

Cooking . . .

Ukrainian Style



**Traditional
and Modern Recipes**

**To mark the 50th Anniversary
of the "Olena Pchilka" Branch
of the Ukrainian Women's Association**

1927 - 1977



A BOOK OF TESTED RECIPES

THIRD EDITION

To mark the 50th Anniversary of the
"Olena Pchilka" Branch of the
Ukrainian Women's Association of Canada

1927 -1977

U.W.A.C. - YORKTON BRANCH

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PRESIDENT'S MESSAGE

The Ukrainian Women's Association of Canada, "Olena Pchilka" Yorkton Branch is proud to present this Cook Book as a memorandum of our 50th year Anniversary.

Many things have changed in half a century but our culture and traditions changed very little. In our many homes across Canada Ukrainian handicraft and Ukrainian Cooking is still an art. Therefore it is indeed a great pleasure on this special occasion to share with some of our traditional and modern recipes.

We wish to thank and congratulate the Cook Book Committee members, and their chairman Mrs. Natalie Heshka for their great effort and time spent in preparing the material and compiling the Cook Book so efficiently.

Our sincere appreciation and thanks to the contributors of recipes, to donors for their financial support, and to the purchasers of this book.

Mrs. Anne Kucheravy,
President
U.W.A.C. "Olena Pchilka" Branch

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Lesia Jarman
Mary Kereliuk
Nadine Mihaychuk

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Mary Sklaruk
Phyllis Stanicki
Iris Wasylyshen
Susan Wonitowy

For additional copies:

Mrs. N. Heshka,
Box 692, Yorkton, Sask.
Telephone 783-3781

Mrs. P. Stanicki,
361 - 4th Ave. N., Yorkton, Sask.
Telephone 783-5382

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TABLE OF CONTENTS

Traditional Ukrainian dishes	
Christmas	7
Easter	13
Breads	18
Coffee Cakes	26
Pancake Recipes	30
Cakes and Icings	33
Beverages	56
Party Snacks	59
Pies and Tarts — Desserts	60
Cookies and Dainties	70
Soups and Salads	83
Meats, Fish and Casseroles	88
Pickles, Relishes and Preserves	101
Vinegar goes a long way'	107
Food buying guide	109
Household Hints	87, 110, 111

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UKRAINIAN CHRISTMAS EVE TRADITIONAL RECIPES

MENU

Kutlia

Borsch

Stuffed Fish

Jellied Fish

Varenky Filled With Sauerkraut And Prunes (Pyrohy)

Bib (Broad Beans)

Beans (Kolacheni Fasoll)

Holubtsi - Cabbage Rolls

Mushrooms

Stewed Dried Fruit

Kolach

Pampushky



RIZDVO (CHRISTMAS)

Rizdvo ends a six week lenten period (Advent), during which the faithful abstain from merrymaking and worldly pleasures and devote more time to meditation and prayer, the reading of good books, and to charitable works.

The most festive occasion is the Sviata Vecheria (Holy Supper) on Christmas Eve, January 6th. A feeling of suffused joy and expectation pervades the home as preparations are begun early in the day. The table is covered with a richly-embroidered cloth under which a handful of hay has been spread (a reminder of Christ's birth in the manger), with a kolach and a lighted candle placed in the centre; a sheaf of grain, the didukh, is set in a corner and a decorated Christmas tree (ialynka), holds a prominent place in the room. The children eagerly watch for the first evening star, at which time the family sits down to the Holy Supper.

The menu is meatless, consisting of twelve dishes, symbolic of the twelve Apostles -- the bountiful harvest of the garden, the field and orchard, the rivers and lakes. No milk or animal fats may be used in the preparation of food; this is a survival of the ancient animistic religion, a belief that all living things possess a soul. The main dish is kutia, cooked wheat flavored with honey, nuts and crushed poppy seed.

After repeating the Lord's Prayer, the father raises a spoonful of kutia and greets the family with the traditional "Khrystos Rodyvsia!" (Christ is born) and all reply "Slavim Yoho!" (Let us glorify Him). After partaking of kutia, the family is served with other delectable dishes: borsch, varenyky, holubtsi, various preparations of fish, (baked or jellied), marinated herrings, mushrooms, beans flavoured with garlic, sauerkraut with peas, stewed fruit, buns and other pastries, fresh fruit and nuts. After Supper the whole family joins in singing traditional Christmas carols, beginning with the oldest koliada "Boh Predvichnyi" (God Eternal).

At midnight the family attends a special Christmas service to hear again the deeply-moving story of the birth of Christ, and to join in the singing of well-known and beloved carols.

It is customary for groups of young and old to go carolling to homes of parishioners. The carollers are eagerly awaited everywhere and the generous donations given are designated for the Church and charity or other worthy causes. For it is at Christmas, the time of our Savior's birth that the "Peace on earth, goodwill to men" proclaimed by the angels centuries ago is most manifest among men, a fitting tribute to the teachings of Christ and of our Holy Church.

KUTIA

Wash 2 cups wheat and soak overnight in lukewarm water. Cook wheat in the same water. Simmer until tender. This will take 2 to 6 hours. Salt the wheat lightly. Meanwhile scald $\frac{1}{2}$ cup or more poppy seed and drain well. Grind using very finest blade. When wheat has cooked combine with poppy seed, add honey to taste, $\frac{1}{2}$ honey and $\frac{1}{2}$ sugar may be used. $\frac{1}{2}$ cup chopped nuts may be added if desired or may be used as a garnish.

BORSCH

1 cup carrots	2 bay leaves
1 cup celery	6 $\frac{1}{2}$ cups water
2 cups beets	2 cups tomato juice
1 cup cabbage, shredded	2 tbsp. corn starch
2 medium onions, chopped fine	3 tbsp. cooking oil
Salt to taste	Pepper
1 tbsp. lemon juice	

Grate carrots and beets on medium grater. Add diced celery, one chopped onion, salt, cold water and simmer for $\frac{1}{2}$ hour. Saute onion in oil. Add cabbage. Simmer until all vegetables are tender but firm. Add tomato and lemon juice. Dissolve corn starch in $\frac{1}{2}$ cup cold water and add to borsch. Bring to boil. Serve hot.

STUFFED FISH

Salmon (or any fish of your choice - 5 lbs.)	1/8 tsp. pepper
1 medium chopped onion	$\frac{1}{2}$ tsp. poultry seasoning
1 cup finely chopped celery	$\frac{1}{2}$ tsp. sage
$\frac{1}{2}$ cup oil	$\frac{1}{2}$ cup water
2 cups dry bread crumbs	
1/8 tsp. salt	

Scale and clean the fish. Cook onion and celery in oil. Combine with all the remaining ingredients. Stuff salmon and brush outer surface with oil. Bake on large cookie sheet at 400 degrees allowing 10 minutes for every inch of fish. Serve on hot platter garnished with lemon wedges and parsley.

PICKLED HERRING

10 herrings	DRESSING:	3 cups water
4 onions		1 cup vinegar
1 lemon		2 tbsp. sugar
1 tbsp. oil		1 tbsp. mixed pickling spice
		a few bay leaves

To every cupful of liquid necessary to cover the herring and onions use the following:

½ cup vinegar
¾ cup of 7-up
spices if desired

Wash herring well and soak overnight in cold water. Remove gills, head, etc. Cut into desired pieces. Place layers of herrings, then onions and several slices of lemon. Boil vinegar mixture and cool before pouring it over herring. Add oil, cover and let stand at least 2 days.

JELLIED FISH

2 - 3 lbs. fish, scaled, cleaned	2 sprigs parsley
1 medium onion, chopped	4 peppercorns
1 medium carrot, sliced	1½ tsps. salt
1 stalk celery, diced	1 tbsp. unflavored gelatine
	½ cup cold water

Cut fish into 2 inch pieces. Put vegetables, pepper and salt into a pan, and arrange fish on top. Cover with boiling water and simmer, covered, until fish is tender. (Flesh comes off the bones readily.) Remove fish carefully. Strain the stock and boil rapidly to reduce liquid in half. Soften gelatine in water and let stand a few minutes. Dissolve it in hot stock. Season to taste. Pour a thin layer of stock into a mold and cool until partially set. Remove bones and skin from fish and arrange in the mold. Carrot from the strained stock may be used as garnish. Cover with remaining stock and chill until firm. Unmold on platter and garnish with lemon and parsley.

VARENYKY

4 cups flour	2 eggs
1 cup warm water	2 tsps. salt
4 tbsps. Crisco oil	

Beat the eggs and add to the water and oil. Mix well, then add the flour and salt. Knead until the dough is soft. Cover and let rest for 30 minutes. Roll out thin, cut into squares or rounds. Place a teaspoonful of filling on each piece. Pinch edges well together to seal. Drop into boiling salted water and boil for about eight minutes. Drain, rinse with cold water and grease with fried onion in butter or oil. Serve or freeze for future.

HOLUBCHI (CABBAGE ROLLS)

1 head sweet or sour cabbage	1 tbsp. salt
3 tbsps. oil or butter	1 small onion
1 can tomato soup or water	1 cup rice
Pepper	

Take head of cabbage, cut out core from center, place cabbage in a container and pour boiling water over it. Cover and after a few minutes remove the softened leaf and cut off hard part so as to make it easier to roll together. Line roaster with foil.

Wash rice thoroughly, place in 2 quart container half filled with water and cook for 3 minutes, stirring constantly until cooked. Then strain, wash in cold water and place in dish where it could be mixed easily. Place the oil in pan, add chopped onion and simmer until brown. Add to the rice. Season, mix well. Place a spoonful or more of this mixture in each individual cabbage leaf and roll in a way so that the rice will not fall out. Place each roll side by side. Then pour hot water or tomato soup diluted with hot water over the holubchi. Cover with foil and bake for 1½ hrs. at 325° F. (For holubchi made with sour cabbage use boiling water instead of tomato soup).

BUCKWHEAT HOLUBCHI

1 cup rice	1 cup bacon pieces (or side
3½ cups boiling water	pork cut in ½ inch cubes
2 tsps. salt	and fried until light brown
2½ cups buckwheat	in color)
2 cups grated raw potatoes	Add ½ cup onion, and fry
(cooked potatoes mashed in	
water may be used also)	
1 large head of sour cabbage	

*Wash rice well and add to boiling salted water, bring to boil and let cook 1 minute. Add buckwheat and again bring to a slow boil, turn off heat, cover and allow to stand until water is absorbed. Then add raw grated potatoes (or cooked mashed potatoes in juice) and bacon pieces which have been fried with onion. Season with salt and pepper to taste.

Prepare leaves as for rice holubchi. Place a generous spoonful of filling into each leaf and roll lightly. Arrange rolls in layers in a well greased lined roaster. Sprinkle each layer with melted fat or butter and seasoning. Add 1½ cups water. Cover rolls with foil or a few leaves to protect them from burning. Cover with lid and bake in oven for 325° F for about 2 hours.

KOLOCHENI FASOLI (MASHED BEANS)

1 lb. white navy beans	2 cloves of garlic, minced
1 medium onion, chopped	Salt and pepper
¼ cup oil	

Soak beans overnight. Drain, add fresh water to cover and cook slowly about three hours or in pressure cooker for 30 minutes. Drain and mash. Saute onions and seasonings in oil. Add to beans. Serve hot.

COMPOTE (DRIED FRUITS)

Combine amounts of your favorite dried fruits. Soak overnight. Next day, simmer until tender. Sweeten, and season to taste (lemon juice, nutmeg, ginger).

PAMPUSHKY

3 pkgs. yeast	1 cup oil
1 cup lukewarm water	4 whole eggs, 2 yolks
1 tsp. sugar	1 tsp. salt
2 cups lukewarm water	10 cups flour (warm)
1 cup scalded milk	1 cup sugar or warm honey
$\frac{1}{2}$ cup margarine	

Dissolve 1 tsp. sugar in 1 cup lukewarm water, add yeast and let stand 10 minutes in a warm place. In a large bowl place the flour making a well in the middle. Beat eggs, add oil, melted margarine, milk, water, salt, sugar, and yeast. Mix and add to the flour. Mix well, if it is soft add more flour. This dough should be soft. Grease the bowl and your hands with oil, and knead for about 10 minutes. Cover and let rise in warm place until double in bulk. Punch down and let rise again. Roll $\frac{1}{4}$ inch thick, cut 2 inch squares. Place $\frac{1}{4}$ or $\frac{1}{2}$ tsp. filling in the center, bring edges together and press to seal. Place pampushky on a lightly floured board and let rise for 1 hour. Deep fry in oil, 375° turning to brown both sides. Drain on absorbent paper.

Poppy seed filling:

2 cups poppy seed	4 crackers crushed fine
1 cup sugar	1 tsp. melted butter
$\frac{1}{2}$ cup chopped nuts	2 tsps. vanilla

Cover poppy seed with boiling water, drain thoroughly. Do this a few times. Place pot on low heat to evaporate the moisture. Grind through a fine blade at least twice. Add the crushed crackers, sugar, butter, nuts, and vanilla. Mix well and keep in a cool place. Pampushky can also be filled with stewed prunes.

MUSHROOMS

2 cups cooked mushrooms	2 tbsps. lightly browned flour
1 large cooking onion	Salt and pepper
3 tbsps. oil	1 tsp. lemon juice
1 clove garlic	2 cups water (hot)

Fry 1 large sliced cooking onion in 3 tbsps. oil. Let fry until golden brown. Sprinkle lightly with browned flour and add 2 cups of hot water. Stir well to form a smooth sauce; add mushrooms, lemon juice, salt and pepper to taste and boil hard for 10 minutes, stirring constantly to prevent scorching. Serve hot.

UKRAINIAN EASTER TRADITIONAL RECIPES

MENU

Blessed Boiled Eggs

Paska

Babka

Shynka (Ham)

Sausage

Cottage Cheese

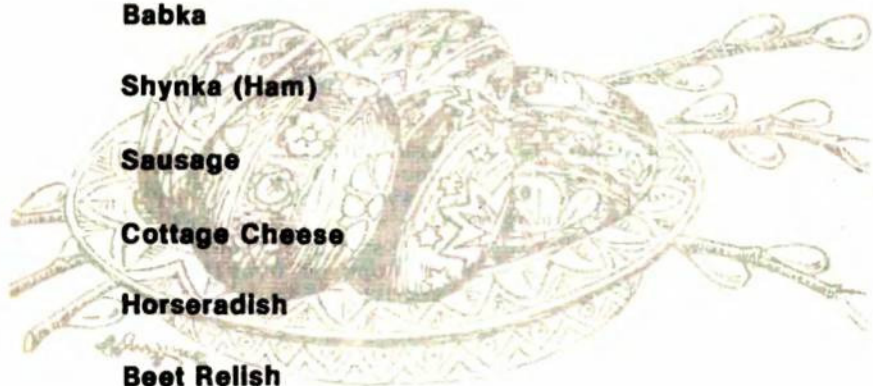
Horseradish

Beet Relish

Butter

Syrnyk (Easter Cheesecake)

Pysanky And Krashanky



VELYKDEN (EASTER)

Preparations for Easter begin six weeks earlier with the observance of the Great Lent. This is a time of spiritual purification, of fasting and abstinence from "pleasures of the flesh," a time of penance and forgiveness. The faithful go to confession and partake of Holy Communion in expectation of the Resurrection of Christ.

The last week of Lent is known as Holy Week, marked by religious services on specific days: Palm or Willow Sunday, symbolizing Christ's journey to Jerusalem, observed by a special service at which branches of pussywillows are blessed by the priest and distributed to the worshippers, Strasty or Passion Service on the night of Holy Thursday; Plashchanytsia, the procession with the Holy Shroud and the Burial Service on Friday afternoon; Nadhrobne, Adoration of the Holy Grave on Saturday; all these services prepare believers spiritually for the coming Resurrection -- Christ's victory over death.

Easter to Ukrainians is synonymous with the pysanka, the beautifully and artistically decorated Easter egg. From time immemorial the egg has been a symbol of life, of eternity, having no beginning and no end, possessing magical powers; hence, early Christians associated the decorated pysanka with the Resurrection, with hope of everlasting life. The gift of an Easter pysanka is something to be treasured and loved.

In the last week of Lent special traditional food is being prepared. The paska, an ornately decorated round loaf, and the babka, a sweet leavened bread, are baked with meticulous care. On Saturday a basket of food is readied, which must be taken to church. Basically, it includes a paska, babka, boiled eggs, cheese, sausage, horseradish, butter and pysanky. A candle is placed in the middle and the whole covered with a beautifully embroidered cloth. In good weather these baskets are set outside as the congregation walks in procession around the church.

At the conclusion, candles are lighted, the baskets all uncovered, and the priest blesses each basket with holy water.

The Easter breakfast ends the Lenten fast. The table is centered with the paska, pysanky and candles and the fragrance of incense permeates the home. The menu is sumptuous and varied; it includes the consecrated food together with boiled eggs, sausage, baked ham, pickled beets, horseradish, and for dessert, slices of delicious babka, syrnyk (cheese cake) and other pastries. The father, after leading in prayer, cuts the consecrated egg into several pieces, one for each member, and greets the family with the traditional salutation. This ritual symbolizes family unity and on Easter Sunday no visiting is done, except between families.

PASKA

1 tsp. sugar	6 eggs, beaten
1 cup lukewarm water	1/3 cup sugar
1 pkg. yeast	1/2 cup melted butter
3 cups scalded milk, luke- warm	1 tbsp. salt
5 cups flour	9 to 10 cups flour

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the softened yeast with the lukewarm milk and 5 cups of flour. Beat well until smooth. Cover and let the batter rise in a warm place until light and bubbly. Add the beaten eggs, sugar, melted butter, and salt; mix thoroughly. Stir in enough flour to make a dough that is neither too soft nor too stiff. Knead until the dough no longer sticks to the hand. Turn the dough on a floured board and knead until smooth and satiny. Place in a bowl, cover, and let it rise in a warm place until double in bulk. Punch down and let it rise again.

Divide the dough into 3 parts. Reserve 1 part for ornamenting the loaves. Shape the other 2 parts into 2 round loaves. Place each in a greased, round pan. Now cut the reserved part in half to ornament the 2 loaves. The central ornament on paska is usually the cross. Roll 2 long rolls and trim the ends. Place the rolls over the top of the loaf, crossing one another evenly. Tuck the ends of the rolls under the loaf. Shape the trimmed dough into twisted swirls or rosettes, and arrange them symmetrically between the arms of the cross. Use sharp scissors to make fine petals on the rosettes. Once the cross is placed on the loaf, the remaining ornamentations is left to one's imagination and artistic ability. Set the loaves in a warm place until they are almost double in bulk. Take care not to let the loaves rise longer than necessary because the ornaments will lose their shape. Brush very carefully with a beaten egg diluted with 2 table-
spoons of water. Bake in a moderately hot oven (400°F) for about 15 minutes, then lower the temperature to 350°F, and continue baking for 40 minutes longer or until done. Avoid browning the top too deeply.

HOMEMADE SAUSAGE

2 lbs. lean pork	5 tsp. coarse salt
2 lbs. lean beef	4 tsp. ground sage
1 lb. fat pork	2 tsp. black ground pepper
Total: 5 lbs. meat	1 tsp. granulated sugar
	garlic (optional)
	1 - 2 cups water

Add water, mix thoroughly. Stuff into casings.

BABKA

½ cup lukewarm water	2 pkgs. yeast
1 tsp. sugar	1 cup sugar
2 cups scalded milk	5 whole eggs
½ lb. butter	10 yolks
1 tbsp. salt	1 orange juice and rind
Flour to make soft dough, about 7 cups or more	1 tsp. vanilla
	1 cup seedless raisins

Dissolve the sugar in lukewarm water; sprinkle the yeast over it. Let stand 10 minutes. Beat the eggs and the egg yolks for 10 minutes adding sugar, a little at a time. Add the salt, orange juice, milk, rind and the yeast mixture to the beaten eggs. Mix well and gradually mix in the flour adding the melted butter, a little at a time, until enough flour is added to make soft dough. Knead 20 minutes or until dough no longer clings to hands. Let rise in a warm place until double in bulk. Knead down and let rise again as before. Form dough into a ball, small enough to fill 1/3 of a container. Let rise in warm place. Bake in preheated oven at 350°F. and bake for 30 minutes.

CURED HAM

10 - 12 lbs. pork shoulder or leg of pork	¾ cup salt (pickling salt if available)
¾ cup brown sugar	2½ tbsps. salt petre
3 cups water	
pickling spice	

Bring sugar, spices and water to a boil. Remove from heat and cool. Then add salt and salt petre. Mix well till thoroughly dissolved. Add enough water to cover your ham. Let stand in brine in a crock or enamel roaster in a cool place for a week turning once or twice. Then remove from brine and wash thoroughly and roast.

STUDINETZ (JELLIED MEAT)

3 pork feet	3 beef shank or hocks
2 pork hocks	

Singe the pork. Wash well. Soak in cold water. Drain. Cover with fresh water and bring to boil. Rinse and cover with clean water. Cook slowly about 4 to 5 hours with the following ingredients (skim off scum).

5 cloves garlic	2 bay leaves
1 onion	mixed spices
salt and pepper to taste	

Take the meat out, cut in small pieces, place in bowl. Pour the strained stock over the meat. Stir lightly and let stand until cold. Place in refrigerator till firm.

CHEESE TORTE

2 cups breadcrumbs	1½ tsp. lemon juice
1½ cup sugar	1½ tsp. grated lemon rind
1 tsp. cinnamon	1 cup cream
½ cup melted butter	3 cups cottage cheese
4 eggs	4 tbsp. flour
1/8 tsp. salt	½ cup chopped nuts

Combine crumbs with ½ cup sugar, cinnamon, and butter. Set aside ¾ cup crumb mixture for topping. Press remaining mixture into 9 - inch pan, lining bottom and sides. Beat eggs with remaining sugar until light. Add salt, lemon juice, lemon rind, cream, cheese and flour. Beat thoroughly until well blended. Turn into lined pan, sprinkle with remaining crumbs and nuts. Bake in moderate oven (350°F) about 1 hour, or until center is set. Turn off or reduce heat. Open oven door let stand in oven 1 hour, or until cooled. Serves 10 to 12.



THE FOOD SHOPPER'S CREED

The health of my family is in my care; therefore --
I will base my market list on meals planned according to the
DIET PATTERN.

I will choose foods of quality and in quantities that will
provide the nutritive elements planned for.

