 cups flour  
1 tsp. soda  
½ tsp. salt  
1 cup chopped nuts

Cream margarine; add sugar. Add eggs and vanilla, stirring til thoroughly mixed. Stir in mashed bananas. Fold in dry ingredients and nuts. Pour into a well greased loaf pan. Bake at 350° for 55-60 minutes.

*Darlene Taylor, Grand Lake, La.*

### JEW BREAD

1 box light brown sugar  
3 eggs, beaten  
2 cups self rising flour  
2 cups chopped pecans  
1 tsp. vanilla

Melt sugar in eggs in top of double boiler. Do not boil. Then add flour and mix well. Add pecans and vanilla, mix and pour in greased 9"x 12" pyrex baking dish. Bake 30 minutes at 350°. Do not overbake.

*Mrs. Wade Carroll, Cameron, La.*

## LOUISIANA FIG BREAD

1/3 cup butter  
2/3 cup sugar  
2 eggs  
1 tsp. lemon juice  
½ cup buttermilk  
½ cup sifted flour  
¼ tsp. soda  
2 tsp. baking powder  
1 tsp. salt  
1 cup diced fig preserves, drained  
1 cup chopped pecans  
Spread: Cream cheese

Cream butter, then gradually add sugar. Continue beating until light and fluffy. Add eggs, one at a time, beating well. Combine lemon juice and buttermilk and add to mixture. Sift dry ingredients and add to the creamy mixture alternating with figs, beating well after each addition until smooth. Stir in nuts and pour into greased loaf pan. Bake in preheated 350° oven for about 1 hour or until tester comes out clean. Cool for about 15 minutes before removing from pan. This bread is best if allowed to stand overnight before slicing. Serve plain as a tea bread or slice and spread with softened cream cheese to which a little lemon juice has been added.

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

## CORN BREAD

3 cups white corn meal  
1 cup flour  
3 tsp. baking powder  
2 tsp. salt  
3 tsp. sugar  
1 block melted butter  
1 ¾ cups milk  
3 beaten eggs  
3 T. oil

Mix together corn meal, flour, baking powder, salt and sugar. Add melted butter, milk and eggs. Stir just enough to mix. Add oil to large iron skillet and get real hot, add corn bread mixture and bake at 450° about 40 minutes

*Rita Badon, Johnson Bayou, La.*

## CORN BREAD

1 Box Corn Muffin Mix (preferably Flako)  
1 stick margarine  
2 eggs  
1 cup sour cream  
1 pint cream style corn

Melt margarine in baking pan. Mix all other ingredients; then pour in melted margarine. Bake at 375° for about 45 minutes. Can be frozen and reheated.

*Marie Taylor, Beaufort, North Carolina*

## JAILHOUSE ROLLS

1 pkg. dry yeast  
1½ cups lukewarm water  
1 cup mashed potatoes  
2 sticks oleo  
3 whole eggs  
1½ tsp. salt  
1 cup sugar  
7 cups flour

Mix dry yeast in lukewarm water, blend, set aside for later use. Mix potatoes, oleo, eggs, salt, and sugar, blend into flour. Add yeast water, blend well. Place in greased bowl, cover with cold damp cloth and place in refrigerator until ready for use. Roll out like pie crust (not that thin). Cut into desired size. Butter tops, let stand for several hours. Bake in 450° oven for about 10 minutes.

*Mrs. August Constance, Lake Charles, La.*

## BEER BREAD

3 cups self-rising flour  
1-12 oz can of beer  
2 T. sugar

Mix all ingredients together. Put in 4"x 8" pan, let rise with damp cloth over it for 20 minutes. Bake at 350° for about 45 minutes.

*Rickey Duhon, Lake Charles, La.*

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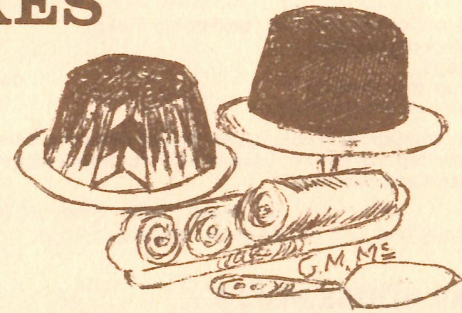
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# CAKES



## PINEAPPLE CAKE

2 eggs  
2 cups sugar  
1 T. oil  
2 cups flour  
1 tsp. soda  
1 tsp. salt  
2 1/4 cups crushed pineapple with juice (20 oz.)  
1 tsp. vanilla  
1/2 cup chopped nuts

Cream eggs, sugar and oil. Sift together alternately flour, soda and salt. Add pineapple with flour mixture. Beat well after each addition. Then add vanilla and nuts. Pour batter into a greased and floured 9x13x2 inch pan. Bake in 350° oven for 30 to 35 minutes.

### Icing

1-8 oz. pkg. cream cheese, softened  
1 stick butter  
1 tsp. vanilla  
1 1/4 cup powdered sugar  
Chopped pecans, optional

Blend ingredients (except nuts). Spread on top of cake. Add nuts if desired.

*Blackie Taylor, Cameron La.*

\*\*\*

## 5 FLAVOR POUND CAKE

2 sticks oleo  
1/2 cup Crisco  
3 cups sugar  
5 eggs, well beaten  
3 cups flour  
1/2 tsp. baking powder  
1 cup milk  
1 tsp. each of butter, coconut, rum, lemon, and vanilla extracts

Cream oleo, Crisco, and sugar well, add beaten eggs, mixing well. Add flour mixed with baking powder alternately with the milk and 5 flavorings. Pour into a well greased and floured large bundt pan. Bake 1 1/2 hours at 325°. When done place on rack and let cool two minutes. Turn out of pan and drizzle with syrup mixture. Serves 20-24.

### Syrup Drizzle

1 cup sugar  
1/2 cup water  
1 tsp. each of butter, coconut, rum, lemon and vanilla extracts

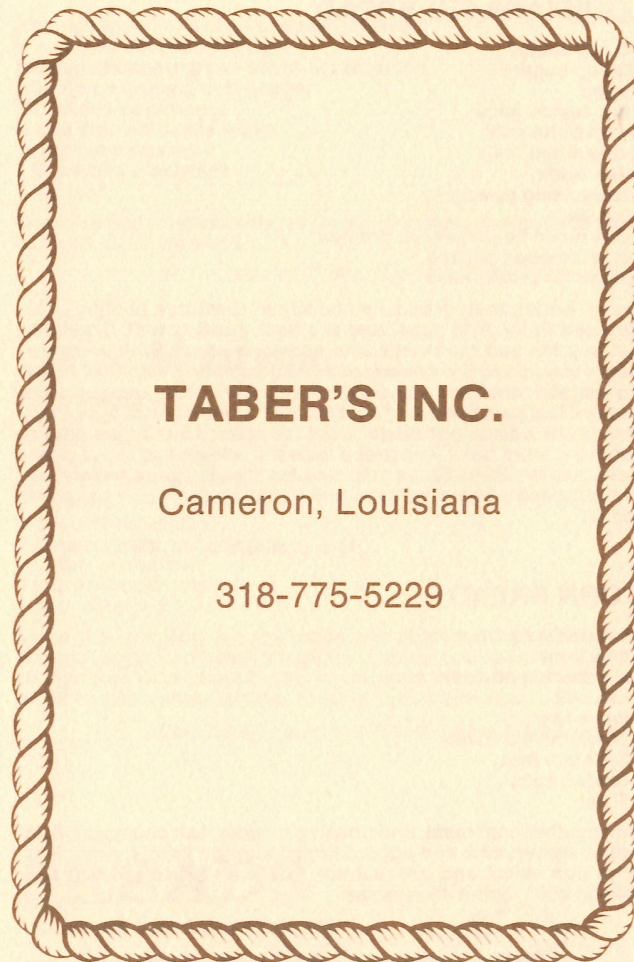
Combine all ingredients and bring to a boil until thickened. Drizzle over cake.

*Mrs. Iris Arnie, Port Arthur, Texas  
(Native of Johnson Bayou, La.)*

\*\*\*

## CHRISTMAS CAKE.

2 sticks oleo  
1-8 oz. pkg. Philadelphia Cream Cheese  
1 1/2 cups sugar  
2 tsp. vanilla  
4 eggs  
2 1/4 cups sifted cake flour  
1 1/2 tsp. baking powder  
1/2 cup chopped pecans  
1/2 cup diced candied pineapple  
1/2 cup diced candied cherries  
1/2 cup golden raisins  
1/2 cup finely chopped pecans



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Cream oleo, cream cheese, sugar and vanilla. Add eggs one at a time, mixing well after each. Mix 2 cups flour & baking powder and fold into batter. Combine 1/4 cup of flour, nuts and candied fruits and add to batter, folding in. Grease a bundt or tube pan, sprinkle with finely chopped pecans. Pour batter into pan, and bake at 325° for 1 1/2 hours.

*Mrs. Charles Rogers, Cameron, La.*

\*\*\*

## RARE REVIEWS COCONUT CAKE

1 pkg. (2 layer size) yellow cake mix  
1 pkg. (4 serving size) Jello brand vanilla instant pudding and pie filling  
1 1/3 cups water  
4 eggs  
1/4 cup oil  
2 cups Bakers Angel Flake Coconut  
1 cup chopped walnuts or pecans

Blend cake mix, pudding mix, water, eggs and oil in large mixer bowl. Beat at medium speed for 4 minutes. Stir in coconut and walnuts. Pour into 3 greased and floured 9" layer pans. Bake at 350° for about 35 minutes. Cool in pans 15 minutes, remove and cool on racks. Fill and frost with Coconut Cream Cheese Frosting.

### Cream Cheese Coconut Frosting

4 T. butter  
2 cups Bakers Angel Flake Coconut  
1 pkg. (8 oz.) cream cheese  
2 tsp. milk  
3 1/2 cups sifted confectioner's sugar  
1/2 tsp. vanilla

Melt 2 T. butter in skillet, add coconut; stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool. Cream 2 T. butter with cream cheese. Add milk and sugar alternately, beating well. Add vanilla, stir in 1 3/4 cups of the coconut. Spread on tops and sides of cake layers. Sprinkle with remaining coconut.

*Rickey Duhon, Lake Charles, La.*

## BERNICE'S PRUNE CAKE

1 cup buttermilk  
2 eggs  
1 cup mashed, cooked prunes  
1 cup wesson oil  
1 1/2 cups sugar  
2 cups flour  
1 tsp. salt  
1 tsp. soda  
1 tsp. cinnamon  
1 tsp. allspice  
1 tsp. vanilla extract

Mix above ingredients and beat well. Bake 40 minutes at 350°. While still hot (leave in loaf pan) pour the icing over cake.

### Icing

1 cup sugar  
1/2 cup buttermilk  
1/2 tsp. soda  
2 T. butter  
1 cup nuts (optional)

Cook three minutes and pour over hot cake.

*Bernice Hollister Stewart, Lake Arthur, La.*

\*\*\*

## BANANA SPICE CAKE

2 1/4 cups sifted flour  
2 2/3 cups sugar  
1 1/4 tsp. baking soda  
1 tsp. salt  
1 1/4 tsp. cinnamon  
1/2 tsp. ginger  
1 tsp. allspice  
2/3 cup oil  
2/3 cup buttermilk  
1 1/4 cup mashed ripe bananas  
2 eggs

Sift dry ingredients into large mixer bowl. Add oil, buttermilk and bananas. Beat for 2 minutes. Add eggs and beat for 1 minute. Pour batter into two 9" layer pans that have been greased and lined

with wax paper. Bake at 350° for about 35 minutes.

*Dorothy Maroon, Cameron, La. & Orlando, Florida*

## ORANGE DELIGHT CAKE

1 cup shortening  
2 cups sugar  
6 eggs, well beaten  
Grated rind of medium orange & juice of medium orange  
1/2 tsp. vanilla  
2/3 cups milk  
2 1/2 cups flour  
2 tsp. baking soda

Cream shortening and sugar. Add eggs, grated orange rind, orange juice, and vanilla. Beat 2 minutes on medium speed. Add milk and mix well. In separate bowl, mix flour and soda. Add to batter and mix well. Bake in two greased and floured 9" pans in preheated 325° oven for 35 minutes

### Pineapple Filling

2 T. flour  
1 cup sugar  
2 egg yolks, well beaten  
1 small can crushed pineapple

Mix flour and sugar in pot. Add egg yolks, crushed pineapple and liquid from pineapple. Cook until thick. Cool. Spread between layers.

### Orange Delight Cake Frosting

1/4 cup flour  
1/4 tsp. salt  
1 cup milk  
1/2 cup shortening  
1 stick oleo  
1 cup sugar  
1 tsp. orange extract  
Chopped pecans

Combine flour, salt, and milk. Cook over low heat to pudding stage. Set aside to cool. Cream shortening, oleo and sugar. Add cooled mixture and orange extract. Beat until smooth and creamy. Frost cake. Garnish with pecans and cherry, if desired.

*Angelo Mhire, Grand Lake, La.*

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### DIANE'S CHOCOLATE RUM CAKE

1-18½ oz. pkg. Devil Food Deluxe II Cake Mix  
1 pkg. (4 serving size) chocolate regular pudding and pie filling  
4 eggs  
½ cup Dark Dry rum (80 proof)  
½ cup water  
½ cup cooking oil  
1 cup chopped nuts

Preheat oven to 325°. Grease and flour 10" tube pan. Mix all ingredients with mixer for 2-3 minutes. Bake for about 50 minutes, until top springs back. Pour hot rum glaze over cake while hot. Cool glazed cake in pan 30 minutes and turn out. May be frozen

#### Glaze

1 cup sugar  
½ cup butter  
¼ cup rum  
¼ cup water

Mix all ingredients in small saucepan and boil 2-3 minutes. Variation: Omit water in glaze and use ½ cup rum. Delicious!

*Mary Diane McCall, Grand Chenier, La.*

### PECAN APPLE CAKE

1 cup cooking oil  
2 cups sugar  
2 whole eggs  
2½ cups flour  
1 tsp. salt  
1 tsp. baking powder  
1 tsp. soda  
3 cups fresh sliced apples  
1 cup pecans  
1 tsp. vanilla

Combine cooking oil, sugar and well beaten eggs. Measure flour, salt, add baking powder and soda. Add dry ingredients to first mixture. Beat thoroughly. Add apples, pecans and vanilla. Bake at 350° for 1 hour in tube pan lined with aluminum foil.

*Mayola Wicke, Creole, La*

### LAST MINUTE CAKE

1 large can sliced peaches  
1 box yellow cake mix  
1 stick margarine

Empty peaches (or any other fruit) into 13"x 9" pan. Sprinkle dry cake mix over peaches. Do **not** stir. Melt butter and spread over dry cake mix. Bake at 350° for 35-40 minutes. Serve hot or cold.

