

FAMILY FUN

FROM PHYSICIANS MUTUAL

What's inside ...

- Popular cookie and bar recipes
- Unique printable tags for homemade treats
- Family-favorite card games
- "Once Upon A Merry Tale" storytelling game



Physicians Mutual®



Recipes to Share – From Our Family to Yours

Print on heavy paper at highest quality print setting for best results; fold in half, cut out and glue the front and back of recipe card together.

No-Bake Haystacks

I make holiday cookies with my mom and sister every year. This is just one of the treats we make, and it's really simple.
- Kim Holzapfel, Physicians Mutual® Employee, Omaha, NE



ingredients

- 1 cup butterscotch or milk chocolate chips
- ½ cup peanut butter chips
- 1 tablespoon shortening
- 1 ½ cups broken crispy chow mein noodles

baked with love in the kitchen of

fold on dotted line

fold on dotted line

enjoy!

Prep/Total Time: 30 min.
Yield: 2 ½ dozen

temperature.
sheets. Refrigerate until set. Store in an airtight container at room
toss to coat. Drop by heaping teaspoons on waxed paper-lined baking
In a microwave, melt chips and shortening; stir until smooth. Add noodles,
directions.....

No-Bake Haystacks

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Cherry Mash Bars

This recipe has been a family favorite for years and is in the family cookbook. It reminds me of the holidays and adds a festive look to the cookie plate.

- Ronda Scripser, retired Physicians Mutual® Employee



ingredients

- | | |
|--|---|
| 2 cups sugar | 1 package (10 ounces) cherry baking chips |
| ½ cup plus 2 tablespoons butter, divided | 1 teaspoon vanilla extract |
| 1 can (5 ounces) evaporated milk | 1 ⅔ cups semisweet chocolate chips |
| 12 large marshmallows | ¾ cup creamy peanut butter |
| Dash salt | 1 cup chopped salted peanuts |

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enjoy!

Prep: 15 min. Cook: 5 min. + chilling Yield: 3 ½ pounds (17 pieces)

Line a 13x9-in. pan with foil; grease foil. In a large saucepan, combine sugar, ½ cup butter, milk, marshmallows and salt. Bring to a boil; cook and stir 5 minutes. Remove from heat. Stir in chips and vanilla extract until smooth. Spread into prepared pan. Let stand until set, about 20 minutes. In a large microwave-safe bowl, melt chocolate chips and remaining butter; stir until smooth. Stir in peanut butter and peanuts. Spread over cherry layer. Let stand until set. Using foil, lift fudge out of pan. Remove foil; cut into 1-in. squares. Store between layers of waxed paper in an airtight container.

directions

Cherry Mash Bars

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Frosted Sugar Cookies

I started making these when my oldest son was a toddler (he is now 39 years old). They have been a family and friend favorite all these years.

- Lana Johnson, retired Physicians Mutual® Employee



ingredients

1 cup butter-flavored shortening
1 cup sugar
2 eggs
3 teaspoons vanilla extract
3 ½ cups self-rising flour

Frosting

2 cups confectioners' sugar
½ teaspoon vanilla extract
2 to 4 tablespoons 2% milk
Sprinkles

baked with love in the kitchen of

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enjoy!

Prep: 40 min. + chilling
Bake: 10 min./batch

In a large bowl, cream shortening and sugar until light and fluffy. Beat in eggs and vanilla. Gradually beat flour into creamed mixture. Divide dough in half. Shape each into a disk; wrap in plastic wrap. Refrigerate 30 minutes or until firm enough to roll. Preheat oven to 400°. On a lightly floured surface, roll each portion of dough to ¼-in. thickness. Cut with a floured cookie cutter. Place 2 in. apart on greased baking sheets. Bake 8-10 minutes or until set. Remove from pans to wire racks to cool completely. For frosting, in a small bowl, mix confectioners' sugar, vanilla and enough milk to reach a spreading consistency. Spread over cookies, decorate with sprinkles.

directions.....

Frosted Sugar Cookies

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Molasses Cookies

I only make these as a tradition at Christmas, although they are a family favorite. The secret is in how you prepare the dough. Once you know the preparation secrets, you can make perfect cookies!

