

Jerry McKelvy's
SANDYLAND CHRONICLE

Vol. 22 – No. 5

sandman43@att.net

May, 2022

SPECIAL ISSUE

Recipes submitted by readers of The Sandyland Chronicle

LAMBERT'S THROWED ROLLS

1 tsp. sugar	
1 pkg. active dry yeast	1/4 cup sugar
1/4 cup tepid water (105-110 degrees)	1 egg (beaten at room temperature)
1 cup warm milk	1 tsp. salt
1/4 cup melted butter	4 cups flour

1. Combine tsp. sugar and yeast in tepid water. Let stand 5 -10 minutes until yeast begins to foam.
2. Thoroughly mix warm milk, butter, sugar, egg, and salt in large bowl.
3. Stir in yeast mixture and add 3 1/2 cups flour while stirring, adding a bit more if necessary to make a soft, pliable dough. (Use a wooden spoon)
4. Turn dough out onto a floured board and let it rest while you clean and butter bowl.
5. Knead dough gently 4 – 5 minutes, adding a little more flour, if necessary, until dough is smooth and silky. Return to bowl, cover with plastic wrap and let rise in warm place until doubled in size.
6. Butter a 12-cup muffin pan.
7. Punch down dough. Pinch off pieces about 1 1/2 inches in diameter (enough to fill half of a muffin cup) and roll into smooth spheres.
8. Place two such pieces in each muffin cup (should be a tight fit).
9. Cover loosely with plastic wrap and let rise in warm place for 45 minutes.
10. Preheat oven to 350 degrees.
11. Bake about 15 minutes until light brown. Brush tops with melted butter. Makes 12 throwed rolls.



We found this recipe in a Cape Girardeau, MO newspaper in 1990. We had previously eaten at Lambert's Cafe in Sikeston, MO (founded in 1942) where they pitch rolls to customers who need another one. They now also have restaurants in Ozark, MO and in Foley, AL We have made this recipe many times and it always turns out good.

Submitted by Jerry and Jeanie McKelvy – Camden, AR

SANDYLAND CHRONICLE

Garlic Brown Sugar Chicken

8 bone-in, skin-on chicken thighs
Kosher salt and freshly ground black pepper, to taste
3 tbsp. unsalted butter, divided
4 cloves garlic, minced
1/4 brown sugar, packed
1 tbsp. honey
1/2 tsp. dried oregano
1/4 tsp. dried thyme
1/4 tsp. dried basil
2 tbsp. chopped fresh parsley leaves

Directions:

1. Preheat oven to 400 degrees F.
2. Season chicken thighs with salt and pepper, to taste
3. Melt 2 tbsp. butter in large oven-proof skillet (I use a large cast iron skillet) over medium heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; set aside.
4. Melt remaining tbsp. butter in skillet. Add garlic and cook, stirring frequently, until fragrant, about 1-2 minutes. Remove from heat.
5. Stir in brown sugar, honey, oregano, thyme and basil until well combined. Return chicken to skillet.
6. Place into oven and roast until completely cooked through, reaching an internal temperature of 175 degrees F., about 25-30 minutes.
7. Serve immediately, garnished with parsley, if desired.

Submitted by Barbara Ray -- Texas

DEEP DISH FRESH FRUIT COBLER

1 cup flour
1 cup sugar
2 Teaspoons of baking powder
1 cup milk
2 cups fresh chopped fruit (no juice) I prefer peaches or strawberries
1 stick butter (melted)

Melt butter in a high sided backing dish (I use Corning Ware). Add dry ingredients in a separate bowl and mix well with a whisk, then add milk and stir to remove any lumps. Pour this mixture into the bowl on top of the melted butter. Do not stir. Then add fruit to the center of the bowl, do not stir. Place in a 375-degree oven for about 45 minutes or until middle is done.