Stretching the food dollar is part of my responsibility;
therefore --

I will take advantage of what seasonal markets offer in
variety, quality and price, to the end that I may exchange
my dollar for maximum values.

My family's enjoyment of food is my responsibility; there-
fore --

I will use the possibilities of the food market to provide
variety, excellent quality and novelty within the limits of
my food budget.

Purchasing food is an important link in the business of feed-
ing my family; therefore --

I will make every effort to weigh possibilities offered by
various markets, by various foods and the forms in which
they are offered from season to season, to the end that I
may take pride in a job well done.

BREADS

WHITE BREAD

2 cups milk	2 tsps. granulated sugar
$\frac{1}{4}$ cup granulated sugar	1 cup lukewarm water (100°F)
4 tsps. salt	2 envelopes active dry yeast
$\frac{1}{4}$ cup shortening	9 $\frac{1}{2}$ to 10 cups flour
1 cup water	

Oven temperature: 400°F.

Scald milk. Pour into a large bowl and add $\frac{1}{4}$ cup sugar, salt, shortening and 1 cup water. Stir until shortening melts. Cool to lukewarm.

Meanwhile, dissolve 2 tsps. sugar in 1 cup lukewarm water and sprinkle yeast over top. Let stand for 10 minutes, then stir briskly with a fork. Stir softened yeast into lukewarm milk mixture.

Beat in about 5 cups flour, beating vigorously by hand or with electric mixer. With a spoon, beat in enough of the remaining flour to form a stiff dough. Work in the last of the flour with a rotating motion of the hand. Turn dough onto a floured surface and knead 8 to 10 minutes. Shape into a smooth ball and place in a greased bowl, rotating dough to grease surface. Cover with a damp cloth and let rise until doubled (about 1 $\frac{1}{2}$ hours). Keep in a warm place. Punch down and shape into 4 loaves. Place in greased 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ inch loaf pans, grease tops, cover and let rise again until doubled (about 1 hour).

Bake in preheated 400°F. oven for 30 to 35 minutes. Makes 4 loaves.

WHITE BREAD

3 cups hot water	2 tsps. sugar
3 tbsp. shortening	$\frac{1}{2}$ cup sugar
4 tsps. salt	2 $\frac{1}{4}$ cups cold water
2 pkgs. yeast	about 18 cups flour
1 cup lukewarm water	

Dissolve yeast mixture for 10 minutes.

Combine the above ingredients plus half the flour and mix well. Add remaining flour and knead dough until soft. Let rise till double in bulk -- about 2 hours. Punch down and let rise for 30 minutes. Put in pans and let rise till double in size. Bake at 370° - 400°F. for $\frac{1}{2}$ hour.

HAPPINESS IS LIKE A POTATO SALAD
SHARE IT AND YOU HAVE A PICNIC.

QUICK BUNS

3 cups boiled milk-let cool 3 pkgs. yeast
6 tbsps. lard or shortening 1 tsp. sugar
8 tbsps. sugar 1½ tsp. salt
3 eggs 12 cups flour
1 cup lukewarm water

Mix as for bread. Let rise, punch down. Let rise again.
Make into buns.

QUICK BUNS

1 pkg. yeast 3 tbsps. sugar
½ cup water 1 egg
1 cup milk

Let yeast mixture rise 10 minutes. Scald milk. Dissolve shortening, sugar and salt in scalded milk. Cool. Beat egg and add to milk mixture. Add flour and knead well. Place in greased bowl and let rise. Shape into buns as desired and let rise again.

AIR BUNS

½ cup lukewarm water Let stand for 10 minutes.
1 tsp. sugar
1 envelope ~~yeast~~ *yeast*

ADD:
2 tbsp. vinegar ½ cup shortening
3½ cups lukewarm water 2 tps. salt

ADD:
5 cups flour. Beat with beaters.

Knead in another 4 to 5 cups flour. Let stand 40 minutes or 1 hour if not in sealed Fix-N-Mix. Knead and let stand 30 minutes or 1 hour, if not in Fix-N-Mix. Knead third time, shape into buns. Put in greased pans. Let stand 3 hours with light cloth over. Bake 20 to 25 minutes in 375°F. oven. Makes 4½ dozen. Save 50 minutes if made in Fix-N-Mix.



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DINNER BUNS

Set 2 tablespoons yeast to rise in 1 cup warm water. Mix 3/4 cup sugar to 3 or 4 eggs; ½ cup oil and 1½ cups water. Work in 8 to 10 cups flour and 2 teaspoons salt. Let rise once and make into buns and let rise in pans. Bake at 350°F. for 24 to 30 minutes.

BUNS FROM CHIRNOVETZ BUCHOWENA

1 tbsp. yeast
½ cup water

¼ tsp. salt
1 tbsp. sugar

Put together in bowl and let stand for 10 minutes.

2 eggs
3 tbsps. sugar

Add together and beat until mixture is light in color, then add to dissolved yeast and stir lightly. Add 2½ cups of flour to liquid and mix by hand until it is satiny smooth. Roll the dough into 12 inch circles. Brush with melted butter on both sides and fold in 4 layers. Put dough in covered container in a cool place overnight. Leave room for the dough to expand. In the morning roll dough out in a circle. Brush with butter and cut in pie shapes, (about 12 pieces). Roll each piece starting from wide end towards narrow end. Place on buttered baking sheet (do not place to close together as dough will double in size). Bake at 350°F. for 15 to 20 minutes. Will resemble French pastry.

DEEP FRIED PYROGIE

6 cups flour
3 cups cottage cheese (dry)
1 tsp. soda

2 beaten eggs
1 tsp. salt

Warm water to make soft dough. Boil potatoes, mash well with butter and add cheese whiz. Salt and pepper to suit your taste. Make pyrogies and deep fry in oil. They can be frozen and warmed in the oven for later use.

EATON'S

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SOUR CREAM SCONES

4 cups flour	$\frac{1}{2}$ tsp. salt
6 tbsps. Crisco, butter or lard	1 tsp. baking soda
8 tbsps. sugar	2 tpsps. cream tartar
1 egg	2 cups of sour cream

Rub flour, crisco, and salt, all dry ingredients between fingers like pie crust. Beat egg and cream together, mix in batter and make a soft dough. Cut with cookie cutter and bake at 375°F. until lightly brown.

BUTTERHORNS

1 cup scalded milk and cooled	3 eggs, beaten
$\frac{1}{2}$ cup sugar	2 pkgs. dry yeast dissolved in 1 cup water and 2 tsp. sugar
$\frac{1}{2}$ tsp. salt	3 $\frac{1}{2}$ to 4 cups flour
$\frac{1}{2}$ cup butter	

Knead dough well, let rise until double, punch down once. Prepare pans, roll dough and cut into wedges, then roll each wedge individually. Bake at 350°F. for 20 minutes. Ice with icing sugar.

DOUGHNUTS

2 pkgs. yeast soaked in $\frac{1}{2}$ cup water	5 egg yolks
1 cup vegetable oil	5 cups boiling water
1 cup sweet cream	$\frac{1}{2}$ tsp. salt
3/4 cup sugar	10 cups flour, or as much as is needed to make a soft dough.

Pour boiling water over oil, sugar, cream and salt. Cool to lukewarm. Add yeast and egg yolks, well beaten. Add flour and knead well. Let rise about 2 hours. Roll and cut out. Then let rise for $\frac{1}{2}$ hour and fry in deep fat.

YEAST RAISED DOUGHNUTS

Rub together like pie crust:

4 cups flour	$\frac{1}{2}$ cup shortening*
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. salt

Add 1 package yeast dissolved in $\frac{1}{2}$ cup warm water, 1 tsp. sugar.

Also add:

1 cup milk	2 eggs
------------	--------

Work to a soft dough. Let stand overnight. Roll out on floured board in morning, cut and let rise about 1 hour. Fry in deep fat.

DOUGHNUTS

2 pkgs. yeast
1½ cups sugar
1 tsp. salt
3 cups water (1 for yeast)

6 eggs
1 cup mazola oil
1 tsp. vanilla

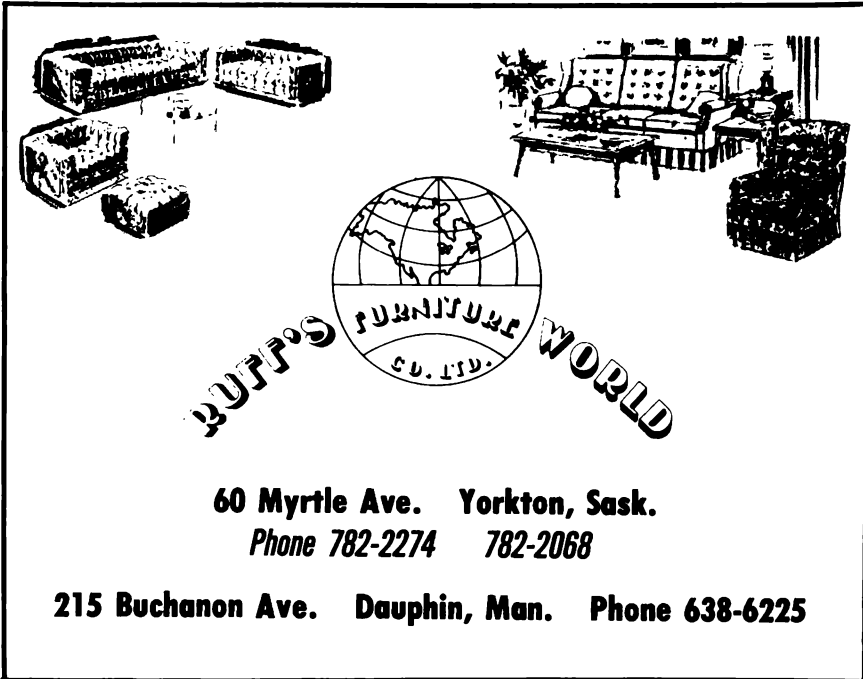
Beat eggs very well, add sugar, beat some more. Add mazola oil, add vanilla, yeast and water. Add flour. (8 to 9 cups flour), let rise.

PYRIZHKY DOUGH

1 pkg. yeast
½ cup lukewarm water
1/3 cup butter
4 tbsps. sugar

2 cups milk (scalded and cooled to lukewarm)
2 tsps. salt
3 eggs, well beaten

Thoroughly dissolve sugar in lukewarm water and add to yeast. Let stand 15 minutes. Gradually add enough flour to make a soft dough. Knead well. Cover and let rise till double in bulk, punch down and let rise again. Fill with your favorite filling. This dough is excellent for any kind baked pyrohy.



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MOTHER'S PAMPUSHKY

1 large potato (boil and put through a sieve)
2 cups milk (scald and cool to lukewarm)

Mix 2 cups milk (cooled)
 $\frac{1}{2}$ cup sugar
5 yolks (beaten)
1 tsp. salt
Add potato and potato water and risen yeast

Let rise 10 minutes:
1 tsp. sugar
 $\frac{1}{2}$ cup lukewarm water
2 pkgs. yeast

Add enough flour to make a soft dough. Let rise until it bubbles about $\frac{1}{2}$ hour.

Add 5 egg whites, beaten
 $\frac{1}{3}$ cup butter, melted

Stir and mix. Add more flour just enough to make a soft dough, a little sticky to the hands. Let rise and punch down. Let rise and make pampushki.
Roll out and fill with following filling:

1 cup prunes (prunes pitted and boiled)
1 cup poppy seed (scalded and let stand 3 or 4 hours or more)
Grind the boiled prunes and poppy seed and mix together.
Add sugar enough to taste. Add 1 tsp. lemon juice or cinnamon whichever preferred. Let pampushki rise and fry them in hot fat like doughnuts. Can be made plain or filled.

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A frown is a wrinkle hunting for a place to roost.

There are great builders in all walks of life -- but the greatest of them all operate in the kitchens, where they build health and happiness for generations.

How rarely we weigh our neighbor in the same balance we weigh ourselves.

Two things that are bad for the heart;
Running up stairs and running down people.

WHOLE WHEAT BREAD

12 cups unsifted whole wheat flour	5 or 6 cups scalded milk or potato water
$\frac{1}{2}$ cup raw sugar, honey or molasses	2 yeast cakes
$\frac{1}{3}$ cup cooking oil or melted shortening	2 tbsps. salt

Soften yeast cakes in 2 to 4 tbsps. warm water; mix yeast, lukewarm water, 1 tbsp. sugar and leave for 10 minutes. Cool milk to lukewarm and mix ingredients. Cover and allow to rise. Put in pans and allow to rise 1 hour. Bake 35 minutes at 425°F. or less.

WHOLE WHEAT BREAD

Scald:

$\frac{3}{4}$ cup milk	$4\frac{1}{2}$ tps. salt
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup shortening

Cool to lukewarm. Measure in bowl $1\frac{1}{2}$ cups lukewarm water, 2 tps. sugar and 2 pkgs. yeast. Let stand for 10 minutes. Then stir well. Stir in lukewarm milk mixture. Combine 4 cups whole wheat flour and 2 cups sifted flour. Stir half of flour mixture into yeast mixture, beat until smooth. Stir in remaining flour mixture. Turn out dough on lightly floured board, knead until smooth and elastic. Place in greased bowl. Brush top with butter. Cover. Let rise 1 hour and 15 minutes. Punch down dough, turn out on lightly floured board. Divide in half; shape into loaves. Place in greased bread pans. Brush lightly with butter. Cover. Let stand and rise about 1 hour. Bake in 400°F. oven about 40 minutes.

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True love sprouts from the heart
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COFFEE CAKES

COCONUT PINEAPPLE COFFEE CAKE

In an 8-inch pan melt 3 tbsps. butter or margarine. Sprinkle with 2 tbsps. brown sugar and $\frac{1}{2}$ cup shredded coconut. Drain well and add $\frac{1}{3}$ cup crushed pineapple. Scald $\frac{1}{3}$ cup milk, stir in $\frac{1}{3}$ cup sugar, $\frac{3}{4}$ tsp. salt and $\frac{1}{4}$ cup shortening. Cool to lukewarm. Meanwhile measure into bowl $\frac{1}{2}$ cup lukewarm water. Stir in 1 tsp. sugar, 1 pkg. yeast and let stand for 10 minutes. Stir well. Stir in lukewarm milk mixture. Add:

1 egg well beaten
 $\frac{1}{2}$ tsp. vanilla
2 cups flour

Stir until well blended, about 2 minutes. Turn batter into prepared pan and spread evenly. Cover with a damp cloth. Let rise in warm place free from draft - until double in bulk about 1 hour 15 minutes. *Bake* Turn out of pan immediately. Serve while warm.

ORANGE COFFEE CAKE

In 8-inch pan melt 3 tbsps. butter or margarine. Sprinkle with $\frac{1}{2}$ cup brown sugar. Arrange over sugar 2 oranges, peeled and sectioned. Proceed as for coconut pineapple cake.

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COFFEE KRINKLE

Scald $\frac{1}{2}$ cup milk, then cool to lukewarm. Mix together $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ tsp. salt and $2\frac{1}{2}$ cups flour. Cut in $\frac{1}{2}$ cup shortening, measure into bowl $\frac{1}{2}$ cup lukewarm water. Stir in 1 tsp. sugar and 1 pkg. yeast. Let stand for 10 minutes. Stir well, then stir in lukewarm milk. Add 1 egg well beaten, and the flour mixture. Stir until well blended. Place in greased bowl; brush top with melted shortening. Cover. Let rise in warm place free from draft until double in bulk - (1 hour 30 minutes). Punch down dough and turn out on lightly floured board. Divide in half. Roll each half into a 10 x 12 inch rectangle. Place 1 rectangle on large greased baking sheet.

Spread with mixture of:

$1\frac{1}{2}$ cups chopped stewed prunes	3 tbsps. lemon juice
2 tps. grated lemon rind	$\frac{1}{2}$ cup sugar

Cover with the other rectangle of dough. Brush lightly with melted butter. Cover. Let rise in warm place until double in bulk - about 1 hour. Bake in a moderate oven (350°F.) 25 to 30 minutes. When cool frost with confectioners icing, 1 cup sifted icing sugar, $\frac{1}{2}$ tsp. vanilla and milk to make a stiff icing. Makes 1 large cake.

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RAISIN CASSEROLE BREAD

Mix together:

$\frac{2}{3}$ cup boiling water	$1\frac{1}{2}$ tps. salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup shortening

Cool to lukewarm. Measure in bowl $\frac{1}{2}$ cup lukewarm water, 2 tps. sugar and 2 pkgs. yeast. Let stand 10 minutes. Stir well, then add into lukewarm water mixture. Add 1 egg, well beaten, 3 cups flour and 1 cup seedless raisins. Stir until well blended - about 12 minutes. Scrape down bowl. Cover and let rise until double in bulk - about 50 minutes. Stir down batter. Turn into greased 6-cup casserole. Bake uncovered in hot oven 400°F. 40 to 50 minutes.

WHOLE WHEAT BATTER ROLLS

1 cup milk
¼ cup brown sugar

2 tsps. salt
¼ cup shortening

Cool to lukewarm. Measure into bowl ½ cup water, stir in 2 tsps. sugar and 2 pkgs. yeast. Let stand 10 minutes. Stir well. Then stir in lukewarm milk mixture, 1 egg well beaten. Stir in mixture of 1½ cups whole wheat flour and 1 cup all-purpose flour. Beat well for 2 minutes - or until dough is smooth and elastic. Cover - let rise until double in bulk - about 40 minutes. Stir down batter. Fill greased average size muffin tins about ¾ full. Bake in hot oven 400°F. about 25 minutes.

HONEY NUT ROLLS

Make up the above batter and while it is rising, prepare Honey Syrup (use half honey syrup).
Combine:

1/3 cup brown sugar
2/3 cup liquid honey
3 tbsps. butter - melted

In each muffin tin place 2 tsps. honey and 1 tbsp. chopped nuts. Proceed as for Whole Wheat Batter Rolls.

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RICH ROHALYKY

1 tsp. sugar	2 tbsps. sugar
$\frac{1}{2}$ cup lukewarm water	$\frac{1}{2}$ tsp. salt
1 pkg. yeast	1 cup chilled butter
2 $\frac{3}{4}$ cups flour	1 egg

Combine sugar with water, sprinkle with yeast and let stand 10 minutes.

Sift flour, sugar and salt. Grate the hard chilled butter in short strips on the coarse grater, combine with the flour mixture and keep cold. Add the beaten egg to the dissolved yeast, combine with the flour mixture, knead the dough lightly, not to smooth. Cover with wax paper and chill for 1 hour. Roll the dough thin ($\frac{1}{4}$ inch) on a floured board. Cut into squares (2 to 2 $\frac{1}{2}$ inches). Put $\frac{1}{2}$ tsp. filling in the centre of the square. Fold two opposite corners to overlap $\frac{1}{2}$ inch at centre. Place a half cherry in the opposite two corners close to the filling. Place in a greased pan and chill for $\frac{1}{2}$ an hour. Preheat oven to 450°F. Brush rohaliky with beaten egg, sprinkle with finely chopped nuts, place in oven turning to 400 or 375°F. Bake for about 12 minutes. Filling may be various - marmalade with chopped nuts, stewed prunes or poppy seed.

Poppy seed filling:

2 cups poppy seeds	4 crackers, crushed fine
1 cup sugar	1 tsp. melted butter
$\frac{1}{2}$ cup chopped nuts	2 tsps. vanilla

Cover poppy seed with boiling water, drain thoroughly. Do this a few times. Place pot on low heat to evaporate the moisture. Grind the cool poppy seed through a fine blade at least twice. Add the crushed crackers, sugar, butter, nuts, and vanilla. Mix well and keep in a cool place.