*Mayola Wicke, Creole, La.*

### FRESH APPLE CAKE

1½ cups oil  
2 cups sugar  
2 eggs  
3 cups chopped apple, peeled  
3 cups flour  
2 tsp. cinnamon  
1 tsp. soda  
1 tsp. salt  
1 tsp. vanilla  
1 cup pecans, chopped

Combine first three ingredients in a bowl; then add remaining ingredients and blend until well blended. Pour in a greased pan and bake at 350° for about an hour.

*Darlene Taylor, Grand Lake, La.*

### HELEN'S OUT-OF-THIS-WORLD-CAKE

1 Pkg. yellow cake mix  
1 egg  
1 stick melted butter or margarine  
1 cup chopped pecans

Mix all ingredients well. Mixture will be stiff. Press into well greased 13"x 9" pan and set aside.

#### Icing

1-8 oz. pkg cream cheese, softened  
1 box confectioner's sugar  
2 eggs

Mix all the above ingredients well and pour on top of the first mixture. Bake at 350° for 45 minutes or until crust forms on top. Cool and cut into squares.

*Given to Mrs. Harold Carter  
by Mrs. Albert Jung, New Orleans, La.*

### GRANDMOTHER'S POUND CAKE

1 cup shortening or butter  
2 cups sugar  
2¼ cups all-purpose flour  
6 eggs  
Juice of one lemon  
1 tsp. vanilla  
Dash of salt

Cream together shortening and sugar in mixer. Sift and then measure flour. Add alternately flour and eggs, one at a time. Add lemon juice, vanilla and salt. Bake 1 hour and 20 minutes in greased, floured angel cake pan at 312°. Let cool slightly in pan and then turn out on cake rack. One cup chopped and floured pecans may be added to the batter for added flavor.

*Jennifer Canik, Grand Chenier, La.*

### HELEN'S PEACH CAKE

1 box white cake mix  
3 eggs  
1 tsp. baking powder  
1 can (29 oz.) peaches & juice

Pour box of cake mix in a large bowl, add eggs, baking powder and pour juice from peaches in measuring cup. Then mash peaches well. Add to mixture in bowl. Butter and grease a 13"x 9"x 2" pan. Bake at 325° till cake is done. You may also use crushed pineapple.

#### Icing

1 stick of Philadelphia Cream Cheese  
1 box powdered sugar  
Very small amount of can milk

Mix well till fluffy, then spread on cake when it has cooled.

*Helen Theriot, Creole, La.*

### SOUR CREAM POUND CAKE

2¼ cups sugar  
1 cup butter or margarine  
6 eggs  
3 cups all purpose flour  
¼ tsp. salt  
¼ tsp. baking soda  
1 cup sour cream  
½ tsp. lemon extract  
½ tsp. orange extract  
½ tsp. vanilla extract

Cream together sugar and butter until light and fluffy. Add eggs, one at a time beating well after each addition. Sift flour, salt and soda and add alternately with sour cream, beating after each addition. Add all extracts and pour into greased and floured tube or bundt cake pan. Bake at 350° for 1½ hours. Cool 15 minutes before removing from pan. Sprinkle top with confectioners sugar or frost if desired.

*Mrs. Winnie Mouton, Creole, La.*

### JAPANESE FRUIT CAKE

1 cup butter  
2 cups sugar  
4 beaten eggs  
1 T. baking powder  
3 cups flour  
1 cup milk  
2 tsp. vanilla  
1 tsp. of each cinnamon, allspice, cloves, cocoa  
½ box of raisins ground with  
1 lb. pecans

Cream butter with sugar, add beaten eggs and mix well. Add baking powder to flour and mix alternately with milk. Add vanilla. Divide batter into two equal portions. Pour one portion into two 9" cake pans and bake for about 25 minutes at 350°. This makes two yellow colored cake layers. To the other half of batter add cinnamon, allspice, cloves, cocoa, raisins & pecans. Put in two 9" cake pans and bake about 25 minutes. Cool all 4 layers.

### Filling For Japanese Fruit Cake

2 oranges  
2 lemons  
1 can coconut  
2 cups sugar  
2 beaten eggs  
¾ cup milk and 1 tsp. coconut flavor  
½ cup flour  
¾ cup hot water  
1 #2 can crushed pineapple  
½ cup chopped pecans

Grate rinds of oranges and lemons, mix with coconut and set aside. Squeeze the juice from oranges and lemon, set aside. In double boiler over low heat, cook sugar, eggs, milk, flour & hot water. Cook until thick. Remove from heat and stir in the orange and lemon juice, pineapple and pecans. Spread this filling on 1 layer of yellow cake, then place a dark layer and sprinkle with coconut mixture. A yellow layer and filling, a dark layer and coconut. Now cover entire cake with filling and top entire cake with more coconut. Let set a couple of days before cutting, it's best.

*Rita Badon, Johnson Bayou, La.*

### CHRISTMAS CAKE

1 lb. butter  
2 cups sugar  
6 eggs (separated)  
2 oz. lemon extract  
4 cups flour  
4 cups pecans  
2 cups fruit cake mix  
2 cups red cherries  
2 cups green cherries

Cream butter and sugar. Add 1 yolk at a time, beat well. Add lemon extract. Fold in 3 cups flour-use 1 cup to dredge fruit and nuts. Fold in well beaten egg whites. Bake in greased & floured loaf pans for 1½ to 2 hours at 275°.

*Shirley Chesson, Grand Lake, La.*

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### KAREN'S EASY CARROT CAKE

2 cups sugar  
2 cups flour  
½ tsp. salt  
3 tsp. cinnamon  
1 tsp. soda  
4 eggs  
1½ cups cooking oil  
3 cups grated carrots  
1 cup nuts (pecans)

Combine sugar, flour, salt, cinnamon, & soda in large mixer bowl. Add eggs and cooking oil, blend thoroughly, then beat in carrots and nuts. Cook for 35 min. at 350° F. Makes 2 round or one 13" x 9" x 2" pan.

#### Frosting

½ cup margarine  
1-8 oz. pkg. cream cheese  
1 lb. box powdered sugar  
1 cup chopped nuts  
2 tsp. vanilla

Cream margarine and cheese well. Add sugar, then add nuts and vanilla.

*Shirley Chesson, Grand Lake, La.*

\*\*\*

### QUICK PECAN BUTTERMILK COFFEE CAKE

¾ cup brown sugar  
1 tsp. baking soda  
1 tsp. nutmeg  
1 tsp. cinnamon  
¾ cup butter  
¾ cup sugar  
1 beaten egg  
2 cups sifted flour  
1 tsp. salt  
1 cup buttermilk  
½ cup chopped pecans

In a bowl combine brown sugar, baking soda, nutmeg and cinnamon. In another bowl blend butter with sugar. Beat in egg, gradually add flour and salt alternately with buttermilk. Blend well. Pour batter into a greased bundt pan. Sprinkle with nuts. Let stand 1 hour. Batter should rise to twice its size. Bake at 325° for 30-35 minutes. Remove pan to a rack. Let stand for 5 minutes. Serves 6.

*Leven Harmon, Cameron, La.*

\*\*\*

### UGLY DUCKLING PUDDING CAKE

1 pkg. (2 layer size) yellow cake mix  
1-3 oz. pkg. jello lemon instant pudding (omit if cake mix has pudding in it)  
1-16 oz. can fruit cocktail with syrup  
1 cup angel flake coconut  
4 eggs  
¼ cup oil  
½ cup firmly packed brown sugar  
½ cup chopped nuts  
Hot Butter Glaze

Blend all ingredients except brown sugar, nuts and glaze. Beat 4 minutes at medium speed. Pour into greased and floured 13" x 9" baking pan or a little larger one. Sprinkle with brown sugar and nuts. Bake at 325° for about 45 minutes until cake springs back when lightly pressed and pulls away from sides of pan. Cool in pan 15 minutes. Spoon Hot Butter Glaze over warm cake.

#### Hot Butter Glaze

½ cup butter  
½ cup sugar  
½ cup evaporated milk  
1 1/3 cups coconut

Cream butter, sugar and milk and boil 2 minutes. Stir in coconut. This soaks in the cake enough to make it "yummy". Stays moist for days.

*Bonnie Conner, Grand Chenier, La.*

\*\*\*

### PINEAPPLE POUND CAKE

½ Cup Shortening  
1 cup butter or margarine  
2¾ cups sugar



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6 eggs  
3 cups all-purpose flour  
1 tsp. baking powder  
¼ cup milk  
1 tsp. vanilla  
¾ cup crushed pineapple, undrained  
Pineapple glaze

Combine shortening, butter and sugar; cream until light and fluffy. Add eggs one at a time, beating well after each addition. Combine flour and baking powder. Add to creamed mixture alternately with milk and vanilla, beating well after each addition. Stir in crushed pineapple. Pour batter into a well greased and floured 10" tube pan. Place in a cold oven; set temperature at 325° and bake 1 hour and 15 min. or until cake tests done. Cool 10-15 min. in pan. Invert onto serving plate; drizzle Pineapple Glaze over top and sides.

#### Pineapple Glaze

¼ cup butter or margarine, melted  
¼ cup powdered sugar  
1 cup crushed pineapple, drained

Combine butter and powdered sugar, mixing until smooth. Stir in pineapple. Yield: about 1½ cups.

*Carolyn Johnson, Cameron, La.*

### BUTTER POUND CAKE

2 cups butter  
2 cups sugar  
9 eggs  
1 tsp. vanilla  
4 cups flour, sifted  
½ tsp. cream of tartar  
½ tsp. salt

Cream butter and sugar together well. Add 1 egg at a time beating well after each addition. Add vanilla. Sift flour before measuring, then sift again with cream of tartar and salt. "Dribble" the sifted flour into the mixture a little at a time. Bake in 10 inch tube pan in 325° oven an hour or when tested with a straw and it comes out clean.

*Selika Miller, Oak Grove, La.*

### HOMEMADE CAKE (JELLY, COCONUT, CHERRY, OR CHOCOLATE)

6 egg yolks (reserve whites for icing)  
4 cups sugar  
¼ cup Crisco  
2 cups milk  
2 T. baking powder  
2 T. vanilla or lemon flavoring  
4 cups sifted regular flour  
Pinch salt

Cream together egg yolks, sugar and Crisco. When mixture is creamy, add milk, baking powder and flavoring and stir. Add flour and salt until dough is stiff. Turn into 8-9 inch floured cake pans and cook at 350° about 15 minutes.

#### Icing

6 egg whites  
1 tsp. vanilla or lemon flavoring  
3 T. marshmallow cream  
1½ cups sugar

Beat egg whites real stiff and creamy. Add other ingredients and beat until it forms peaks. Spread between layers and add on top of the layers, spread any of the following to make various cakes: any jelly, coconut, hershey chocolate (shaved in pieces) or canned cherries cut in tiny pieces and whole cherries on top. Ice top of cake.

*Mrs. Lena Jinks, Johnson Bayou, La.*

\*\*\*

### COCONUT POUND CAKE

1½ cups Crisco  
6 whole eggs  
1¼ cups sugar  
3 cups flour  
1 tsp. baking powder  
¼ tsp. salt  
1 cup milk  
1-7 oz. can coconut  
2 tsp. coconut extract

Cream shortening and eggs 10 minutes at high speed on mixer.

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Add dry ingredients alternately with milk. Beat well. Add coconut and flavoring; mix well. Bake in greased and well floured tube pan. Place in cold oven. Turn oven to 325° and bake 1 hour and 30 minutes. Remove from pan and keep covered to retain moisture.

*Dana Richard, Grand Chenier, La.*

\*\*\*

### LEMON CAKE

1 box lemon cake mix  
¾ cup cooking oil  
¾ cup water  
1 small box lemon jello  
3 eggs

Mix all ingredients together. Bake in 9" x 13" pan at 350° till cake springs back in middle. Right after cake is done punch holes with fork all over the top and pour topping over it.

#### Topping

3 cups powdered sugar  
2 lemons (squeezed)

Add powdered sugar to lemon juice until it becomes thick. Then pour over hot cake.

*Mrs. Greg Alexander, Lake Arthur, La.*

\*\*\*

### ACADIAN APPLE CAKE

3 cups flour  
2 cups sugar  
1 tsp. soda  
1 tsp. cinnamon  
2 cups raw apples  
1 cup nuts  
1-8 oz. jar cherries, drained, reserve liquid  
1 cup oil  
2 eggs

Mix dry ingredients thoroughly, add apples, nuts and cherries. Mix cherry juice, oil and eggs and add to dry ingredients. Mix well. Bake in greased and floured tube pan 1½ hours at 300°.

*Florence Sells, Cameron, La.*



### QUICK COFFEE CAKE

2 cups sugar  
2 cups self-rising flour  
2 eggs  
1 cup milk, overflowing  
¼ cup oil  
1 T. nutmeg  
Few drops yellow food coloring

Combine all ingredients in a 12" black skillet and beat well. Bake 300° until done.

Florence Sells, Cameron, La.  
\* \* \*

### PRIZE BANANA CAKE

2 cups sifted cake flour  
1 tsp. soda  
1 tsp. baking powder  
½ tsp. salt  
¾ cup shortening (butter, oleo, or Crisco)  
1½ cups sugar  
2 eggs  
1 cup mashed bananas  
1 tsp. vanilla  
½ cup buttermilk  
½ cup chopped pecans  
1 cup flaked coconut

Sift together flour, soda, baking powder and salt. Cream shortening and sugar till light and fluffy. Add eggs, one at a time, beating after each. Add bananas and vanilla, blend well. Add dry ingredients alternately with buttermilk, beat well. Stir in pecans. Pour batter into 2 greased and floured 9" cake pans. Sprinkle top of each with ½ cup coconut. Bake at 375° until done, usually 30 minutes. Cool slightly, remove from pans and cool on racks.

Place first layer, coconut side down, and spread with pecan filling. Top with second layer, coconut side up. Spread with fluffy frosting on sides and about one inch around top edge, leaving center with toasted coconut unfrosted.

#### Pecan Filling

½ cup sugar  
2 T. flour  
½ cup half & half  
2 T. butter  
½ cup chopped pecans  
Dash of salt  
1 tsp. vanilla

Combine ingredients in heavy saucepan. Cook over medium heat, stirring constantly, till thick. Add chopped pecans, dash of salt and vanilla. Mix well, cool and spread.

#### Fluffy Frosting

1 egg white  
¼ cup Crisco  
¼ cup butter  
1 tsp. vanilla  
2 cup confectioners sugar

Combine egg whites, Crisco, butter and vanilla and beat until smooth and creamy. Add confectioners sugar, gradually, beating until light and fluffy.