Submitted by Teresa Harris -- Arkansas

SANDYLAND CHRONICLE

Corn Casserole

2 cans cream style corn
2/3 cups cornmeal mix or Jiffy
cornbread mix
2 eggs
1 teaspoon garlic salt

1/3 cup Wesson oil
1/2 can jalapeno peppers chopped
1/2 cup onion, chopped
Small jar pimento (optional)
Shredded cheese (Colby or cheddar)

Combine all ingredients except cheese. Put half of the mixture in dish, cover with half of cheese then another layer of corn mixture. Bake 350 degrees 1 hour. Wait about 10 to 15 minutes before done to put second half of cheese on top.

Sometimes I add a small amount of the Jalapeno juice.

Submitted by Paulette Weaver -- Texas

Lemon Chess Pie

4 eggs, beaten
2 cups sugar
1 tablespoon flour
1 tablespoon corn meal
1/4 cup lemon juice
1/4 cup milk
1/4 cup melted butter
2 tablespoons grated lemon peel

Mix and pour into unbaked pie crust. Bake 350 degrees for 45 minutes or until set.

Submitted by Paulette Weaver -- Texas

Spaghetti Pie

1 box Kraft Italian Dinner (Green Box)
1 small can tomato Paste
1 bell pepper, chopped
1 onion, chopped
1 pkg. (4 oz.) Mozzarella cheese
1 4 oz. carton sour cream
1 stick oleo
1 egg
1 lb. ground beef

Cook spaghetti, drain, add oleo, egg (slightly beaten) and package of cheese from the green box. Put in pie plate to form crust (press up sides of pan).

Fry onion and pepper in a small amount of oleo. Add to sour cream.

Brown meat, drain; add paste and herb spice seasoning mix from green box. Allow to simmer a couple of minutes to blend well with meat.

SANDYLAND CHRONICLE

Place the sour cream mixture on bottom of the spaghetti crust, top with meat mixture then sprinkle with Mozzarella cheese.

Bake at 350 degrees until cheese bubbles good. Serve in pie wedges with tossed salad and garlic bread. Freezes well.

Submitted by Helen Paulette Weaver -- Texas

Microwave Cream Pie

3 egg yolks (save whites for meringue)
1 cup sugar
1/4 cup cornstarch
1 1/4 cups Pet milk
1 1/4 cups whole milk

For coconut pie, add coconut to cooked pie filling

For chocolate pie, add 4 level tablespoons cocoa (more if desired) to uncooked ingredients. Increase sugar from one cup to 1 1/2 cups.

Directions:

Mix all ingredients with wife whisk. Cook I microwave for 3 minutes. Stir. Cook another 3 minutes. Stir. Cook an additional 30 seconds until thick, then add vanilla extract and 2 tablespoons butter. Pour in baked pie crust and make meringue.

Submitted by Barbara Dyson – Arkansas

NO BAKE COOKIES

2 cups sugar
1/2 cup milk
1 stick butter
4 tablespoons cocoa

Put all ingredients in sauce pan and bring to a rapid boil. Cook for 1 1/2 minutes. Remove from heat and add:

1/2 cup peanut butter
1 teaspoon vanilla
2 1/2 cups uncooked old-fashioned oats.

Mix well and drop by spoonful on wax paper. Let cool.

Submitted by Barbara Dyson – Arkansas

SANDYLAND CHRONICLE

Sweet Potato Casserole

Combine and beat with electric mixer until smooth:

3 cups cooked and mashed sweet potatoes
3/4 cup sugar
2 eggs
1 teaspoon vanilla
1/3 cup milk
1/2 cup butter

Spoon into greased casserole.

Combine:
3/4 cup brown sugar, firmly packed
1/2 cup chopped pecans
1/3 cup flour
1/3 cup butter

Sprinkle on top of casserole. Bake at 350 degrees for 30 minutes.

Submitted by Barbara Dyson – Arkansas

OUR FAVORITE QUICK DESSERT

1 box Graham crackers
1 large container of Cool Whip

All you do is put Cool Whip between two Graham crackers until you have used the whole box.