SWEET BISCUITS

2 cups plus 2 tbsps. sifted	5 tbsps. granulated sugar
all-purpose flour	1 tsp. almond extract
4 tsps. salt	$\frac{1}{2}$ cup salad oil
3 eggs	

Start heating oven to 400°. Sift together flour, baking powder, and salt. With egg beater, lightly beat eggs, then beat in sugar, salad oil and extract. Stir in flour mixture. With floured hands, shape dough into 1 inch balls (if very hard to handle, add a little more flour). Place about 1 $\frac{1}{2}$ inches apart on greased cookie sheet. Bake 10 minutes or until golden. Cool and frost. (Make frosting by adding cream to confectioners sugar, tint with food coloring). Makes 24 biscuits.

~~~~~  
A sharp tongue is the only tool that grows keener with constant use.

# PANCAKE RECIPES

## BUTTERMILK PANCAKES

|                                                            |                      |
|------------------------------------------------------------|----------------------|
| 2 cups buttermilk                                          | 1 tsp. soda          |
| 2 cups flour                                               | 1 tsp. baking powder |
| $\frac{1}{2}$ tsp. salt                                    | 2 eggs               |
| 1 tsp. vanilla                                             | 2 tbsps. sugar       |
| 3 tbsps. melted butter or<br>bacon drippings or shortening |                      |

Beat eggs, sugar and vanilla. Add buttermilk and soda. Add flour, salt and baking powder. Stir until flour is barely moistened or no lumps left (over-stirring makes less fluffy pancakes). Add melted butter or shortening. Pour batter on hot lightly greased griddle. Turn cakes when they are golden brown and bubbles on surface break. Serve with butter and homemade syrup or honey. Ideal with freezer jelly and ice cream.

SYRUP can be made by boiling 1 cup water, pour over 2 cups brown sugar. Add  $\frac{1}{2}$  tsp. of Maple flavouring (or if stronger flavour desired add 1 teaspoon). Stir well, thoroughly dissolving sugar. Makes one pint Waffle or Pancake syrup.

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## HAMBURGER PANCAKES

|                                        |                           |
|----------------------------------------|---------------------------|
| 2 lbs. ground beef                     | 2 cups flour              |
| $\frac{1}{2}$ cup shortening or butter | 2 tsps. baking powder     |
| 2 onions chopped fine                  | 2 eggs                    |
| 1 tsp. salt                            | 2 $\frac{3}{4}$ cups milk |
| $\frac{1}{8}$ tsp. pepper              |                           |

Melt butter and fry onions. Add meat, salt, pepper, cook slightly until red colour disappears. Remove from heat and drain any fat.

Mix pancake mixture then stir in meat mixture. Fry as ordinary cakes.



### OATMEAL PANCAKES

|                |                              |
|----------------|------------------------------|
| 2 cups milk    | 1½ cups Quick Cooking Rolled |
| 1 cup flour    | Oats                         |
| 2 tbsps. sugar | 1 tsp. salt                  |
| 2 beaten eggs  | 2½ tsps. baking powder       |
|                | 1/3 cup cooking oil          |

Pour milk over oats, let stand 5 minutes. Sift flour, salt, sugar, baking powder. Add beaten eggs to the oat mixture then dry ingredients. Fold in oil. Fry until bubbly, turn and fry on other side.

### SCOTCH PANCAKES

Blend together:

|                   |                           |
|-------------------|---------------------------|
| ¼ cup cooking oil | ½ cup confectioners sugar |
|-------------------|---------------------------|

Blend in 1 egg - well beaten.

Add alternately, stirring well after each addition - 1 cup Pancake mix, 2/3 cup milk.

Drop by heaping teaspoonfuls onto a moderately hot griddle. Bake until golden brown, turning only once. Allow 5 pancakes to a serving and top them with canned or fresh fruit or berries. Makes 20 small pancakes.

### APPLE PANCAKE ROLL UPS

Blend together - 1 cup Pancake Mix, 1 egg well beaten, 1 cup milk, and 2 tbsps. oil.

Make as regulation sized pancakes on hot griddle. Turn only once. Remove from griddle and spread with mixture of melted butter, brown sugar and cinnamon.

Place on each pancake - cooked apple slices. Roll pancakes up. Serve with whipped cream if desired.

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## POTATO PANCAKES

|                       |                                |
|-----------------------|--------------------------------|
| ½ cup flour           | 1 egg                          |
| 1 tsp. salt           | ½ cup milk                     |
| 1 tsp. baking powder  | 2 tbsps. melted butter         |
| 1/8 tsp. pepper       | 1 ¾ cups grated raw potatoes   |
| 1 tbsps. grated onion | Dash of garlic (salt optional) |

Sift dry ingredients together, add egg, milk, melted butter, grated potatoes, and onion. Stir. Drop by spoonfuls on greased hot griddle. Fry until golden brown on each side. Serve with apple sauce and bacon or ham, with cottage cheese and sour cream.

## PEANUT BUTTER 'N' JELLY SANDWICHES

Heat frozen pancakes or use up any left over pancakes, by spreading with peanut butter and jelly.

## CURRANT SCONES

|                            |                  |
|----------------------------|------------------|
| 2 cups sifted flour        | 2 tbsps. sugar   |
| 3 tsps. baking powder      | ½ tsp. salt      |
| ½ cup shortening or butter | 1/3 cup currants |
| 1 egg, slightly beaten     | ½ cup milk       |

Combine dry ingredients, cut in butter until well blended. Stir in currants. Pour egg and milk over flour mixture, stir enough to make soft dough. Turn dough on floured board and knead gently. Pat or roll out to ½" thickness. Cut in desired shapes and place on ungreased baking sheet. Bake like Baking Powder Biscuits.

## WAFFLES

Scald:

|               |              |
|---------------|--------------|
| 1½ cups milk  | 2 tsps. salt |
| 1/3 cup sugar | ½ cup butter |

Cool to lukewarm. Measure in bowl ½ cup lukewarm water, stir in 2 pkgs. yeast. Let stand for 10 minutes. Then stir well. Stir in lukewarm milk mixture. Stir in 2 eggs, well beaten, 2 tsps. vanilla and 2 cups flour. Beat until smooth (batter should be very thin). Scrape down sides of bowl. Cover and let rise for 40 minutes. Stir down batter. Bake in heated waffle iron at medium heat until golden brown, about 5 minutes. Serve with butter and hot syrup.



We may live without poetry, music and art  
we may live without conscience and live without heart;  
we may live without friends, and live without books;  
but civilized men cannot live without cooks.

## CAKES AND ICINGS

### APPLE CHIFFON CAKE

6 egg whites  
½ tsp. cream of tartar  
Beat till stiff.

Gradually add:

¾ cup white sugar  
beating until very stiff and shiny

Sift together:

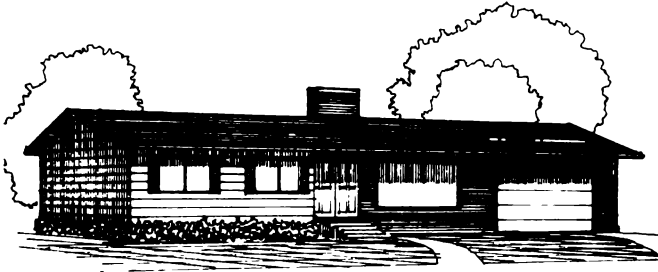
1 ¾ cup flour  
1 tsp. salt  
3 tsps. baking powder  
1 tsp. cinnamon

Blend in:

½ cup brown sugar  
½ cup vegetable oil  
Beat till smooth  
6 egg yolks  
1 cup sweetened applesauce

Fold egg mixture into egg white mixture. Turn onto ungreased tube pan. Bake at 350°F. for 55 to 65 minutes.

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## CALIFORNIA POPPY SEED CAKE

|                    |                           |
|--------------------|---------------------------|
| 1 cup poppy seed   | 2½ cups sifted flour      |
| 1 cup honey        | 1 tsp. baking soda        |
| ½ cup sugar        | 1 tsp. salt               |
| 1 cup sour cream   | ½ cup water               |
| 1 tsp. vanilla     | 1 cup butter or margarine |
| 4 eggs (separated) |                           |

Simmer poppy, honey, and water in small sauce pan for 5 to 7 minutes. Cool. Cream butter, sugar till light, stir in poppy seed mixture and egg yolks one at a time, beat well, stir in sour cream and vanilla.

Sift flour, soda and salt, gradually add dry ingredients to poppy mixture.

Beat egg whites till stiff and fold into batter. Turn in greased, floured tube pan. Bake at 350°F. for 1½ hours. Cool in pan.

## ORANGE CHIFFON CAKE

|                                      |                             |
|--------------------------------------|-----------------------------|
| 1½ cups pre-sifted all purpose flour | ¾ cup cold water            |
| 1½ cups sugar                        | 1 tsp. vanilla              |
| 3 tsps. baking powder                | 2 tbsps. grated orange rind |
| 1 tsp. salt                          | 1 cup egg whites (8)        |
| ½ cup oil                            | ½ tsp. cream of tartar      |
| 7 egg yolks (unbeaten)               |                             |

Preheat oven to 325°F.

Measure flour without sifting, add sugar, baking powder and salt and stir thoroughly to blend. Make a hollow and add in order the oil, egg yolks, cold water, vanilla and orange rind; mix with electric mixer until smooth.

Measure egg whites into large mixing bowl and add cream of tartar, beat until very stiff peaks are formed. Pour egg yolk mixture over beaten egg whites, folding in gently until blended.

Pour into ungreased 10" x 4" tube pan or 9" x 13" pan. Bake tube cake in slow oven (325°F.) for 55 minutes; then increase temperature to 350°F. and continue baking 10 to 15 minutes. Bake rectangular cake at 350°F. for 45 to 50 minutes. Turn pan upside down resting tube pan on bottom of glass tumbler. Support rectangular cake on two tumblers. Let cake stand until cold before removing from pan.

### VARIATIONS:

MAPLE CHIFFON - Omit orange rind and vanilla. Add 1 tsp. maple extract.

PINEAPPLE CHIFFON - Omit orange rind. Replace ¾ cup water with unsweetened pineapple juice.

### FOREVER ICING

|                    |                                               |
|--------------------|-----------------------------------------------|
| 4 egg whites       | 1 cup shortening                              |
| 4 cups icing sugar | Favorite flavoring<br>(vanilla, almond, etc.) |

Beat with mixer till fluffy (approx. 15 mins.). Stores up to 6 months and freezes very well on iced cakes.

### COCOA CHIFFON CAKE

|                                           |                        |
|-------------------------------------------|------------------------|
| 7 eggs, separated                         | 2 tsps. baking powder  |
| 1 tbsp. instant coffee                    | 1½ tsps. baking soda   |
| ½ cup cocoa                               | 1 tsp. salt            |
| ¾ cups boiling water                      | ½ cup mazola           |
| 1 ¾ cup once sifted all-<br>purpose flour | 2 tsps. vanilla        |
| 1 ¾ cups sugar                            | ½ tsp. cream of tartar |

Preheat oven to 325°F. Combine coffee and cocoa, add water and stir until smooth. Cool. Sift flour, sugar, baking powder, baking soda and salt, into a bowl. Make a well in the centre. Pour in oil, slightly beaten egg yolks, vanilla and cocoa mixture. Beat until smooth. Beat egg whites with cream of tartar until stiff. Fold into flour mixture to blend. Pour into a 10 inch tube pan. Bake 1 hour and 10 minutes, increasing temperature to 350°F. for the last 10 minutes. Invert suspended cake to cool. Frost with the following icing.

### FAVORITE ICING

|                   |                  |
|-------------------|------------------|
| 5 tbsps. flour    | 1 cup shortening |
| 1 cup milk        | 1 tsp. vanilla   |
| 1 cup white sugar |                  |

Cook flour and milk until thick. Cool. Cream sugar and shortening, add vanilla. Beat until fluffy about 15 mins. Add to cooked flour mixture. Beat until it looks like whipped cream. Iced cakes may be frozen.

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**Yorkton, Sask.**

**Anne Hudema -- Darlene Archinuk**

### POPPY SEED CHIFFON CAKE

|                                    |                                 |
|------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup poppy seed       | 2 cups sifted all-purpose flour |
| 1 cup water                        | 3 tsps. baking powder           |
| $\frac{1}{2}$ cup salad oil        | $1\frac{1}{2}$ cups sugar       |
| 2 tsps. vanilla                    | $\frac{1}{4}$ tsp. soda         |
| 7 eggs                             | 1 tsp. salt                     |
| $\frac{1}{2}$ tsp. cream of tartar |                                 |

Soak poppy seed in water for about 2 hours. Beat egg whites and cream of tartar until in very stiff peaks. Sift dry ingredients and form a well; add all other ingredients except egg whites, and beat until smooth. Fold this mixture into the stiffly beaten egg whites (don't stir). Pour into an ungreased tube 4" deep. Bake for 50 minutes at 325°F. then increase to 350°F. for 10 to 15 minutes. Turn pan upside down to cool. Ice with your favorite icing.

### CHOCOLATE CAKE

|                                                   |                                  |
|---------------------------------------------------|----------------------------------|
| $1\frac{1}{2}$ cups sugar                         | 1 $\frac{3}{4}$ cups flour       |
| 2 eggs                                            | $\frac{1}{2}$ cup cocoa          |
| 2 tsps. vanilla                                   | $\frac{1}{2}$ cup oil            |
| $1\frac{1}{2}$ cups sour milk or milk and vinegar | $1\frac{1}{2}$ tsps. baking soda |
|                                                   | $\frac{1}{4}$ tsp. salt          |

Add ingredients into a large bowl and beat. Pour into a 9 x 13 pan. Bake 45 to 60 minutes.



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### RED CHOCOLATE CAKE

1 cup sugar  
2 eggs

4 tbsps. butter  
1 tsp. vanilla

Stir, then add:

$\frac{1}{4}$  cup flour  
1 tsp. soda

1 tsp. baking powder  
 $\frac{1}{4}$  cup cocoa

Stir, then add 1 cup boiling water.

### SOUR CREAM CHOCOLATE CAKE

2 cups sugar  
 $\frac{1}{2}$  cup shortening  
2 eggs  
1 cup sour cream  
1 tsp. soda

2 cups flour  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  cup cocoa  
1 tsp. vanilla  
1 cup hot water

Cream sugar and shortening; add eggs and beat. Add sour cream with soda mixed in, alternately with flour sifted with salt and cocoa. Add vanilla, then hot water. Pour into greased 16 x 10 pan. Bake at 375°F. for 25 to 30 minutes.

### FUDGE ICING

2 cups sugar  
2 tbsps. cocoa  
1 cup milk

1 tsp. vanilla  
1 tbsps. butter

Cook sugar, cocoa and milk to soft ball stage. Add vanilla and butter, beat until cool. Spread on cake.

### SWISS CHOCOLATE CAKE

$\frac{3}{4}$  cup semi-sweet chocolate chips  
 $\frac{1}{2}$  cup boiling water  
1 cup butter  
2 cups brown sugar  
4 egg yolks  
1 tsp. vanilla

$2\frac{1}{2}$  cups flour  
1 tsp. soda  
 $\frac{1}{2}$  tsp. salt  
1 cup buttermilk  
4 egg whites stiffly beaten

Melt chocolate chips in water. Cool. Cream butter and sugar, light and fluffy. Add egg yolks, one at a time, beating well after each addition. Add vanilla and melted chocolate. Mix well, until blended. Combine flour, soda and salt. Add alternately with buttermilk to the chocolate mixture beating until batter is smooth. Fold in egg whites. Pour batter into two greased and floured loaf pans. Bake at 350°F. for 55 to 60 minutes, or until cake springs back when lightly touched in centre. Cool. Frost and layer with chocolate icing.

## CHOCOLATE OIL CAKE

|                 |                      |
|-----------------|----------------------|
| 1½ cups flour   | ½ tsp. salt          |
| 1/3 cup cocoa   | 1 cup white sugar    |
| 1 tsp. soda     | 1 tsp. baking powder |
| ½ cup mazola    | 1 egg                |
| ½ cup sour milk | ½ cup boiling water  |

Combine dry ingredients in a mixing bowl and add mazola, egg, and sour milk. Beat well. Add boiling water and stir in. Place in a 8" baking pan and bake at 325°F. for 30 minutes.

## DATE CAKE WITH CHOCOLATE CHIP TOPPING

|                     |                 |
|---------------------|-----------------|
| ¾ cup shortening    | 1 tsp. vanilla  |
| 1 cup chopped dates | 2 cups flour    |
| 1½ cup hot water    | 1 tsp. soda     |
| 1 cup sugar         | ½ tsp. salt     |
| 2 eggs              | 1½ tbsps. cocoa |

Pour boiling water over dates and let stand. Cream shortening, sugar, add eggs and beat well. Add flour, soda and cocoa, dates and water.

Sprinkle on top a mixture of ¼ cup sugar, 6 oz. chocolate chips and ½ cup nuts. Bake for 35 minutes at 350°F.

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| \$1,000 deposited Dec. 31, 1974, Value Dec. 31, 1976 — \$1,229.59 | 11.48%                           |
| \$1,000 deposited July 31, 1974, Value Dec. 31, 1976 — \$1,305.14 | 12.63%                           |

\* All earnings are reinvested monthly

\* The Fund is guaranteed by the Government of Saskatchewan.

For complete details contact:

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Official Agent

**106 Circlebrooke Drive, Yorkton, Sask.**  
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### MAYONAISE CHOCOLATE CAKE

|                     |                  |
|---------------------|------------------|
| 2 cups flour        | ½ tsp. salt      |
| 1 cup sugar         | 1 cup mayonaise  |
| 2 tsps. baking soda | 1 cup cold water |
| ½ cup cocoa         | 1 tsp. vanilla   |

Combine all ingredients, mixing well in order. Bake in 8 x 9 cake pan for 30 to 40 minutes in 350°F.

### QUICKIE NUT CAKE

|                   |                        |
|-------------------|------------------------|
| ¾ cup brown sugar | 1½ cup flour           |
| 2 egg yolks       | 1½ tsps. baking powder |
| ¼ cup butter      | 1/8 tsp. salt          |
| ¾ cup walnuts     | 1 tsp. vanilla         |
|                   | 2 tbsps. milk          |

Have ready walnuts finely chopped to place on batter before adding the Topping.

Method: Add sugar and butter, beat well, stir in beaten egg yolks and beat again. Sift flour, add baking powder and salt to the flour and mix thoroughly, next stir into batter alternately with milk till nicely blended, add vanilla, stir. Spread into greased pyrex pan 9 x 9 or 8 x 11.

Spread chopped walnuts evenly in batter and press in a bit so the walnuts do not roll onto the topping when it is being placed on the cake. To make the cake more festive use ½ cup glazed cherries, cut up, and place the same time way as the walnuts are.

Topping: Beat 2 egg whites gradually adding 1 cup brown sugar and beating until mixture stands in peaks. Add flavoring if you wish. Now spoon the Topping into the batter in a swirly manner covering all parts about the same depth bringing the spoon up and down to make peaks and ridges. Bake in a moderate oven till topping is delicately browned and cake is done. (approx. 30 minutes at 350°F.).

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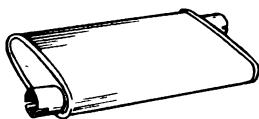
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### SOUR CREAM BANANA CAKE

|                         |                       |
|-------------------------|-----------------------|
| 1/3 cup butter          | 3 tsps. baking powder |
| 1½ cups sugar           | ½ cup sour cream      |
| 3 egg yolks             | ½ tsp. baking soda    |
| 1 cup banana pulp       | 3 egg whites          |
| 2 1/8 cups pastry flour | 1 tsp. salt           |

Mix in order given. Add alternately with sour cream in which soda is dissolved. Lastly fold in stiffly beaten egg whites. Bake in two large layers for 30 minutes, at 375°F.

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### ORANGE CAKE

|                      |                          |
|----------------------|--------------------------|
| 3/4 cup butter       | 1 egg                    |
| 1 cup raisins        | 1 cup crushed walnuts    |
| 1 cup sour milk      | 1 tsp. soda              |
| 1 tsp. baking powder | 2 cups flour             |
| 3/4 cup white sugar  | Pinch of 1 grated orange |

Cream butter and sugar. Add beaten egg and cream further. Add soda to the sour milk and add to the batter. Add the flour, baking powder and orange rind. Mix well. Add the raisins and nuts. Bake in a 9 x 9 pan for 45 minutes at 375°F.

Topping: Using the juice of the same orange whipped with ½ cup sugar pour over the cake when taken out of the oven.

### SOFT HONEY CAKE

|                           |                              |
|---------------------------|------------------------------|
| 1 cup brown sugar         | 3/4 cup mazola oil           |
| 7 eggs                    | 3/4 thick honey (not melted) |
| 1 cup strong coffee       | rind of one lemon (grated)   |
| 1 tsp. cream of tartar    | 2 cups sifted cake flour     |
| 1 3/4 sifted pastry flour | 1 tsp. baking soda           |
| 1 tsp. cinnamon           | 1/2 tsp. nutmeg              |
| 1/2 tsp. salt             |                              |

Sift dry ingredients, except cream of tartar, mix well. Add oil, sugar, egg yolks, honey, coffee and lemon rind. Blend together.