Mrs. Charles Rogers, Cameron, La.  
\* \* \*

### SOUR CREAM CAKE

1 box yellow cake mix  
2 eggs  
1-8 oz. carton sour cream  
1 cup water

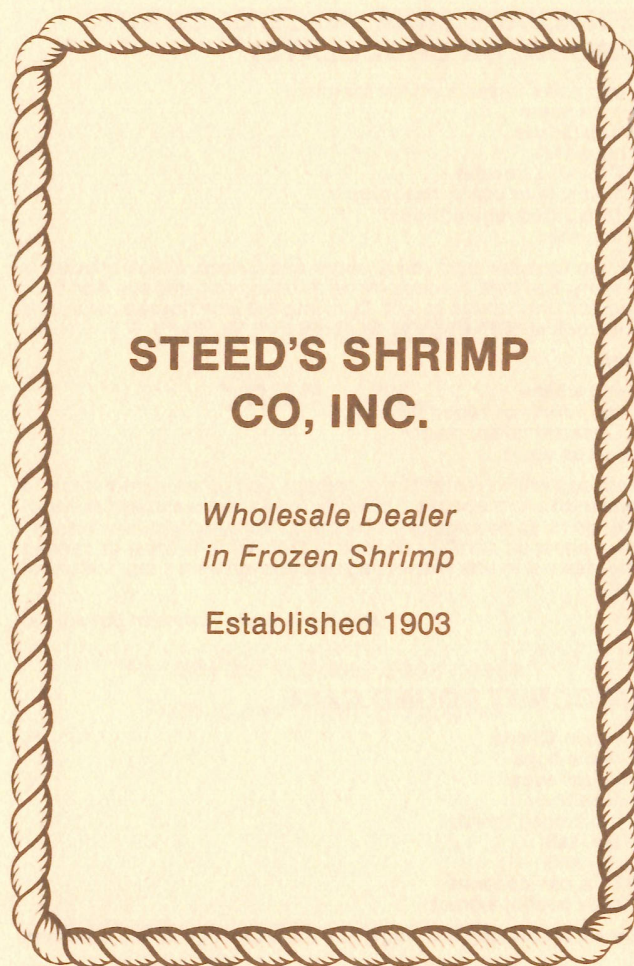
Beat according to directions on box and bake in 2-9" cake pans.

#### Filling

2 cups sugar  
3 T. butter  
2 egg yolks  
1 carton sour cream (8 oz.)  
1 small can crushed pineapple, drained  
1 small can coconut  
Cornstarch to thicken

Mix all and cook on medium heat for about 10 minutes. Thicken with corn starch. It has to be pretty thick. Let cool until almost cold then spread on layers and top and sides of cake.

Rita Badon, Johnson Bayou, La.



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### BANANA CAKE

4 cups cake flour  
2¾ cups sugar  
2 tsp. baking powder  
2 tsp. soda  
Pinch of salt  
1 cup soft butter  
1 cup buttermilk  
2 cups mashed bananas  
1½ tsp. vanilla  
3 eggs

Sift flour, sugar, baking powder, soda and salt; add butter, ½ milk, bananas and vanilla. Beat 2 minutes, add eggs, other ½ milk. Beat 2 more minutes, pour into 3 prepared 10" cake pans and bake at 350° about 45 minutes or until tests done. Spread banana filling between layers and frost with favorite white frosting.

#### Banana Filling

3 large bananas  
¾ cup sugar  
½ block butter  
Corn starch to thicken

Mash bananas, add sugar and butter; cook on low or medium heat until mixture boils, cook about 4 minutes then thicken with corn starch and fill cake layers.

Rita Badon, Johnson Bayou, La.

### BANANA SPLIT CAKE

1 box cake mix  
1-14 oz. can crushed pineapple  
6 bananas  
2 boxes instant vanilla pudding  
4 cups cold milk  
1 large cool whip

Mix cake and bake according to package directions, then cool. Spread undrained pineapple evenly over cake. Slice bananas lengthwise over pineapple. Mix jello pudding and spread over bananas. Top with cool whip. Serve immediately.

Bonnie Conner, Grand Chenier, La.

### PECAN CAKE

2 sticks oleo  
¼ cup butter  
3 cups sugar  
5 eggs  
¼ tsp. soda  
3 cups flour  
1 cup buttermilk  
1 cup chopped pecans  
3 tsp. vanilla

Cream oleo, butter and sugar. Add eggs one at a time, beating after each. Mix soda into flour and add alternately with the buttermilk, mixing well. Add pecans and vanilla. When completely mixed pour into bundt pan which has been greased and floured. Bake at 350° for 1½ hours.

Mrs. Mildred Robertson, Bossier City, La.  
(former Cameron resident)  
\* \* \*

### HOLIDAY SPICED CAKE

1 cup white sugar  
¾ cup brown sugar  
¾ cup butter  
3 eggs  
2½ cups flour  
1 tsp. soda  
1 tsp. baking powder  
1 tsp. salt  
1 tsp. cinnamon  
½ tsp. cloves  
½ tsp. nutmeg  
½ tsp. allspice  
1 1/3 cups buttermilk  
1 tsp. vanilla  
1 tsp. butter flavoring

Cream sugars, butter and eggs. Sift and mix flour, soda, baking powder, salt and spices. Alternate dry ingredients and milk adding slowly to sugar and butter mixture. Stir in flavorings and beat at high speed 3-4 minutes. Grease and flour 3 (8 inch) cake pans. Bake in oven at 350° for 25 to 30 minutes or until done.

### Filling

1 cup raisins  
½ cup water  
½ cup brown sugar  
3 T. cornstarch  
½ cup chopped pecans  
½ cup coconut  
1 tsp. orange flavoring

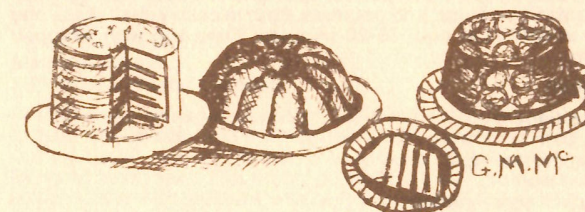
Place raisins and water in blender. Chop. Put raisins and water mixture in saucepan with sugar and cornstarch and cook on medium heat until thick. Add pecans, coconut and flavoring. Spread between layers.

### Frosting

1/3 cup butter  
1-3 oz. pkg. cream cheese  
3 cups powdered sugar  
4-5 T. milk  
2 tsp. brandy flavoring  
1 tsp. butter flavoring

Have butter and cream cheese at room temperature. Mix with powdered sugar, milk and flavorings in small bowl at high speed. Spread on cooled cake.

Mrs. Ronald Fuselier, Elton, La.  
\* \* \*

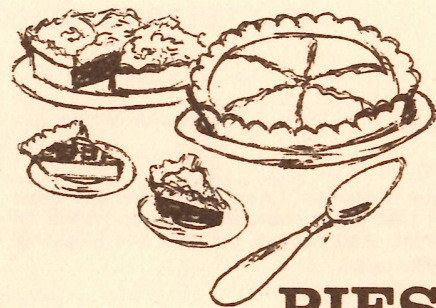


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## PIES AND PASTRIES

### YAM PIE

1 small can evaporated milk  
1 stick melted margarine  
2 eggs  
1 tsp. lemon extract  
1 tsp. vanilla extract  
3 T. flour  
1½ cups sugar  
1 cup mashed sweet potatoes

Mix in blender milk, margarine, eggs and extracts. Add by small amounts flour, sugar and potatoes. Pour in pastry shell. Bake one hour at 350°. Let cool 15-20 minutes. Then top with whipped cream.

#### Pie Shell

2 cups flour  
1 tsp. salt  
¾ cup shortening  
1 T. ice water  
¼ cup chopped pecans

Measure flour and salt in mixing bowl. Add shortening and cut in with pastry blender. Sprinkle with water mixing lightly with fork. Add the pecans and slightly mix. Roll out and put in pie pan.

*Darlene Taylor, Grand Lake, La.*

\*\*\*

### STRAWBERRY PIE

1 cup sugar  
1 cup water  
2 T. cornstarch  
2 T. strawberry jello  
1½ cups whole strawberries  
1 baked pie shell

Boil sugar and water, add cornstarch and cook until thick. Add strawberry jello. Place strawberries in baked pie shell. Pour mixture over strawberries and cool until firm. Serve with whipped cream.

*Darlene Taylor, Grand Lake, La.*

\*\*\*

### PEACH-PECAN PIE

3 egg whites, beaten stiff  
1 cup sugar (added slowly, beat until sugar dissolves)  
12 saltine soda crackers (rolled fine)  
½ tsp. baking powder  
2/3 cup chopped pecans  
2 tsp. vanilla  
1 cup whipping cream, whipped  
2 cups drained sliced peaches  
¼ cup sugar

Butter generously a 9" or 10" pie plate. Fill with mixture of egg whites, sugar, crackers, baking powder, pecans and vanilla. Bake at 325° for 30 minutes. The crust will rise while baking and fall to form the crust while cooling. After it cools, add the folded whipped cream, peaches and ¼ cup additional sugar to sweeten the mixture. Refrigerate until serving. Serves 6-8.

*Mrs. Charles Rogers, Cameron, La.*

\*\*\*

### BANANA BREEZE PIE

1/3 cup margarine or butter, melted  
¼ cup sugar

½ tsp. cinnamon, optional  
1 cup Kellogg's Corn Flake Crumbs  
1 pkg. (8 oz.) cream cheese, softened  
1 can Eagle Brand Condensed Milk  
1/3 cup bottled lemon juice, measured accurately  
1 tsp. vanilla extract  
5 medium-sized bananas  
2 T. bottled lemon juice

In small pan over low heat, stir margarine, sugar and cinnamon 'til bubbles form. Remove from heat. Mix in crumbs. Press mixture evenly in 9" pie pan to form crust. Chill. Beat Cream cheese 'till fluffy. Blend in sweetened condensed milk. Add lemon juice and vanilla. Stir 'til thickened. Line crust with three sliced bananas. Turn filling into crust. Refrigerate 2-3 hours or 'til firm. Cut two bananas into thin slices; dip slices in remaining lemon juice. Top pie with slices.

*Bonnie Conner, Grand Chenier, La.*

\*\*\*

### WASHINGTON CHEESECAKE

1 cup graham cracker crumbs  
3 T. sugar  
3 T. margarine, melted  
3-8 oz. pkgs. cream cheese  
¾ cup sugar  
2 T. flour  
3 eggs  
2 T. milk  
1 tsp. vanilla  
21 oz. cherry pie filling

Combine crumbs, sugar, and margarine; press onto bottom of 9" springform pan. Bake at 325° 10 minutes. Increase oven temperature to 450°. Combine softened cheese, sugar and flour, mixing at medium speed until blended. Add eggs one at a time. Blend in milk and vanilla. Pour mixture over crust. Bake at 450° 10 minutes. Reduce oven to 250°, continue baking 25-30 minutes. Loosen cake from rim of pan. Cool before serving. Top with filling.

*Carolyn Johnson, Cameron, La.*

\*\*\*

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### JAPANESE FRUIT PIE

1 cup sugar  
1 stick margarine  
Pinch salt  
2 eggs, beaten  
1 T. vinegar  
½ cup chopped pecans  
½ cup flaked coconut  
½ cup seedless raisins  
1-9" pie shell baked

Mix sugar, margarine, salt, eggs and vinegar. Add pecans, coconut and raisins. Pour into baked, but not browned, pie shell. Bake at 325° until done. (Center will be softer.)

*Marie Taylor, Beaufort, North Carolina*

\*\*\*

### BANANA MALLOW PIE

#### STEP 1

Combine 2 cups vanilla wafer crumbs and ½ cup margarine melted. Press into 9" pie plate. Bake at 375° for 8 minutes.

#### STEP 2:

Prepare one 3½ oz. pkg. vanilla instant pie filling using 1¼ cups milk. Fold in 1½ cups miniature marshmallows, 1 cup whipped cream (or cool whip).

#### STEP 3:

Slice 2 bananas into crust, pour filling over bananas. Chill several hours or overnight. Serve and make your family go bananas!

*Mayola Wicke, Creole, La.*

\*\*\*

### CHOCOLATE RUM STRIPED PIE

1-12 oz. pkg. (2 cups) Semi-sweet real chocolate morsels  
1 cup milk  
¼ cup sugar  
1 envelope (1T.) gelatin unflavored

½ tsp. salt  
2 eggs separated  
¼ cup rum  
½ cup sugar  
1 cup heavy cream  
2 T. confectioners sugar  
1 9" baked pie shell

Combine over hot (not boiling) water, the chocolate, milk, ¼ cup sugar, gelatin and salt. Heat until gelatin is dissolved & smooth. Quickly beat in egg yolks & cook 2 minutes stirring constantly. Remove from heat, stir in rum. Chill in refrigerator until completely cool & slightly thickened, about 1 hour. In small bowl beat eggs until frothy, gradually add ½ cup sugar & beat till stiff, fold into cooled chocolate mixture & set aside. In small bowl combine heavy cream & confectioners sugar, beat till stiff. Spread half of chocolate mixture into pie shell, spread 1¼ cups whipped cream over this, then cover with remaining chocolate. Decorate top with remaining whipped cream. Chill in refrigerator about 1 hour.

*Shirley Chesson, Sweet Lake, La.*

\*\*\*

### LEVEN'S CHOCOLATE CREAM PIE

1½ cups sugar  
3 T. cornstarch  
½ tsp. salt  
3 cups milk  
3 oz. unsweetened chocolate(squares)  
3 beaten egg yolks  
1 T. butter  
1½ tsp. vanilla extract  
Whipped cream  
1-9" baked, cooled pie shell

In a pot combine sugar, cornstarch and salt. Gradually stir in milk. Cut up chocolate; add to mixture. Cook slowly, stirring constantly, until mixture thickens and boils. Boil for 1 minute. Remove from heat. Place egg yolks in a bowl. Stir in ½ sugar mixture. Stir egg mixture into sugar in pot. Boil, stirring constantly for 1 minute longer. Remove from heat. Stir in butter and vanilla. Pour immediately into pie shell. Chill thoroughly. Top with whipped cream.

*Leven Harmon, Cameron, La.*

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### TERRY BREAU'S STRAWBERRY PIE

3 T. cornstarch  
1 cup sugar  
1½ cups water  
1-3 oz. pkg. strawberry jello  
4 cups fresh strawberries  
2 baked pie shells

Mix cornstarch, sugar and water and cook until transparent, then add package of jello and dissolve well. Add strawberries. Pour into baked pie shells. Top with cool whip when cool and serve.

*Judy Faye Guidry, Westlake, La.*

\*\*\*

### NEVER FAIL, NO-ROLL PIE CRUST

1 cup flour  
½ cup melted margarine  
2 T. sugar

Mix; pat in pan. Bake at 425° for 10 minutes.

*Mrs. Bernice H. Stewart, Lake Arthur, La.*

\*\*\*

### PIE CRUST MADE WITH OIL

2 cups flour  
1½ tsp. salt  
½ cup cooking oil  
¼ cup cold milk

Mix thoroughly; divide in half. Roll each out between two pieces of wax paper; gently lay in pie pans; flute the edges. When rolling do not use too much flour. Yield: 2 crusts.

