

Cooking from scratch

Caulder's recipes in Oak Grove cookbook

Kristy Caulder has been cooking from scratch all her married life but recently she put recipes on paper for the mouth-watering foods she serves her family of five and included them in the Oak Grove Baptist Church cookbook.

Women of the Oak Grove Community joined in the recipe collection and already the youth-sponsored project has sold out and more cookbooks have been ordered and just in time for Christmas.

"We feel the cookbooks at \$7 each make excellent presents and think local people will enjoy trying the recipes," says Rev. Ron Caulder, pastor of Oak Grove Baptist Church.

Jamie Calder, 7th grader, and her twin sister, Ronna Caulder, 7th grader, and Sara Caulder, who just started school this year at Bethware, have all contributed recipes to the book, along with many more young people in the community.

The cookbook project was the brainchild of Mrs. Caulder, who heads up the fund-raising projects for the youth group at the church. "Everyone started collecting recipes in the community and soon that part of the work was over," said Kristy, who organized the recipes with the help of Debbie Lineberger and Annie R. Blanton.

When the 32 young people started the project last year they decided to use the proceeds to go to Chapel by the Sea at Garden City, SC and decided at a business meeting that for each book sold by a member it would mean \$2 off the cost of the beach trip. "Before you know it most of the boys and girls had sold enough books to pay for the trip," said Rev. Caulder.

Many of the recipes are from some of the founding families of the church. The names of Ware, Lovelace, and Blanton are some of the familiar contributors and there are recipes which have been in church families for years.

"The book contains recipes which are given in memory or honor of loved ones and represents the

deep roots of families in this church," said Caulder, who has been pastor of the church for six years.

Proceeds from the book will also be used to provide a stained glass window by the youth group for the church which has a project to provide 19 stained glass windows for the sanctuary with appropriate family markers.

After their beach trip was over, the young people left a donation at one of the cottages for a Children's Home, indicative of their desire to help others, said the pastor.

Karen Mauney, Gardner-Webb College student, directs the choir and the regular Sunday night meetings of the youth group which begins at 5 p.m. with a Bible Study and followed by a snack supper and choir practice.

"The cookbook has been a project initiated by the youth but one in which all the 200-plus worshippers have participated and had fun with," said Mrs. Caulder.

The cookbooks can be ordered from the church office.

Some of the recipes from "Home Cookin'":

PORK CHOP CASSEROLE

By Kristy Caulder

- 2 cups uncooked rice
- 6 pork chops
- 2 cans cream of mushroom soup
- 2 cans water

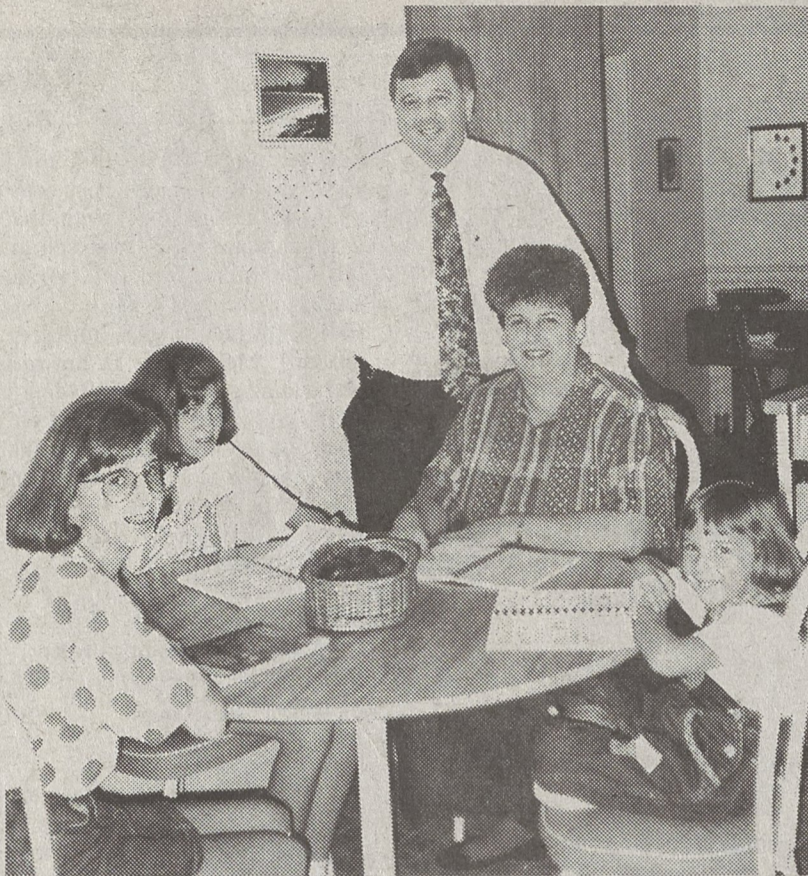
Place uncooked rice in casserole dish. Put raw chops on top. Mix soup and water. Pour over chops. Pour more water to top of dish. Cover and bake at 350 degrees for one hour.

