"FEED ME, I'M YOURS"
A busy mother was one day regretting that she could do so little church work and take so small a part in Christian enterprises. "I shall have only a life of housework to show at last," she said rather sadly to a friend one day. "Why, mother," exclaimed her little daughter, who overheard the words, "all we children will stand up and tell all you've done for us—everything! I shouldn't s-pose they's want anything better than good mothers up in heaven." And the friend answered: "The child is right. Earth will send to heaven no better saints than the true Christian mothers who have done their best."
THE "PLOP" METHOD:
1. Take pureed or finely ground foods and "plop" by spoonfuls onto a cookie sheet. The size of each "plop" depends on how much you think the baby will eat at one meal.
2. Freeze "plop" quickly.
3. When frozen, remove from sheet and transfer to plastic bags.
4. Label and date.

Baby food recipes:

BANANA

Use 1 med. fully ripe banana. Mash half (store remaining half in refrigerator up to two days) the banana with a fork or put it through a baby food grinder. Serve immediately.

APPLES, PEACHES, Pears, PLUMS, AND APRICOTS

Water method: Wash, peel, and cut fruit into small pieces. Add ¼ c. boiling water to 1 c. of fruit. Simmer until tender, about 15 min. There is no need to add sugar; babies prefer natural fruit sweetness. Blend or puree until smooth. Freeze balance.
COTTAGE CHEESE FRUIT

\[ \frac{1}{3} \text{ c. cottage cheese} \]
\[ \frac{1}{2} \text{ c. fresh, raw or cooked fruit} \]
\[ 4-6 \text{ T. orange juice} \]
\[ 1 \text{ t. sugar} \]

MASHED POTATO WITH SPINACH

Scrub, peel, and coarsely chop 1 potato (2 cups). Rinse well and remove tough center stems of fresh spinach (1 cup). Although fresh vegetables are best you may use canned or frozen. In a small saucepan bring \[ \frac{1}{2} \text{ c. water} \] to a boil and add potato. Cover and cook for 5 min. Add spinach and \[ 2 \text{ T. water} \]. Cover and cook 5 min. longer. Blend or puree. May be thinned with milk. The potatoes disguise the taste of the spinach. This was the first vegetable I gave to Jeff and he gulped it down. Ummm-good!

Teri Schultz

CHICKEN RICE STEW

\[ 1 \text{ c. cubed chicken (cooked)} \]
\[ \frac{1}{4} \text{ c. rice (cooked)} \]
\[ \frac{1}{4} \text{ c. vegetables (cooked)} \]
\[ \frac{1}{4} \text{ c. chicken broth} \]
\[ \frac{1}{4} \text{ c. milk} \]

Blend or puree together and make into food cubes or "plops."
YOGURT

Start with plain yogurt. Use it as a base for fruits such as mashed banana or cereals or even jars of baby food fruit. Try fruit flavored yogurt also.

YOGURT MILKSHAKE

1 c. plain yogurt
1 c. juice (whatever baby can handle)
1 ripe banana
2 T. honey

Blend and serve.

BANANA SMOOTHIE

Blend: 1 ½ c. milk
1 large banana
1 T. honey
¼ t. vanilla

TEETHING: many things are good finger foods for teething, such as a fat carrot, a whole peeled apple, a bagel, the heel of a French bread.

Round Teething Biscuits
2 eggs
1 c. sugar
2-2½ c. flour

Break eggs into a bowl and stir until creamy. Add sugar; stir. Gradually add enough flour to make a stiff dough. Roll out between two sheets of lightly floured wax paper to about ¾ in. thickness. Cut in round shapes.
Place on a lightly greased cookie sheet. Let stand overnight. Bake at 325 degrees until browned and hard, about 10-15 min. This will make about 12 durable and almost crumble-free teething biscuits.

TODDLER AND KIDDIE FOODS

The following collection of recipes was compiled by the cookbook committee from child care books, cookbooks, and from the kids and mommies in our own congregation.