*Mrs. Bernice H. Stewart, Lake Arthur, La.*

\*\*\*

### SOUR CREAM PECAN PIE

3 eggs  
½ cup sour cream  
½ cup dark cane syrup  
1 tsp. vanilla  
1 cup sugar  
½ tsp. salt  
2 T. butter, melted  
1¼ cups pecan halves  
1 unbaked 9" pastry shells

In a medium mixing bowl, beat eggs well; stir in sour cream. Add syrup, vanilla, sugar, salt and butter; stir well. Stir in pecans. Pour in pastry shell. Bake in a preheated 400° oven until crust is brown and filling is slightly puffy-35 minutes. Cool before cutting.

*Darlene Taylor, Grand Lake, La.*

\*\*\*

### SWEET POTATO DELIGHT PIE

**Crust**  
20 Ritz crackers  
1 cup chopped pecans  
1 cup sugar  
3 egg whites  
¼ tsp. cream of tartar

Crush crackers lightly with hands; add pecans and ½ cup sugar. In another bowl beat egg whites. Add ½ cup sugar gradually then cream of tartar. Beat until stiff. Fold both mixtures together. Pat into buttered pie pan. Bake 30 minutes in preheated 300° oven.

**Filling**  
1 cup mashed yams (can be fresh baked or canned)  
½ cup brown sugar  
½ tsp. cinnamon  
½ stick butter  
1 egg

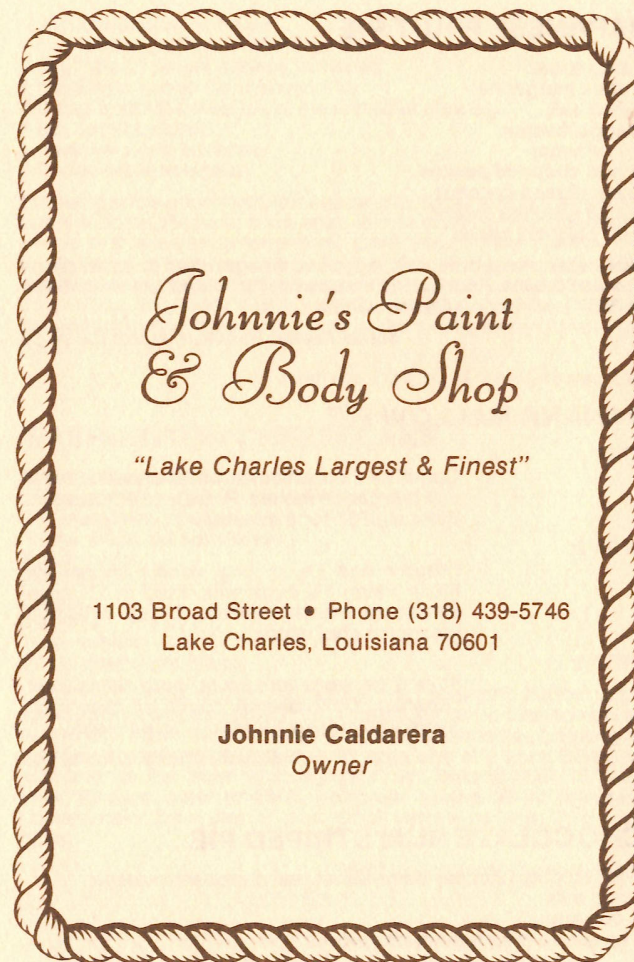
Mix all ingredients well and cook until thick. Put into cooled pie shell. Garnish with whipped cream and cherries.

*Joanette Duhon, Creole, La.*

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### PINEAPPLE COCONUT PIE

1 stick margarine



4 eggs  
2 cups sugar  
1 cup crushed pineapple, with juice  
1 7 oz. can Angel Flake Coconut  
1 tsp. vanilla  
Pinch salt  
2 T. flour  
Unbaked pie shell

Mix all ingredients and pour into unbaked pie shell. Bake at 325° until lightly browned.

*Marie Taylor, Beaufort, North Carolina*

\*\*\*

### LEMON SOUR CREAM PIE

1¼ cups sugar  
3 T. cornstarch  
1 cup milk  
3 eggs, separated  
4 T. butter  
½ tsp. grated lemon rind  
¼ cup lemon juice  
1 cup sour cream  
1 baked pie shell

In a saucepan mix the sugar and cornstarch, slowly stir in milk. Cook over medium heat until thickened. Mix a little of the hot mixture into the slightly beaten egg yolks, and add to hot mixture, cooking until thick. Add butter, lemon rind and juice. Remove from heat and cool. Fold in sour cream and pour into baked shell. Cover with meringue and bake at 350° until honey brown.

#### Meringue

3 egg whites  
¼ tsp. cream of tartar  
1 tsp. vanilla  
6 T. sugar

Beat whites with cream of tartar and vanilla until stiff, gradually add sugar, beating to stiff peaks. Cover pie completely to edges and bake at 400° until brown.

*Mrs. Charles Rogers, Cameron, La.*

### LEMON PIE

¼ cup cornstarch  
1½ cups sugar  
1½ cups water  
3 beaten egg yolks  
¼ cup lemon juice  
1 T. lemon rind  
3 T. butter  
1 baked pie shell

Mix cornstarch and sugar, and water and boil for 1 minute, add egg yolks and boil for 1 minute, then mix in lemon juice, lemon rind and butter. Pour in baked pie shell and top with meringue

#### Meringue

3 egg whites  
¼ tsp. cream of tartar  
6 T. sugar  
½ tsp. vanilla

Beat ingredients until stiff peaks form. Pour over pie filling; and bake at 400° until meringue is golden brown.

*Darlene Taylor, Grand Lake, La.*

\*\*\*

## COOKIES AND CANDIES



### ANITA TIDBITS

2-6 oz. pkg. butterscotch morsels  
3 T. peanut butter

2 cans shoestring potatoes

Melt butterscotch in double boiler over hot water. Add peanut butter. Stir. Add shoestring potatoes. Drop by spoonfuls onto waxed paper. Let cool. NOTE: This recipe was given me by my very dear friend, Anita Tarazaveich, a kindergarten teacher in Lake Charles.

*Susan Stewart Fox, Iowa, La.  
(former resident of Grand Chenier, La.)*

\*\*\*

### DOUBLE FUDGE BROWNIES

1½ cups sugar  
2/3 cup butter  
¼ cup water  
2 cups chocolate chips  
½ tsp. vanilla  
4 eggs  
1½ cups flour  
½ tsp. baking soda  
½ tsp. salt  
1 cup nuts

Combine sugar, butter & water. Heat to a boil. Remove from heat and add chocolate chips and vanilla. Stir until chips are melted. Transfer to a bowl and beat in eggs. Add flour, baking soda and salt. Mix in nuts and bake at 325° for 50 minutes

*Darlene Taylor, Grand Lake, La.*

\*\*\*

### DATE LOAF

5 cups sugar  
2 cups milk  
1 lb. dates, chopped up  
2 cups pecans  
2 T. butter

Cook sugar, milk, dates and pecans together until soft ball stage (237° on candy thermometer). Add butter; cook on slow fire about 6 minutes longer. Cream until almost hard. On wet towel form into 3 rolls, wrap in waxpaper or foil and store in icebox.

*Rita Badon, Johnson Bayou, La.*

*Best Wishes From*

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## CHEESEY CHOCOLATE FUDGE BROWNIES

Cream cheese filling  
1 cup butter or margarine  
4 squares (1 oz. each) unsweetened chocolate  
2 cups sugar  
4 eggs  
2 tsp. vanilla  
1½ cups self-rising flour (if you prefer all purpose flour, add ½ tsp. salt and 1½ tsp. baking powder)  
1 cup chopped nut meats

Heat oven to 350°. Grease oblong pan 4-7/8" x 10 1/4" x 2". Prepare Cream Cheese filling. Heat butter and chocolate in small saucepan over low heat, stirring occasionally, until melted-cool. Beat chocolate mixture, sugar, eggs and vanilla in large mixing bowl on medium speed, scraping bowl occasionally, for about 1 minute. Add flour and beat on low speed for 1 minute, then turn to medium speed and mix about 1½ minutes. Stir in nuts. Spread half of the dough in pan; layer cream cheese filling over this and gently spread remaining dough over this. Bake until wooden pick inserted in center comes out clean, about 40-50 minutes. Cool and and cut in 1/2" squares.

### Cream Cheese Filling

1-8 oz. pkg. cream cheese, softened  
1 egg  
¼ cup sugar  
1½ tsp. vanilla  
1 tsp. cinnamon

Mix all ingredients and beat about 2 minutes until smooth.

*Mary Diane McCall, Grand Chenier, La.*

## PUMPKIN BARS

4 eggs  
1 2/3 cups granulated sugar  
1 cup cooking oil  
1-16 oz. can pumpkin  
2 cups all-purpose flour  
2 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. salt  
1 tsp. baking soda

Beat together eggs, granulated sugar, oil and pumpkin till light and fluffy. Stir together flour, baking powder, cinnamon, salt and soda. Add to pumpkin mixture and mix thoroughly. Spread batter in ungreased 15" x 10" x 1" baking pan. Bake at 350° for 25 to 30 minutes. Cool. Frost with cream cheese icing. Cut into bars.

### Cream Cheese Icing

1-3 oz. pkg. cream cheese, softened  
½ cup butter or margarine, softened  
1 tsp. vanilla  
2 cups sifted powdered sugar

Cream together cream cheese and butter. Stir in vanilla. Add powdered sugar, a little at a time, beating well till mixture is smooth.

*Karen Belanger, Cameron, La.*

## HONEY HEALTH BARS

1 cup honey  
¾ cup cooking oil  
2 eggs  
1 tsp. vanilla  
2 cups whole wheat flour  
¼ tsp. salt  
1 tsp. soda  
½ cup buttermilk  
1½ cups canned sliced pears  
½ cup pecans

Warm honey, mix well with cooking oil. Add well beaten eggs and vanilla flavor. Add flour and salt, mix well. Mix soda with buttermilk, add to flour mixture. Add pears and pecans. Bake in well greased 9" x 13" baking pan for 50 minutes at 350°.

*Mrs. Mayo Cain, Gueydan, La.*

## WANDA'S FAVORITE COOKIES

2 egg whites  
1 cup brown sugar

1 tsp. vanilla  
1 cup chopped pecans

Beat egg whites until they stand in peaks, add sugar and vanilla and fold in pecans. Drop by teaspoonfuls on cookie sheet and bake in 325° oven until brown.

*Mrs. Donald Johnson, Kinder, La.*

## HAYSTICK CANDY

2-6 oz. pkgs. butterscotch morsels  
1 square paraffin  
½ cup chopped pecans  
1 can 1½ oz. shoestring potatoes

Melt morsels & paraffin in double boiler. Add pecans and potato sticks. Drop by spoonfuls on waxed paper. Cool.

*Judy Faye Guidry, Westlake, La.*

## SNOWFLAKE COOKIES

1-3 oz. pkg. cream cheese  
2 T. milk  
½ tsp. vanilla  
3 cups sifted confectioner sugar  
2 oz. unsweetened chocolate, melted and cooled  
1 cup quick or old fashioned oats, uncooked  
1 cup miniature marshmallows  
½ cup chopped pecans  
¾ cup flaked or shredded coconut

Beat together cream cheese, milk, and vanilla until creamy and smooth. Gradually add sugar, beating until well blended. Beat in cooled chocolate. Stir in oats. Add marshmallows and pecans, stir to combine evenly. Shape dough to form two 7 in. logs. Roll in coconut. Wrap in waxed paper and refrigerate several hours or overnight. Slice about ¼ inch thick and serve cold.

*Louise Skidmore, Cameron, La.*

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## DATE-NUT BALLS

½ cup butter or margarine  
¼ cup sugar  
1-8 oz. pkg. dates, chopped  
2½ cups crisp rice cereal  
1 cup chopped pecans  
Flaked coconut or powdered sugar

Combine butter, sugar and dates in a medium saucepan. Bring to a boil; cook, stirring constantly, 3 minutes. Stir in cereal and pecans; cool to touch. Shape into 1-inch balls and roll each in either coconut or powdered sugar. Yield: about 4 dozen

*Bernice Chaplain, Beaufort, North Carolina*

## WHITE CHOCOLATE CHRISTMAS FUDGE

3 cups sugar  
1 cup evaporated milk  
¼ stick butter  
1 pint jar marshmallow cream  
12 oz. white chocolate, cut in small pieces  
1 cup chopped pecans  
1-4 oz. jar red candied cherries  
1-4 oz. jar green candied cherries

Bring sugar, milk and butter to a boil over low heat. Stir constantly. Cook to 237° on candy thermometer. Remove from heat, add marshmallow creme, white chocolate, nuts and cherries. Stir until marshmallow creme and chocolate are melted. Pour into a buttered 13" x 9" pan. Cool completely before cutting. Yields about 30 pieces.

*Rita Badon, Johnson Bayou, La.*

## EASY CHOCOLATE FUDGE

½ cup butter or margarine  
2 - 4 oz. pkgs. regular chocolate pudding mix  
½ milk  
1 lb. powdered sugar (4 ¼ cups)  
2 tsp. vanilla

½ cup chopped nuts

In a saucepan melt the butter and stir in chocolate pudding mix. Add milk. Heat to boiling and boil 1 minute, stirring constantly. Remove from heat and beat in powdered sugar. Stir in vanilla and nuts. Pour into buttered baking dish (10" x 6 x 1½). Garnish with nut halves if desired. Chill fudge before cutting into squares. Makes 24 pieces about 1½" square.

*Ida Boutte, Lake Charles, La.*

## FESTIVE FUDGE

½ cup butter or oleo  
2 cups sugar  
2/3 cup evaporated milk  
12 large marshmallows  
Dash of salt  
1-6 oz. pkg. semi-sweet chocolate pieces  
1 cup chopped nuts  
1 tsp. vanilla extract

Mix in heavy saucepan butter, sugar, evaporated milk, marshmallows and salt. Cook, stirring constantly, over medium heat to a boil (mixture will be bubbling over top). Boil and stir five minutes longer. Remove from heat. Stir in until completely melted (the semi-sweet chocolate). Add nuts and vanilla and stir. Spread in a buttered 8" square pan. Cool cut into 30 pieces.

*Sue Stewart Fox, Iowa, La.  
(former resident of Grand Chenier)*

## ORANGE STICKS

2 tsp. orange peel  
¾ stick butter or oleo, melted  
2 T. sugar  
10 thick slices of bread

Mix orange peel, butter and sugar together. Remove crust from each slice of bread and cut in 5 fingers. Roll the bread in the orange mixture. Toast in 250° oven for about 30-40 minutes or until golden brown. Watch carefully so they don't burn. These are delicious served with coffee or tea and will keep in an airtight container at least a week. Heat to serve. Yield: 50 sticks.