- Mike Taylor, retired Physicians Mutual® Employee



ingredients

2 cups sugar; plus extra for rolling	2 teaspoons baking soda
1 ½ cups canola oil	2 teaspoons ground cinnamon
2 eggs	1 teaspoon salt
½ cup molasses	1 teaspoon ground ginger
4 cups all-purpose flour	1 teaspoon ground cloves

baked with love in the kitchen of

fold on dotted line

fold on dotted line

enjoy!

Prep: 20 min. + chilling Bake: 10 min./batch
Yield: 5 dozen

Remove to wire racks to cool.
sheets. Bake 8-10 minutes or until tops are cracked. Cool on pans 1 minute.
roll in additional sugar. Place 2 in. apart on parchment paper-lined baking
hours. Preheat oven to 375°. Shape level tablespoons of dough into balls;
and cloves; gradually beat into sugar mixture. Refrigerate covered, 2
molasses. In another bowl, whisk flour, baking soda, cinnamon, salt, ginger
in a large bowl, beat sugar and oil until blended. Beat in eggs, then

directions.....

Molasses Cookies

Recipes to Share – From Our Family to Yours

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Pumpkin Upside-Down Pie

The holidays just aren't the same without a good pumpkin dessert. This is a great alternative for pumpkin pie lovers who have difficulty making a good traditional pie crust.

- Gary Ford, Physicians Mutual® Customer, Westcliffe, CO



ingredients

- | | |
|--|---|
| 1 can solid-pack pumpkin (29 ounces) | 1 teaspoon ground cinnamon |
| 2 cans evaporated or soy milk (12 ounces each) | ½ teaspoon ground ginger |
| 1 ½ cups packed brown sugar | ½ teaspoon ground nutmeg |
| 4 eggs | ¼ teaspoon ground cloves |
| 2 tablespoons all-purpose flour | 1 package spice cake mix (regular size) |
| 1 teaspoon salt | ½ cup butter, melted |
| | 1 to 1½ cups coarsely chopped walnuts |

baked with love in the kitchen of

fold on dotted line

fold on dotted line

Prep: 15 min. Bake: 50 min. + chilling
Yield: 2 dozen

Preheat oven to 350°. In a large bowl, combine the first ten ingredients; beat on medium speed until smooth. Pour into an ungreased 13x9-in. baking dish. Sprinkle with dry cake mix. Drizzle butter over top; sprinkle with walnuts. Bake 50-60 minutes or until a toothpick inserted in center comes out clean. Cool 1 hour on a wire rack. Refrigerate, covered, 3 hours or overnight. Cut into bars. Serve with whipped cream.

directions.....

Pumpkin Upside-Down Pie

Holiday Printable Labels for Homemade Gifts

Print on heavy paper or label stock at highest quality print setting for best results.



Printable Tags for Homemade Goodies

Print on heavy paper at highest quality print setting for best results; cut out shape and attach to surface with glue dots or double-sided tape.



Deal Up Some Holiday Joy

6 easy card games to enjoy now and throughout the year

Spoons (also called Pig)

Objective:

This is a game of elimination. Stay in the game by being the first to collect four of a kind, and by being quick enough to grab a spoon at the end of each round (there are enough spoons for all but one player). The last player standing is the winner.

What you'll need:

- ♣ At least 3 players (5 – 7 work well)
- ♣ Standard deck of cards (no jokers)
- ♣ Spoons (enough for all but one player)

Setup:

- ♣ Arrange spoons in the center of the table.
- ♣ Deal four cards to each player, including the dealer.
- ♣ Stack the remaining cards face down next to the dealer for a draw deck.

How to play:

The dealer starts by taking a card from the top of the draw deck and either keeping it or passing it face down to the player on the left. The player on the left must quickly decide whether to keep the card or pass it to the left. As the dealer continues to pass cards to the left, each player does the same as quickly as possible, making sure they are holding only four cards at one time. The player to the right of the dealer places discarded cards next to the dealer to be reused until the round ends.

The first person to collect four of a kind quietly grabs a spoon from the center of the table. Once the first spoon is taken, everyone else races to grab a spoon. The player left without a spoon is out of the game, and a new round begins using one less spoon than before. In the last round – when only two people are left – the first player to collect four of a kind and grab the one remaining spoon wins.



Deal Up Some Holiday Joy continued ...