Beat egg whites with cream of tartar until stiff. Add batter to egg whites, a little at a time, fold lightly.

Pour into ungreased pan, 14 x 9 x 2.

Sprinkle crushed walnuts on top of batter. Bake at 325°F. for 1 hour. Turn on wire rack to cool.

### POPPYSEED CAKE

|                               |                             |
|-------------------------------|-----------------------------|
| 1 cup shortening (1/2 butter) | 1 cup ground poppy seeds    |
| 1 1/2 cups sugar              | 1/2 cup finely chopped nuts |
| 4 egg yolks                   | 1 tsp. vanilla              |
| 2 cups sifted cake flour      | 4 beaten egg whites (stiff) |
| 1 tsp. soda added to          |                             |
| 1/2 pint sour cream           |                             |

Cream butter and sugar, add egg yolks, one at a time and keep beating. Alternate flour and cream, add poppy seeds, vanilla and nuts, fold in the beaten egg whites. Bake in tube pan 9 inch, one hour at 350°F.

### SWEDISH APPLE CAKE

|              |               |
|--------------|---------------|
| 1 can apples | 1/2 cup sugar |
|--------------|---------------|

Mixed with 2 tsps. cinnamon over apples.

Batter:

|               |                    |
|---------------|--------------------|
| 3/4 cup sugar | 3/4 cup mazola oil |
|---------------|--------------------|

Mix together and beat in 2 eggs.

Add:

|                       |               |
|-----------------------|---------------|
| 1 1/2 cups flour      | Pinch of salt |
| 2 tsps. baking powder |               |

Put half of batter in bottom of 8 inch square greased pan. Wet hand with cold water and pat flat to make batter fit pan. Shape apple mixture over this. Put the remaining batter over top of apples. Save a little of cinnamon and sugar mixture to sprinkle over top of cake. Bake in 350°F. for 1 hour.

## ORANGE CAKE

|                           |                       |
|---------------------------|-----------------------|
| ½ cup margarine           | 2 cups flour          |
| 1 cup sugar               | 1 tsp. baking soda    |
| 2 eggs                    | pinch of salt         |
| 2 oranges (ground up)     | ¾ cup sour milk or    |
| 1 cup raisins (ground up) | buttermilk            |
| or ½ cup chopped dates    | ½ cup chopped walnuts |

Squeeze juice of 2 oranges. Save ½ cup for topping. Cream margarine and sugar. Add eggs and beat well. Add ground up orange and raisins.

Sift all dry ingredients and add alternately with sour milk and remaining orange juice. Stir in chopped walnuts. Pour in an 8 x 11 inch pan. Bake in a 325 - 350°F. oven for 35 to 40 minutes.

Topping: Mix ½ cup orange juice and ¾ cup sugar. Spread on hot cake and place under broiler until the topping starts to bubble.

## TEXAS SHEATH CAKE

|              |              |
|--------------|--------------|
| 2 cups flour | 2 cups sugar |
|--------------|--------------|

Mix in bowl.

|                           |                  |
|---------------------------|------------------|
| 1 stick (½ cup) margarine | 4 tbsps. cocoa   |
| 1 cup water               | ½ cup shortening |

Heat together until it reaches boiling point, pour over sugar and flour mixture, add:

|                               |                |
|-------------------------------|----------------|
| ½ cup buttermilk or sour milk | 1 tsp. soda    |
| 2 eggs                        | 1 tsp. vanilla |

Mix well, pour into 1" cookie sheet (12" x 15" x 1"). Bake 20 minutes at 350°F. Ice while hot.

Icing:

|                             |                |
|-----------------------------|----------------|
| ½ stick (1/8 cup) Margarine | 3 tbsps. cocoa |
| 6 tbsps. evaporated milk    |                |

Heat until boiling begins. Add sifted sugar, 1 tsp. vanilla, to desired consistency. Sprinkle with coconut or ½ cup chopped walnuts.

## LARGE SIZE OATMEAL CAKE

|                      |                           |
|----------------------|---------------------------|
| 2 cups oatmeal       | 2 cups flour              |
| 2 cups boiling water | 1 cup nuts or raisins     |
| 1 cup margarine      | 2 tsps. cinnamon          |
| 3 cups brown sugar   | ½ tsp. cloves             |
| 4 eggs               | 2 level tsps. baking soda |
|                      | pinch of salt             |

Pour boiling water over oatmeal and let stand for 20 minutes to cool. Cream margarine and sugar. Add to oatmeal, blend well. Add eggs one at a time, keep blending. Add dry ingredients slowly; add nuts or raisins and blend lightly. Bake at 350°F. for 60 minutes. Ice with Peanut Butter icing.

## BURNT SUGAR CAKE

1½ cups sugar  
2¼ cups sifted cake flour  
1 tsp. salt  
2 eggs

½ cup boiling water  
3 tps. baking powder  
½ cup soft shortening  
1 tps. vanilla

Melt ½ cup sugar in heavy skillet over low heat until clear and medium brown, avoid burning. Remove from heat and add boiling water slowly, stirring constantly. Stir sugar mixture over low heat until smooth and syrupy. Then remove from heat and measure. Add enough water to syrup to increase quantity to 1 cup. Cool. Sift the flour, 1 cup sugar, baking powder, salt in a bowl. Add shortening and 2/3 cup of cooled syrup. Beat on medium speed with electric mixer 2 minutes. Add remaining 1/3 cup syrup, eggs, and vanilla. Beat another 2 minutes. Spoon batter in two layer pans. Bake in 350°F. for 30 to 35 minutes.

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## CHERRY CAKE

16 graham wafers (crushed)      ½ cup butter

Mix. Put in pan. Bake 10 minutes, cool for filling of 1 can cherry pie filling.

Mix marshmallows: 3 lbs. in ½ cup milk let cool, whip 1 cup cream. Add to cold marshmallows mixture. Put over cherries, let cool in fridge for 1 hour. (Can be frozen)



## LAZY DAISY CAKE

1 cup oatmeal / 1/4 cup boiling water

Pour boiling water over oatmeal and cool

1/2 cup creamed butter 1 cup white sugar  
1 cup brown sugar 2 eggs

Add eggs one at a time and beat mixture.

1 1/3 cups flour 1 tsp. baking soda  
1/2 tsp. salt 3/4 tsp. cinnamon  
1/4 tsp. nutmeg

Add dry ingredients to liquids and bake for 55 minutes at 350°F.

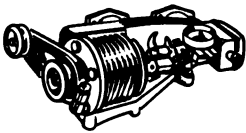
### ICING:

1/2 cup butter 1/2 cup walnuts  
1/2 cup brown sugar 1 cup coconut  
3 tbsps. cream

Bring to boil and spread while still hot. Put in oven to brown. (Very little)

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### NURSES CAKE

|                                  |                 |
|----------------------------------|-----------------|
| 1 cup Crisco or other shortening | 1 tsp. cinnamon |
| 2 cups white sugar               | 2 tsps. soda    |
| 3 eggs                           | 2 tsps. vanilla |
| 2½ cups flour                    | 1 tsp. salt     |

Combine the above ingredients. Then add:

|                                                     |                                           |
|-----------------------------------------------------|-------------------------------------------|
| 2 cups shredded coconut                             | 1 cup walnuts and cherries (well drained) |
| 2 cups grated carrots                               |                                           |
| 1 (14 oz.) tin crushed pine-apple and juice (1 cup) |                                           |

Bake in 2 pans 7 x 11. Makes 2 cakes. Bake at 350°F. for 1 hour. Freezes too. You can also ice it. Very nice as a fruit cake.

### HARD SAUCE FROSTING

|                           |                |
|---------------------------|----------------|
| ¼ cup butter              | 2 tsps. milk   |
| 3 cups sifted icing sugar | 1 tsp. vanilla |
| 1 egg                     |                |

Beat until spreading consistency.

### CINNAMON LOAF

Mix 3 tbsps. brown sugar with 1 tsp. cinnamon. Set aside.

|                  |                      |
|------------------|----------------------|
| ¼ cup butter and | 1 cup white sugar    |
| 2 eggs           | 1 cup sour milk      |
| 2 cups flour     | 1 tsp. baking powder |
| ½ tsp. soda      | ½ tsp. salt          |
| 2 tsps. vanilla  |                      |

Cream butter and sugar. Add beaten eggs. Mix dry ingredients and add to butter and sugar mixture, alternately with sour milk. Put half the batter in a loaf pan. Sprinkle remainder of cinnamon mixture on top. Bake 50 to 60 minutes at 350°F.

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## PUMPKIN BREAD LOAF

|                        |                      |
|------------------------|----------------------|
| 2/3 cup shortening     | 1½ tsps. salt        |
| 2 1/3 cups sugar       | ½ tsp. baking powder |
| 4 eggs                 | 1 tsp. cinnamon      |
| 1 can (16 oz.) pumpkin | 1 tsp. cloves        |
| 2/3 cup water          | 2/3 cup walnuts      |
| 3 1/3 cups flour       | 2/3 cup raisins      |
| 2 tsps. soda           |                      |

Heat oven to 350°F. Grease two (9x5x3) loaf pans. In large bowl cream shortening and sugar until fluffy. Stir in eggs, pumpkin, and water. Blend in flour, soda, salt, baking powder, cinnamon and cloves. Stir in nuts and raisins. Pour into pans. Bake 70 minutes or until a toothpick is clean.

## THREE C BREAD

|                      |                           |
|----------------------|---------------------------|
| 3 eggs beaten        | 2½ cups all purpose flour |
| ½ cup milk           | 2 cups grated carrots     |
| 1 cup sugar          | ½ cup cherries            |
| 1 tsp. baking powder | 1/3 cup coconut           |
| 1 tsp. baking soda   | ½ cup raisins             |
| ½ tsp. salt          | ½ cup walnuts             |
| 1 tsp. cinnamon      | ½ cup cooking oil         |

Combine beaten eggs, oil, milk in large bowl. Stir together flour, sugar, baking powder and soda, cinnamon and salt. Add to egg mixture. Mix till thoroughly combined. Stir in carrots, coconut, cherries, raisins and nuts. Turn into 4 well greased and floured 19 oz. cans. Bake in 350°F. oven for 45 to 50 minutes. Remove from can and cool.

## PUMPKIN CAKE

|                          |                       |
|--------------------------|-----------------------|
| 3 cups all-purpose flour | 2 cups sugar          |
| 2 tsps. soda             | 2 cups pumpkin        |
| 3 tsps. cinnamon         | 1½ cups cooking oil   |
| 2 tsps. baking powder    | ½ cup chopped nuts    |
| 1 tsp. salt              | ½ cup chocolate chips |
| 4 eggs, beaten           |                       |

Sift flour, soda, cinnamon, baking powder, and salt together two times. Beat eggs and sugar together well. Add the pumpkin and the oil. Blend in the flour mixture. Fold in the nuts and chocolate chips. Bake in a 10 inch pan that has been well greased and bake at 350°F. for 60 minutes or until done.



Always use a measure  
Never cook by guess  
Then eating will be a pleasure  
And you'll never have a mess!

### FRUIT LOAF

$\frac{1}{2}$  cup shortening

$\frac{3}{4}$  cup white sugar

Cream together and add 3 eggs, one at a time. Beat, add:

$\frac{1}{2}$  cup orange juice

$\frac{1}{2}$  cup walnuts

$\frac{1}{2}$  cup mashed bananas

$1\frac{1}{2}$  cups mixed fruit

Add to this mixture:

$2\frac{1}{2}$  cups flour

4 tsps. baking powder

$\frac{1}{2}$  tsp. salt

Stir well. Bake for 1 hour at 350°F. or till well done in center. (Use large loaf bread pans).

### CARROT LOAF

4 eggs well beaten

2 tsps. vanilla

2 cups brown sugar

3 cups flour

$1\frac{1}{2}$  cups mazola oil

1 cup raisins

3 cups grated raw carrots

1 cup walnuts

2 tsps. baking powder

2 tsps. baking soda

1 tsp. cinnamon

$\frac{1}{2}$  box cherries (optional)

1 tsp. cloves

$\frac{1}{2}$  to  $\frac{3}{4}$  cup cherry juice (optional)

Bake in two loaf pans for 1  $\frac{3}{4}$  hours at 300°F. Freeze cake. Cake will also keep well in fridge.

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## FRUIT CAKE

|                                      |                                                                                                  |
|--------------------------------------|--------------------------------------------------------------------------------------------------|
| 2½ cups flour                        | 2 eggs lightly beaten                                                                            |
| ½ tsp. salt                          | 1 - 15 oz. tin condensed milk                                                                    |
| 1 tsp. baking soda                   | 1½ jars Cross & Blackwell Rum and Brandy flavored mincemeat or 1 large jar plain mincemeat plus: |
| 1½ oz. each Rum and Brandy flavoring | 2 cups of glazed fruit                                                                           |
| 1 cup nuts or raisins                | 2 cups glazed cherries                                                                           |

Sift flour, salt and soda. Combine the rest of the ingredients and fold into the dry ingredients. Line pans with foil. Pour into pans and bake for two hours or until done. Bake at 300°F.

## MYSTERY CAKE

|                  |                                   |
|------------------|-----------------------------------|
| ½ cup butter     | ½ cup dates                       |
| 2 cups flour     | ½ cup preserved ginger            |
| 1 cup sour cream | 1 tsp. soda                       |
| 1 cup sugar      | 1 tsp. baking powder              |
| 1 egg            | grated rind of 1 orange and juice |
| ½ cup nuts       | ½ cup brown sugar                 |

When cake is baked, take out of the oven and put juice and sugar on cake when it is still hot.

## ORANGE KISS ME CAKE

|                  |                     |
|------------------|---------------------|
| 1 large orange   | 2 cups sifted flour |
| 1 cup raisins    | 1 tsp. soda         |
| 1/3 cup walnuts  | 1 tsp. salt         |
| ½ cup shortening | 1 cup sugar         |
| 1 cup milk       | 2 eggs              |

Squeeze orange and set aside the juice for topping. Grind together orange pulp also peel raisins and nuts, then sift together flour, salt and sugar. Add shortening and then 3/4 cup milk, beat well. Then add eggs and remaining milk, fold in the orange and raisin mixture. Pour it into the pan, size 8 x 12 x 2 and bake at 350°F. for 30 minutes or more.

When baked and still warm, drip over it:

|                      |                                               |
|----------------------|-----------------------------------------------|
| 1/3 cup orange juice | Mix together and spread evenly over the cake. |
| 1/3 cup sugar        |                                               |
| 1 tsp. cinnamon      |                                               |
| ¼ cup walnuts        |                                               |

## SOUTHERN COCONUT CAKE

|                               |                             |
|-------------------------------|-----------------------------|
| 1½ cups pre-sifted cake flour | 1 tsp. baking powder        |
| 1 cup sugar                   | 2 eggs                      |
| ½ tsp. salt                   | 1 cup (long, sweet) coconut |
| ½ cup shortening              | 1 tsp. almond               |
| 1 cup milk                    |                             |

Oven 350°F. Grease and flour 8" square pans.

Blend flour, sugar and salt. Add shortening, milk and extract. Beat with electric mixer at low speed for about 2 minutes, until smooth. Stir in baking powder. Beat eggs, add to batter, stir. Fold in coconut. Bake 40 to 45 minutes, until a knife comes out clean, and top is golden brown.

ICING: Icing sugar, butter, milk and almond extract.

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## JELLY ROLL

|                           |                |
|---------------------------|----------------|
| 3 eggs                    | ½ tsp. salt    |
| 1 cup granulated sugar    | ½ cup milk     |
| 1½ cups all purpose flour | 1 tbsp. butter |
| 2 tsps. baking powder     |                |

Grease shallow cake pan 10 x 15. Line bottom with waxed paper to within ½ inch of edge. Grease again and lightly flour.

Beat eggs in deep bowl until fluffy and creamy in color (about 4 minutes). Add sugar gradually, beating after each addition. Add vanilla. Measure flour, baking powder and salt, stir thoroughly to blend. Heat mild but do not boil and add butter. Fold in lightly, dry ingredients over egg and sugar mixture. Do not stir or beat. Fold in hot milk and butter; just until liquid is blended. Pour batter into prepared cake pan; spreading evenly. Bake for 15 minutes, until golden brown. Cut off crispy ends and turn out on a towel sprinkled with icing sugar. Remove waxed paper. Roll cake quickly with the towel. Allow to cool, unroll and spread jelly or jam, roll again and cover with towel. Let cool. Sprinkle with icing sugar.

## RAISIN CUP CAKES

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup white sugar  
1 tsp. each cloves and  
cinnamon  
1 cup raisins (or more)

$1\frac{1}{2}$  cups flour  
1 tsp. soda  
1 egg

Cream butter and sugar, add egg. Sift flour, soda and spices. Cook raisins in  $1\frac{1}{2}$  cups water for 10 minutes. Cool before mixing in with dry ingredients. Use liquid from raisins, no other liquid used. Grease muffin tins. Bake at 375°F. for 30 minutes. (Less if muffin tins are small).

## JELLY ROLL

4 eggs  
1 tsp. baking powder  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  tsp. salt

$\frac{3}{4}$  cup sifted flour  
1 tsp. vanilla  
1 cup jelly

Combine eggs, baking powder and salt in large bowl of mixer. Beat, adding sugar gradually, until mixture becomes thick and fluffy. Fold in vanilla and flour. Turn into pan 8 x 12 which has been lined with paper and greased. The paper should come within  $\frac{1}{2}$  inch from the edges. Bake 13 to 15 minutes at 350°F. to 375°F.

While cake is still in pan, quickly cut off crisp edges. Turn out onto a cloth, covered with powdered sugar if desired. Remove paper, spread with jelly or jam and roll from long side at once. Wrap in cloth and cool on rack.

## BRAN MUFFINS

$1\frac{1}{2}$  cups dates, chopped  
 $1\frac{1}{2}$  cups water  
 $\frac{3}{4}$  cups white sugar  
6 tbsps. butter  
1 large egg or 2 small ones

1 tsp. vanilla  
 $1\frac{1}{2}$  cup flour  
 $1\frac{1}{2}$  cups bran  
2 tsps. soda  
1 tsp. salt  
grated rind of orange

Boil dates and water. Combine sugar and butter, beaten eggs and vanilla. Sift the remaining dry ingredients. Add dry ingredients to creamed mixture. Mix well, stir in  $\frac{1}{2}$  cup of date mixture and rest of flour then the rest of the date mixture. Beat well. Bake in a 350°F. oven until done.

## BANANA CUP CAKES

$\frac{1}{2}$  cup butter  
1 egg  
 $1\frac{1}{2}$  cups flour  
1 tsp. vanilla

1 cup sugar (brown)  
1 cup mashed ripe bananas  
1 tsp. baking soda  
pinch of salt

Cream butter and sugar, add beaten egg, mashed bananas. Add dry ingredients. Bake in 24 cups at 350°F. for 20 to 25 minutes.

## MUFFINS

|                      |                                  |
|----------------------|----------------------------------|
| 1 cup sugar          | ½ tsp. salt                      |
| 2 eggs               | 1 tsp. vanilla                   |
| 1/3 cup mazola       | 1 cup chopped carrots            |
| 1 tsp. soda          | 1 cup drained crushed pine-apple |
| 1 tsp. baking powder | 1½ cup, flour                    |

Mix ingredients in order given. Fill greased muffin tins and bake 20 minutes at 300°F.

## BRAN MUFFINS

|                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 cup dates                       | Rind of one orange              |
| 1½ cups boiling water             | 1½ cups flour                   |
| 2/3 cup sugar                     | 1 tsp. soda                     |
| 4 tbsps. soft butter or margarine | 2 tsps. baking powder           |
| 1 large egg                       | 1½ cups all bran or health bran |
| 1 tsp. vanilla                    | pinch of salt                   |

Cut up dates, pour over them the boiling water and cool. Beat butter and sugar. Add egg and vanilla. Add the orange rind. Sift flour, soda, baking powder, salt and bran, and add to the first mixture and then combine with butter, sugar and egg. Bake at 350°F. until done.

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### CARROT MUFFINS

|                                           |                      |
|-------------------------------------------|----------------------|
| 1½ cups flour                             | 1 tsp. baking soda   |
| 1 cup sugar                               | ½ tsp. salt          |
| 1 tsp. cinnamon                           | 2/3 cup oil          |
| 1 tsp. baking powder                      | 2 eggs               |
| 1 tsp. vanilla                            | 1 cup grated carrots |
| ½ cup crushed pineapple or<br>apple sauce |                      |