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

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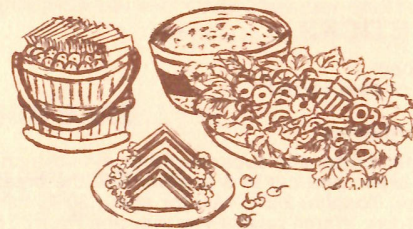
## CHOCOLATE SNOWBALLS

1/3 cup granulated sugar  
1 stick butter or oleo  
1 tsp. vanilla  
1 cup unsifted flour  
1/4 cup unsweetened cocoa  
1 cup chopped nuts  
Pinch of salt  
Powdered Sugar

Cream sugar, butter and vanilla, gradually work in flour, cocoa, add nuts & salt. Mixture will be stiff. Shape into marble size balls about a tsp. of dough for each. Place one inch apart on lightly greased cookie sheet. Bake at 350° for about 15 minutes. Let stand until cool or they will shatter. Roll cookies in powdered sugar. Makes about 4 dozen.

Louise Skidmore, Cameron, La.

## PARTY FOODS AND BEVERAGES



### WINE COOLER

1 quart pineapple juice  
1 quart 7-Up  
1 bottle red burgandy wine  
1 small can frozen lemonade  
1 quart apple juice  
1 pint club soda  
2 oranges, thinly sliced  
1 lemon, sliced thinly  
Crushed ice

In a large punch bowl, mix all ingredients except the orange, lemon slices and the ice. When well blended, float the orange and lemon slices on the top. Add the ice to the punch bowl 30 minutes before serving time. A nice party punch or a refreshing afternoon or early evening drink.

Jude W. Theriot, Lake Charles, La.

### SPICED TEA MIX

1 1/2 cups instant unsweetened tea with lemon  
1-1 lb. 2 oz. jar Tang  
1 1/4 cups sugar  
1 tsp. cinnamon, ground  
1 tsp. cloves, ground

Pour all ingredients into a big bowl, mix thoroughly, put into glass jars and close tightly. Use as needed.

Susan Stewart Fox, Iowa, La.  
(former resident of Grand Chenier)

### CANTALOUPE PUNCH

1-32 oz. bottle 7-Up  
1 cup powdered Hawaiian punch sweetened mix  
2 cantaloupes (peeled and diced in small cubes)  
1 box frozen strawberries  
1-32 oz. can pineapple juice  
6 oranges (sliced in 1/4" slices)  
1-6 oz. can crushed pineapple  
Dilute with water to taste

Mix all ingredients together in a punch bowl, add crushed ice and serve.

Mrs. Michael King, Creole, La.

### PINEAPPLE CHEESE BALL

2-8 oz. pkgs. cream cheese, softened  
1-8 oz. can crushed pineapple, drained  
2 cups chopped pecans  
1/4 cup finely chopped green pepper  
2 T. finely chopped onions  
1 T. seasoned salt

In medium bowl beat cream cheese with fork until smooth. Gradually stir in crushed pineapple, 1 cup pecans, green pepper, onion and salt. Refrigerate until chilled, about 1 hour. Shape into a ball and roll in remaining nuts. Wrap in plastic or foil; refrigerate until well chilled-overnight. To serve, place cheese ball on serving board and garnish with pineapple slices, cherries and parsley. Surround with crackers. Makes about 40 appetizer servings.

Donna Hardin, Nederland, Texas

### CHAMPIGNON CREOLE

2 T. finely chopped fresh mushroom stems  
1/4 cup finely chopped bell pepper  
1/4 cup finely chopped celery  
1/4 cup finely chopped onions  
2 T. butter (do not substitute)  
1 1/2 cups fresh crabmeat  
Salt and pepper to taste  
Bread crumbs  
1 egg  
Fresh mushrooms, washed and drained

Saute mushroom stems and greens in butter until soft. Stir in crabmeat, add seasonings and enough bread crumbs to hold together. Mix well. If mixture does not hold together, add an egg. Stuff mixture in mushroom caps, place in ungreased baking dish and dot each mushroom generously with butter. Broil for 15 to 20 minutes until light brown and bubbly. Serve hot.

Mrs. Clifford "Ching" Conner, Creole, La.

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### CHEESE PUFFS

1/2 cup butter  
2 cups shredded American cheese  
1 cup sifted flour  
1 tsp. garlic powder  
1/4 tsp. paprika  
1/4 tsp. salt  
1/2 tsp. cayenne pepper

Cream butter; add cheese and cream well. Sift flour with seasonings and add to creamed mixture. Shape into 1 inch balls. Freeze on baking sheet and when frozen store cheese balls in zip-loc bags. If you do not want to freeze them, chill for several hours before baking at 350° for about 15 minutes, until puffed and light brown. Makes 30 balls.

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

### SHRIMP COCKTAIL-MEXICAN STYLE

1 lb. medium shrimp  
1/4 cup dry white wine  
3 T. lime juice  
1/4 tsp. grated lime rind  
1 tsp. grated onion  
1/3 cup ketchup  
Salt to taste  
Tabasco sauce to taste

Put shrimp in salted water, bring to a boil and simmer for 2 minutes. Cool slightly, shell and devein. Blend all other ingredients, pour over shrimp, blend and refrigerate for several hours before serving.

Ginger Simon, Baton Rouge, La.

### CHEESE ROLLS

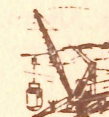
2-4 oz. pkgs. shredded cheddar cheese  
1-8 oz. Philadelphia cream cheese, softened  
1/4 onion, finely diced  
Garlic powder-slight amount  
Pepper to taste  
Paprika

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### ANGELS ON HORSEBACK (An Appetizer)

1 pint oysters  
Bacon strips cut in half  
Favorite smoked sausage, sliced about 1 inch  
Salt and pepper to taste  
Worcestershire sauce

Rinse oysters and drain. Wrap ½ slice bacon around each oyster. Put each wrapped oyster on top of a slice of sausage, inserting a toothpick to hold together. Place all in a shallow baking pan, season and shake worcestershire sauce on top. Bake at 350° for 10-15 minutes until bacon cooks. Serve warm.

Angela "Angie" Touchet, Holly Beach, La.

### CHUTNEY CHEESE BALL

1-8 oz. pkg. cream cheese  
1-3½ oz. pkg. roquefort cheese  
¼-½ cup mashed mango chutney  
½ cup chopped toasted almonds

Soften and blend cheeses with a fork. Stir in chutney. Chill for 2 hours. Shape into a ball with hands and roll in almonds. Allow to come to room temperature before serving. Serve with thin wheat crackers. Serves 6-8.

Ida Boutte, Lake Charles, La.

### CHEESE RING

1 lb. grated cheddar cheese or Jalapeno cheese  
1 cup chopped nuts  
1 cup mayonnaise  
1 small onion, grated  
Pepper to taste  
Dash of cayenne

Combine all ingredients and mix well. Mold with hands or put into a greased ring mold. Chill. When ready to serve, unmold and fill center of ring with strawberry preserves. (We also use pepper jelly).

Ellen Wilks, Lake Arthur, La.

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### CHIPPED BEEF BALL

1-2½ oz. jar chipped beef, chopped fine  
1-8 oz. pkg. cream cheese  
½ cup sour cream  
2 tsp. chopped bell pepper  
¼ cup minced green onion tops  
½ tsp. black pepper  
½ cup chopped pecans

Mix all ingredients, form into ball and roll in chopped parsley or crushed croutons.

Donna Hardin, Nederland, Texas

### ORANGE JULIUS

1/3 cup frozen orange juice  
1/3 cup granulated sugar  
½ cup milk  
½ cup water  
½ tsp. vanilla  
6 to 8 ice cubes

Put all the above ingredients into an electric blender and whip. Yield: 2 servings. NOTE: I learned last year in my seventh grade home economics class in Slidell Jr. High School to make the above. Every evening for weeks I prepared this delicious, nourishing drink for my family

Jenny Sue Fox, Iowa, La.  
(former resident of Grand Chenier)

### ENDIVE APPETIZERS

1 cup blue cheese  
2 T. whipping cream  
2 anchovies, chopped  
12 endive leaves or celery stalks, cut in half  
Watercress or parsley sprigs for garnish

In small bowl, mash blue cheese with a fork. Gradually mix in cream, then anchovies, blending well. Spread on endives or celery stalks, using about 1 T. each. Arrange on platter. Garnish with watercress or parsley sprigs. Makes about 4 dozen.

Mrs. Hayes Picou, Sr., Cameron, La.

### FRUIT TEA

3 bags tea  
2 quarts water  
1 cup sugar  
8 to 10 large sprigs fresh mint  
½ can orange juice concentrate  
¼ cup lemon juice  
1 fresh lemon

Steep tea bags in 5 cups boiling water. Put sugar and mint in large pitcher. Pour hot tea over this. Let stand 3 minutes. Add both orange and lemon juice. Stir until dissolved. Add cold water to make 2 quarts. Serve over plenty of cracked or cubed ice, then garnish with extra mint and lemon wedges.

Bernice H. Stewart, Lake Arthur, La.

## DESSERTS

### CREOLE ICE CREAM

3-12 oz. pkgs. Creole Cream Cheese  
3 regular size cans milk  
1 can condensed milk  
1 (condensed milk) can water  
1 cup sugar  
3 T. vanilla

Blend cream cheese in blender until smooth. Add remaining ingredients and mix thoroughly. Pour into half gallon freezer and freeze.

Mrs. James Marcello, New Orleans, La.

### JIFFY JELLY ROLL

2 large eggs (separated)  
1 cup sugar  
6 T. water  
1 tsp. vanilla  
1 cup flour  
1½ tsp. baking powder  
Jelly, Jam or stewed apples for filling

Beat egg yolks until thick and lemon colored. Add sugar gradually and continue beating until light and fluffy. Add water and vanilla, then sifted dry ingredients and blend until smooth. Beat egg whites until they form stiff peaks and fold into mixture. Pour into a well greased, wax paper lined jelly roll pan and bake at 375° for 12 to 15 minutes. Turn out immediately into a wet tea towel or paper, spread with jelly, jam or stewed apples and roll.

Mrs. Winnie Montie Mouton, Creole, La.

### CHOCOLATE YUMMY

1 cup flour  
1 stick margarine, melted  
1 cup pecans, finely chopped  
1 cup cool whip  
1 cup confectioners sugar  
1-8 oz. pkg. cream cheese  
1-3 oz. pkg. each chocolate and vanilla instant pudding  
3 cups milk  
3 cups cool whip  
1 hershey bar, frozen and grated

Crust: Mix flour, margarine, and pecans well. Spread crust in a 9½ x 13½ inch baking dish. Bake 350° for 20 minutes. Cool. Filling: Mix cool whip, sugar and cream cheese. Spread over cooked crust. Mix puddings with milk. Let set a few minutes to thicken. Pour over cream cheese layer and top with cool whip. Sprinkle grated Hershey over top. Serves 10.

Jennifer Canik, Grand Chenier, La.

### MARY ANN'S APPLE COBBLER

4 cups apples (1 use 2 cans Lucky Leaf pie apples)

¾ cup chopped walnuts  
1½ cups sugar  
2 tsp. cinnamon  
1 egg  
½ cup cream or milk  
1 cup melted butter  
1 cup sifted, all-purpose flour  
1 tsp. baking powder  
¼ tsp. salt  
1 tsp. vanilla

Place apples in a 2 quart buttered square baking dish. Sprinkle with ½ cup of the walnuts, ½ cup of the sugar and all of the cinnamon. Mix. In a separate bowl, beat the egg, and add cream and butter. Mix dry ingredients, remaining sugar, & vanilla. Add all at once to the egg mixture. Stir until smooth. Pour over apples in baking dish and sprinkle with remaining walnuts. Bake at 325° or 350° for about 55 minutes. Serve with whipped cream or ice cream. Yield: 8-10 servings.

Given to Mrs. Harold Carter  
by Mrs. David Giardina, New Orleans, La.

### PEACHES AND CREAM

1 stick margarine  
2 cups graham cracker crumbs  
1 cup chopped nuts  
1 cup powdered sugar  
¾ tsp. cinnamon  
1-8 oz. pkg. cream cheese  
1 cup sugar  
3 eggs  
1 tsp. vanilla  
2 cans peach pie filling  
1-12 oz. container Cool Whip

Melt margarine and mix with next four ingredients, then pat into a 9" x 13" pyrex casserole dish, forming a crust. Mix with a mixer cream cheese, sugar, eggs and vanilla. Beat until fluffy and pour over crust layer. Bake 20 minutes at 350°, cool and chill in refrigerator. When thoroughly cool, spread 2 cans peach pie filling over top of 2nd layer and spread cool whip over top. If fresh peaches are available, it may be garnished with fresh slices.

Mrs. James Patrick Giblin, Baton Rouge, La.

# Comeaux Welding

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### CHERRY BERRIES ON A CLOUD

3 egg whites (1/3 to 1/2 cup)  
1/4 tsp. cream of tartar  
3/4 cup sugar  
1-3 oz. pkg. cream cheese, soft  
1/2 cup sugar  
1/2 tsp. vanilla  
1 cup chilled whipping cream  
1 cup miniature marshmallows

Heat oven to 275°. Cover baking sheet with heavy brown paper. Draw outline of a heart nine inches across greatest width on paper. Beat egg whites and cream of tartar until foamy. Beat in 3/4 cup sugar, 1 T. at a time, continue beating until stiff and glossy. Do not underbeat. Spoon meringue into outline on paper, building up sides. Bake 1 1/2 hours. Turn off oven, leave meringue in oven with door closed 1 hour. Remove from oven, finish cooling away from draft. Blend cream cheese, 1/2 cup sugar and the vanilla. In chilled bowl, beat cream until stiff. Gently fold whipped cream and marshmallows into cream cheese mixture. Pile into meringue shell. Cover, chill at least 12 hours. Just before serving, top with cherry-berry topping. Cut into wedges. 6 to 8 servings.

#### Topping

1 can (21 oz.) cherry pie filling  
1 tsp. lemon juice  
2 cups sliced strawberries or 1 lb. frozen strawberries, thawed

Marge Owings, Wichita, Kansas

### CHERRY BLUEBERRY TORTE

2 cups flour  
1/2 cup brown sugar  
1 cup chopped nuts (pecans)  
1 cup oleo, soft  
1-8 oz. pkg. cream cheese, soft  
1 cup confectioners sugar  
1 tsp. vanilla  
2 envelopes Dream Whip  
1 can blueberry pie filling  
1 can cherry pie filling

Mix first 4 ingredients well. Put in 13"x 9"x 2" pan. Bake 15 minutes at 400°. Take out and crumble in pan with fork while still warm, cool. Combine cream cheese, confectioners sugar and vanilla. Prepare Dream Whip according to directions, add to cream cheese mixture. Pour over crust. Put blueberry pie filling on top, then add cherry pie filling on top of that. Chill 8 hours. Serves 16 people.

Blackie Taylor, Cameron, La.