BAKED POT ROAST

By Judy Davis

- 3 lb. beef round tip, boneless
- 2 large onions, sliced
- 2 Tbsp. Worcestershire sauce
- 2 tsp. salt
- 1/4 tsp. black pepper
- 4 to 6 carrots, cut into chunks
- 6 to 8 potatoes
- 1 tsp. sugar
- 2 cups water

In a large Dutch oven, place round tip beef roast. Add onions, Worcestershire sauce, salt, pepper



Left to right around their kitchen table, the Caulder family look over recipes in the Oak Grove Baptist Church cookbook, "Home Cookin'." They are Jamie Caulder, her twin sister, Ronna, Rev. and Mrs. Ron Caulder, and Sara Caulder.

and water and cover and bake in 350 degree oven for 2 hours. Add carrot chunks and potatoes to Dutch oven and continue baking 1 1/2 hours until vegetables and meat are fork tender. Put meat on a platter and arrange vegetables around roast beef. Spoon liquids over meat and vegetables.

CHICKEN PIE

By Janis Bell

- 4 chicken breasts
- 1 can cream of chicken soup, undiluted
- 1 can cream of celery soup, undiluted
- 1 1/4 cup chicken broth
- 1 stick margarine
- 1 1/2 cup Bisquick
- 1 1/2 cup milk

Boil chicken. Take off the bone. Place chicken in casserole dish. Mix soups with chicken broth. Pour over chicken. Cut margarine up over soup mixture. Mix Bisquick and milk. Pour over casserole. Bake at 350 degrees for 1 hour or until golden brown.

EGG CUSTARD

By Jo Ross

1 large can evaporated milk
1 cup sugar
3 eggs
3 Tbsp. flour
Stir flour and sugar, then add eggs and milk. Mix and pour into buttered baking dish. Sprinkle with nutmeg. Bake 45 minutes at 325 degrees.

BANANA NUT POUND CAKE

By Shirley Ware

- 1 1/2 cup salad oil
 - 2 1/2 cups sugar
 - 3 eggs
 - 3 cups flour
 - 1 tsp. soda
 - 3/4 tsp. salt
 - 1 tsp. vanilla
 - 1/2 cup buttermilk
 - 4 mashed bananas
 - 1 cup chopped nuts
 - 1 cup coconut
- Mix in order. Bake in greased pan for 1 hour and 15 minutes at 325 degrees.

COOL WHIP PIES

By Nancy Acuff

- 1 can condensed milk

See Recipes, 6-B

Learn What Every Woman Should Know About Breast Examinations And Mammography.

Women's Breast Health Fair On Saturday, October 10 From 10 a.m.-2 p.m. At The Diagnostic Center, 655 Cox Road

Watch an informative video on breast self-examinations. Practice breast self-exams on plastic practice breast models. Inspect a mammography display complete with X-rays. And learn lifesaving facts about breast examinations and mammography.

One in nine women will face breast cancer in her lifetime. Yet, with early detection it is highly treatable. So mark your calendar and make plans to attend Saturday's Women's Breast Health Fair.

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* Refreshments and prizes including a certificate for a free mammogram, a sterling silver picture frame from Dillard's, Cal-Demé Collectives gift basket and more.

* Mammogram appointments can be scheduled at the Health Fair (including appointments after 5 p.m. during The Diagnostic Center's extended hours on October 13 and 20).



The Women's Breast Health Fair is sponsored by The Diagnostic Center, GMH Women's Health Services and Gaston Radiology, P.A.

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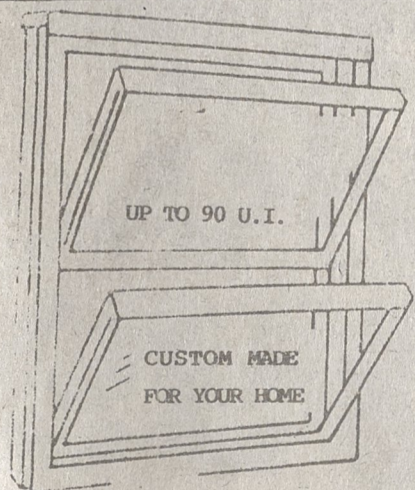
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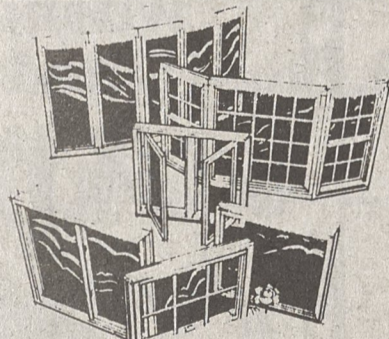
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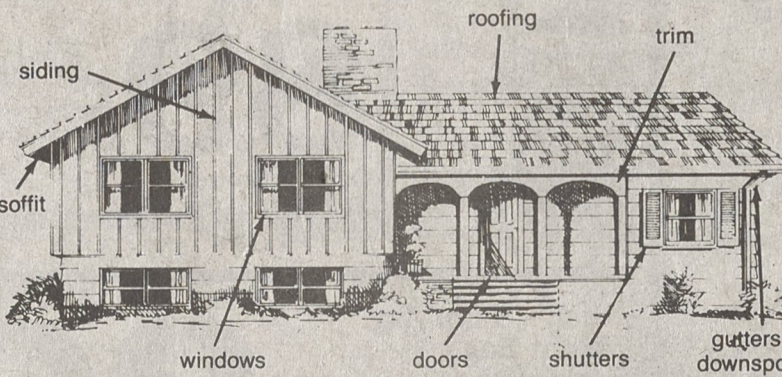
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