Sift dry ingredients into a large bowl, make a well shape in centre and add oil, eggs, grated carrots, pineapple and vanilla. Beat till smooth, fill baking cups 2/3 full. Bake 20 to 25 minutes at 350°F. (Keeps very well up to 6 weeks).

### BUTTER CREAM FROSTING (not so sweet frosting)

|                           |                           |
|---------------------------|---------------------------|
| ½ cup butter or margarine | 1½ tsps. vanilla          |
| 3 tbsps. flour            | ½ cup butter or margarine |
| 3/4 cup milk              | 3/4 cup white sugar       |

Melt butter in sauce pan over low heat, blend in flour gradually, slowly stir in milk. Cook and stir until mixture thickens and comes to a boil. Cool to room temperature. Add vanilla. Cream remaining butter with sugar until fluffy. Gradually add the cooked mixture, beating with an egg beater till frosting is fluffy and of spreading consistency. This is enough to frost a large cake. In hot weather, chill frosting before spreading. This freezes well.

### CARMEL FROSTING

|                   |                   |
|-------------------|-------------------|
| ½ cup butter      | 1 tsp. vanilla    |
| ½ cup brown sugar | 1 cup icing sugar |
| 2 tbsps. milk     |                   |

Melt butter and sugar, boil, add milk, bring to a boil. Remove from heat, add icing sugar and vanilla. Whip until smooth.



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### CAMILLIA ICING

|                     |                       |
|---------------------|-----------------------|
| 1 cup shortening    | 1 egg, well beaten    |
| 2½ cups icing sugar | ¼ tsp. vanilla        |
| ¼ tsp. salt         | ¼ tsp. almond extract |
| 2 tbsps. cornstarch |                       |

Mix shortening smoothly. Mix half of sugar with starch. Continue mixing until smooth. Add egg white, fold in rest of the sugar and beat until stiff.

### MAPLE ICING

|                    |                     |
|--------------------|---------------------|
| 1 cup brown sugar  | 1 tsp. maple flavor |
| 1 tbsp. corn syrup | 1½ tps. butter      |
| 3 tbsps. cream     |                     |

Bring to a boil until sugar is dissolved and add icing sugar to thicken.

### SUBSTITUTIONS

1. Substitute for baking powder, 1 level tsp. cream of tartar mixed with ½ tsp. baking soda equals 2 level tsp. baking powder.
2. Substitute for sour milk: 1 cup sweet milk with 1 tbsp. vinegar or lemon equals 1 cup sour milk.
3. Lard is 100% fat and when it is substituted for butter, the amount should be decreased; 7/8 cup lard plus 2 tbsp. liquid and ¼ tsp. salt equals 1 cup butter for cakes, pastries, cookies, etc.
4. Substitute for egg: 1 egg maybe omitted from cakes and cookies calling for more than 2 eggs. Use ¼ tsp. extra baking powder and 2 tbsp. extra milk. In custard mixture and in rich fillings for pies and cakes, 2 level tbsp. of all purpose flour maybe substituted for 1 egg.
5. Substitute for cornstarch: 2 level tbsp. all purpose flour equals 1 level tbsp. cornstarch in cream fillings, custards and sauces.
6. 1 square (oz.) unsweetened chocolate: 3 tbsp. cocoa plus 1 tbsp. shortening.
7. Substitute for candied orange peel: orange marmalade.
8. Substitute for Macaroon crumbs: stale cake crumbs sprinkled with sugar and almond flavoring, lightly browned in oven.
9. Substitute for meat stock: 1 bouillon cube dissolved in 1 cup boiling water or 1 cup canned consomme equals 1 cup meat stock.
10. Substitute 2/3 cup chicken fat for 1 cup butter plus double the salt.

## BEVERAGES

### COOL PINK LADY DRINK

2 cups fresh rhubarb cut up      ½ cup lemon juice  
2½ cups water                      3½ cups ginger ale,  
1 cup sugar                          chilled  
2 cups unsweetened pineapple  
juice

Cook rhubarb uncovered in water until soft about 10 mins.  
Strain mixture, reserving 3 ¾ cups juice. Chill.  
Stir in sugar, pineapple and lemon juice, add ginger ale.  
Makes about 2½ quarts.

### CHOCOLATE MILK SHAKE

2 cups white sugar                      1 tbsp. butter  
1 cup cocoa                              ½ tsp. vanilla  
¾ cup water

Combine sugar, cocoa and water and boil for 3 minutes.  
Remove from heat and add butter. When cool add vanilla.  
Store in a jar in refrigerator. For a delicious drink,  
mix 1 or 2 tbsps. of syrup to a glass of milk.  
Quantity - ½ pint syrup.

### MINTED CHOCOLATE

2 tbsps. chocolate syrup              2 or 3 drops peppermint  
1 cup chilled milk                      2 tbsps. whipped cream

Add milk slowly to chocolate syrup, stirring constantly.  
Add flavoring and heat well. Serve topped with whipped  
cream and a sprig of mint.

### RUBY PUNCH

1 pkg. strawberry Kool-Aid          4 cups unsweetened pineapple  
1 pkg. cherry Kool-Aid              juice  
1½ cup sugar                          1 can frozen lemonade  
1 can concentrated frozen  
orange juice

Dissolve all of the Kool-Aid and sugar in 2 quarts of water.  
Combine the Kool-Aid mixture, pineapple juice, orange juice  
and lemonade. Stir until the frozen juices begin to soften  
and blend together. Add enough water to finish filling a  
gallon measure. Yield - 1 gallon.



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## SUMMER PUNCH

|                      |                          |
|----------------------|--------------------------|
| 1 pkg. lime Kool-Aid | 1 can pineapple juice    |
| 3 lemons, sliced     | 1/3 can grapefruit juice |
| 3 oranges, sliced    | Sugar                    |

Mix Kool-Aid as directed; add other ingredients. Sweeten to taste. Other flavors may be used. Yield - 1 gallon.

## CHERRY WINE

1st 2 days

4 qts. tart red cherries  
4 qts. ripe saskatoons  
4 qts. pink cherries  
2 qts. boiling water

2nd stage:

2 qts. boiling water  
1 slice white toast  
8 cups sugar  
1 cup white raisins, finely  
chopped  
1 ounce wet yeast

Dissolve the sugar in the 2 qts. of boiling water. While still hot, add to cherry mixture. Add raisins. Moisten the yeast with a few drops of water and spread on one side of the toast. Float the toast yeast side down. Stir every-day for two weeks crushing the fruit against the canner. Try not to break any centre stones. Now strain through jelly bag squeezing as dry as possible. Return the liquid to canner and let stand undisturbed for 2 weeks. Taste the wine and if it is too tart, add more sugar. Strain. Let it settle for 2 days. Siphon into bottles and let it stand corked lightly for a few days. Add 1 tsp. of red food coloring to make a redder wine. Tighten the cork and seal with paraffin. Let stand for 6 months.

## CIDER

2 lbs. washed rice  
3 gallons water

10 lbs. apples ground  
5 lbs. sugar

Bring sugar and water to boil. Pour over apples and rice. Let cool to lukewarm. Add 1 pkg. yeast. After one week add another 5 lbs. of sugar. Stir well. Let stand 8 days longer or more. Strain, then bottle. Do not cap tight for at least 10 days.

## POTATO CHAMPAGNE

10 lbs. white sugar  
2 lbs. raisins  
3 lemons - peeled and  
sliced (do not use peel)  
1½ dozen sliced oranges

6 large potatoes, raw and  
ground  
½ pkg. yeast  
3 gallons cold water

Mix well and let stand 10 days in warm place. Do not stir while it's fermenting. Strain, bottle. Do not cork tight for at least a week. Good for 6 months.

### ACCENT BRANDY

|                     |                        |
|---------------------|------------------------|
| 1 lb. dried peaches | 1½ lbs. dried apricots |
| 1 lb. prunes        | 2 yeast cakes          |
| 9 lbs. sugar        | 3½ gallons water       |
| 3 lemons            | 3 oranges              |

Grind oranges, lemons, apricots, peaches and prunes. Add to warm water and sugar. Spread wet yeast on toast and set on mixture. Let stand 2 weeks in warm place. Strain, bottle. Do not cork tightly for a few days. Let stand for at least 6 months.

### CHAMPAGNE WINE


|                 |                                  |
|-----------------|----------------------------------|
| 10 lbs. sugar   | 7 lemons sliced thinly           |
| 2 gallons water | 14 oranges                       |
| 1 pkg. yeast    | 7 large raw potatoes<br>(sliced) |

Let stand 5 days in crock. Strain and bottle. Do not cork tightly.

### GRAPE WINE

4 baskets grapes  
2 lbs. sugar to each basket  
1 gallon water

Squeeze or grind grapes. Add sugar and water. Place in crock in warm place. This will work up bubbles in 7 days. After 7 days sieve off liquid. Mix 1½ gallons water with 6 lbs. sugar. Add to grapes and let stand another 7 days. Sieve off liquid and mix with liquid sieved off the first time. Strain into gallon jugs. Let age 3 months.

|                                                                                |                                                                                                               |                    |
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~~~~~  
Potatoes browned, can make you round and whipping cream, add a breadth of beam. A sugar lump can make you plump and even liquor makes you thicker. Forgive me if my stomach squawks, it's been reduced to celery stalks.

PARTY SNACKS

HORS D'OEUVRES

- Grilled hostess sausages.
- Large shrimps or pronds with a sharp cocktail sauce dip.
- Devilled eggs.
- Dill pickles scooped out and stuffed with cream cheese or crabmeat.
- Sardines, smoked salmon or anchovies on fingers of toast.
- Salami curls.
- Meat spreads - tongue, ham, etc., on toast strips or crackers.
- Fancy spiced sausage slices on party crackers.
- Party kebobs on small skewers or plastic toothpicks:
 1. Alternate crabmeat pieces and avocado slices
 2. Alternate smoked salmon and cucumber cubes
 3. Alternate chicken and avocado slices
 4. Alternate anchovy fillets and pickled onions
 5. Shrimp, small fruit tomato and avocado cube

CHEESE BALLS

To a 4 oz. pkg. cream cheese add 2 tbsp. chopped ripe olives. Form in balls and roll in nuts.

RED-EYE COCKTAIL DIP

1/2 cup chili sauce	1/2 cup minced onion
1 cup mayonnaise	1/2 tsp. paprika
1/2 tbsp. catsup	1/2 cup cream, whipped
2 small sweet pickles, minced	salt
1/2 cup minced green peppers	pepper

Combine ingredients, adding salt and pepper to taste. Chill, covered, until ready for use. Use with shrimp, cocktail sausage, wieners, crackers or chips.

COCKTAIL MEAT BALLS

1 egg	1/8 tsp. pepper
1 cup fine dry crumbs	1 tbsp. grated onion
1 tsp. salt	1 lb. ground beef
	Barbecue sauce --
	bottled or your own recipe.

Combine all and form in 1 inch balls. Brown well. Heat sauce and pour over meat balls. Put in serving dish and serve with picks. Can use as an appetizer or an extra buffet dish. Can freeze after browning meat balls and then thaw and heat to serve.

There are more accidents in the kitchen than in any other room in the house and sometimes husbands have to eat them.

CORONATION SPECIAL

2 cups flour
1 cup margarine (or half
butter & half margarine)

3/4 cup sugar
1 tsp. baking powder

Rub together as for pie crust. Beat 1 large egg or 2 small ones and 1 tsp. vanilla. Mix together and put 2/3 in greased pan. Put filling on top, roll rest of dough between wax paper cut in strips and arrange over top. Bake at 350°F. for 30 minutes. Cool and cut into squares.

For Filling - use any filling you prefer, cherry, blueberry, etc.

LEMON ICEBOX PIE

1 pkg. lemon Jello
3/4 cup hot water
Juice of 1½ lemons
1 tall can evaporated
milk, chilled

3/4 cup sugar
1 baked 9" pie shell

Dissolve Jello in hot water. Squeeze juice of lemons into Jello. Whip the milk until stiff. Add sugar to milk. Add Jello mixture to milk and sugar mixture. Pour the well-mixed ingredients into pie shell; chill. Any flavour of Jello may be used.

CREAM PUMPKIN PIE

1 cup sugar
2 tbsps. cornstarch
1 tsp. cinnamon
½ tsp. allspice
½ tsp. ginger

½ tsp. salt
2 cups evaporated milk
1 cup cooked pumpkin
2 eggs, separated
1 baked pastry shell

Mix sugar, cornstarch, spices and salt together; stir in milk and pumpkin. Cook 20 minutes over boiling water, stirring frequently. Remove from heat; stir into slightly beaten egg yolks. Return to heat; cook 2 minutes longer, stirring constantly. Cool; pour into pastry shell. Beat egg whites until stiff; fold in small amount of sugar. Spread on top of pie. Bake at 300°F. until meringue browns.

BUTTERMILK PIE

1 cup sugar
2 tbsps. butter
2 tbsps. flour

2 eggs
2 cups buttermilk
1 tsp. lemon extract
(lemon juice is good also)

Combine sugar, flour and butter. Mix thoroughly. Add unbeaten eggs; beat until smooth. Add buttermilk and flavoring. Pour into unbaked pie shell. Bake in 325°F. until firm, about 1 hour.

STRAWBERRY GLAZE PIE

1 qt. raw strawberries 3 tbsps. cornstarch
1 cup sugar 1 baked 9" pie shell
1 1/3 cup water

Wash strawberries and remove hulls. Place 1 cup strawberries, sugar and 1 cup water into a saucepan. Cook slowly for 15 minutes. Mix cornstarch and remaining 1/3 cup water to make a smooth paste. Add to strawberry mixture. Cook stirring until thickened. Cook 5 minutes longer until thick and clear, stirring constantly. Cool. Line baked pastry shell with remaining strawberries. Pour cooled glaze over strawberries. Chill, garnish with whipped cream.

FAVOURITE PUMPKIN PIE

1½ cups strained pumpkin, ½ tsp. ginger
browned ½ tsp. nutmeg
3 tbsps. flour 2 eggs, beaten
1 cup light brown sugar pie dough for two 9" pie
2 cups milk plates
1 cup cream (heavy, if possible) 2 tbsps. sugar
1 tsp. cinnamon pinch of ginger or cardamon

To brown pumpkin, measure 2 cups of pumpkin; butter generously the bottom of a cast iron frying pan. Cook pumpkin over medium heat, stirring and turning the whole mass so all parts dry evenly until reduced to 1½ cups. The natural sweetness of the pumpkin will be enhanced by this process. Place the browned pumpkin in a bowl, sprinkle with 2 tbsps. flour and brown sugar and stir. Scald the milk. Add cream, spices, and eggs to pumpkin mixture. Line pie plate with dough well, build up around the edges. Mix the 2 tbsps. sugar, the remaining tbsp. of flour and the pinch of spice. Sprinkle over the bottom crust to prevent sogginess in the bottom of the pie. Fill shells 3/4 full with mixture and bake for 15 minutes in preheated oven at 450°F. then reduce to 325°F. for 30 minutes. Strips of foil paper around the edge of each pie will keep it from browning too fast.

BUTTERMILK PIE

½ cup butter or margarine ½ tsp. salt
2/3 cups sugar Grated rind of 1 lemon and
3 egg yolks juice of 1 lemon.
3 tbsps. flour 2 cups buttermilk (scalded)
 3 egg whites

Cream butter or margarine and sugar. Add egg yolks one at a time, beating well after each addition. Add flour, salt, lemon rind and juice. Mix well, add hot buttermilk. Beat egg whites until stiff and fold into buttermilk mixture. Pour into an unbaked 9" or 10" pie shell. Bake at 375°F. for 10 minutes. Reduce heat to 325°F. and bake an additional 30 minutes.

MAGICAL COCONUT PIE

4 large eggs	1/8 tsp. baking powder
2 cups sugar	1/2 cup margarine
2 cups milk	1 tsp. vanilla
1/2 cup sifted flour	2 cups coconut (fine shred)

Beat eggs until light then add and beat in sugar till thick. Add milk gradually as you beat. Sift together flour, salt, baking powder and beat in. Add margarine, vanilla and coconut. Beat to mix.

Butter 2 eight inch pie plates or 3 seven inch. Spread evenly and bake at 350°F. for 30 minutes or until set. Turn out on plate.

WASHINGTON CHEESE CAKE

1 cup graham cracker crumbs	2 tsps. flour
3 tbsps. sugar	3 eggs
3 tbsps. margarine, melted	2 tbsps. milk
3 8-oz. pkgs. Philadelphia brand cream cheese	1 tsp. vanilla
3/4 cup sugar	21-oz. can of cherry pie filling

Combine crumbs and margarine. Press into bottom of 9-inch spring-form pan. Bake at 325° for 10 minutes. Increase oven temperature to 450°F. Combine softened cream cheese, sugar and flour, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time mixing well after each addition. Blend in milk and vanilla, pour mixture over crust. Bake at 450°F. for 10 minutes. Reduce oven temperature to 250°F. Continue baking 25 to 30 minutes. Loosen cake from rim of pan; cool before removing from pan. Chill. Before serving, top with pie filling.

PHILADELPHIA CHEESE CAKE

Mix together:

2 small boxes or 1 large lemon jello	1 cup boiling water
--------------------------------------	---------------------

Mix together and put aside to cool and dissolve.

Cream 8 oz. Philadelphia cream cheese, 1 cup sugar, less if desired and 1 tsp. vanilla.

Whip 2 c cream
Add one 20 oz. tin crushed pineapple (drained). Line pan with crushed graham wafers. Leave about half for topping. Moisten with melted margarine. Add your cream cheese mixture to whipping cream. Then blend in Jello mixture. Pour over graham wafers. Sprinkle the rest of crushed wafers over and let set. Chocolate wafers can also be used instead of graham wafers.

CREAM PUFFS

In a saucepan, combine:

$\frac{1}{2}$ cup butter 1 cup water

Bring to boil. All at once, beat in 1 cup flour, $\frac{1}{4}$ tsp. salt, and 1 tsp. baking powder. Continue cooking, beating vigorously until mixture leaves sides of pan. Remove from heat and cool slightly. Then add, one at a time 4 eggs. Beat vigorously until smooth and glossy after adding each egg. Drop batter from a spoon, 2 inches apart, onto greased baking sheet, mounding each and swirling top. Bake in preheated 375°F. for 30 to 40 minutes (45 to 50 for large, 25 to 30 for small puffs), or until light and golden. Cool. Fill with sweetened whipped cream or a cream filling. Dust with icing sugar. Serve cold. Makes 12 large, 18 medium or 3 dozen small puffs.

GRAHAM WAFER DESSERT (CHEESE CAKE)

2 $\frac{1}{2}$ cups graham wafer crumbs $\frac{1}{2}$ to 3/4 cups butter
 $\frac{1}{2}$ cup brown sugar

Rub together and press into pan. Save $\frac{1}{4}$ of mixture for topping.

Cream filling: 2 pkgs. of dream whip (prepare as directed)
3/4 cups icing sugar, and 1 pkg. (8 oz.) cream cheese.

Mix cream filling together and spread half on top of graham wafer mixture. Then spread one can cherry pie filling on top of cream mixture. Next spread remaining cream mixture and top with remaining crumbs. Refrigerate until set. This dessert may also be frozen.

PRISM CAKE DESSERT

Using 3 oz. pkgs. of each: cherry, lime, and orange jello, dissolve each in 1 $\frac{1}{2}$ cups of boiling water and let each set in a shallow pan overnight. Cut into small squares.

BASE: Mix 2 cups graham wafer crumbs with $\frac{1}{2}$ cup soft butter. Press into a 9 x 13 pan leaving $\frac{1}{4}$ cup for the topping.

FILLING: Bring to a boiling point 1 cup unsweetened pineapple juice and $\frac{1}{4}$ cup sugar. Next dissolve one 3 oz. pkg. of lemon jello in this. Then add $\frac{1}{2}$ cup cold water and let cool till syrupy, then beat till foamy. Prepare 2 envelopes Dream Whip as directed and fold into the lemon syrup. Mix well. Lastly fold in the jello squares and pour over the graham base. Sprinkle with $\frac{1}{4}$ cup graham crumbs. Let set in the fridge 5 to 8 hours or overnight.

LEMON FLUFF

1 can evaporated milk (Alpha 2%)	2 tbsps. sugar
1 lemon Jello powder or any flavour	$\frac{1}{2}$ cup lemon juice
1 $\frac{3}{4}$ cups hot water	1 pkg. vanilla wafers (optional)
	red cherries (optional)

Chill evaporated milk until icy cold. Dissolve jello in hot water. Chill until practically set, then whip until light and fluffy. Add lemon juice and sugar. Whip chilled milk and fold into Jello mixture. Line bottom of pans 9 x 13 with $\frac{1}{2}$ wafer crumbs, and pour in the Jello mixture. Top with remaining crumbs and chill until firm. To serve cut in squares and centre each with a red cherry. Serves 12.

BLUEBERRY - CHEESE CAKE

1 9-inch graham cracker crust unbaked	2 tpsps. vanilla
1 8-oz. pkg. cream cheese	$\frac{1}{2}$ pint sour cream
3 eggs	1 can blueberries
$\frac{2}{3}$ cup plus 4 tbsps. sugar	2 tbsps. cornstarch

Mix cream cheese and eggs, creaming after adding each egg. Add $\frac{2}{3}$ cup sugar and 1 tsp. vanilla; mix well. Pour mixture in prepared crust. Bake 30 minutes at 350°F. Cool completely. Mix sour cream, 2 tbsps. sugar and remaining vanilla. Whip; pour on first layer of pie. Bake 5 minutes at 450°F. Remove pie from oven; let cool completely. Drain juice from blueberries. Add remaining sugar and cornstarch to juice. Cook until thickened. Add berries, pour over pie. Cool. Keep in refrigerator.

LIME MARSHMALLOW FANTASIES

BASE: $\frac{3}{4}$ cup butter
 $1\frac{1}{2}$ cups Robin Hood pre-sifted all purpose flour
 $\frac{1}{2}$ cup brown sugar

TOPPING: 2 pkgs. lime jello powder
1 cup cold water
 $\frac{1}{4}$ tsp. salt
2 egg whites
coconut

Preheat oven to 350°F. Rub butter, flour and brown sugar together. Press into 9" square pan. Bake at 350°F. for 15 minutes or until golden brown. Cool. Place jello powders and cold water in saucepan. Bring to full rolling boil and let boil for 1 minute. Cool. Beat egg whites and salt until foamy. Add to gelatine mixture and continue to beat until soft mounds are formed. Quickly spread over base. Sprinkle with coconut and decorate with red and green cherries if desired. Place in refrigerator to set. Cut into $1\frac{1}{2}$ " squares. Yields 36 squares.