### ORANGE GLAZED PEARS

1 cup orange juice  
2 T. apricot preserves  
2-16 oz. cans pear halves, drained

Combine orange juice & preserves in a heavy skillet; place over medium heat and bring to a boil. Reduce heat. Place pears, cut side down in skillet, simmer for 15 minutes, basting often. Arrange pears in a shallow serving dish, top with sauce. Chill at least 1 hour. 6 to 8 servings.

Bertha Duhon, Creole, La.

### HOMEMADE ICE CREAM

3 cups homogenized milk  
4 cups Half & Half (2 cartons)  
6 egg yolks  
2 1/2 cups sugar  
4 to 5 T. cornstarch  
4 T. milk  
3 tsp. vanilla

Cook milk and Half & Half over low heat until mixture coats spoon. Beat egg yolks, then add 1 cup sugar, beat until light and fluffy. Add cornstarch, beat. Add about 4 T. of milk. Beat. Add the egg mixture to milk, stirring as you pour. Cook 1 minute. Remove from fire and add vanilla and rest of sugar. Cool. Pour into gallon freezer. Add more milk if necessary to bring level up to 2 1/2 inches from top. Turn and freeze.

Bertha Duhon, Creole, La.

### COCONUT DESSERT

2 cups milk  
1/3 cup sugar  
1/2 cup biscuit mix  
4 eggs  
1/4 cup oleo  
1 1/2 tsp. vanilla  
1 cup coconut

Combine everything except coconut in blender and mix 3 minutes on low speed. Let stand 5 minutes, pour in baking dish, sprinkle with coconut. Bake at 350° for 40 minutes.

Marge Owings, Wichita, Kansas

### "FLAN"

4 eggs  
1/4 cup sugar  
1/4 tsp. salt  
1 tsp. vanilla  
3 cups milk, scalded  
Sprinkle nutmeg

Beat eggs lightly in bowl. Stir in sugar, salt & vanilla. Slowly stir in milk. Pour into baking dish. Put dish (casserole) into hot water. Bake 350° 1 1/2 hours. Remove baking dish from water. Cool. Garnish with toasted almonds or nutmeg. Serves 6.

Mrs. Earl Bulles, Fenton, La.

### CREAM CHEESE A LA FRUIT

1-8 oz. pkg. cream cheese  
1 can fruit cocktail, drained

Mix cream cheese until smooth. Add fruit cocktail and mix well. Chill and serve. Serves 4.

Darlene Taylor, Grand Lake, La.

### STRAWBERRY CREME PUFF DELIGHT

9 large eggs whites  
2 cups sugar  
1 tsp. cream of tartar  
1 1/2 tsp. vanilla  
9 oz. chocolate chips  
4 T. water  
1 1/2 pints whip cream  
1 T. confectioners sugar  
1 pint sliced frozen strawberries (drained)

Beat egg whites stiff. Gradually add sugar, cream of tartar and vanilla. Butter 9"x 13" pan. Pour in egg white mixture. Bake 2 minutes at 450°. Turn oven off and keep oven closed until cool. Melt chocolate chips with water. Cool. Spread on top of egg white mix. Whip cream, and add confectioner sugar. Spread half of cream on top of chocolate. Top with strawberries. Add rest of whipped cream. Decorate with fresh strawberries. Refrigerate for at least 8 hours. Yields 20 to 24 servings.

Leisa Hebert, Grand Chenier, La.

### STRAWBERRY DESSERT (ORIGINAL)

5 cups boiling water  
2-8 oz. pkg. strawberry gelatin  
1 quart strawberry ice cream  
2-10 oz. cartons sliced frozen strawberries in syrup  
1 or 2 4"x 10" angel food cakes  
Cool whip

In large bowl pour boiling water over gelatin. Stir to dissolve. Immediately add ice cream to hot gelatin. Stir occasionally until melted. Add thawed strawberries and mix well. Refrigerate until thick but not set. Slice angel food cake into 1/2 inch thick slices. Place a layer of cake to cover bottom of buttered 9"x 13 1/2" baking pan. Stir thickened gelatin well and pour a layer of mix over cake, add another layer of cake and another of gelatin mix. Refrigerate until jelled very firm. Loosen sides of cake from pan. Turn over carefully on hard cardboard covered with foil or freezer paper. Generously ice with cool whip. Garnish with a few strawberries. Slice and serve. Very attractive and light.

Lula I. Stanley, Lake Charles, La.

### BANANA PUDDING

3 egg yolks  
2/3 cups sugar  
1/3 cup flour  
Salt (a dash)  
2 cups milk  
1 tsp. vanilla  
2 bananas, mashed

Beat egg yolks till creamy. Mix sugar, flour, and salt. Add to eggs; then milk. Cook in double boiler till thick. Add vanilla and mashed bananas. Stir well. Pour into buttered baking dish; top with meringue, place in 350° oven and brown.

#### Meringue

3 egg whites, stiffly beaten  
3 T. Sugar

Beat whites till peaks form. Add sugar slowly and beat. Yield 6 servings.

Bernice H. Stewart, Lake Arthur, La.

### MA'MERE MESE'S OUF AU LAIT

4 cups milk, scalded  
6 eggs  
1 cup sugar  
Cinnamon & nutmeg to taste

Mix all ingredients, bake in an 8"x 8"x 2" pan till firm. Ma'Mere made this every Good Friday, only she made a large pan full, enough for the whole family.

Judy Faye Guidry, Westlake, La.

### BANANA-STRAWBERRY DESSERT

2 cartons frozen strawberries  
4 bananas, sliced  
1/2 pint sour cream

Mix all together and chill.

Darlene Taylor, Grand Lake, La.

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## BEIGNETS

2 cups flour  
1 T. Sugar  
1 tsp. baking powder  
Pinch of soda  
1 cup milk  
1 egg

Sift dry ingredients into bowl. Add milk and egg and mix well. Drop by spoonfuls in deep fat heated to 375°. Fry until golden. Drain on paper towel. Serve with syrup and butter.

*Judy Faye Guidry, Westlake, La.*

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## LAGNIAPPE



## ITALIAN FRIED ALLIGATOR

1 lb. alligator meat  
½ cup Parmesan cheese  
½ cup Italian bread crumbs

Cut alligator meat into thin finger strips. Thoroughly mix Parmesan cheese and bread crumbs and put into paper sack. Add a portion of the meat and shake until meat is well coated. Fry in hot oil for 2 minutes.

*Paul Coreil, Grand Chenier, La.*

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## GATOR SAUCE PIQUANT'

2 lbs. alligator meat cubed, marinated in wine  
2 cups chopped onions  
1/3 cup cooking oil  
¼ cup chopped bell pepper  
½ cup chopped celery  
1 can Rotel tomatoes  
2-8 oz. cans tomato sauce  
2 T. Worcestershire Sauce  
¼ tsp. basil  
1 bay leaf  
¼ tsp. oregano  
Salt and pepper to taste  
1-6 oz. can sliced mushrooms  
¼ cup each chopped shallots and parsley

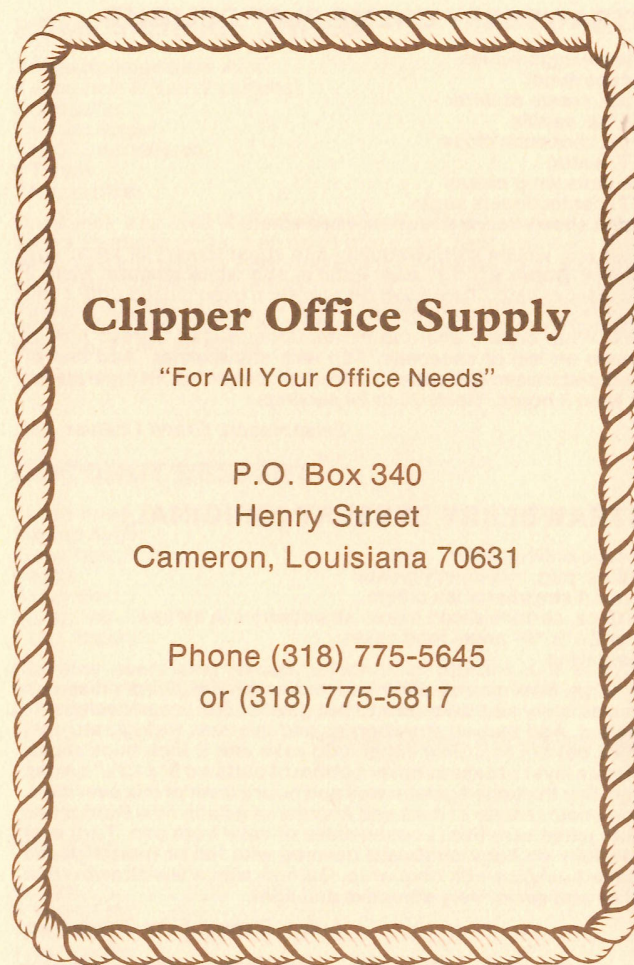
Alligator may be marinated in wine 1 hour before adding to sauce. Saute onions in oil until a dark golden brown, stirring often. Bell pepper and celery are then added; saute until tender. Add Rotel tomatoes, tomato sauce and seasonings. Simmer for 10 minutes, then add mushrooms and drained alligator meat. Cover and cook for 40 minutes; add shallots and parsley and cook uncovered for 10 minutes. Serve with rice.

*Paul Coreil, Grand Chenier, La.*

\*\*\*

## ALLIGATOR DIP

½ lb. alligator meat  
½ tsp. liquid crab boil  
1 tsp. salt  
½ lemon  
2 T. shallots  
2 T. celery  
2 T. green pepper  
2 T. chopped onion  
1 T. teriyaki sauce or soy sauce  
2 T. parsley  
1 T. sweet pickle relish  
2 T. mayonnaise  
1 tsp. mustard



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Boil alligator meat in first 8 ingredients for 10 minutes; chop meat and vegetables used in boiling in food processor or blender. Add remaining ingredients and continue to mix well. Serve chilled with crackers.

*Paul Coreil, Grand Chenier, La.*

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## MICROWAVED ALLIGATOR

2 alligator tail chops cut ½" thick  
1 tsp. season-all  
1 medium onion, sliced

Season alligator chops with season-all or lemon pepper. Place in a 1½ qt. dish and microwave on high for 5 minutes, uncovered. Arrange onion slices over chops, cover with plastic wrap and microwave on simmer on 30% power for 20 minutes. Allow to stand 5 minutes before serving.

*Paul Coreil, Grand Chenier, La.*

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## ALLIGATOR BALLS

1 lb. chopped alligator meat  
1 egg  
1 T. finely chopped onions  
2 T. finely chopped celery  
1 T. finely chopped parsley  
2 T. chopped shallots  
2 tsp. lemon pepper  
½ tsp. salt  
Flour to dredge  
1 cup cooking oil

Combine all ingredients, form into 1" balls. Allow to set for 1 hour. Dredge with flour and fry until brown. Serve hot.

*Paul Coreil, Grand Chenier, La.*

## SMOTHERED ALLIGATOR

2 lbs. alligator meat  
¼ cup cooking oil  
2 onions finely chopped  
1 bell pepper finely chopped  
½ cup celery, finely chopped  
¼ cup finely chopped parsley  
¼ cup finely chopped shallots  
1 bay leaf  
¼ tsp. basil  
Salt and pepper to taste

Saute onions in oil until golden brown, add bell pepper and celery. Saute until tender; add meat and seasonings. Simmer for 40 minutes. Add parsley and shallots about 5 minutes before serving.

*Paul Coreil, Grand Chenier, La.*

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## FRIED ALLIGATOR

1 lb. alligator meat sliced thin  
1-12 oz. can beer  
½ cup flour  
1 tsp. season-all  
1 tsp. salt  
1 tsp. pepper  
Corn meal to dredge  
Oil for frying

Coat alligator meat with batter and dredge with corn meal. Fry in hot oil for about 15 minutes, turning often till golden brown.

*Paul Coreil, Grand Chenier, La.*

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## FRIED ALLIGATOR

1 lb. alligator meat  
1 cup sherry  
1 T. lemon pepper  
1 tsp. season-all  
¼ cup lemon juice  
½ cup Italian salad dressing  
Flour to dredge  
Cooking oil for frying

Marinate alligator meat in the first five ingredients for 2 hours. Drain and dredge with flour. Fry pieces for about 15 minutes turning often until brown. Drain and serve hot.

*Paul Coreil, Grand Chenier, La.*

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## BREAD AND BUTTER PICKLES (old family recipe)

6 quarts cucumbers sliced ¼ in. thick  
6 medium onions (white are best)  
1 cup salt  
6 cups vinegar (cider vinegar is best)  
6 cups sugar  
1 tsp. tumeric  
½ cup mustard seeds  
1 T. celery seed  
¼ tsp. red pepper

Wash cucumbers well and remove ends. Place on cutting board and slice. Place with sliced onions in large bowl, sprinkle with salt and mix thoroughly. Let stand at least 6 hours. Overnight is better. Drain well, and rinse well under cold water. Sterilize jars. Bring remainder of ingredients to a boil in a large kettle. Add cucumbers and onions and bring to simmering point. **DO NOT BOIL** Immediately fill the hot sterile jars and seal. Cool overnight and check seal. This is an old family recipe. Makes 9 to 10 pints.

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

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## BASIC MAYONNAISE

1 egg  
¼ tsp. salt  
2 T. lemon juice  
1 cup vegetable oil  
1 T. sugar  
Dash paprika

Combine egg, salt, lemon juice and ¼ cup oil in blender. Blend

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together until mixture begins to thicken. Blend in remaining oil pouring a thin stream until mixture is smooth and thick, about 2 minutes. Makes 1 cup. Cannot be doubled.

*Judy Faye Guidry, Westlake, La.*

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## CREAMED EGGS

¼ cup margarine  
3 T. flour  
½ cup milk  
½ tsp. salt  
¼ tsp. paprika  
½ tsp. tabasco sauce  
1 tsp. finely grated onion  
6 hard-cooked eggs, coarsely cut  
1 can mixed vegetables

Melt margarine over low heat. Add flour and stir until bubbly. Do not let brown. Add milk, cook, stirring constantly, until mixture thickens. Add remaining ingredients. Heat thoroughly. Serve over split hot biscuits, toast, rice, baked potato, broccoli or asparagus. Makes 4 to 6 servings.