Crazy Eights

Objective:

In this family-friendly game, simply play a card matching the number or suit played by an opponent. Eights are wild, so use them to your advantage. Be the first player to run out of cards and you win.

What you'll need:

- ♦ 2 to 5 players (for more players, shuffle in a second deck of cards)
- ♦ Standard deck of cards (no jokers)

Setup:

- ♦ Deal five cards to each player, or seven cards if there are only two players.
- ♦ Stack the remaining cards face down in the center of the table for a draw pile. Remove the top card and place it face up next to the draw pile.

How to play:

The player to the dealer's left plays a card that matches either the rank or suit of the face-up card. For example, if the face-up card is a five of diamonds, the player can play a five of any suit, or a diamond of any rank. If the person can't play, he or she must take one card at a time from the draw pile until a card can be played.

When the draw pile runs out, keep the top card from the face-up pile in place, reshuffle the remaining cards to create a new draw pile and continue play.

Eights are wild, so use them when you don't have another card to play or when you want to change the suit in play. If you play an eight, you must call out the suit you want it to represent, and the next player must match it.



Deal Up Some Holiday Joy continued ...

Slapjack (also called Snap)

Objective:

Be quick on the draw to win this fast-moving game. To win, you must collect all the cards. If the game is running too long, set a time limit. When time is up, count the number of cards belonging to each player. The person with the most cards wins.

What you'll need:

- ♥ 2 to 8 players
- ♥ Standard deck of cards (no jokers)

Setup:

- ♥ Deal all the cards. Without looking, players put their cards in a neat pile facedown.

How to play:

The player to the dealer's left begins by placing the top card from his or her stack onto the middle of the table. Each player takes turns doing the same, adding cards to the pile as fast as possible.

As the pile of cards grows, players eagerly watch for a jack to be played. As soon as a jack lands on the pile, the first player to slap the card wins the entire pile.

If a player slaps a card that isn't a jack, he or she must give a card, face down, to the player who laid the last card. As the game continues, players are eliminated when they run out of cards.



Deal Up Some Holiday Joy continued ...

Sequence

Objective:

Be the first player to get rid of your hand by playing cards in sequence according to the suit. This simple game is a fun way to teach counting and sorting skills to young children.

What you'll need:

- ♣ 2 to 8 players
- ♣ Standard deck of cards (no jokers)

Setup:

- ♣ Deal all the cards.

How to play:

The player on the dealer's left starts by placing the lowest card of a particular suit face up in the center of the table. Play does not continue around the table. Rather, the person who has the next highest card in that suit plays it on top of the first card. Then, the next highest card in that suit is played by whoever has it in their hand.

Players continue to pile cards in sequence until the ace, the highest card of the suit, is reached. Whoever plays the ace starts the next round by playing the lowest card of a new suit. The game continues until the winner runs out of cards.



Deal Up Some Holiday Joy continued ...

I Doubt It (also called Baloney or Cheat)

Objective:

Be the first player to get rid of all your cards in this hilarious bluffing game. Play your cards face down while you tell your opponents what cards you're playing. Are you telling the truth? If someone doesn't believe you, they shout, "I doubt it!" or "Baloney!"

What you'll need:

- ♣ 3 or more players
- ♣ Standard deck of cards (no jokers)

Setup:

- ♣ Deal all the cards, making sure everyone has the same number of cards. Depending on the number of players, you may have a few leftover cards. Place them face down in the center of the table to start the discard pile.
- ♣ Arrange the cards in your hand so they are in sequence (put all aces together, then twos, then threes, etc.)

How to play:

The person to the dealer's left begins by placing any aces face down in the discard pile. At the same time, the player announces the cards he or she is playing, such as: "One ace."

If the player doesn't have any aces or wants to get rid of more than one card, he or she can play any other cards and bluff through the play. The next person then plays twos, the next plays threes, and so on.

If an opponent thinks a player is bluffing, he or she can call out, "I doubt it!" or "Baloney!" The player being challenged must turn the cards over and show them to the opponent. If a player is caught in a bluff, the discard pile is added to his or her hand. If the person who challenged the player is wrong, he or she takes the entire discard pile.

After Kings have been played, a new round begins with aces. The first person to get rid of all cards wins.



Deal Up Some Holiday Joy continued ...