SNACKS

PEANUT-BUTTERED POPCORN

Carole Jordan

3 quarts popped corn (3/4 c. unpopped)
1 1/3 c. almonds or dry roasted peanuts or nuts
1 c. sugar
1 c. honey
1/2 c. light corn syrup
1 c. peanut butter
1 t. vanilla

In a large roasting pan combine popcorn and nuts, keeping warm in 250 degree oven. Butter sides of a heavy 1 1/2 quart pan. Combine sugar, honey, and corn syrup. Bring mixture to boiling, stirring constantly. Boil hard for 2 min.; remove from heat. Stir in peanut butter and vanilla. Immediately pour over popcorn mixture. Stir to coat well. Cool; break into bite-size pieces.
CRACKER JACKS

Mary Lyon

Pop 2 gal. of corn; pick out hard grains. Butter and salt. Boil 1 min. in skillet:
2 c. brown sugar
¼ c. molasses
2 sticks margarine
peanuts or pecans (optional)
Remove from heat; stir in ½ t. of soda, stirring well. Pour over corn and stir well.
Put in pans and bake 1 hour at 250 degrees. Stir occasionally.

CRACKER JACKS

Sherry Moore

8 quarts popped corn
Combine and bring to a boil (rapid) for 5 min.:
2 sticks oleo
1 c. brown sugar
½ t. salt
½ c. white Karo syrup
Remove from heat and add 1 ½ t. vanilla and ½ t. soda. Stir into popped corn and spread on cookie sheets. Bake 1 hour at 250 degrees.

GRANOLA

L. c. uncooked oatmeal
1½ c. wheat germ
1 c. grated coconut
1/3 c. oil
1 T. vanilla
Optionals: ½ c. sesame seeds
½ c. raw nuts, seeds, or raisins

In a large bowl, mix dry ingredients. In a saucepan combine oil, honey and vanilla; warm.
Add these to the dry ingredients and stir until all the particles are coated. Spread this mixture out in a long, low pan or rimmed baking sheets that have been greased, and bake at either 250 degrees for an hour or 300 degrees for half an hour. Turn this with a spatula from time to time. When finished toasting, add your dried fruits such as raisins and store in an airtight container when cool.

GORP (Good ol' raisins and peanuts) from Post-Dispatch

Begin with a basic granola recipe, drowned in a syrupy peanut-butter topping that holds it together. To this is added peanuts, mixed nuts, candy-covered bridge mix, candy-covered chocolate pieces, Boston-baked beans candy, orange slices and dried apples, prunes, dates, raisins and apricots.

ANOTHER GORP RECIPE

2 c. walnuts  1 c. salted peanuts
1 t. each pepper, paprika  1 c. raisins
1 c. dried apricots  1 c. M&M's candy
1 c. natural cheese cubes

Toss ingredients well. Pack about 1 c. each in moisture-proof plastic bags. Makes 7 cups.

Gorp is not only good to have around the house, but is great to take on camping trips.
YOGURT POPSICLES

1 carton plain yogurt
1-6 oz. concentrated unsweetened fruit juice
dash of vanilla and/or honey (optional)

Mix well and freeze in molds. (3-oz. paper
cups work well as molds.) For handles insert
wooden sticks or spoons when mixture is
partially frozen.

ORANGE BANANA FROST

\[ \text{Jimmy Goings} \]

\[
\begin{align*}
\frac{1}{2} \text{ c. orange juice} \\
\frac{1}{2} \text{ c. milk} \\
1 \text{ banana, cut up} \\
1 \text{ pint orange sherbert}
\end{align*}
\]

Mix orange juice, milk, banana and half the
sherbert in blender on high speed until smooth.
Pour into tall glasses. Top each with scoop
of remaining sherbert. Makes 3 servings.

PUDDING-WICHES

\[
\begin{align*}
1\frac{1}{2} \text{ c. cold milk} \\
\frac{1}{2} \text{ c. creamy peanut butter} \\
1 \text{ pkg. Jello instant pudding, any flavor} \\
24 \text{ graham crackers or chocolate wafers}
\end{align*}
\]

Add milk gradually to peanut butter, in a
deep narrow-bottom bowl, blending until
smooth. Add pudding mix. Beat slowly at
lowest speed of mixer until well blended,
about 2 min. Let stand 5 min. Spread fill-
ing \(\frac{1}{2}\) in. thick on 12 of the crackers. Top
with remaining crackers. Freeze until
firm, about 3 hours.
PUDDING SUNDAES

1 Pkg. Jello pudding mix
2 c. milk
Fudge or chocolate sauce
Whipped topping
Chopped nuts
Cherries

Prepare pudding mix with milk as directed on package for pudding. Spoon into shallow dessert dishes. Top with sauce, whipped topping, nuts, and cherries. Makes 4 servings.