DREAM WHIP PUMPKIN DESSERT

2 cups graham wafer crumbs ½ tsp. cinnamon
½ cup brown sugar ½ cup melted butter or
 margarine

Rub together and press into 9 x 12 inch pan. Save ½ cup of it for topping. Beat 2 pkgs. Dream Whip. In another bowl mix 2 large boxes of instant vanilla pudding.

Then:

1 14 oz. tin pumpkin 1/3 cup milk
½ cup sugar 1 tsp. pumpkin spice

Mix. Add pudding and Dream Whip. Pour into crumbs mix. Make 2 pkgs. Dream Whip for the top and sprinkle crumbs on top. Refrigerate for 2 hours.

APPLE OATMEAL CRISP

½ cup brown sugar ½ cup soft butter
½ cup all purpose flour ½ tsp. nutmeg
½ cup rolled oats ½ tsp. salt
½ tsp. cinnamon 1 tbsp. lemon juice
 20 oz. can apple pie filling

Place apple pie filling or 4 cups sliced, pared, cored apples in greased baking dish. Sprinkle lemon juice over apples. Blend the first 7 ingredients until crumbly, then spread over apples. Bake at 375°F. 25 to 30 minutes or until apples are tender. Serve with cream or ice cream.

FRESH PLUM KUCHEN

4 cups cut plums or apples ½ tsp. salt
1½ cups all purpose flour ½ cup butter
½ cup sugar 1 egg
1½ tps. baking powder ½ cup milk
 1 tsp. vanilla extract

TOPPING: ½ cup sugar
 1 tsp. ground cinnamon
 ½ cup melted butter

Oven 400°F. Grease a 13 by 9 inch pan. Wash plums, cut and drain.

Into medium bowl, sift flour with ½ cup sugar, the baking powder and salt. With fork or pastry blender, cut in the ½ cup butter until mixture resembles coarse crumbs. In small bowl, beat egg slightly with fork; then add milk and vanilla, blending with fork.

Add to flour mixture, beating vigorously with fork until smooth - about one minute; batter will be quite stiff.

Using spatula or rubber scraper, spread batter evenly over bottom of greased pan. Arrange plum slices over batter, to cover completely. Place thin sides down, slightly overlapping, in parallel rows.

Topping, mix ½ cup sugar, 1 tsp. cinnamon and the melted butter. Spoon over fruit. Bake 35 minutes, or until pastry is golden. Serve with ice cream or cream.

PINEAPPLE CREAM SQUARES

1½ cups crushed cinnamon graham wafers	1 envelope plain gelatin
¼ cup melted butter	2 tbsps. lemon juice
1 10 oz. can crushed pineapple	2 tsps. grated lemon rind
½ cup sugar	1 cup creamed cottage cheese (pressed through a sieve)
	¾ cup commercial sour cream

Mix crushed wafers and butter together and press half the mixture in the bottom of a greased 8 x 8 inch pan. Drain the juice from the pineapple into a small saucepan and stir in sugar and gelatine. Heat for 1 minute or until sugar and gelatine dissolve. Remove from heat and stir in drained pineapple and remaining ingredients. Chill until set. Cut into large squares and serve plain or garnish with strawberries.

RAISIN PUDDING WITH SELF SAUCE

1 cup flour	½ cup milk
½ cup sugar	1 cup raisins
2 tsps. baking powder	1 cup brown sugar
¼ tsps. salt	2 cups boiling water
2 tbsps. shortening	1 tbsp. butter
1 egg, beaten	

Sift flour, measure. Sift together flour, sugar, baking powder and salt. Cut in shortening. Mix egg and milk. Stir into dry ingredients. Add raisins, pour into well-greased deep casserole dish. Mix brown sugar, butter and water. Pour over batter. Bake in moderate oven (350°F.) for 35 to 40 minutes, until batter has risen to top and is well browned. Serve warm. Makes six servings.

OLD-TIME APPLE NOODLE PUDDING

2 cups uncooked noodles	1 tsp. cinnamon
¼ cup melted butter	1 tbsp. lemon juice
5 apples, cored, pared, and grated	½ cup raisins (if desired)
1/3 cup sugar to taste	½ cup chopped nuts (optional)
	½ cup browned buttered crumbs

Cook noodles in salted water; drain well but do not rinse. Add ¼ cup butter to cooked noodles and stir. Place ½ the noodles into buttered baking dish. Combine apples, sugar, cinnamon, lemon juice, (raisins and nuts if used), also the browned buttered crumbs (reserving 3 tbsps. to be used later). Put apple mixture on top of noodles in baking dish; top with the remaining noodles; sprinkle crumbs on top and bake in a moderate oven (350°F.) for 30 to 40 minutes. Serve hot with cream or plain. Serves 6 to 8.

YOGURT

Start with a tbsp. of plain commercial yogurt to act as a culture. (Then save a tbsp. of your own each time to start a new batch). Heat one quart of milk (skim, 2%, or whole). Cool until lukewarm, then remove 1 cup lukewarm milk and mix thoroughly with the tbsp. of yogurt (adding $\frac{1}{2}$ cup skim milk powder if you wish a creamier product). Stir in the remaining milk and mix well. Place in one large or 4 small bowls (not metal). Cover. Leave in a warm place, such as a top of the refrigerator (about 115°F.) for 6 to 8 hours or until desired thickness. Chill well. Fruit or flavouring is added after the setting period.



TABLE OF MEASUREMENTS

<u>CANADIAN</u>	<u>METRIC</u>
1 cup-8 fl. oz. = 16 tablespoons	2.3 deciliters
$\frac{1}{2}$ cup-4 fl. oz. = 8 tablespoons	1.1 deciliters
$\frac{1}{3}$ cup-2 $\frac{2}{3}$ fl. oz. = 5 $\frac{1}{3}$ tablespoons	0.8 deciliter
$\frac{1}{4}$ cup-2 fl. oz. = 4 tablespoons	0.6 deciliter
1 tablespoon- $\frac{1}{2}$ fl. oz. = 3 tablespoons	15 cubic centimeters
1 teaspoon	5 c.c.
dash - less than $\frac{1}{8}$ teaspoon	

WEIGHTS AND MEASURES OF COMMON FOODS

	<u>OUNCES</u>	<u>GRAMS</u>
Baking powder or soda - 1 teaspoon		5
Butter or lard - 1 cup = $\frac{1}{2}$ lb.	8	227
Cornstarch - 2 tablespoons	0.57	16
Flour, sifted all purpose - 1 cup	4	114
Honey or molasses - 1 cup	12	340
Maple syrup - 1 cup	10.5	298
Rolled oats - 1 cup	2.7	76
Salt - 1 teaspoon		5
Shortening - 1 cup	6.4	182
Sugar - granulated - 1 cup	8	227
- brown, packed - 1 cup	7.5	213
Tapioca, quick - 2 tbsp.	.75	21

OVEN TEMPERATURES

FAHRENHEIT	OVEN	CENTIGRADE
250°F	very slow	120°C
275°F	very slow	135°C
300°F	slow	150°C
325°F	moderately slow	165°C
350°F	moderate	175°C
375°F	moderately hot	190°C
400°F	hot	205°C
425°F	hot	215°C
450°F	very hot	230°C

COOKIES AND DAINTIES

DAD'S COCONUT COOKIE SLICE

1 pkg. Dad's Coconut Cookies, crushed (24 cookies).
½ cup melted butter

Mix together and reserve ½ cup for topping. Put remainder in 8 x 8 pan and bake at 300°F. for 5 minutes.

Filling:

1½ cups icing sugar
3 squares chocolate, melted
(1 sq. sweet & 2 sq. semi-sweet)
Melted ½ cup butter

1 egg, beat until fluffy
½ cup chopped nuts

Mix altogether, spread filling on baked base, refrigerate.

COCONUT LOGS

1 tbsp. butter
½ cup brown sugar
1 egg

1 cup chopped dates
1 cup chopped walnuts
½ tsp. vanilla

Cream butter and sugar, add well beaten egg. Stir in dates, nuts and vanilla. Drop by spoonful into shredded coconut and shape into small rolls the shape of logs. Bake on greased sheet in oven until golden brown.

BUTTERSCOTCH SQUARES

2 pkgs. butterscotch or
chipits
½ cup butter
½ cup peanut butter

1 cup coconut
1 cup walnuts
1 pkg. miniature colored
marshmallows

Melt chipits and butter in a double boiler; when melted add peanut butter. Mix and cool to room temperature, add remaining ingredients. Put in square pan. Refrigerate.

HELLO DOLLY CAKE

½ cup butter
1 cup flaked coconut
1 small pkg. butterscotch
chips or caramel chips

1 cup chopped walnuts or
pecans
1 tin Eagle Brand milk
1 cup graham wafer crumbs
1 small pkg. chocolate chips

Melt butter in 9 x 13 inch pan. Sprinkle crumbs over this, spread coconut and chips and walnuts over this in order. Next, pour Eagle Brand milk over this. Do not stir. Bake for 35 minutes at 350°F.

NEAPOLITAN SLICE

Mix together 20 graham wafers, crushed.

$\frac{1}{2}$ cup butter, melted 1 heaping tbsp. flour
 $\frac{1}{2}$ cup brown sugar

Press into an 8 x 8 pan. Cook 275°F. for 15 minutes. Then mix 1 tin Eagle Brand milk and 2 cups dessicated coconut. Mix well and spread over graham wafer mixture, cool. Bake at 350°F. for 20 minutes. When completely cooled, ice with following icing:

MOCH WHIPPED CREAM ICING

$\frac{1}{2}$ lb. soft butter 3/4 cup icing sugar

Beat 2 minutes. Then add 2 tbsps. creamilk and beat for another 2 minutes. Add 2 tbsps. boiling water and beat 2 more minutes. Add pink coloring. Cool in fridge till set.

BANANA SLICE

Base:

$1\frac{1}{2}$ cups flour 3 tbsps. brown sugar
3/4 cup butter or margarine

Pat above mixture in 8 x 8 pan and bake in 325°F. oven.

Filling:

25 to 30 marshmallows, melted 2 medium bananas mashed
15 cherries cut fine

Mix together and put on cooled bottom mixture.

Top:

$\frac{1}{2}$ cup butter 3/4 cup icing sugar

Beat and add 2 tbsps. cold milk, 1 tsp. vanilla, and 2 tps. boiling water.

CHOW MEIN NOODLE BALLS

$3\frac{1}{2}$ cups corn flakes¹, crushed 1 pkg. butterscotch chips,
not too fine melted
2 cups salted peanuts, crushed 1 cup peanut butter
1 cup chow mein noodles
crushed

Roll in balls or by spoonful, drop on cookie sheet and freeze.

TWEEDIES

Double recipe for big cookie sheet or single recipe 9 x 13 pan.

½ cup butter	1 cup milk
2/3 cup sugar	2 sqs. semi-sweet chocolates
1 1/3 cup flour sifted	1 tsp. vanilla
2 tsps. baking powder	2 egg whites beaten stiff
½ tsp. salt	(added last)

Cream butter and sugar. Add dry ingredients alternately with milk and grated chocolate. Bake for 30 minutes at 350°F. on a cookie sheet. Cool.

Topping:

1/3 cup butter	2 egg yolks
2 cups icing sugar	1 tsp. vanilla

Spread on cake. Melt 1 tbsp. salad oil with 2 squares chocolate. Put in ribbon or marble effect over icing on cake. Sprinkle with crushed walnut.

CHOCOLATE REVEL BARS

1 cup & 2 tsps. butter	1½ tsps. salt
2 cups brown sugar	3 cups quick cooking oatmeal
2 eggs	1 -12 oz. pkg. chocolate
4 tsps. vanilla	chips or 6 oz. chocolate mint
2½ cups sifted flour	chips
1 tsp. soda	1 - 15 oz. can sweetened
1 cup chopped nuts	condensed milk

Cream 1 cup butter and sugar until light and fluffy; stir in eggs and 2 tsps. vanilla. Sift together flour, soda and 1 tsp. salt; stir in oatmeal. Add dry ingredients to creamed mixture. Mix chocolate chips, condensed milk, remaining butter and remaining salt in top of double boiler; heat until melted and smooth. Add nuts and remaining vanilla. Spread 2/3 of oatmeal mixture in 15½ x 10½ x 1" baking pan. Cover with chocolate mixture. Dot with remaining oatmeal mixture. Bake in 350°F. oven for 25 to 30 minutes.

ALMOND SLICE

Melt ½ cup margarine and 1 pkg. miniature marshmallows.
Add:

2½ cups crushed cornflakes	8 oz. pkg. roasted almonds
1 cup coconut	

Press into cookie sheet and let chill.

RAISIN SQUARES

Mix together like for pie crust:

1 cup butter or margarine	Pinch of salt
1 tsp. baking powder	2 cups flour (or more)
3/4 cup sugar	(make soft dough)
2 eggs	

Pat out or roll a little - half of the dough and lay it in a 9 x 12 pan for the bottom crust. Boil and cool the filling and spread it over the crust - topping it with remaining half dough rolled out about $\frac{1}{4}$ inch thick and cut in strips about $\frac{3}{4}$ inches wide. Lay strips criss-cross over the filling. Bake at 350°F. till light brown.

Filling:

Boil 2 cups raisins	Add 1 tbsp. lemon juice
1 cup water	$\frac{1}{2}$ tsp. cinnamon
2 tbsps. sugar	

Dissolve 1 tbsp. cornstarch in $\frac{1}{2}$ cup water and stir in to thicken the filling. Cool and spread. Other fillings may be used such as cherries, pineapple, etc.

OATMEAL COOKIES

1 cup shortening	2 eggs
1 cup brown sugar	

$\frac{1}{2}$ to 1 cup raisins - boil in $1\frac{1}{2}$ cups water for 10 minutes. Cool and drain about $\frac{1}{2}$ cup liquid.

2 cups flour	1 tsp. soda
2 cups oatmeal or 1 cup granola for variety	$\frac{1}{2}$ tsp. salt
	$\frac{1}{2}$ tsp. vanilla

Mix as for ordinary cookies.

RASPBERRY COCONUT COOKIES

3 $\frac{1}{2}$ cups flour	1 cup brown sugar
1 tsp. soda	3/4 cup white sugar
1 tsp. salt	2 eggs
$\frac{1}{2}$ cup water	2 cups flaked coconut
1 tsp. almond extract	raspberry jam
1 cup margarine	

Mix flour, soda and salt, blend well. Cream shortening, sugar, and eggs thoroughly. Add water and almond extract. Mix well. Blend in flour mixture. Stir in coconut. Drop by teaspoons on cookie sheet. Dent centres, place $\frac{1}{2}$ tsp. jam on each. Place $\frac{1}{2}$ tsp. dough on jam. Bake at 375°F. for 10 to 12 minutes.

MOLASSES COOKIES WITH MINCEMEAT

½ cup soft shortening	2 ¾ cups flour
1/3 cups sugar	3 tsps. baking powder
1 egg	½ tsp. salt
2/3 cups molasses	1 tsp. ginger
	½ tsp. cinnamon

1 cup mincemeat

Cream shortening with sugar, add egg and molasses, beat well. Sift together flour, baking powder, salt, ginger, cinnamon. Add flour mixture. Beat well, wrap in wax paper. Chill.

Roll out 1/8" thick on floured board. Cut dough with round cookie cutters, 2" in diameter. Put 1 tsp. filling on bottom cookie. Slash top cookie and place over top of bottom filled cookie. Bake 325°F. for 10 minutes. Makes 3 dozen.

DROP COOKIES

2 cups raisins	2 eggs
1½ cups water	3 cups flour or more
1 cup shortening	1 tsp. baking powder
1½ cups white sugar	½ tsp. salt

Boil raisins in water for 10 minutes, drain. Add shortening and sugar, mix and cool. When lukewarm, add the eggs. Sift the dry ingredients and add to the raisin mixture. Mix well. Drop by small spoonfuls 1 inch apart on a greased cookie sheet. Bake 12 to 15 minutes at 350°F.

APRICOT BARS

2/3 cup dried apricots (packed)	1 cup light brown sugar, packed
½ cup soft butter or margarine	2 eggs
¼ cup granulated sugar	½ tsp. vanilla
1 1/3 cups sifted all-purpose flour (divided see below)	½ or 1 cup chopped nuts
½ tsp. baking powder	Confectioners sugar (optional)
¼ tsp. salt	

Rinse apricots; barely cover with water, bring to boil and simmer 10 minutes. Drain, cool. Chop. Cream the butter with the granulated sugar, then add 1 cup of the flour and mix until crumbly. Pack this evenly into a greased 8 x 8 inch pan and bake 15 minutes. Meanwhile sift together the remaining 1/3 cup flour, baking powder, and salt. Beat brown sugar and eggs together and add sifted dry ingredients to them and mix. Stir in vanilla, nuts, and chopped apricots. Spread over the baked layer. Bake at 350°F. for 30 to 35 minutes. Do not overbake. Cool in pan. Cut into bars and if desired roll each in confectioners sugar.

HONEY COOKIES

2 eggs	1 tsp. vanilla
1 cup brown sugar	4 cups flour
6 tbsps. melted honey	2 tsps. soda
1 cup butter	

Cream butter and sugar. Add eggs and beat well. Add the melted honey and vanilla. Sift soda and flour and add to batter. Refrigerate for 2 hours. Roll 1/8" thick. Bake in hot oven until lightly brown. Fill with date filling.

SUGARLESS GOODIES

2 tbsps. quick yeast	4 cups flour
1 cup warm milk	2 tbsps. baking powder
2 eggs, beat well	1 lb. margarine

Dissolve yeast in milk. Sift flour and baking powder. Blend in margarine. Make a well in the flour mixture and put in the eggs and yeast. Mix with a spoon until well blended. Put in the refrigerator to rest for at least 1 hour.

Filling:

Prunes and cinnamon or oats and walnuts. Pinch dough into small balls, flatten to form a circle. Put in filling and pinch the edges. Brush with egg yolks and bake in a moderate oven for about 1/2 an hour.

HEALTH COOKIES

1 cup sifted flour	1/2 cup packed brown sugar
1 tsp. baking powder	1 egg beaten
1/2 tsp. salt	1/2 cup molasses
1 1/2 cups oatmeal	1/2 cup jam or marmalade
1/2 cup raisins	1/2 cup melted shortening

Sift together flour, baking powder, and salt. Stir in oatmeal and raisins. Beat brown sugar into egg, add molasses, jam and melted shortening. Gradually stir in flour mixture. Drop by teaspoonfuls onto a lightly greased baking sheet. Bake in a moderate oven, 375°F. for 12 minutes. Store in a closely covered cookie tin. Raisins may be omitted if desired. Makes about 3 dozen cookies.

WALNUT DROPS

1/2 cup margarine or butter	1/2 tsp. salt
1/2 cup white sugar	1 oz. unsweetened chocolate, melted
1 egg unbeaten	1 tsp. vanilla
1/2 cup flour	2 cups coarsely chopped walnuts
1/2 tsp. baking powder	

Mix as for ordinary cookies. Drop by spoonfuls on oiled sheet. Yields about 30 walnut drops.

CARROT SQUARES

4 eggs	1 tsp. salt
2 cups white sugar	2 tsps. cinnamon
3 cups shredded carrots	2 tsps. soda
2 cups flour	1 cup oil

Mix in order. Bake in cookie sheet for half an hour.

ICING:

8 oz. Philadelphia cheese	1 lb. icing sugar
$\frac{1}{4}$ lb. butter or margarine	2 tsps. vanilla

Beat until very fluffy.

SWEET SESAME COOKIES

1 cup Parkay margarine	2 cups all-purpose flour
$\frac{1}{4}$ cup sugar	sesame seeds
1 tsp. almond extract	Kraft pure red raspberry jam
$\frac{1}{2}$ tsp. salt	

Cream margarine and sugar; blend in almond extract and salt. Add flour; mix well. Shape tbsps. of dough into balls and roll in sesame seeds. Place on ungreased baking sheets; flatten slightly. Indent center of each and fill with jam. Bake at 400°F. for 12 minutes. Makes 3 dozen cookies.

CHOCOLATE COCONUT BARS

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup coarsely chopped walnuts
$\frac{1}{4}$ cup granulated sugar	$\frac{1}{2}$ cup butter or margarine
3 tbsps. cocoa	2 cups unsifted icing sugar
1 beaten egg	2 tbsps. Birds custard powder
1 tsp. vanilla	2 tbsps. hot water
2 cups graham wafer crumbs	1 tbsp. butter
1 cup desiccated coconut	2 sqs. (2 oz.) unsweetened chocolate

In a double boiler stir in together $\frac{1}{2}$ butter, granulated sugar, and cocoa until smooth. Stir in egg and vanilla and immediately remove from heat and add crumbs, coconut, walnuts, and mix well. Press into buttered 8 x 8 inch pan and chill. Mix together in beater bowl the $\frac{1}{2}$ cup butter, icing sugar, custard powder, and hot water, and beat until smooth. (It does not require cooking). Spread over chilled mixture and return to refrigerator. This sets quickly. Gently melt together the one tablespoon of butter and the chocolate and with rubber scraper spread all over the top. Chill again and with sharp knife cut into 2 x 1 inch bars.

N.B: In mixture #1, I prefer to put the sugar in with the beaten egg rather than in with the butter and cocoa.

CHOCOLATE COCONUT SLICE

1 cup soft butter	1 can sweetened condensed
$\frac{1}{2}$ cup white sugar	Eagle Brand milk
3 eggs	1 cup coconut (desiccated)
1 tsp. vanilla	2 cups sifted icing sugar
1 cup flour	$\frac{1}{4}$ cup cocoa
$\frac{1}{2}$ cup cocoa	2 tbsps. butter
$\frac{1}{2}$ cup walnuts, chopped (optional)	3 tbsps. cream
	$\frac{1}{2}$ tsp. vanilla

Cream butter and white sugar. Add eggs one at a time beating well. Add vanilla, sifted flour and $\frac{1}{4}$ cup cocoa into mixture and blend. Stir in nuts. Spread in a 13 x 9 $\frac{1}{2}$ x 2" pan and bake for 30 minutes in 250°F. oven. Combine condensed milk and coconut and spread on hot cake. Bake until mixture is lightly browned (about $\frac{1}{2}$ hour). Sift icing sugar and second $\frac{1}{2}$ cup cocoa in bowl, add butter, vanilla and cream blend well. Spread on warm cake. When cool, cut into squares. This freezes well.

CHOCOLATE CHEESE CAKE SQUARES

1 $\frac{1}{2}$ cups (9 oz.) chipits semi-sweet chocolate chips	2 pkgs. Royal cheesecake
3 tbsps. margarine	2 tbsps. water

Melt 1 cup chipits with margarine. Mix 2 pouches crumbs as directed on package substituting chocolate mixture for the margarine. Set aside 2 or 3 tbsps. of the crumb mixture and press the remaining mixture into an 8 inch square pan. (Double lined with wax paper). Chill. Melt remaining chocolate with water. Prepare 2 pouches of the filling as directed. Blend in chocolate mixture. Pour into crust and sprinkle with remaining reserved crumbs and extra chipits if desired. Chill one hour then lift out of the pan with the wax paper and cut into 12 servings.

DREAM BARS

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup butter
2 tbsps. brown sugar	

Cream butter and sugar and flour thoroughly. Spread in pan and bake at 325°F. for 15 minutes.

TOPPING:

1 $\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ tsp. baking powder
2 eggs	1 cup shredded coconut
2 tbsps. flour	1 cup chopped nuts
1 tsp. vanilla	a few red cherries

Beat eggs until light, adding flour, salt, baking powder, brown sugar, walnuts and coconut. Mix well. Spread on top of pastry and bake in 350°F. for 20 minutes.

RED RASPBERRY BARS

3/4 cup margarine	1/2 tsp. baking soda
1 cup brown sugar, packed	1 1/2 cups quick cooking rolled oats
1 3/4 cups all-purpose flour	1 1/2 cups Kraft pure red raspberry jam
1/2 tsp. salt	

Cream margarine and sugar. Add flour, salt and soda sifted together; mix well. Stir in rolled oats; press half of crumb mixture on bottom of well greased 13 x 9 inch pan. Spread with jam; cover with remaining crumb mixture. Bake at 400°F. oven, for 20 to 25 minutes. Cool; cut in bars. Approximately 2 1/2 dozen bars.

CHOCOLATE FANCIES

1/2 cup butter	1/2 tsp. salt
1/4 cup sugar	2 cups graham wafers (crushed)
3 tbsps. cocoa	1 cup coconut
1 egg	1/2 cup chopped almonds
1/2 tsp. vanilla	

Combine butter, sugar, egg, cocoa and vanilla on top of double boiler. Stir to blend and cook until slightly thickened and smooth, about 5 minutes. Blending graham wafers, coconut and nuts. Press into buttered 8" pan. Chill while making icing.

ICING:

1 cup icing sugar	2 tbsps. cream
1 tbsps. melted butter	1/4 tsp. almond extract