Then cover the plate with Saran wrap and place in freezer. They are delicious, easy to make, and low calorie.

Submitted by Linda Carman -- Arkansas

SANDYLAND CHRONICLE

Carol's Coke Salad

- 6 oz. large cherry Jello
- 3 oz. cream cheese
- 1 can pitted sweet cherries
- 1 large can crushed pineapple (drained)
- 2 6 oz or one 12 oz. Coca-Cola
- 1 cup chopped pecans
- 2 cups juice (drained) or add water to make two cups

Bring juice to a boil and pour over gelatin. Stir until dissolved. Cool. Add Coke. Stir and chill until partially congealed and add drained fruit and nuts. Add cream choose by pinching. Refrigerate.

Submitted by Barbara Dyson – Arkansas

Strawberry Seven-Up Pie

- 1 10 oz. seven-up
 - 1 rounded cup sugar
 - 3 tbs. undissolved strawberry Jello
 - 3 tbs. cornstarch
 - 1 and ½ pints fresh strawberries.
 - 8 ozs. softened cream cheese
 - 1 cup powdered sugar
 - 2 tbs. milk
 - One 8 oz tub Cool Whip
- 1 large or 2 small graham cracker crusts

Cook first 4 ingredients over medium heat until thick and clear, stirring constantly. Let cool. Beat together the remaining ingredients except the strawberries. Slice 1 pint of strawberries into crust and cover with the cooked mixture. Spread the cool whip mixture over the sliced strawberries. Halve the ½ pint of strawberries and arrange on top of pie. Refrigerate immediately.

Submitted by Yvonne Munn – Arkansas

SANDYLAND CHRONICLE

*How about a poem?
Although not a recipe, it is very sweet and savory!
In memory of Alice Hearnberger Mathis, 1890–1976.*

Breakfast at Grandma's -- by Don Mathis

The best part about breakfast at Grandma's
was waking up to the kitchen noises,
and then it only got better.

As kids, we would bounce into a high wooden chair,
feet swaying in the air, not reaching the floor,
we were that little.

It was a good thing our feet didn't reach,
lion's paw/eagle claw feet were on the legs
of that massive wood table.

But Grandma would move about in sunlight,
chattering as spoons and bowls were clattering,
making biscuits, making memories.

She would add four tablespoons of baking powder
two cups of flour, and a pinch of salt together,
then stir in three tablespoons of shortening,

She would amaze us by making a well in the mix
and fill up the volcano with a cup of milk,
and stirring the mixture, stirring recollections.

The dough would be soft as her smile
as she dropped great spoonfuls on a greased pan
to cook ten minutes at 450°.

We would sit, happy in anticipation,
sipping a cup of milk with a spoon of coffee,
not a care in the world, love all around.

What would I give for another morning,
another down-home, larruping treat,
another breakfast at Grandma's.

SANDYLAND CHRONICLE

QUICHE

350 degrees for 30 to 40 minutes

2 unbaked 9-inch deep dish pie crusts
3/4 lb. lean ground beef
1/2 cup Hellman's Real Mayonnaise
1/2 cup milk
2 eggs
Dash of pepper
1 tablespoon Argo cornstarch
1 1/2 cups grated cheddar cheese
1/3 cup chopped green onions

Brown salted meat in skillet, drain, and set aside.
Blend next four ingredients (milk last) until smooth
Stir in meat, cheese, onions, and pepper
Put in pie shell.

Submitted by Phyllis Kirk

Charlie's Vegetable Soup

2 lb. roast, cut into 1-inch cubes
1 large can VegAll (large cut vegetables)
1 small can VegAll (small cut vegetables)
1 pkg. okra
2 onions, chopped
1 large can stewed tomatoes
1 cup celery, chopped
2 cups potatoes (cubes)

Brown the meat in skillet. Add water to cover meat and cook until done with lid on for 30 minutes.