BANANA WOBBLIES

1 pkg. Jello gelatin, any flavor
1 c. boiling water
2 med. bananas, cut in half

Dissolve gelatin in boiling water. Add cold water and chill until thickened. Place spoonful of gelatin in each of 3 empty 6 oz. cans. Center banana halves and spoon in remaining gelatin. To unmold, dip the rim in water; puncture bottom and lift off can. Cut in slices.

FRUIT FLAVOR POPS

1 pkg. Jello gelatin, any flavor
1/2 c. sugar
2 c. boiling water
2 c. cold water

Dissolve gelatin and sugar in boiling water. Add cold water. Pour into paper cups or pop
molds. Freeze until almost firm, about 2 hours. Insert wooden spoons or popsicle sticks. Freeze until firm, at least 8 hours or overnight. Makes 8 or 9 pops.

SPECIAL TREATS

Many of these recipes are not only good to eat, but fun to make and the kids will enjoy helping (if you have the patience).

JIMMY'S PAINTBRUSH COOKIES   Edna Goings

Jimmy and I make these together.
Mix well with spoon in large bowl:
3/4 c. shortening (part butter)  
1 c. sugar  
2 eggs  
1 t. vanilla
Blend in: 2 1/4 c. flour, 1 t. baking powder, and 1 t. salt.
Cover dough; chill at least 1 hour. Heat oven to 400 degrees.
Mix with fork in small bowl: 1 egg yolk and 1/4 t. water. Divide mixture among custard cups; add a few drops of food color to each cup to make the different colors.
Roll chilled dough 1/8 in. thick on lightly floured cloth-covered board. Cut with cookie cutters or make your own interesting shapes. Place on ungreased sheet. Using a different paintbrush for each color of paint, paint designs on cookies. If paint thickens, add a few drops of water. Bake cookies 6-8 min. or until light brown on edges. Cool; makes 4 dozen cookies.
DONUTS

Use 1 pkg. refrigerated biscuit dough. Punch a hole in the middle of each biscuit (a bottle cap will work). Fry in 1 in. hot oil for about 1 min. or until lightly brown on both sides. Fry the holes, too. When cool, shake in a bag of cinnamon and sugar, or brown sugar, or powdered sugar.

S'MORES

Two square graham crackers. Place on top of one cracker 2 or 3 squares of milk chocolate bar. On top of this put one roasted marshmallow, still hot from the fire. Cover all this with the second graham cracker. Then squash it together and you've got gooey good eating.

I learned how to make these when I was a Brownie. They're called s'mores because when you've tried one, you are sure to want some more.

SOGGY S'MORES

3/4 c. margarine 2 packs graham crackers, rolled
1 c. sugar 2 1/2 c. marshmallows, cut up
2 eggs, beaten
Cook margarine, sugar, eggs until thick. Add graham crackers, and marshmallows. Pack into greased 13x9x2 in. pan. Melt chocolate bar and spread on top or make frosting by combining:
1/2 c. margarine 1 t. vanilla
1/2 c. milk 1 square baking chocolate
1 c. sugar
1/8 t. salt
Bring to rolling boil. Beat to spreading consistency.
SNOW ICE CREAM

1 c. milk
1 egg, beaten
½ c. sugar
dash of salt
1 t. vanilla

Blend the above well and add clean, fresh snow until absorbed.

BUNNY SALAD

Place a canned pear half on a bed of lettuce. Add raisins for eyes, a maraschino cherry for the nose, licorice for whiskers, and cheese for ears. Make your own design, if desired.

BUNNY NEST

Dissolve 1-3 oz. pkg. of lime jello in 1 c. boiling water. Add 3/4 c. cold water. Pour into shallow pan; chill until firm. Break into small flakes with fork; pile into 5 dessert dishes; top with one peach half and 2 peach slices to form head and ears of bunny. Cover peaches with Cool Whip and decorate with cherry pieces and jelly beans to form eyes, nose, etc.

GELATIN EASTER EGGS

Using a skewer, make a ½ in. hole in one end of each of 8 eggs. Shake eggs out of shells; rinse shells thoroughly with cold water. Place in egg carton. Dissolve 1-3 oz. pkg. jello in 1 c. boiling water. Add ½ c. cold water.
Pour into egg shells. Chill until firm. Crack shells slightly, dip quickly in warm water and peel. Arrange "eggs" in nests of Cool Whip in individual dishes.