*Carla Reyes, Cameron, La.*

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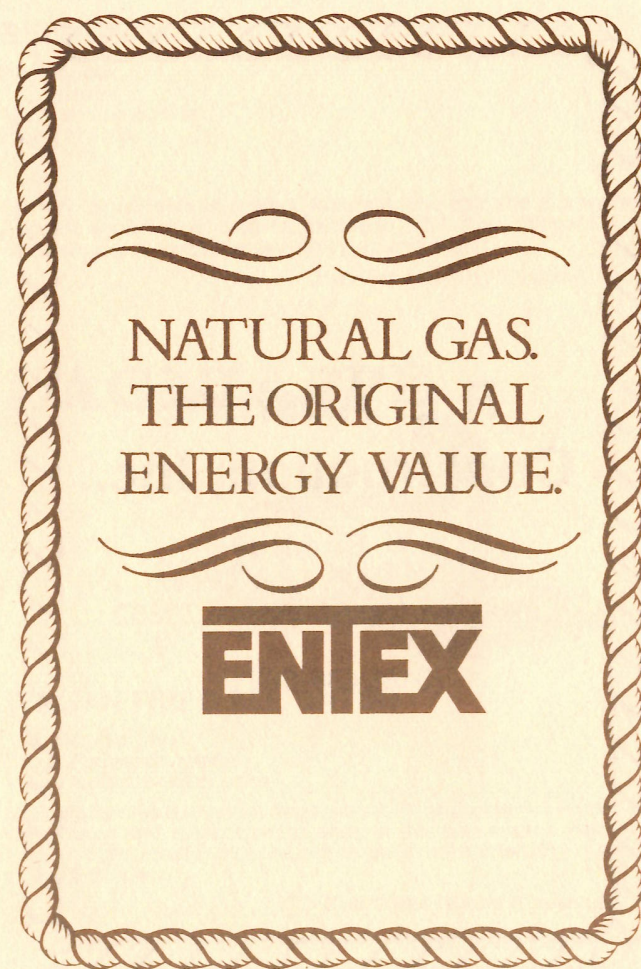
## KATHERYN'S BREAKFAST IN A BASKET

6 slices bread  
Bacon fat, melted  
6 eggs  
6 slices bacon fried to a crisp

Remove crusts from slices of bread if desired. Brush bread lightly with fat. Press into individual muffin tins or baking cups and break an egg into each cup. Bake in moderate oven 350° 15 to 20 minutes or until eggs are of desired firmness. Remove cups, using knife to loosen from pan. Garnish with bacon strips and serve on warm plates. 7 servings costs approximately 34¢ per serving.

*Kathryn Wilkerson, Cameron, La.*





### ICE BOX PICKLES

- 1 cup onions
- 6 cups small cucumbers
- 1½ tsp. salt
- 1½ cups sugar
- 1 cup vinegar
- ½ tsp. celery seed
- ½ tsp. mustard seed

Slice onions and cucumbers, mix with salt and let set several hours, then drain off. Mix remaining ingredients and pour over pickles and refrigerate. Triple recipe for 1 gallon.

*Mrs. August Constance, Lake Charles, La.*

### CANTALOUPE SOUP

- 4 ripe small cantaloupes peeled, seeded and cut into 1-inch chunks
- 1-6 oz. can orange juice concentrate
- 1 cup honey (decrease amount if cantaloupes are real sweet)
- 1 tsp. cinnamon
- ½ pint (1 cup whipping cream or dream whip)
- Mint sprigs for garnish

Puree cantaloupe in blender or processor until smooth. Stir in remaining ingredients except mint and mix well. Chill thoroughly and serve in chilled stemmed glasses or glass bowls and garnish with mint sprigs. Very colorful and serves from 8 to 10.

*Mrs. Michael King, Creole, La.*

### SWEETENED CONDENSED MILK

- 1 cup dry milk powder
- 2/3 cup sugar
- 1/3 cup boiling water
- 3 T. melted butter

Blend until thick. This is very easy to make.

*Florence Brown, Lake Charles, La.*

### TARTAR SAUCE

- 1 to 2 tsp. minced onion
- 1½ to 2 T. chopped sweet pickle, drained
- 1 to 2 T. chopped green olives, drained
- ¾ cup mayonnaise

Combine all ingredients. Store in covered jar in refrigerator.

*Leven Harmon, Cameron, La.*

### SAUERKRAUT RELISH

- 1 No. 2 can sauerkraut (drained & rinsed twice)
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 small jar pimento
- ½ cup white vinegar
- 1 cup sugar

Mix together first four ingredients. Bring vinegar and sugar to a boil. Let cool. Pour over sauerkraut and let stand for 24 hours in refrigerator.

*Dot Nobles, Alabama*

### PIT BARBECUE SAUCE

- 2 cups catsup
- ½ lb. butter or margarine
- 2 cups vinegar
- 1 T. tabasco sauce
- 14 oz. bottle of Worcestershire sauce
- 1 T. brown sugar
- 1 T. onion juice
- 1½ cloves garlic, minced
- 2 T. salt
- 2 T. pepper

Combine all ingredients in a saucepan and bring to a boil. Remove from heat, cool and store in jars as needed. Yield 2 quarts.

*Carl "Sing" Faulk and Floyd Kelley, Cameron, La.*

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# RECIPES FROM FRIDAY'S TEA AND BUFFET SUPPER

### QUEEN'S SOCIALS

It can be said that lower Cameron Parish has such a wealth of culinary ability spread out among its residents until mention of the region has become synonymous with delicious cooking and good recipes. Perhaps this is the reason why the annual Cameron Parish Fur and Wildlife Festival Cook Book (compiled and published in conjunction with the annual Louisiana Fur and Wildlife Festival) has steadily grown in demand so that in this year of '80, cookbook sales numbered 3,000 copies. Fact is, at present it has become necessary to maintain a waiting list for prospective purchasers (almost as many out-of-parish folks as Cameron residents) who have come to realize the culinary value of this recipe book.

And perhaps no other occasions in the parish feature so many of these delectable dishes as do the Queen's Teas and Queen's Buffet Suppers which are held during the festival. Hostesses for these affairs always seem to know who to call upon for a particular dish which has been a proven "hit" in a festival recipe book. Of course, the end result is that these Teas and Suppers usually resemble a "Roman Feast".

The following recipes represent the many, and assorted dishes which were served at the 1980 Cameron Parish Queen's Tea and Buffet Supper which were both held on January 12, in the home of Mr. and Mrs. J. T. Primeaux in Creole, and the 1980 Louisiana Fur Queen's Brunch held January 13, in the home of Mr. and Mrs. James S. Henry, Jr. in Cameron.

### FRUIT PUNCH

- 1-46 oz. can unsweetened pineapple juice
- 1-46 oz. can unsweetened apple juice
- 1-46 oz. can unsweetened grapefruit juice
- 1 bottle cranberry juice
- 6-10 oz. bottles 7-Up, Sprite or Gingerale

Remove can tops, put in freezer and freeze to consistency of slush. When ready to serve, combine all juices and then add chilled 7-Up, Sprite or Gingerale

*Mrs. Clifford Myers, Creole, La.*

### MY FRUIT PUNCH

- 1-6 oz. can frozen lemonade concentrate
- 1-8 oz. can crushed pineapple
- 1-10 oz. pkg. frozen strawberries
- 3 quarts gingerale, chilled

Combine lemonade concentrate, pineapple and strawberries, then freeze. When ready to serve, pour gingerale over frozen mixture. Makes 1 gallon or 32 servings.

*Mrs. J. T. Primeaux, Creole, La.*

### MEAT BALL FONDUE

- 2 lbs. ground meat
- ½ tsp. salt
- ¼ tsp. onion salt
- ¼ tsp. pepper
- ¼ lb. cheddar or swiss cheese
- 2 cups vegetable oil

Combine meat, salt, onion salt, pepper; form into balls about ¾" in diameter. Cut cheese into cubes about ¼" thick; insert cube in center of each meatball. Heat oil to 400° in pan or medium high heat until small meatballs are cooked. Transfer meatballs into Tomato Sauce:

#### Tomato Sauce

- 1 envelope onion soup mix
- 1-15 oz. can tomato sauce
- 1 T. worchestershire sauce
- 1 tsp. oregano
- ½ onion, finely chopped
- ¼ bell pepper, finely chopped
- ½ cup grated cheese
- Salt and pepper to taste

Combine all ingredients; pour into fondue dish; add meatballs. Makes 6 to 8 servings for appetizers.

*Mrs. J. T. Primeaux, Creole, La.*

### GUACAMOLE DIP

- 2 avocados peeled and pitted
- 1 medium onion, finely chopped
- 2 green chili peppers, finely chopped
- 1 T. lemon juice
- 1 tsp. salt
- ½ tsp. pepper

- 1 medium tomato, peeled and finely chopped
- Mayonnaise
- Assorted chips

Mash avocados; add onion, peppers, lemon juice, salt and pepper. Beat until creamy. Fold in tomato. Pour into serving dish. Spread top with thin layer of mayonnaise, cover and chill. Before serving, stir gently to mix. Serve with chips.

*Mrs. Mary Lynn Constance, Johnson Bayou, La.*

### TUNA FISH DIP

- 1-8 oz. pkg. Philadelphia cream cheese
- 1-8 oz. carton sour cream
- 1-6½ oz. can tuna fish (or crab meat or boiled shrimp)
- 1 envelope Lipton onion soup
- Assorted chips

Whip cream cheese, sour cream; add and whip tuna fish and onion soup. Chill.

*Mrs. Mayola Wicke, Creole, La.*

### GLAZED BAKED HAM

- 1-15 lb. whole ham
- Whole cloves
- 1 cup brown sugar
- 1 tsp. dry mustard
- 2 T. vinegar
- Pineapple slices
- Marachino cherries
- 1 cup pineapple juice

Line shallow pan with aluminum foil, place ham fat side up on rack in pan. Add no water and do not cover. Bake at 325° for about 5 hours or to desired degree of doneness. About 45 minutes before baking time is completed, remove ham from the oven. Remove rind off ham and cut fat into square or diamond shape. Stick whole clove in center of each diamond. Then baste with mixture of brown sugar, dry mustard and vinegar. Drain pineapple slices and place on top of ham with a marachino cherry in the center of each slice. Fasten fruit with toothpicks. Bake for 45 minutes longer and use pineapple juice for basting.

*Mrs. J. T. Primeaux, Creole, La.*

### TUNA AND CHIPS CASSEROLE

- 1 can Cream of Mushroom soup
- ½ cup milk
- 1-7 oz. can tuna, drained
- 1¼ cups crushed potato chips
- 1 cup cooked green peas

Empty into 1 quart casserole the soup and milk. Add drained tuna, 1 cup potato chips and green peas, mixing very gently. Sprinkle top with ¼ cup crushed potato chips and bake 25 to 30 minutes at 350°.

*Chermaine Primeaux, Creole, La.*

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### GRATED POTATO CASSEROLE

1 cup milk  
3 eggs  
1½ tsp. salt  
½ tsp. pepper  
1 cup cubed cheddar cheese  
2 T. butter or margarine  
½ green pepper, finely chopped  
1 onion, finely chopped  
4 medium potatoes, pared and cubed

Preheat oven to 350°. Grease 1½ quart casserole. Put all ingredients in blender or mixer in the order listed. Pour into casserole dish and bake one hour.

Mrs. J. T. Primeaux, Creole, La.

### MUSHROOM FRIED RICE

1 lb. mushroom  
1 large onion, finely chopped  
1 cup rice  
Salt and pepper to taste  
1 small can sweet peas

Wash and cut mushrooms into small pieces. Fry mushrooms and onion in small amount of oil until done. Boil rice, drain and put into mushroom-onion mixture. Season to taste with salt and pepper, then cook for 10 minutes, stirring constantly. Add small can of peas if you like.

Corrine Griffith, Johnson Bayou, La.

### RICE-BROCCOLI CASSEROLE - THE BEST

1 pkg. frozen chopped broccoli  
1 medium onion, finely chopped  
1 stick margarine or butter

4 or 4½ cups cooked rice  
1 can Cream of Mushroom Soup  
1-8 oz. jar Cheez Whiz  
Italian Bread crumbs

Prepare frozen broccoli according to package directions, drain and set aside. Saute onion in margarine until wilted. Combine broccoli, sauteed onion, rice, soup and cheez whiz, mixing well. Pour in large casserole dish, top with Italian bread crumbs dotted with butter and bake at 350° for 20 to 25 minutes or until bubbly.

Mrs. Harold Carter and Mrs. Jeffery Boudreaux, Creole, La.

### GRILLED TURKEY ROLL

3 tsp. vinegar  
4 dashes Tabasco Sauce  
5 T. oil  
1 cup catsup  
½ cup minced celery  
1 large onion, finely chopped  
1 minced clove of garlic  
¼ bell pepper, finely chopped  
1 tsp. salt  
½ tsp. pepper  
6 T. worchestershire sauce  
1 turkey roll

In a bowl combine all ingredients but turkey roll. Place turkey roll in a deep platter. Cover with sauce and let stand about an hour. Remove turkey roll, pour sauce into a cup. Place roll on a grill about 6" from heat until turkey roll flakes easily with a fork. Brush frequently with sauce during cooking.

J. T. Primeaux, Creole, La.

### GRILLED CHUCK ROAST

1-9 to 10 lb. chuck roast  
¾ cup oil  
¾ cup vinegar  
2 T. mustard  
4 T. lemon juice  
1 tsp. thyme  
3 T. chili sauce

Place roast in a deep bowl. In a small bowl, combine oil, vinegar, mustard, lemon juice and thyme. Pierce holes in roast with a fork. Pour mixture over roast in bowl and let stand 1 to 2 hours, turning roast several times. Then pour marinade back into a bowl and stir in chili sauce. Brush meat with ½ marinade mixture. Place roast on grill 4" from coals. Continuously marinate the roast and turn frequently. Grill until done as desired.

J. T. Primeaux, Creole, La.

### CHICKEN SUPREME

5 slices bacon  
1 can Cream of Onion soup undiluted  
½ cup dry red wine or dry sherry  
¼ cup instant minced onions  
1 clove minced garlic  
½ tsp. instant chicken bouillon  
1 T. minced parsley  
1 tsp. salt  
¼ tsp. pepper  
¼ tsp. thyme  
2 medium carrots, sliced thin  
6 small new potatoes, peeled and halved  
1 frying chicken, 2½ to 3 lbs. cut up  
8 oz. fresh mushrooms

Cook bacon according to directions. Mix soup, wine, onions, garlic, bouillon and seasonings in a small bowl. Put carrots and potatoes at bottom of a 3 quart casserole dish. Place chicken pieces on top, placing thicker portions around outside of dish and wings in center. Pour soup mixture over the top. Cover and cook on high heat for 30 minutes. Check vegetables and chicken for doneness. Add mushrooms and crumbled bacon on top. Cover and cook for 10 to 15 minutes. Let stand 5 minutes before serving.

Mrs. Mary Lynn Constance, Johnson Bayou, La.

### CREOLE PRALINE YAM CASSEROLE

6 medium yams cooked and peeled or  
3-16 oz. cans yams, drained  
¼ cup butter  
¼ cup light brown sugar  
1 tsp. salt  
1 cup hot yam juice from canned yams  
1 cup seedless raisins

Mash yams in a mixing bowl; add butter, sugar, salt and enough hot juice to moisten. Beat with electric mixer until fluffy. Stir in raisins and turn mixture into a shallow 9"x 13" casserole.