Then add celery, onions, and okra and cook until tender. Add vegetables, tomatoes, and potatoes.

Simmer for 30 minutes.

Submitted by Patricia Farr -- Arkansas

SANDYLAND CHRONICLE

Date and Nut Roll

2 cups vanilla wafer crumbs
1 cup chopped dates
1/2 cup chopped nut meats
1/2 cup Eagle Brand milk (sweetened condensed milk)
2 teaspoons lemon juice

Combine wafer crumbs, dates, and nut meats. Blend Eagle Brand milk and lemon juice. Add to crumb mixture and knead well. Form into roll 3 inches in diameter and roll in waxed paper. Chill in refrigerator for 12 hours or longer. Cut into slices. Garnish with whipped cream, if desired.

This was one of our favorite recipes when I was growing up. It was usually made a few days before Christmas and hidden to keep us kids from eating it up before the holiday arrived.

Submitted by the McKelvy family

Chocolate Coconut Bars

2 cups graham cracker crumbs
1/2 cup butter or margarine (melted)
1/4 cup sugar
2 cups flaked coconut
1 can (14 oz) sweetened condensed milk
1/2 cup chopped pecans
1 plain chocolate candy bar (7 oz.) or 5 regular size bars
2 tablespoons creamy peanut butter

Combine the crumbs, butter, and sugar. Press into a greased 13 x 9 x 2-inch baking pan. Bake at 350 degrees for 10 minutes. Meanwhile, in a bowl, combine coconut, milk and pecans. Spread over the crust. Bake at 350 degrees for 15 minutes. Cool completely. In a small saucepan, melt candy bar and peanut butter over low heat. Spread over bars. Chill until set. Yield—about 3 dozen.

Submitted by Jeanie McKelvy

This recipe came from the Premiere Editon of Quick Cooking magazine and was sent in by Sharon Skildum of Maple Grove, Minnesota. We have made this recipe many times and consider it one of our favorites.

SANDYLAND CHRONICLE

Recipes on this page came from the 1939 Nevada County Home Demonstration Club cookbook.

ECONOMY CAKE

Ingredients – ½ cup boiling water, 1 ½ teaspoons soda, 2 tablespoons cocoa. Pour boiling water on soda and cocoa. Let cool while you mix the following: 1 ¾ cup sugar, 2/3 cup butter or shortening, 2 eggs, ¾ cup sour milk, 2 ½ cups flour, ½ teaspoon salt, and 1 teaspoon vanilla.

Preparation—Cream the butter and sugar. Then add 1 egg at a time and beat well. Add milk and flour. Then add chocolate mixture. This makes three layers or a nice plain cake.

Mrs. J. H. Bridges --- Bodcaw Club

DEVILED EGGS

Ingredients – 6 hard-boiled eggs, mayonnaise, sweet pickles, dash salt, dash pepper, dash paprika, olives

Preparation – Halve eggs. Mash yolks well and add enough mayonnaise to make a paste. Add salt, pepper, and paprika. Stuff egg halves with filling and place a slice of olive on top

Mrs. Jack Crowell – Rocky Hill Club

ENGLISH PEAS

Pick the peas fresh, shell, and wash. To 1 quart shelled peas, use 1 ½ cups boiling water. Place the peas in the water. Add 1 teaspoon salt and cook until tender. Let the water evaporate, then season with butter, salt, and pepper.

For creamed peas, add one cup of rich milk and thicken with 1 tablespoon flour and 1 tablespoon butter, creamed together. Stir in the butter and flour and cook until the milk is thickened.

Mrs. Minnie Irvin – Rocky Hill Club

SANDYLAND CHRONICLE

STRANGE RECIPES FOR CHILDREN

Milk of Magnesia Cookies for Children

Mrs. Zettie Grffith Link sent me this recipe she found in an old cookbook belonging to her mother. The cookbook was put out by the Rawleigh Co. which had peddlers who went from house to house selling Rawleigh products.