Mix icing sugar, butter and extract with enough cream, so it's easy to spread. Spread over cake. Put 1 square semi-sweet chocolate and 1 1/2 tps. butter over it all.

CHIPPER DATE BROWNIES

1 - 8 oz. pkg. pitted dates	1 3/4 cups sifted all-purpose flour
1 cup boiling water	1/4 cup cocoa
1 cup shortening	1/2 tsp. soda
1 cup sugar	1/2 tsp. salt
2 eggs	1 cup walnuts
1 tsp. vanilla	1 - 6 oz. pkg. semi-sweet chips

Combine dates and water, mix. Cool to room temperature. Thoroughly cream shortening, sugar, eggs, and vanilla. Stir in date mixture. Sift together dry ingredients. Add to creamed mixture and walnuts. Turn into 5 1/2 x 10 1/2 x 1 pan. Sprinkle chocolate chips evenly over top. Bake in moderate oven 350°F. for 25 to 30 minutes.

PIN WHEEL COOKIES

2 cups brown sugar	½ tsp. salt
¾ cups shortening	1 tsp. cream of tartar
1 tsp. vanilla	2 tsps. cinnamon
2 cups flour	½ tsp. soda
2 eggs	

Cream butter and sugar, add beaten eggs. Add dry ingredients. Roll out quite thin and spread filling and roll as a jelly roll. Cool in fridge for 2 hours or overnight. Cut and bake in 375°F.

FILLING:

1 1/3 cups dates	1 cup water
1 cup chopped nuts	
½ tsp. salt	

Boil until thickens, add ½ tsp. vanilla

CARAMEL COOKIES

2 cups light brown sugar	3 cups flour, sifted
½ cup butter	2 eggs
½ cup lard, melt	½ tsp. nutmeg
½ tsp. soda	1 tsp. cream of tartar
1 tbsp. water	1 tsp. vanilla

Melt shortening. Add sugar, beat well, add beaten eggs. Add sifted dry ingredients. Blend as for any cookie dough. Make into rolls. Let stand overnight in refrigerator. Slice and bake. Bake in 375°F. from 8 to 10 minutes.

RHUBARB CRUNCH

1 cup flour	1 tsp. vanilla
¾ cups rolled oats	1 cup sugar
1 cup brown sugar	2 tbsps. cornstarch
½ cup melted butter	½ cup water
1 tsp. cinnamon	4 cups rhubarb, cut fresh or frozen

Mix first five ingredients until crumbly; combine remaining ingredients. Press half the crumbs into greased 9" pan, add rhubarb mixture and top with remaining crumbs. Bake 1 hour at 350°F.

SHORTBREAD DROP COOKIES

4 cups flour	1 cup icing sugar
½ cup cornstarch	1 lb. butter

Beat till stiff and keep beating until soft dough. Then drop on cookie sheet. Squeeze down with fork. Bake.

FRYING PAN DAINTIES

2 eggs	½ cup coconut
1 cup brown sugar	1 tsp. vanilla
1 cup dates	½ tsp. salt
½ cup walnuts	½ tsp. almond flavoring

Mix in order given and place in a well greased frying pan. Cook 20 minutes until thick. Take off stove and add 2 cups of rice crispies. Cool and roll in balls in coconut.

MINCEMEAT JUMBLES

1 cup sugar	2 tsps. baking soda
½ cup shortening	1 tsp. salt
3 eggs	1 - 12 oz. pkg. chocolate chips
2½ cups flour	1 - 16 oz. jar mincemeat

Preheat oven to 375°F. Cream together sugar and shortening. Beat in eggs, one at a time and stir until light and fluffy. Sift flour, baking soda and salt together and stir into creamed mixture. Stir in chocolate chips and mincemeat. Drop by tbsps. onto greased, floured cookie sheet. Bake 12 to 15 minutes.

ORANGE SLICE BARS

FILLING:

1 cup raisins	½ cup brown sugar
¾ cup water	2 tbsps. flour

Combine and cook until thick. Remove from heat, cool, and add:

1½ cups orange slice candy, cut up	1 tsp. vanilla
1/3 cup walnuts	½ tsp. salt

Cream together:

1 cup brown sugar	2 tbsps. milk
¾ cup shortening	2 beaten eggs
1 tsp. vanilla	

Add:

1 ¾ cups flour	½ tsp. salt
1 tsp. soda	

Put a layer of batter on bottom of greased 9 x 13" pan. Spread filling over batter. Spread remaining batter over top. (Filling does not have to be completely covered). Bake at 350°F. for 40 minutes.

BUTTERSCOTCH BRICKLE BARS

Preheat oven to 375°F.

Cookie layer:

1½ cups flour
½ cup soft butter

¾ cup brown sugar
¼ tsp. salt

Mix until crumbly. Press into large pan. Bake at 375°F. for 10 minutes.

Meanwhile combine on top of double boiler:

1 - 6 oz. pkg. butterscotch chips
½ cup corn syrup
1 tbsp. water

2 tbsps. butter
¼ tsp. salt

Stir over hot, not boiling, water until smooth. Remove from water and stir in 2 cups coarsely chopped walnuts. Spoon evenly over baked layer. Return to oven for 8 minutes. Cut while warm.

CHERRY TRIANGLES

1 cup milk (scalded)
1 pkg. dry yeast
4 cups flour

1 cup butter
4 egg yolks, slightly beaten

Cool milk to lukewarm, add yeast. Let stand for awhile. Put butter into flour. Add liquid ingredients and eggs to dry ingredients. Mix thoroughly. Turn out onto floured surface and knead well. Divide dough in half. Roll first half large enough for a jelly roll pan. Spread 1 can of cherry pie filling over dough. Roll out second portion of dough and cover first half. Pinch sides. Allow to rise in warm place for ½ hour. Bake at 350°F. for 45 minutes. Cool. Spread icing sugar.

¼ cup butter
¼ tsp. vanilla

2 tbsps. cream
1½ cups icing sugar

Sprinkle with ¾ cup chopped walnuts. Cut into 3 inch squares, then cut each square diagonally. Makes 48 cherry triangles.

CHROOSTYCKY

6 egg yolks
2 eggs
2 tbsps. cream
2 tpsps. baking powder

2 tbsps. icing sugar
pinch of salt
1 tsp. vanilla
flour to make a soft dough

Roll dough very thin, using a sharp knife cut the dough diagonally to make diamonds or rectangles. Make a slit in the centre. Push one end pulling it through the slit. Deep fry in hot oil. Remove from oil and place on paper towels. Sprinkle with icing sugar.

FUDGE SQUARES

4½ cups sugar
1 lb. butter
1 - 13 oz. can Carnation
evaporated milk

3 - 6 oz. pkg. chocolate
chips
3 tsps. vanilla
1½ cups nuts (optional)

Boil milk and sugar (hard rolling boil) for 10 minutes. Take off heat and add butter. Let butter melt and beat by hand 2 minutes. Add chocolate chips and vanilla - let chips melt. Beat with electric mixer until thick (10 to 15 minutes). Fold in nuts (if desired). Yields 2 9" x 13" pans.

ALMOND SQUARES

1½ cups flour
3 tsps. icing sugar

¾ cup butter

Mix the above as Shortbread - pat into a 9 x 12 pan - bake for 15 minutes at 350°F.

TOPPING:

4 tsps. butter
1 cup brown sugar
1 cup slivered almonds

1 tsp. vanilla
½ cup cream

Put in double boiler or heavy saucepan and boil for 3 minutes. Remove and pour on baked bottom and bake another 20 minutes.

LEMON SQUARES

1 cup flour
1½ cups graham wafer crumbs
rolled fine
½ cup coconut
2 tsps. sweet milk

½ cup white sugar
¾ cup butter
¼ tsp. salt
1 tsp. baking powder

Mix dry ingredients, work in butter, add milk, mix well. Put half of the mixture in the bottom of the pan and press down. Spread the lemon filling over this (prepare one pkg. of lemon pie filling beforehand) and sprinkle the rest of the crumb mixture over the lemon filling. Bake in a hot oven (350°F.) for 20 minutes.

POPPY SEED SQUARES

½ cup butter
½ cup white sugar

2 egg yolks
1 ¾ cup flour

Cream butter and sugar. Beat in the egg yolks. Add flour, mix well. Press into cookie sheet.

TOPPING:

3 egg yolks, beaten
2 cups brown sugar

1 cup scalded poppy seed
3 egg whites, beaten stiff

Beat yolks until light, beat in sugar. Add poppy seed, fold in egg whites. Spread over first mixture in pan. Bake at 350°F. until brown.

SOUPS AND SALADS

PROGRESSIVE SUPPER SALAD

1 pkg. lime Jello	1 cup celery
3 oz. Philadelphia cream cheese	1 cup pecans or walnuts
1 pt. whipping cream	1 can crushed pineapple

Boil can of pineapple. Add pkg. of Jello until it dissolves. Put in fridge until it starts to set. Whip cream, mix in cheese, celery and nuts. Fold into Jello. Put into mold.

APPLE AND SALMON SALAD

2 cups diced apples	$\frac{1}{2}$ cup grated raw carrots
2 cups flaked salmon	$\frac{1}{2}$ cup salad dressing
1 cup diced celery	

Mix lightly and serve on lettuce leaves.

NO CALORIE DRESSING

Combine in a jar with a secure top:

1 tbsp. grated onion	1 cup tomato juice
1 tsp. dry mustard	$\frac{1}{2}$ cup lemon juice
1 tsp. worcestershire sauce	$\frac{1}{2}$ cup celery salt

Fasten the top of the jar and shake well. Store in refrigerator. Shake well or stir before serving.

SAUERKRAUT SALAD

$\frac{2}{3}$ cups vinegar	1 cup diced celery
$\frac{1}{3}$ cup water	1 Spanish onion, cut in rings
1 cup sugar	1 green pepper
$\frac{1}{2}$ cup oil	1 red pepper
1 large tin sauerkraut	

Heat vinegar, water, sugar and oil, then allow to cool. Do not boil. Add sauerkraut, celery, green, red pepper and Spanish onion. Marinate overnight. Drain and serve.

PINEAPPLE ORANGE SALAD

1 can pineapple tid-bits	1 can mandarin oranges
1 cup commercial sour cream	1 cup miniature marshmallows
1 cup coconut	1 cup well drained red and green maraschino cherries

Mix well and chill well. Terrific for showers.

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PICKLED CARROT SALAD

1 large bunch carrots, scraped and sliced	3/4 cup sugar
1/2 tsp. salt	1/2 cup salad oil
1 tsp. dry mustard	1/2 cup sliced onion
1/4 cup diced (or sliced) green pepper	1/2 cup vinegar

Cook carrots until just tender; cool. Mix remaining ingredients together; pour over carrots. Cover, refrigerate overnight.

If an entire bunch of carrots is used, the marinade should be doubled. This recipe will keep in the fridge for over a week.

SUNSHINE SALAD

1 pkg. lemon Jello	1 cup orange juice
1 tbsp. vinegar	1/2 cup orange pieces
1 cup pineapple tid-bits	1 cup hot water
1 cup grated raw carrot	1 cup pineapple juice

Dissolve Jello in hot water, add vinegar and juices. Chill until beginning to firm. Add remaining ingredients and chill. Delicious with ham.

JELLIED SALAD

1 pkg. lemon Jello	1/2 cup chopped celery
1 1/2 cups boiling water	1/2 cup crushed pineapple (drained)
1/2 cup mayonnaise	1/2 cup maraschino cherries (quartered)
1 pkg. cream cheese (3 1/2 oz.)	1 cup miniature marshmallows

Stir jello powder into boiling water until dissolved. Put in fridge to thicken slightly. Beat mayonnaise and cream cheese together until smooth. Add other ingredients. Then add all to jello. Refrigerate and serve when set.

PEA SOUP

1 cup split peas or green dried peas	1/2 cup diced celery
1 qt. water	1/2 cup diced carrot
1/8 lb. salt pork or 2 slices bacon	1 tsp. salt
1 onion, chopped	1 small clove garlic, crushed
	1 1/2 tsps. flour
	1 tbsp. bacon fat or oil
	salt and pepper and dill

Soak peas (washed) in water overnight. Simmer in some water until tender. Add remaining vegetables. Fry chopped up bacon until crisp, brown flour, add a little soup liquid to it, stir until smooth and add to soup. Season to taste. Serve with croutons. For variety noodles or macaroni may be added.

HANDY SALAD DRESSING

1½ cup flour	2 eggs
3 level tbsps. mustard	3½ cups vinegar
3 level tbsps. salt	3½ cups water
1½ cups sugar	½ cup butter

Mix flour, mustard, salt and sugar, stir in vinegar and water. Bring to a boiling point. Add slowly well beaten eggs and stir, add butter last and mix till nicely blended. Pour hot into hot small sealers and seal. To make mixture thinner when using stir in sour or sweet cream.

DECORATIVE JELLY THREE LAYER SALAD

Set 3 jelly powders: red, lemon, green, using 1½ cups boiling water (1 hot and ½ cup cold). For the red jello use ½ cup pineapple juice instead of cold water. Have 8 oz. pkg. of Philadelphia cream cheese at room temperature. Cream it well and add it to warm lemon Jello. Beat till smooth, set in fridge till slightly jelled. To the green jello add two tbsps. vinegar. Set in fridge till slightly jelled. Oil a tube pan and place sliced pineapple in the bottom with a cherry in each centre of the pineapple slice. When the red jelly is ready, spoon it onto the top of the pineapple. Return it to the fridge and when almost firm put the creamed jelly on top of it. Lastly add the green jelly to which has been added mixed vegetable or cole slaw - ¾ cup chopped fine cabbage, ½ cup chopped celery and 1 tbsp. chopped onion. ½ cup sliced olives (who likes them, it's optional). When all ingredients have firmly set you can unmold it onto a glass platter and serve. Very tasty!

GLORIFIED RICE

1 pkg. gelatin	½ cup powdered sugar
½ cup cold water	1½ cups cooked rice
½ cup boiling water	2 tbsps. cherries
1 sm. can crushed pine- apple	½ cup whipped evaporated milk

Soak gelatin in cold water; add boiling water. Add pineapple, sugar, rice and cherries. Fold whipped milk in when the gelatin begins to set. Turn into oblong pan; put in refrigerator. When thoroughly chilled, remove from pan, slice as ice cream. Serve with whipped cream.

COLESLAW DRESSING

1 tbsp. salt	1½ cups cooking oil
½ cup sugar	1½ cups vinegar
1 grated large onion	

Mix well together and keep in fridge. Keeps for a few days.

CREAM OF SPINACH SOUP

1/3 cup chopped onion	1/8 tsp. ground nutmeg
1/2 cup margarine, melted	4 cups milk
1/3 cup flour	1 cup light cream
2 tsps. salt	2 10 oz. pkgs. frozen chopped spinach, cooked
1/2 tsp. black pepper	

Saute onion in margarine until tender. Blend in next four ingredients. Cook slowly until mixture is smooth and bubbly. Gradually stir in milk, cream and spinach; bring to boil, stir. Serves 8.

HOUSEHOLD HINTS

HOW TO REMOVE GREASE, OIL AND TAR STAINS:

WASHABLES: Rub with soap, lard or glycerine; let stand a few minutes; launder in hot suds.

NON-WASHABLES: Swab with carbon tetrachloride; repeat in an hour if necessary.

Mash over ripe bananas and freeze in measure portions. Use in baking.

Dry fresh parsley leaves on a cookie sheet at 200°F. until crisp. Then crumble and store in a glass jar.

Freeze kernels of popcorn to pop for better popping.

Waterproof the matches by dipping the heads in clear nail polish.

Press out a hem crease by sponging it with one part water, two parts white vinegar solution and steam press.

Use a sheet of fabric softener over a hot air register to freshen your home.

Tenderize a pot roast with strong tea.

Water the houseplants with water in which eggshells have been soaked and see the difference in your houseplants.

A piece of white chalk in your jewel box prevents tarnishing of costume jewellery.

HOME MADE SOAP

Dissolve 1 can Gillett's Lye in 1 qt. water; let cool. Melt 6 lbs. of grease; dissolve 1 cup ammonia and 1/2 cup borax in a little water. Combine all ingredients and stir until white and creamy. Pour into a box lined with a clean cloth. When cold, cut and set to dry before storing.



Count not your age by the years you live,
but by the happiness you give,
the friends you make, the good you do.
The confidence that is placed in you,
the little things that day by day,
bring cheer to others on life's way.
Then count each birthday one more mile
upon the road of things worth while.

MEATS, FISH AND CASSEROLES

CORNMEAL (BIG ROASTER SIZE)

5 cups corn meal	1½ gallons milk
2 lbs. butter	1 big onion
1 tsp. salt	2 tbsps. sugar
3 tps. baking powder	18 eggs

Melt butter, add cornmeal and fry over heat till blended. Fry chopped onion in the 1 lb. butter, till onion is soft and clear. Heat milk. Beat eggs with sugar, salt and baking powder. Pour heated milk into cornmeal and stir continually, till thickened. Remove from heat, then add the egg mixture. Bake at 350°F. for 1 hour or golden brown.

CORNMEAL NACHENKA

Put 1/3 cup butter and 1½ cups cornmeal in frying pan. Allow to heat slowly on moderately warm element and stir until cornmeal is light brown. In the meantime warm up 5 cups of milk in a large pot (2 qt. size). When the cornmeal is ready add it to the hot milk and stir till it begins to thicken. Turn off heat to prevent burning or sticking to the bottom of pot.

ADD: 1 tsp. salt, 1 tbsp. sugar, 4 well beaten eggs, ½ cup flour with which were sifted 1 tsp. baking powder and 1 tsp. baking soda. Mix all ingredients very well pouring into a well greased small roaster. Bake in moderate oven 325°F., for 1 hour or until medium brown.

CHEESE ROLLS, (NALYSNYKY)

6 eggs	1 qt. milk
½ cup warm water	1½ cups flour
1 tsp. salt	cottage cheese
	sweet cream

Mix eggs, warm water and salt and beat well. Add milk and flour, beating to make a smooth batter. Grease a skillet and fry cakes real thin roll pan around to make a large, thin cake. Then spread with cottage cheese (a little salt added to cheese) and roll up like jelly roll. Place in greased casserole and pour over rolls sweet cream to cover. Bake in moderate oven between ½ hour to ¾ hour.

BARBECUE SAUCE FOR COCKTAIL MEAT BALLS

1½ cups ketchup	2 tbsps. Worcestershire sauce
¾ cup vinegar	2 tps. chili powder
1 tsp. dry mustard	2 onions, chopped fine
½ cup brown sugar	1½ cups water

Boil 15 minutes and pour over meat balls.

NACHINKA (CORN MEAL)

4 cups milk
1 cup cornmeal
3 eggs, beaten
 $\frac{1}{2}$ to $\frac{3}{4}$ cup cream

1 tsp. baking powder
pinch of sugar
salt to taste

Fry your cornmeal in some butter. Fry it until nicely moistened (not too much or not enough), fry it until dry but do not brown it. Put warm milk and cream in and mix well so it does not get lumpy. When it starts to thicken, put your eggs, baking powder, pinch of sugar, salt to taste, and pepper in. Bake at 350°F. for over an hour.

CHICKEN WINGS

8 chicken wings
 $\frac{2}{3}$ cup orange juice
 $\frac{1}{4}$ cup ketchup or chili sauce
1 tbsps. brown sugar

1 small garlic clove, crushed
1 small onion, chopped
2 tbsps. vegetable oil

Boil wings until tender and use the stock for soup or gravy. Coat wings with flour, salt and pepper. Put oil in frying pan; brown wings on both sides, put wings in casserole or baking dish. Add onions to frying pan and fry until golden brown. Add orange juice, tomato ketchup or chili sauce and brown sugar and garlic. Stir until thick, pour over chicken wings. Bake for $\frac{3}{4}$ hour at 350°F.

CELEBRATION CHICKEN

$2\frac{1}{2}$ -3 lbs. cut up chicken
(fryers)
1 pkg. onion soup mix
 $\frac{1}{2}$ cup ketchup

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup water

Place a large sheet of aluminum foil onto a shallow 10 x 15 pan. Foil should overlap the pan on all sides. Arrange chicken pieces in single layer on the foil. Combine onion soup mix, etc., and pour evenly over. Cover with foil and seal around edges to make a package. Bake at 375°F. for 50 minutes.

BAKED MACARONI

2 cups ready cut macaroni
(or any other macaroni)

Salt

Boil the macaroni in salted water. Drain.

Beat: 3 eggs
Add: 2 cups cream (or creamilk may be used).

Mix well. Fill greased pan with macaroni, sprinkle cheddar cheese and bake in a 350°F. oven for about 45 minutes. The baking time will depend on the type and size of pan. Do not overbake.

CABBAGE ROLLS

1 medium sized head sour cabbage, leaves well rinsed in hot water	3/4 cup bran (the kind that is used in bran muffins)
2 cups uncooked rice	1 medium onion
	1/2 cup mazola or other vege- table oil

Steam rice in (1 tsp. salt) salted water until about half cooked. Dice the onion fine and fry in vegetable oil then add it to the rice; mix well. Remove from heat, add bran mixing it in thoroughly.

Tear cabbage leaves to desired size and put one tsp. rice mixture on leaves; roll tightly. Place in small roaster or casserole dish. Before baking, add 1/2 tsp. salt to 2 cups boiled water and pour over the rolls. Then add 4 tbsps. of fried vegetable oil on top of rolls. Bake in moderate oven for 1 1/2 hours.

In the summer time young beet leaves are an excellent substitute for the sour cabbage leaves.

BARBECUED WEINERS

1/2 cup minced onions	2 tbsps. mustard (powder)
2 tbsps. shortening	1/3 cup vinegar
1/2 tsp. paprika	1/3 cup water
2 tbsps. brown sugar	8 split weiners (cooked)

Saute onions in shortening 5 minutes, add the rest including the weiners and simmer for 10 minutes.

BAKED BEANS

1 lb. bacon, sliced small	1 lb. 4 oz. can tomato sauce
1 medium onion, about 3 tbsps.	1 can kidney beans, drained
1 cup water	1 can lima beans, drained
1 cup brown sugar	1 can butter beans, drained
1 can pork and beans	1/2 tsp. garlic salt

Simmer bacon, onions and water for 10 minutes. Dissolve brown sugar into mixture. Mix all beans together and add bacon mixture. Bake in oven 1/2 hour at 350°F. Makes a large amount.

BAKED BEANS

2 cups dried beans	1/2 lb. bacon
1 1/2 tsps. salt	2 tbsps. molasses
1/2 cup brown sugar	1/2 tsp. dry mustard
1/4 to 1/2 cup catsup	4 cups water

Cook beans slowly until tender, starting on slow heat to eliminate soaking. Put beans in pot and add other ingredients and pour 1 cup boiling water over beans or enough to cover beans. Cover and bake 2 to 4 hours at 250°F.

SPANISH CHICKEN

3 lb. chicken, cut up	$\frac{1}{2}$ cup finely sliced carrots
$\frac{1}{2}$ cup cornstarch	$\frac{1}{2}$ cup finely chopped celery
$\frac{1}{2}$ cup corn oil	1 cup finely sliced mushrooms
$\frac{1}{2}$ cup chopped onion	1 tin stewed tomatoes (19 oz)
1/3 cup finely, chopped green pepper	1 tsp. salt
1 clove garlic, finely chopped	$\frac{1}{2}$ tsp. pepper

Dredge chicken pieces in cornstarch. Fry chicken in corn oil until browned. Place in a quart casserole. Saute onions. Add pepper and garlic. Add remaining ingredients. Bring to a boil and pour over the chicken in casserole, cover and cook in a 350°F. oven for 1 to 1½ hours, or until chicken is tender. Serves 4 to 6.

OVEN BARBECUE CHICKEN

3 - 4 lb. frying chicken	$\frac{1}{2}$ cup ketchup
$\frac{1}{2}$ cup margarine, melted	2 tbsps. honey
1 tbsp. lemon juice	1 tsp. paprika
