

Cookbook In Honor Of Zettie Millen, 90

Recipes in today's cooking columns are from "Millen Family Cookbook", Published by the family of Mrs. Zettie Millen, 90, in her honor.

SHRIMP DIP

By KAY LEWTER

1 stick butter
8 oz. cream cheese
1/2 cup celery, finely chopped
1 small onion, finely chopped
dash of Worcestershire sauce
2t. lemon juice
dash of salt
2 cans shrimp or 1 lb. fresh or frozen chopped
Blend together well. Serve with crackers.

SPINACH SPREAD

By LINDA GANTT

By ALMA GANTT

1 cup plain yogurt
1 cup mayonnaise
1 pkg. (1 5/8 oz.) Knorr's Vegetable Soup Mix
10-oz. pkg. frozen, chopped spinach, thawed and drained
1 8 oz. can water chestnuts, drained and chopped
Blend all ingredients together and chill at least 8 hours before serving.

SEVEN LAYER SALAD

By SUSAN SIMPSON

1 Head of lettuce
1 can LeSeur peas
3-4 boiled eggs, sliced thinly or chopped
1-1/2 cups chopped celery
1-1/2 cups chopped bell pepper
1-1/2 cups chopped onions
Sliced cucumbers
Shredded cheddar cheese
bacon bits
mayonnaise
In 9x12 glass pan or large shallow bowl, cover bottom with broken pieces of lettuce. Then, add layer by layer of eggs, celery, bell pepper and onions. Spread a layer of mayonnaise over everything. Sprinkle Cheddar cheese and bacon bits on top. Let stand in refrigerator overnight before serving.

PASTA-TUNA TWIST

By PHYLLIS FORTENBERRY
4 ounce twist macaroni, cooked one can (7 oz.) tuna, drained and flaked
1 cup cooked green peas
1 cup sliced celery
1/2 cup chopped red onion
1/4 cup snipped or 1 T. dried dill weed
2 T. cider vinegar
dash of pepper
1 cup Hellman's Real Mayonnaise

In large bowl stir together mayonnaise, vinegar and pepper. Add remaining ingredients. Toss to coat well. Cover and chill.

VEGETABLE CASSEROLE

By BETH WILBORNE
16-24 ounces frozen mixed vegetables
1 cup celery, chopped
1 cup onion, chopped
1 cup cheese, grated
1 small can water chestnuts
1 cup Kraft salad dressing
Mix these ingredients and bake for 20 minutes at 400 degrees. Sprinkle 1 roll of Ritz crackers crushed on top and bake for 10 more minutes.

COCONUT PIE

By MARGARET FREEMAN
2 cups sugar
1/2 cup self rising flour
4 eggs
1 stick margarine, melted
2 cups milk
2 cups coconut
1 T. vanilla flavoring
Mix sugar and flour together, then beat eggs, into mixture one at a time. Add milk, margarine and vanilla flavoring. Put in two 9 inch pie plates and bake at 350 degrees for 45 minutes, or until brown.

COUNTRY FRIED STEAK

By MAMA MILLEN
1 to 2 lbs. cubed steak
1/3 cup flour
3 T. butter or meat drippings
1 t. salt
1/8 t. pepper
2/3 cup water
Sprinkle all sides of cubed

steak with salt and pepper and generously dust with flour. Heat butter or drippings for 1 minute in large skillet over moderately high heat. Brown steak quickly on both sides. Turn heat to low, add water, cover, and simmer 30 to 40 minutes until steak is tender.

EASY DOES IT ROAST

By RUTH GREGORY
1 large (14x20) Reynolds oven cooking bag
1/2 cup flour
1 8oz. can tomato sauce
1/2 cup water
1 t. instant beef bouillon
1 t. salt
1/4 t. pepper
4 lb. beef Rump Roast, boneless

3 medium carrots
3 medium onions
3 stalks celery, cut in inch slices
1 medium red or green pepper, cut in 1 inch slices
8 or 10 new potatoes, small, whole

Preheat oven to 325 degrees. Shake flour into cooking bag, place bag in 13x9x2 baking dish for oven. Roll down top of bag. Add tomato sauce, water, bouillon, salt and pepper. Squeeze bag gently to blend.

Trim fat from roast and place in the bag. Peel and quarter carrots, and onions and add to bag. Add celery, red pepper, potatoes, turn bag gently to coat ingredients with sauce. Close bag with

nylon tie. Make 6 inch slits in top of bag. Bake for 1 3/4 to 2 3/4 hours or until tender. To serve, spoon gravy from bag over roast and vegetables. Makes 6 to 8 servings.