Solitaire

Objective: In this popular one-person game, your goal is to move the four aces from either your columns or your stock deck to four “foundation” piles, which you will continue to build in sequence (aces through kings) until your columns and stock deck are empty.

What you’ll need:

- ♦ Standard deck of cards (no jokers)

Setup:

- ♦ Deal seven cards, one next to the other, to form seven columns. All cards should be face down, except the card in the first column.
- ♦ Continue to deal cards, face down, so the second column has two cards, the third column has three, and so on up to the seventh column, which will have seven cards. Turn the last card in each column face up.
- ♦ Stack the rest of the cards face down in front of you. This will be your “stock deck.”

How to play: To help you build your foundation piles in sequence, you’ll need to build your columns in descending sequence, while alternating red and black cards.

How to build your columns: For example, if the card facing up at the end of a column is a black four (spades or clubs) you can lay a red three (hearts or diamonds) on top of it, followed by a black two, if you have it. The next card in the sequence would be a red ace. However, instead of placing it on top of the two, lay the ace face up above your columns. This will be the start of one of your four foundation piles.

How to build your foundation piles: Aces will be at the bottom of your foundation piles. Add cards to your foundation piles in ascending sequence according to suit. For instance, you’d top your ace of clubs with the two through king of clubs.

How to use your stock deck: From your stock deck, deal three cards face up into a waste pile. The top card – the last card you dealt – can be used to build your columns or your foundation piles. Once you’ve played your top card, you can continue to play the next two waste cards if you can. If you can’t play your top card, deal three more cards into your waste pile. When your waste pile runs out, turn the waste pile over and reuse it. Do not shuffle.

How to move cards between columns: The top card from any column may be moved to a different column or to a foundation pile. To build on a sequence within a column, groups of cards in descending order from a different column may be moved over. Whenever face-up cards have been removed from a column, turn the top card of that column face up. As you turn cards face up in columns, move them to other columns or to your foundation piles as soon as you can. When a column no longer has any cards, you may fill the space with a king.

How to win: Continue moving cards between the waste pile and the columns until all cards are facing up – and so all cards can eventually be moved to the foundation piles. Once you’ve built all four foundation piles, the game ends and you win. If you run out of moves before your foundation piles are completed, reshuffle the cards and start the fun all over.



Once Upon A Merry Tale

A creative storytelling game for the whole family

Number of players: The more, the merrier

How to play: Choose one person to start telling a story – but only the first two or three sentences. Then, have the next person continue to build on the story with a few more sentences. Keep the story going in round-robin fashion, with each person adding twists and turns to the plot. After several rounds, the person who started the story can bring it to an exciting close. Use the Merry Tales Script Sheet to write down your story as it unfolds. When finished, have someone read the entire story out loud.

For added fun, write the words below on separate pieces of paper and put them into a bowl or jar. Before each turn, have storytellers draw a word to use in their sentence(s).

Hometown

Quaint

Christmas

Holiday

Festival

Bakery

Baking contest

Secret recipe

Pageant

Bookstore

Ice sculpting

Ice skating

Snowstorm

Sledding

Stranded

Gingerbread house contest

Evergreen

Prince

Royal

Castle

Inn

Farm

Family

Local tradition



Merry Tale Example

Storyteller 1: It was 2:00 on a snowy Christmas Eve Day when Noel's train pulled out of the New York station. She was headed home to celebrate the holidays with her parents at ...

Storyteller 2: the quaint Vermont inn her family had owned for generations. But this Christmas would be bittersweet. When Noel got home, her mother hugged her and said ...

Storyteller 3: "We're going to lose the inn if business doesn't pick up." Noel soon discovered the only thing that could save the inn – and Christmas – was a hometown ...

Storyteller 4: gingerbread house contest. But she couldn't do it without the help of ...

Storyteller 5: the inn's handsome groundskeeper who held a deep secret. He was actually a ...

Merry Tale Script Sheet

Use these pages to record your story as it unfolds.

Handwriting practice lines consisting of a solid green top line, a dashed red middle line, and a solid green bottom line. There are 12 sets of these lines across the page.



Merry Tale Script Sheet

Use these pages to record your story as it unfolds.

Handwriting practice lines consisting of alternating green and red dotted lines.

