

RECIPES

From Page 2-B

GREEN BEAN CASSEROLE
By VERNIE PIERCY
2 cans French style green beans
2 pkgs. frozen lima beans
Drain well and heat thoroughly.

Sauce:
1 cup mayonnaise
1 small onion, grated
4 Tbsp. vegetable oil
juice of 1/2 lemon
3 boiled eggs, grated
1 tsp. Worcestershire sauce
1 tsp. dry mustard
Add sauce to beans and put in 350 degree oven for 25-30 minutes.

AMERICANA CHOW MEIN
By MARGARET TIDY
1 lb. ground beef
1 cup chopped onions
1 cup chopped green peppers
1 cup chopped celery
1 cup uncooked rice
2 1/2 cups canned tomatoes
Brown ground beef, drain. Layer remaining ingredients in order listed. Put lid on. Cook on medium heat for 1 hour or until rice is tender. Serves 8.

BROWNED BEEF STEW
By MARIE COLLINS
1 lb. beef round, cut in 1 inch cubes
1/4 cup flour
1 1/2 tsp. salt
1/4 tsp. pepper
2 Tbsp. oil
1 each onion and carrot, chopped fine
1/4 cup finely chopped celery with a few of the minced leaves

2 Tbsp. minced parsley
pinch thyme
3 cups water
2 medium potatoes, diced
1 pkg. (10 oz.) frozen peas
Coat meat with flour, salt and pepper. An easy trick is to shake them together in a paper bag. Heat oil in a heavy skillet over medium heat. Add meat, remaining flour and chopped onion. Brown well. Add chopped carrot and next four ingredients. Cover and cook over low heat for 1 1/4 hours, stirring as needed. Add peas and continue cooking about 15 minutes.

This is an excellent stew for those weight watchers and non-weight watchers. Four servings equal 435 calories each; 6 servings 290 calories each.

DO NOTHING CAKE
By MARGARET GASTON
2 cups flour
2 cups sugar
2 eggs
1 tsp. vanilla
1 tsp. soda
1/2 tsp. salt
1 large can crushed pineapple.
Do not drain.

In bowl, mix dry ingredients by hand. Add all other ingredients. Pour into greased and floured 9x13x2 pan. Bake at 350 degrees for 30-40 minutes.

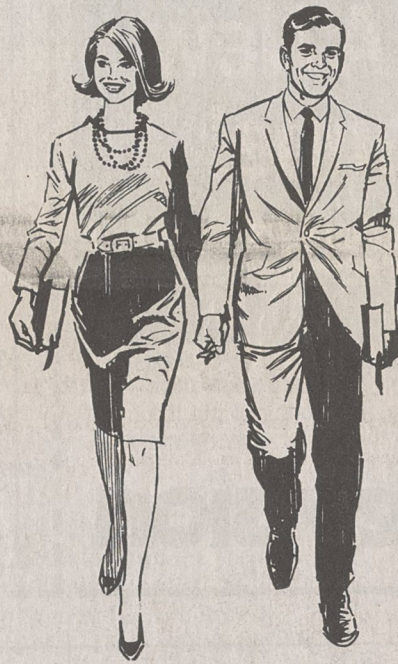
ICING
1 stick margarine
2/3 cup (small can) canned milk
1 cup sugar
Bring above ingredients to boil in saucepan. Stir and boil 5 minutes. Remove from heat and add 1 cup chopped nuts and 1 cup coconut. Pour over cake as soon as removed from the oven.

ATTEND SERVICES This WEEK WORSHIP GOD

Sunday
Luke 15:1-10
Monday
Luke 15:11-32
Tuesday
Luke 2:1-20
Wednesday
Luke 18:18-30
Thursday
Luke 19:1-10
Friday
Psalm 136:1-26
Saturday
2 John 1-13



A New Year... A New Life



Strains of "Auld Lang Syne" fade into the dawn of yet another New Year's Day. As we discard paper hats and streamers, we resolve to discard unwanted habits and negative attitudes.

Ahead of us are 365 opportunities to improve the quality of our body, mind, and spirit. A brand new year is about to begin! Yet, it may be difficult to alter those negative characteristics which have been so long a part of us.

There is one resolution, however, which will surely aid in reaching our desired goals. That is the practice of attending our chosen house of worship each Sabbath.

Through prayer and meditation, God will provide the strength needed to make positive changes in your life. Each week as you worship, your outlook will be refreshed and hope renewed.

Scriptures Selected by The American Bible Society

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Worship HIM In Church Regularly.

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| 3. Air Filter | 11. Wiper Blades | 19. Struts |
| 4. Antifreeze/ Radiator | 12. Brake Lining/ Pads | 20. Cons. Velocity Boots |
| 5. Transmission Filter & Fluid | 13. Master Cylinder | 21. Cons. Velocity Joints |
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