PIGS IN A BLANKET

Teri Schultz

1 pkg. hot dogs
5 slices American cheese
10 strips bacon, uncooked

Slit hot dogs down the middle, but do not cut in half. Put ¼ slice of cheese in each pocket and wrap each hot dog with a bacon strip. Broil until bacon is cooked and cheese melted. May put it on a bun or serve as is. The biggest kid (Joe) at my house really loves these.

FRUIT SLUSH MIX

Bonnie Shipley

4 c. sugar
4 c. water
1-6 oz. can frozen orange juice concentrate
½ c. lemon juice
1-46 oz. can pineapple juice

Combine sugar and water in a medium saucepan. Heat until sugar is dissolved. Add orange juice, lemon juice, and pineapple juice. Fill 6 or 7 ice cube trays. Freeze until firm. Remove from trays and store in plastic bags. Kids will enjoy these with a stick in them. For bigger kids fill a glass with fruit slush cubes; add ginger ale to cover. Let stand 15 min. Stir and serve.
YC-YO COOKIES  

Teri Schultz


COOKIE DOUGH  

Larry Kenchel from his Sesame Street book

1/2 c. shortening (half butter or margarine, softened
1/2 c. peanut butter
1/2 c. granulated sugar
1/2 c. brown sugar (packed)
1 egg
1 1/4 c. flour
3/4 t. soda
1/2 t. baking powder
1/4 t. salt

3/4 c. butter or margarine, softened
1 c. sugar
2 eggs
1 t. vanilla
2 1/2 c. flour
1 t. baking powder
1 t. salt
1. Put 3/4 c. butter into mixing bowl
2. Measure 1 c. of sugar
3. Pour sugar over butter.
4. With fork squash butter and sugar together until they are blended.
5. Crack shells of 2 eggs and pour eggs over mixture in bowl.
6. Add 1 t. vanilla.
7. With fork blend everything together.
8. Measure 2 1/2 c. flour and add to mixture.
9. Sprinkle 1 t. baking powder and 1 t. salt over flour.
10. Mix all together with fork or your hands.
11. Put dough in refrigerator for at least 1 hour.

USE DOUGH TO MAKE THE COOKIES BELOW:

SHAPE COOKIES

Sprinkle cloth with flour and put dough on cloth. Roll dough out flat about 1/4 in. thick. Use glass to make round cookies, box lids for rectangle and squares. Push glass or lid down on dough and peel away dough on outside. Cut squares in 1/4 to make triangles. Heat oven to 400 degrees. Put cookies on ungreased cookie sheet and put cookie sheet in oven. Bake for 6-8 min.

SURPRISE COOKIES

You will need fillings: Nuts, raisins, jam, jellybeans, chocolate chips, peanut butter, or any other delicious filling. Roll out dough. Use glass to cut round cookies. Put a little filling on one cookie; put
another cookie on top. Pinch edges together
to keep filling inside. Do this with lots of
cookies with lots of different fillings.
Heat oven to 400 degrees. Put cookies on
ungreased cookie sheet. Put in oven and cook
until lightly browned, about 8 min.

ALPHABET COOKIES
Heat oven to 400 degrees. Put cloth on table.
Sprinkle with flour. Roll out dough on cloth,
about ¼ in. thick. Cut dough in strips.
Use dough to make your favorite letters. Put
cookie letters on ungreased cookie sheet.
Bake 6-8 min.

COOKIE PAINT
Get some evaporated milk (or mix 1 egg yolk
with ½ t. of water). Then get some cups and
put a little milk or egg mixture in each
one. Add some food coloring to each cup.
Use this paint to decorate your cookies.
If it gets too thick, just add a little
water.
PERSONALIZED PANCAKES

For the child who is starting to learn letters and numbers, what fun it is to have a stack of pancakes with initials or age on the top of the cake on birthday morning, or maybe just a newly learned letter or number. Here's how you do it!

1. Dip teaspoon into your pancake batter and let excess drip off.

2. Using the batter left on the tip of the spoon draw the letter or number on the not greased pan or griddle.

3. If you like wait until the underside of the letter is lightly browned and pour more batter over it so that the pancake will completely surround it. Turn and brown the other side. The letter will stand out darker than the surrounding pancake.