HUNGRY JACK CASSEROLE

By BETH WILBORNE

1 pound hamburger
1 large can pork-n-beans
1 large onion chopped
1 jar Kraft BBQ sauce
1 can Hungry Jack biscuits
1 small block of sharp cheese, grated

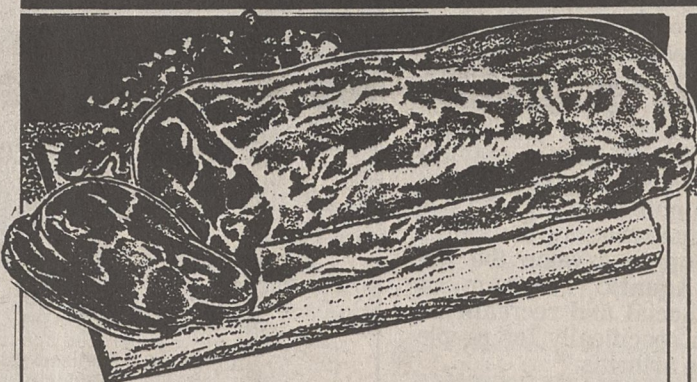
Brown hamburger and onions. Add meat to beans and sauce in a dish, top with biscuits, sprinkle with cheese and bake for 20-25 minutes at 400 degrees.



TEACHES DANCE CLASS - Bambi Swasey of Delia Stewart's Jazz Company of Houston is pictured above teaching a class recently at Dance Reflections in Kings Mountain. Bambi is the sister of Patrick Swasey and has appeared in movies and videos with John Travolta, Matt Dillon, Dianna Ross and others. While in Kings Mountain she stayed with Susan Horn of Dance Reflections of KM and Shelby.

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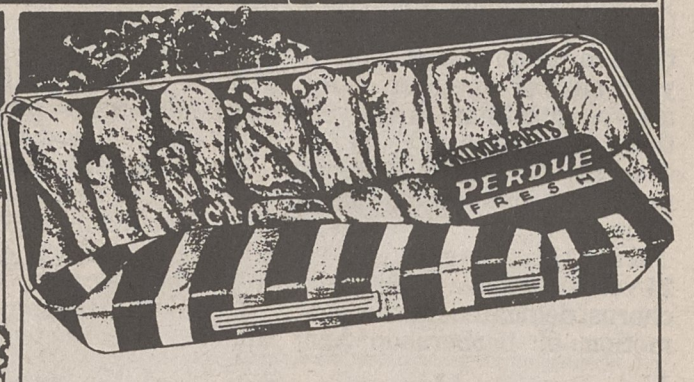
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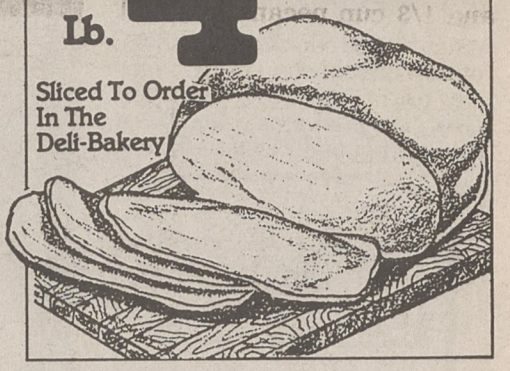
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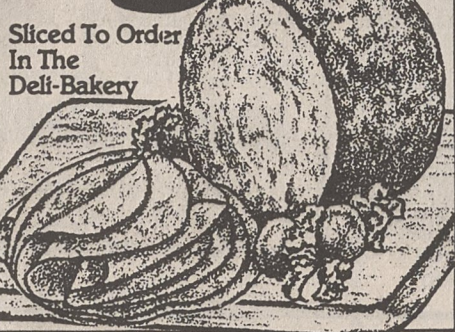
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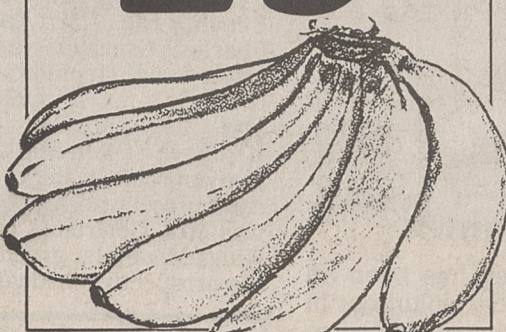
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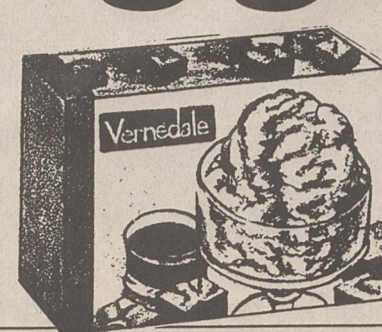
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