These cookies have been tried out in the Rawleigh's Good Health Diet Kitchen and proven very successful. They contain many minerals which are needed by the body and produce alkalinity. A very slight laxative quality would result when the magnesium oxide comes in contact with the moisture in the intestines. These cookies are very acceptable for children's lunches and especially the lunch basket.

1/2 cup shortening
1/2 cup Rawleigh's Milk of Magnesia
1 cup sugar
1 tsp. Rawleigh's Vanilla
1 egg
3 to 4 cups flour
3 tsps. Rawleigh's Phosphate
1 cup raisins or dates
Baking Powder
1/2 cup milk

Cream shortening and sugar; add well-beaten egg and mix well. Sift baking powder and flour together, then add to the creamed mixture alternately with the milk. Add vanilla and fruit and roll out thin. Bake in a quick oven. This makes 4 dozen cookies.

Seven-Up in Milk

Mix chilled 7-Up and cold milk in equal parts by pouring the 7-Up gently into the milk. Do not stir. The 7-Up adds a light and delicate flavor making a delicious blended food drink.

Mothers know that this is a wholesome combination. The addition of 7-Up gives milk a new flavor that especially pleases children.

Strange Uses for Ketchup

1. Ketchup on mashed potatoes, pasta, or potato chips tastes great.
2. Kick Ritz crackers up a notch with a peanut butter and ketchup filling.
3. If ketchup is too commonplace, dip French fries in applesauce.

SANDYLAND CHRONICLE

The first Saturday in May is Free Comic Book Day. For 20 years, independent retailers across the nation have offered free comics to entice new fans. Who was your favorite superhero as a kid? Did a comic book character ever change your life? Don Mathis of San Antonio reflects on his childhood champion.

Superman Was My Teacher -- by Don Mathis



From the television series, *Adventures of Superman* (1952-1958), I learned honesty. George Reeves' character battled thieves and gangsters. Truth and justice were virtues of Superman and I strived for the same ethics.

I learned courage. Superman was not afraid of anything and I wanted to be like him. Especially the flying part. I was not the only kid to leap off the garage roof with a towel around his neck. When it was announced in 1959 that George Reeves committed suicide, I learned reality. I learned that people are vulnerable, that even the strongest have their weaknesses.

Then I learned how to read. With the TV show off the air, I continued my interest by following Superman comic books or *Action Comics*. I learned about maturity by reading about Superboy. And by reading comic books, I learned value. I could find five empty soda-pop bottles worth two cents each. This was enough for the latest issue which sold for a dime. Inflation was another lesson. When comic prices went to fifteen cents, bottle deposits rose to three cents. It still took five bottles to purchase one comic.

I learned about identity and about accepting other nationalities and cultures. On the planet Krypton, Superman was known as Kal-El. But because he always used his powers for the benefit of humanity, he was not considered an alien. Superman's secret identity was Clark Kent, a newspaper reporter for the *Daily Planet*. Clark was a mild-mannered guy. Sometimes people didn't treat him with respect but that didn't bother him. He knew his strengths. Maybe my decision to become a writer was because of Clark Kent.

Superman taught me the value of teamwork as well. If faced with a super-villain, Superman might join forces with Batman. If there was an organization of evil, Superman would call his friends from the Justice League of America. Sometimes, it's easier to share a task. But it's important to surround yourself with people who use their powers for good.

Superman doesn't harm anyone. I try not to either. He doesn't lie. I try to be honest. He is not possessive. I'm still learning this part. When Superman needed some alone time, he would retreat to the Fortress of Solitude. There is no stigma in seeking a place of solace now and then. Superman is not obsessed with grudges from his past. I've learned to let go of negative feelings too.

Though I may not have superpowers, I can still emulate the qualities of Superman. One could do worse.