#### Glaze

1 cup light brown sugar  
2 T. flour  
½ tsp. salt  
3 T. butter or margarine  
1 cup chopped pecans

Mix together sugar, flour, salt; cut in butter until mixture is crumbly then stir in nuts. Sprinkle over whipped yams in casserole. Bake uncovered in 350° oven for 45 minutes.

Mrs. Mayola Wicke, Creole, La.

### CABBAGE AND PEAS

1 large head cabbage  
2 cans sauerkraut  
8 oz. Mazola oil  
1 large onion, finely chopped  
2 lbs. green split peas  
Salt and pepper to taste

Cook cabbage, then drain. Cook sauerkraut with juice, then drain. Put oil in large frying pan and heat until bubbling hot, add onions and brown. Stir in cabbage. Cook green split peas slowly for one hour, stirring constantly. When peas are cooked, add to cabbage, then stir in sauerkraut, salt and pepper and cook for 30 minutes, stirring continuously.

Corrine Griffith, Johnson Bayou, La.

### MARINATED CARROTS

2 bunches carrots  
1 can tomato soup  
¼ cup vinegar  
¼ cup salad oil  
1 T. dry mustard  
1 cup sugar  
1 small onion, diced  
Salt and red pepper to taste  
Dash of Worchestershire sauce and Tabasco

Wash and scrape carrots, then steam in very little water until tender. Cut in rounds about ½ to ¾". Combine remainder of ingredients and pour over carrot rounds. Marinate in refrigerator for several hours, preferably overnight. These can be jarred and stored in the refrigerator several weeks. Serves 12.

Mrs. Mayola Wicke, Creole, La.

### MOLDED CRAB SALAD

1 envelope unflavored gelatin  
¼ cup cold water  
½ pint sour cream  
3 T. vinegar  
1 tsp. salt  
Pepper to taste  
1 cup cooked crab meat  
½ small onion, finely chopped  
¼ cup finely chopped bell pepper

Sprinkle gelatin over cold water, let stand until moistened. Place over boiling water and stir until gelatin is dissolved. Mix with sour cream, vinegar, salt and pepper; then add crab meat, onions and bell peppers. Pour into 1 quart greased mold; chill until firm. Unmold on lettuce leaves.

Mrs. J. T. Primeaux, Creole, La.

### SHRIMP MOLD

1½ T. plain gelatin

¼ cup cold water  
12 oz. cream cheese  
1 can tomato soup  
1 cup American whipped salad dressing  
¼ finely chopped celery  
¼ cup finely chopped green onions  
Salt and pepper to taste  
2 lbs. boiled shrimp, peeled and deveined

Dissolve gelatin in water. Cream gelatin with cream cheese; then add hot soup and allow mixture to cool. Stir in salad dressing, celery, green onions and season to taste. Let stand in ice box for 5 minutes. Add shrimp. Butter mold with a mixture of butter and salad dressing. Place shrimp mixture in mold and refrigerate overnight. Unmold on lettuce leaves.

Carolyn Beard, Oak Grove, La.

### THREE BEAN SALAD

2 cans green beans, drained  
2 cans wax beans, drained  
2 cans red kidney beans, drained  
1 large red onion, chopped  
1 large green pepper, slivered  
½ cup salad oil  
2/3 cup wine vinegar  
½ tsp. worchestershire sauce  
½ cup sugar  
1 clove garlic, split  
1 tsp. salt  
½ tsp. pepper

In large salad bowl, lightly toss beans, onions and green pepper. In jar with tight fitting lid, shake oil, vinegar, worchestershire sauce, sugar, garlic, salt and pepper until well mixed. Discard garlic. Pour dressing over beans; toss to coat well and refrigerate 2 or 3 hours before serving.

Camellia Nunez, Creole, La.



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## GERMAN CHOCOLATE CAKE

1 pkg. Baker german sweet chocolate  
½ cup boiling water  
1 cup butter  
2 cups sugar  
4 egg yolks  
1 tsp. vanilla  
2¼ cups sifted flour  
1 tsp. baking soda  
½ tsp. salt  
1 cup buttermilk  
4 egg whites, stiffly beaten

Melt chocolate in boiling water; cool. Cream butter and sugar until fluffy; add yolks one at a time, beating well after each. Stir in vanilla and cooled chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating well after each addition until smooth. Fold in beaten whites. Pour into 3-9" layer pans lined on the bottom with paper. Bake at 350° 30 to 35 minutes. Cool.

### Coconut-Pecan Frosting

1 cup evaporated milk  
1 cup sugar  
3 beaten egg yolks  
½ cup butter  
1 tsp. vanilla  
1-1/3 cups angel flake coconut  
1 cup chopped pecans

Cook and stir over medium heat until thickened, about 12 minutes. Stir in coconut and pecans. Cool until thick enough to spread. Frost tops only. Makes 2½ cups.

Joyce Sturlese, Creole, La.

## PINEAPPLE CRUNCH CAKE

½ cup walnuts  
½ cup flaked coconut  
1/3 cup firmly packed brown sugar  
1-9 oz. can crushed pineapple, drained  
1/3 cup soft shortening  
1 egg  
1 tsp. vanilla  
½ cup sugar  
1½ tsp. baking powder  
¼ tsp. salt  
1¼ cups flour  
3 T. melted margarine

Preheat oven to 350°. Grease and flour 8"x 8"x 2" pan. Coarsely chop walnuts, empty into bowl and combine with coconut and brown sugar. Set aside. Drain pineapple, reserving ½ cup syrup. Mix syrup, shortening, egg and vanilla in mixer, then add sugar, baking powder and salt. Sift flour into mixing bowl; add pineapple mixture. Pour half the batter into prepared pan, spoon pineapple over batter. Pour remaining batter over pineapple. Top with coconut mixture and drizzle with melted margarine. Bake 35 minutes until done. May top with whipped cream after cooled.

Alice Theriot, Creole, La.

## CABBAGE SLAW

1 head cabbage  
½ green pepper  
½ onion  
1 carrot

Put all ingredients in a blender, chop finely.

### Sour Cream Dressing

1 cup sour cream  
¼ cup vinegar  
3 T. sugar  
1½ tsp. salt  
1 tsp. celery seed

Put all ingredients in a blender, then mix with chopped cabbage mixture.

Jeannie George, Creole, La.

## FRUIT SALAD

1-8 oz. cool whip  
1-8 oz. pkg. Philadelphia cream cheese  
1 large can fruit cocktail, drained

Cream cool whip and cream cheese with mixer until smooth, then stir in drained fruit cocktail until well blended. Store in refrigerator until ready to serve.

Mary Jane Guidry, Creole, La.

## EASY REFRIGERATOR ROLLS

2 pkgs. active dry yeast  
2 cups warm water  
½ cup sugar  
¼ cup shortening  
1 egg  
2 tsp. salt  
6½ to 7 cups flour

In mixing bowl dissolve yeast in warm water. Add sugar, shortening, egg, salt and half of flour, beating until smooth. Mix in remaining flour with spoon until dough is easy to handle. Place in greased bowl, turning once to bring greased side up. Cover loosely with plastic wrap and refrigerate at least 2 hours. When dough rises, punch it occasionally. About 2 hours before baking, shape dough into desired rolls, cover and let rise until double, 1½ to 2 hours. Heat oven to 400° and bake 12 to 15 minutes. Makes 3 to 4 dozen rolls.

Beulah Primeaux, Creole, La.

## RENEE'S STRAWBERRY SURPRISE

1 box strawberry cake mix  
1 can vanilla icing  
1 pkg. frozen strawberries, thawed  
1 pkg. unflavored gelatin

Bake cake according to directions on package. After cake is baked, leave in pan. Cover top with icing forming a high ridge around the edges on top of the cake. Combine thawed strawberries and gelatin to thicken it and pour into ring formed by icing. Chill and serve.

Renee Boudreaux, Creole, La.



Mrs. J. T. Primeaux, hostess; Mrs. Harold D. Carter and Mrs. Mayola Wicke, co-hostesses for the 1980 Cameron Parish Queen's Tea and Buffet Supper.

## PINEAPPLE FRITTERS

¼ cup flour  
2 eggs  
½ tsp. salt  
6 pineapple slices  
Oil  
Confectionary sugar

Blend flour, eggs and salt together to make batter. Cut pineapple slices in half. Pour one inch of oil in frying pan and heat to 375°. Coat pineapple slices with batter; fry in hot oil until lightly browned, remove from heat and drain on paper towels, then sprinkle with confectionary sugar.

Mrs. J. T. Primeaux, Creole, La.

## CHOCOLATE COCONUT DROPS

2 squares unsweetened chocolate  
1 can sweetened condensed milk  
7 oz. flaked coconut  
½ cup chopped nuts

Preheat oven to 350°. Place chocolate squares in top of double boiler, set over boiling water to melt; remove from heat. Stir in condensed milk, coconut and nuts. Drop by rounded teaspoon onto ungreased baking sheet. Place in oven 15 to 20 minutes until candy has glazed appearance. Remove from baking sheet while warm. Makes about 48 drops.

Chermaine Primeaux, Creole, La.

## BROWNIES

2-1 oz. squares unsweetened chocolate  
1/3 cup shortening  
1 cup sugar  
2 eggs  
¾ cup flour  
½ tsp. baking powder  
½ tsp. salt  
½ cup chopped nuts

Melt chocolate and shortening in top of double boiler; beat in sugar and eggs. In another bowl stir together flour, baking powder and salt, mixing these ingredients with chocolate mixture; add nuts. Bake for 30 to 35 minutes at 350°. Makes about 16 squares.

Sue Nunez McCardle, Lake Charles, La.

# RECIPES FROM SATURDAY'S BRUNCH

## BEEFAMATO COCKTAIL

1 quart beefamato juice  
8 large shakes salt  
8 shakes celery salt  
8 tsp. worchestershire sauce  
3 tsp. Tabasco  
3 tsp. lemon juice

Combine all ingredients and serve well chilled over iced garnished with a lime wedge. Serves 12-4 oz. punch cups. (9 oz. vodka may be added to the ingredients to make "Beefamato Bloody Mary's".)

Mrs. James S. Henry, Jr., Cameron, La.

## HEAT AND HOLD SCRAMBLED EGGS

¼ cup butter (do not substitute)  
12 eggs  
1-1/3 cups milk  
1 tsp. salt  
¼ tsp. pepper  
2 T. flour  
1 T. chopped pimento  
1 T. chopped parsley

Melt butter in a large skillet over low heat. Combine remaining ingredients in large bowl; beat with rotary beater until smooth and well blended. Pour into skillet and stir from outside edge toward center, allowing uncooked egg in center to flow to outer edge of skillet. Continue stirring until all eggs have been cooked and the mixture has a creamy appearance. Yield: 8 servings. (Note: Eggs may be covered and kept warm for 2 hours in a chafing dish or an electric skillet set at 200°. Or if size of oven permits, the skillet in which eggs are cooked may be covered and baked at 200°. To serve 50, use 8 dozen eggs.)

Mrs. James S. Henry, Jr., Cameron, La.

## GARLIC CHEESE GRITS

1½ cups grits  
7 cups water  
1 tsp. salt  
1 lb. sharp cheese, grated  
1 T. worchestershire sauce  
2 garlic buds, pressed  
1 stick butter or oleo  
Several dashes Tabasco sauce  
2 eggs

Cook grits in salt water until thick. Add remainder of ingredients and bake in casserole for 45 minutes at 350°. Serves: 12-15.

Mrs. James S. Henry, Jr., Cameron, La.

## HOT SHERRIED FRUIT CASSEROLE

1-28 oz. can peach halves  
1-28 oz. can peach slices  
1-15¼ oz. can pineapple chunks

1-1 lb. 1 oz. jar Kadota figs  
1-1 lb. can pitted dark cherries  
6 dozen almond macaroons  
3 to 4 bananas  
Lemon juice  
Brown sugar  
2 cans slivered toasted almonds  
Pats of butter  
1/3 cup banana liqueur or Cointreau

The day before, drain fruit dry; crumble macaroons, but leave in small pieces—you do not want fine crumbs. The day of serving: slice bananas and sprinkle with lemon juice to keep from turning brown. Mix all fruit together. Layer half the fruit and macaroons in a 2 quart casserole. Sprinkle liberally with brown sugar, almonds and dot with butter. Repeat, then pour banana liqueur over top. Bake at 300° for 20 to 30 minutes or until hot and bubbly. This amount will serve 30 people and will fill two casseroles. More liqueur may be needed. (This recipe may be doubled for a large party or cut in half for family size. The macaroons may be purchased at a bakery and are about the size of a silver dollar. If you buy larger ones, cut down to 3 or 4 dozen.)

Mrs. James S. Henry, Jr., Cameron, La.



Mr. and Mrs. James S. Henry, Jr., hostesses for the 1980 Louisiana Fur Queen's Brunch.



## CINNAMON ROLLS

2 pkgs. dry yeast  
¼ cup warm water  
1 cup lukewarm milk  
1 cup softened oleo or butter  
2 eggs, beaten  
¼ cup sugar  
1 tsp. salt  
1 tsp. grated lemon rind  
4½ cups sifted flour (about)  
Melted oleo  
1½ cups sugar  
2 tsp. cinnamon  
2/3 cup finely chopped pecans  
Glossy Confectioners' Sugar Glaze

Dissolve yeast in warm water. Combine dissolved yeast and remaining ingredients to and including flour. Beat until smooth, about 1 minute. Dough will be very soft. Cover with a damp cloth. Place in refrigerator for at least 2 hours or overnight. Remove from refrigerator and divide dough in half. Roll each half into a 14"x9" rectangle. Brush lightly with melted oleo. Combine sugar, cinnamon and pecans. Sprinkle each oblong with half of the mixture. Roll up from 9" side as for a jelly roll. Cut each roll into 9 equal pieces. Place cut side up, about 1" apart in two greased layer cake pans. Cover with clean towel and let rise in warm place, until doubled in bulk, about one hour. Bake at 350° about 35 minutes. Makes 18 rolls.

### Glossy Confectioners' Sugar Glaze

1 T. hot milk  
1 cup sifted confectioners' sugar

Add milk gradually to sugar in small bowl. Blend until mixture is thin enough to spread over rolls. Do this while they are still warm from the oven.

*Mrs. James S. Henry, Jr., Cameron, La.*


## RICH BISCUITS

2 cups sifted flour  
4 tsp. baking powder  
½ tsp. salt  
½ tsp. cream of tartar  
2 tsp. sugar  
½ cup shortening  
2/3 cup milk

Sift flour, baking powder, salt, cream of tartar and sugar together. Cut in shortening until mixture resembles coarse crumbs. Add milk and stir with a fork until soft dough is formed. Turn out on lightly floured board and pat or roll lightly ½" thick. Cut with

floured 2" biscuit cutter. Bake on ungreased cookie sheet at 450° 10-12 minutes. Makes 16.

*Mrs. James S. Henry, Jr., Cameron, La.*



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## NOTES