$\frac{1}{2}$ cup salad dressing	salt and pepper

Cut chicken into pieces and season with salt and pepper. Combine all ingredients in baking pan. Arrange chicken pieces in a single layer, turning once to coat. Bake at 350°F. for one hour or until done, basting every 15 minutes.

MEAT LOAF

2 lbs. round steak	1 cup tomato ketchup
$\frac{1}{2}$ lb. veal	1 small onion, chopped fine
$\frac{1}{2}$ lb. pork	$\frac{1}{2}$ cup chopped celery
1 pt. milk (more if needed)	$\frac{1}{2}$ green pepper, chopped fine
3 eggs beaten well	3 tbsps. cream
	sprinkle of pepper

Put meat in bowl and add ingredients in order given. Round steak, veal, pork, ground separately. Add more ketchup if necessary. Bake in slow oven and baste.

MEAT LOAF

1 cup bread crumbs or crackers	2 tbsps. melted butter
1½ ground beef	1 chopped onion
1 cup rice, not fully cooked	1 tsp. salt
1 egg, well beaten	$\frac{1}{2}$ tsp. pepper

Season with paprika and salt to taste. Mix beef with the cooked rice. Add egg, onion, pepper, and butter. Put in a well greased pan and pour can of tomato soup on top. Put in oven 340°F. for about 50 minutes or more.

MEAT LOAF

This freezes well in one casserole.

2 large onions	1 cup diced celery
2 medium potatoes	1 can tomato soup
1 lb. ground hamburger	1 can boiling water
$\frac{1}{2}$ cup rice	1 tsp. salt, pepper to your taste

In the bottom of a casserole dish, dot with butter about 2 tbsps. Then place a layer of onions then a layer of thinly sliced potato, then a layer of hamburger (1 lb.), then a layer of uncooked washed rice, a layer of celery, season each layer with salt and pepper. Over all pour 1 can tomato soup, 1 can boiling water. Bake uncovered for $1\frac{1}{2}$ hours at 350°F. depending on size of casserole.

TUNA AND RICE CASSEROLE

1 -7 oz. can tuna	1 cup milk
2 tbsps. chopped green pepper	3 cups cooked rice
1 can condensed cream of mushroom soup	buttered crumbs (optional)

Pour oil from tuna into a saucepan; add green pepper and cook over low heat 5 minutes, stirring occasionally. Blend in soup, stirring constantly until smooth. Add milk; heat. Place hot rice in greased $1\frac{1}{2}$ quart casserole. Arrange tuna chunks on rice. Pour sauce over top. If desired, sprinkle with buttered bread crumbs. Bake in moderate oven (350°F.) 20 to 30 minutes. Serves 4 to 5.

HERB STUFFING

4 cups dry bread crumbs	$1\frac{1}{2}$ tsps. salt
1 cup chopped celery	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup chopped onion	$\frac{1}{3}$ cup melted butter
$1\frac{1}{2}$ tsps. poultry seasoning	enough hot water to moisten or sage

Toss together bread crumbs, celery, onion, and spices. Add butter and just enough hot water to moisten, mix lightly and stuff.

FISH BATTER

5 cups flour	4 tbsps. sugar
5 tsps. baking powder	2 eggs, unbeaten
1 tsp. soda	enough buttermilk to make a smooth batter
1 tsp. salt	

Combine ingredients. Beat until smooth. Dip ready cut fish into the batter and deep fry.

FRIENDSHIP DOUBLES OUR JOY AND DIVIDES OUR GRIEF.

BAKED HALIBUT (WITH TOMATO SAUCE)

2 cups tomatoes	3/4 tsps. salt and pepper
1 cup water	1 tbsp. butter
1 sliced onion	2 lbs. white fish
3 tsps. flour	little onion seasoning

Cook these ingredients until thick, stirring constantly. Strain. Place fish in greased baking pan. Pour sauce over fish. Bake about 40 minutes basting often. Have hot platter and serve immediately. Use paprika and celery salt.

MEAT BALL SAUCE

2½ cups ketchup	½ tsp. vinegar
2½ tsps. Worcestershire sauce	1 cup water
¼ tsp. cayenne pepper	¾ cup sugar
	¾ tsp. chili powder

1 tbsp. mixed onions, bring to boil and pour over meat balls.

SHISH KABOBS

1½ cups salad oil	tomatoes
3 tsps. lemon juice	green peppers
½ cup chopped onion	onions
2 tsps. dry mustard	¾ cup burgundy
1 tsp. garlic salt	2 tsps. grated onion
¼ tsp. each salt and pepper	1 garlic clove
Sirloin or round steak cut in ¾ inch chunks	1 tsp. salt
	5 drops of tabasco sauce

Combine 1 cup salad oil with next five ingredients. Marinate meat in refrigerator in marinade in covered glass dish for 4 hours. After well marinated, place chunks of meat, tomato, green pepper and onion alternately on shish kabob skewers. Cook till done over charcoal grill. Remove from skewers and place on dinner plates. Mix remaining ingredients and simmer. Pour over shish kabobs at serving time.

PIZZA

2 cups flour	5 tsps. shortening
½ tsp. baking soda	¾ to 1 cup buttermilk
3 tsps. baking powder	(or vinegar and milk)
¾ tsp. salt	

Roll out ¼ inch thick on large greased cookie sheet.

TOPPING: Tomato sauce on bottom, Mozarella cheese, (grated) mushrooms, green peppers, pepperoni, oregano on top and more tomato sauce to cover.

Bake at 400°F. for 35 to 40 minutes or till done. (Cayenne, pepper, lots of oregano, depending on how hot you like your pizza).

BARBECUE SPARE RIBS

2 lbs. spare ribs	½ cup lemon juice
½ cup chopped onions	2 or 3 tbsps. brown sugar
½ cup water	1 cup chili sauce
2 tbsps. vinegar	½ tsp. salt
1 tsp. Worcestershire sauce	¼ tsp. paprika

Cut the ribs in serving pieces, place in a pan and cover with tight lid. (Electric skillet is ideal). Turn heat to 400°F. for 15 minutes. Take ribs out and remove half the grease. Cook onions for 2 minutes, add other ingredients and simmer 20 minutes. Return the ribs to the skillet, spoon the sauce and cover ribs. Baste occasionally while they are in the oven cooking. Oven should be set at 350°F. for 5 minutes, then reduce it to 200°F. and bake for 1 hour.

PIZZA

2 cups flour	2/3 cup milk
1 tbsp. baking powder	1/3 cup salad oil
1 tsp. salt	

Sift flour, baking powder and salt into bowl, add milk to oil and pour all at once into dry ingredients. Stir with fork until mixture rounds up into a ball. Knead about 10 times without flour. Roll the dough between sheets of wax paper to fit a 14 inch pizza pan or two 15 x 12 cookie sheets.

PIZZA SAUCE:

1 lb. hamburger	1 tsp. oregano
1 - 6 oz. can tomato soup	½ tsp. black pepper
½ tsp. salt	1½ cups shredded cheese
1 medium size onion	

Fry hamburger with onion, salt and pepper until browned. Combine soup and oregano. Heat to lukewarm. Spread dough with half of the cheese. Sprinkle on hamburger, then pour on sauce, and sprinkle on remaining cheese. Bake in 425°F. oven for 15 to 20 minutes. Remove from oven; cut into wedges, and serve.

LOW CALORIE CASSEROLE

1 small head cabbage	1/3 cup uncooked rice
1 lb. ground lean beef	1 can condensed tomato soup
1 small onion	with 1 can water

Chop cabbage and place in greased baking dish. Brown meat and onion, stir in rice. Pour on top of cabbage. Mix soup and water, pour over entire casserole. Bake at 350°F. for 1 hour. Add more water if casserole is too dry. Ten servings, 199 calories per serving.

PORK CHOP - NOODLE CASSEROLE

6 pork chops	1 can condensed tomato soup
1 tbsp. fat	$\frac{1}{2}$ cup water
2 tbsps. grated onion	4 cups cooked noodles
1 tbsp. Worcestershire sauce	2 tps. salt

Brown chops in fat until golden brown. Season with 1 tsp. salt. Combine remaining salt, onion, Worcestershire sauce, tomato soup and water. Place noodles in a casserole; add tomato soup mixture. Arrange chops overlapping around inner edge. Cover and bake in oven at 350°F. for $1\frac{1}{2}$ hours.

MUSTARD SAUCE

1 cup top milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup sugar	1 egg yolk, beaten
2 tbsps. dry mustard	$\frac{1}{2}$ cup hot cider or apple juice
1 tbsp. all purpose flour	

Heat $\frac{3}{4}$ cup milk over low heat. Mix sugar, mustard, flour and salt together and blend with remaining $\frac{1}{2}$ cup of milk. Pour over beaten egg yolk and add to heated milk. Stir and cook until thickened. Remove from heat and stir in cider or apple juice.

BARBECUED SIRLOIN TIP

2 cloves garlic	2 tbsps. wine vinegar
$\frac{1}{2}$ tsp. ground pepper	$3\frac{1}{2}$ lbs. sirloin tip
$\frac{1}{8}$ tsp. ground cloves	$\frac{1}{2}$ cup olive oil

Mince garlic; add pepper, cloves and vinegar. Mash well with back of spoon; rub into meat. Place steak in shallow bowl, splash on olive oil. Turn meat to coat all sides. Cover. Keep at room temperature for 2 hours, turning occasionally. Place sirloin 5 inches above hot coals, turn often to grill all sides for 45 minutes to 1 hour. To serve, cut across grain in thick diagonals.

CHINESE PORK AND VEGETABLES

$\frac{3}{4}$ lb. lean pork(cubed)	1 tsp. salt
1 tbsp. oil	$\frac{1}{8}$ tsp. pepper
1 tsp. ginger	$\frac{1}{2}$ cup water or mushroom juice
1 medium green pepper (diced)	1 tsp. soya sauce
1 small onion (chopped)	$\frac{1}{2}$ cup cold water
1 cup mushrooms	2 tps. cornstarch
1 medium carrot, chopped	

Cube pork. Stir. Fry pork and ginger in oil in frying pan or work until pork is no longer pink. Add vegetables and stir, fry until onions start to turn clear. Add mushroom liquid, seasoning and soya sauce. Mix cold water and starch. Add slowly stirring constantly until sauce is thick. Serve with rice. Do not overcook vegetables as they are best when still a bit on the crispy side.

BEEF BOURGUIGNONNE

1/8 lb. salt pork	1 cup dry red wine
2 lbs. flank steak	1 cup bouillon
2/3 cup coarsely chopped onion	6 oz. can mushrooms
2 tbsps. finely snipped parsley	salt & pepper (freshly ground)
2 tbsps. flour	marjoram thyme

Dice pork in heavy pan, cube steak and brown. Sprinkle with flour and seasonings. Add onions and parsley. Stir and add wine and bouillon. Cook at 250°F. for 4 to 5 hours in casserole or bean pot. Add mushrooms and reheat.

TERIYAKI MARINADE (FOR STEAKS)

48 oz. can pineapple juice	2 cloves garlic (finely chopped)
1 cup soya sauce	1 small bay leaf
1 cup lemon juice	1/3 tsp. ground cloves

Marinate steaks for at least 24 hours before barbecuing.

NOTE: Steaks can be frozen after they have been marinated.

SCALLOPED TURNIP AND APPLES

4 cups sliced turnip, cooked	1 tsp. salt
2 cups sliced apples	1/2 cup butter
1/2 cup brown sugar	1/2 cup buttered bread crumbs

Arrange 2 cups of sliced turnip in bottom of greased 6 cup casserole. Cover with one cup apples. Sprinkle with half sugar and salt. Dot with half the butter. Repeat layers. Cover and bake in a 350°F. oven, until apples are almost tender, 20 to 30 minutes. Uncover, sprinkle with buttered bread crumbs and sprinkle some cinnamon. Continue baking another 10 minutes, or until apples are tender and crumbs lightly browned. Serves 6.

BARBECUED SIRLOIN TIP

2 cloves garlic	2 tbsps. wine vinegar
1/2 tsp. ground pepper	3 1/2 lbs. sirloin tip
1/8 tsp. ground cloves	1/2 cup olive oil

Mince garlic, add pepper, cloves and vinegar. Mash well with back of spoon, rub into meat. Place steak in shallow bowl. Splash on olive oil. Turn meat to coat all sides. Cover. Keep at room temperature 2 hours, turning occasionally. Place sirloin 5 inches above hot coals. Turn often to grill all sides for 45 minutes to 1 hour. To serve, cut across grain in thick diagonals.

LASAGNA

4 pieces lasagna noodles	¼ tsp. oregano
2 tbsps. oil	2½ cups tomatoes
¼ cup minced onions	1 8 oz. can tomato sauce
½ lb. ground beef	½ lb. mozzarella cheese
1 clove garlic	½ lb. cottage cheese
¾ tsp. salt	3 tbsps. parsley
1/8 tsp. pepper	1 can mushrooms

Boil lasagna noodles in salted water to cover macaroni, drain, cover with cold water if not to be used immediately. Prepare the meat sauce: brown the onion slightly in the oil; remove oil and brown meat with onions, add the next six ingredients and simmer until thick. About 30 minutes. Fry mushrooms in a bit butter, add salt and pepper to taste, then add this to meat sauce.

In a casserole arrange 1/3 of meat sauce, cover with two strips of lasagna noodles, 1/3 of the mozzarella cheese, add half cottage cheese. Repeat, ending with meat sauce, garnish with strips of mozzarella. Bake 30 minutes, decorate with snipped parsley.

NOTE: Parmesan cheese may be sprinkled over each layer.

PORK CHOP AND SAUERKRAUT SKILLET

1 large green pepper, sliced	½ tsp. salt
2 tbsps. oil	1/8 tsp. pepper
4 or 5 pork chops ½ to ¾ inches thick	1 can sauerkraut (1 lb.) can
	1/3 cup water

Saute green peppers in hot oil until tender, remove with slotted spoon and set aside.

Sprinkle chops lightly with salt and pepper and brown well in skillet. Spread sauerkraut over chops, add water and top with green peppers. Cover and simmer 20 minutes or until meat is tender.

SWISS STEAK

1½ lbs. round or chuck steak one inch thick	2 cloves garlic
2 tbsps. flour	3 tbsps. fat
1½ tsp. salt	2 onions, sliced
1 tbsp. parsley	1 can tomato sauce
¼ tsp. pepper	1 cup water
	2 cups mushrooms

Cut steak into serving pieces; mix flour, salt, pepper and paprika if you wish, pound into steak. Heat fat in heavy skillet. Cook onions until transparent. Push to one side of pan. Brown meat slowly on both sides; cover with onions and add tomato sauce and water, blend together. Heat until bubbling well. Cover tightly; lower heat and simmer for 2 hours or more, or until meat is almost tender. Add mushrooms 10 minutes before serving. Electric skillet may be used for this dish.

BARBECUE SAUCES

Marinade:

1½ cups salad oil	2 tbsps. dry mustard
¾ cup soya sauce	2¼ tsps. salt
¼ cup Worcestershire Sauce	1 tbsp. coarse, freshly ground black pepper
½ cup wine vinegar	2 cloves crushed garlic (if desired)
1½ tsps. dried parsley flakes	
1/3 cup fresh lemon juice	

Combine all ingredients and mix well. Make about 3½ cups. Marinade can be drained from steaks or chops for a second use. Store in a tightly covered jar in freezer indefinitely or in refrigerator for 1 week.

EASY BASTING SAUCE

Combine 1/3 cup wine vinegar, 1/3 cup fresh lemon juice and 1/3 cup salad oil. Add ½ tsp. soya sauce and coarse, freshly ground black pepper and salt to taste. Mix well. Makes 1 cup.

BARBECUE SAUCE

2 btles (14 ozs. each) ketchup	Minced or crushed garlic (if desired)
1 btle. (12 ozs.) chili sauce	1½ cups firmly packed brown sugar
1/3 cup prepared mustard	1 tbsp. dry mustard
2 tbsps. coarse, freshly ground black pepper	1 cup fresh lemon juice
1½ cups wine vinegar	½ cup bottled thick steak sauce
¼ cup Worcestershire sauce	Dash Tabasco or to taste
2 tbsps. salad oil	1 tbsp. soya sauce
	1 can (12 oz.) beer

Combine all ingredients except the garlic and mix well. Pour into pint jars to store. This sauce may be stored for several weeks in the refrigerator. For longer storage, freeze in freezer. About an hour before using the sauce, add the garlic if desired. Makes about 6 pints.

GROUND BEEF CASSEROLE

1 lb. ground beef	1 tin tomato soup
1 onion	1 tin water
sliced potatoes	salt & pepper to taste
1 tin peas drained or frozen	

Brown meat slightly in a bit of fat. Put in a casserole. Slice onion and put on the meat. Then put a layer of sliced potatoes, and top this with the peas. Now mix the soup and water, pour this over the vegetables. Bake in a moderate oven about 1½ hours. or until the vegetables are done.

FLANK STEAK WITH VEGETABLES

$\frac{1}{2}$ - 1 lb. flank steak	1 can sliced mushrooms
$1\frac{1}{2}$ tbsps. soya sauce	5 tbsps. cold water
2 tpsps. cornstarch	2 tpsps. cornstarch
Pepper to taste	2 tpsps. soya sauce
$\frac{1}{2}$ - 1 green pepper (preference)	Peanut oil
2 cups celery	salt to taste

Cut flank steak across the grain of meat into strips 2" long by $\frac{1}{8}$ " thick. Marinate in a mixture of $1\frac{1}{2}$ tbsps. soya sauce, 2 tpsps. cornstarch and pepper to taste. Cut green pepper into strips. Cut celery into slanting slices $\frac{1}{4}$ " thick. Drain mushrooms. Mix the next four ingredients for the gravy later. Heat a pan and add 2 tpsps. peanut oil. When hot add mushrooms, green pepper and celery. Add 2 tbsps. water, cover and cook over medium heat for 2 minutes (or longer if preferred). Add gravy mixture and stir and cook until thickened. Scrape into a serving dish and keep warm. Wipe out the Teflon pan and add 2 tbsps. peanut oil. Heat on medium heat about 1 minute. Add the steak strips and spread each flat. Cook and turn quickly about 1 to 2 minutes. Toss with vegetables. Season with salt to taste. Serve with steamed rice or noodles. Serves 3 to 4.

QUICK SWEET AND SOUR PORK

$1\frac{1}{2}$ lbs. lean pork, cubed	$\frac{1}{2}$ cup onion, coarsely chopped
$\frac{1}{2}$ cup flour	1 clove garlic, chopped
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup brown sugar
1 14 oz. can pineapple chunks (drained-reserve liquid)	$\frac{1}{4}$ cup vinegar
1 green pepper-cut in strips	2 tbsps. soya sauce
	2 tbsps. cornstarch

Mix flour and salt, coat the pork cubes. Grease heavy fry pan with oil or lard. Add pork cubes and brown lightly. Then add pineapple chunks, green pepper, onion, garlic and $\frac{1}{2}$ cup liquid. Simmer 5 minutes.

Combine brown sugar, vinegar, soya sauce, cornstarch and remaining $\frac{1}{2}$ cup liquid and add to pork mixture. Stir and simmer till liquid thickens and becomes clear. Serve with fluffy rice or noodles.

BEEF CUTLETS

Use round steak. Remove gristle and veins from meat. Divide the meat into desired number of pieces. Pound and trim to shape. Sprinkle both sides with salt, pepper, garlic powder and flour, fry in hot melted butter until lightly browned on both sides. Keep warm in the frying pan. Pour boiling water over one thinly sliced onion. Drain. Put a layer of cutlets into a casserole, over them put some onion and part of canned or cooked mushrooms and another layer of cutlets. Repeat, with cutlets as top layer. Add half the sauce from frying pan and the mushroom liquid, cover closely, put on moderate heat and let simmer slowly until done.

FRIED LIVER

Melt butter, add onions, green peppers, a little green parsley and salt. Add slices of liver, adding salt and pepper and fry till done.

GREEK PASTICHE

Heat oven to 300°F. (low)

1 lb. macaroni, not cooked	1 lb. ground beef chuck
½ cup butter or margarine	1 tsp. salt
1 cup grated cheese	1 tsp. oregano
¼ cup olive oil	4 eggs
¼ cup chopped onion	1 tbsp. flour
4 cloves garlic, mashed or less	½ cup milk

Cook macaroni in salted water until done, do not rinse. Drain well, add ¼ cup butter, set aside. Melt ¼ cup of butter and ¼ cup of olive oil in a skillet, add onion and garlic; cook until done. Add meat. Cook until meat is done, add salt and oregano. Butter 3-quart casserole. Put half of macaroni in bottom of casserole. Put meat mixture on top of macaroni, put ½ cup of cheese on top of meat. Top with other half macaroni. Put ½ cup of cheese on top of macaroni. Beat 4 eggs, add 1 tbsp. of flour. Add ½ cup of milk, pour over meat and macaroni mixture in casserole. Bake 30 to 40 minutes. Serves 6.

WHITE SAUCES

SAUCE	LIQUID	THICKENING	FAT	SEASONING	USES
Thin	1 C.	1 tbsp.	1 tbsp.	½ tsp. salt	Cream soup, toast
Medium	1 C.	2 tsbeps.	2 tsbeps.	½ tsp. salt	Creamed veg., gravies, pud- ding sauces
Thick	1 C.	3 tsbeps.	2 tsbeps.	½ tsp. salt	salad dressing
Very Thick	1 C.	4 tsbeps.	2½-3 tsbeps.	½ tsp. salt	croquettes, souffles

METHOD:

Melt fat. Stir in flour to a smooth paste. Add liquid slowly, stirring constantly, until all liquid is added. Add seasoning. Continue cooking until there is no taste of raw starch. If milk is used for liquid, cook the sauce over hot water in the upper part of a double boiler.



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PICKLES, RELISHES AND PRESERVES

CORN RELISH

18 cobs corn	1 tbsp. mustard
4 onions	2 cups sugar
1 green pepper	1 cup vinegar (diluted)
1 red pepper	$\frac{1}{2}$ cup flour
1/8 cup salt	1 tsp. tumeric
1 tbsp. celery seed	

Chop and boil vegetables in $\frac{1}{2}$ cup vinegar, mix other ingredients and add to vegetables. Boil till thickened.

TOMATO FRUIT RELISH

15 large ripe tomatoes	3 apples
1 cup celery, chopped fine	$1\frac{1}{2}$ tsps. salt or to suit taste
1 sweet red pepper	
1 sweet green pepper	$1\frac{1}{2}$ tsps. allspice
3 onions, medium chopped	1 tsp. cinnamon
3 firm ripe peaches	1 tsp. cloves
3 firm ripe pears	2 cups brown sugar
	2 cups vinegar

Remove skin and cut tomatoes. Remove seeds from peppers and chop very fine. Peel skin and remove pits and seeds from peaches, apples, pears, diced coarsely. Combine chopped fruit, vegetables with salt, spices, sugar and vinegar. Bring to a boil and cook mixture until thick (30 to 40 mins.) Pour into hot sterilized sealers while mixture is hot and seal.

UNCOOKED TOMATO PICKLES

6 quarts ripe tomatoes	1 small cup of salt
6 onions, chopped fine	

Stir and strain. Let stand overnight. Next day drain well in a colander. Add:

2 cups celery	2 red sweet peppers, chopped
2 ozs. mustard seed	3 cups cold vinegar
4 cups white sugar	

Mix and put in jars. Does not need to be sealed.

CUCUMBER DILLS

12 cups water	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup salt	$\frac{1}{2}$ cup vinegar

Boil and fill the jars with syrup. Seal the jars in the hot water. Bring to a boil in the boiler.

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PEELED CUCUMBER PICKLES

Peel cucumbers and cut length-wise into strips.
In quart jars, put $\frac{1}{2}$ tsp. pickling spice and small bunch of
dill. Fill jars with cucumber strips.
Boil solution of:

3 cups water	2 cups vinegar
2 cups sugar	3 tbsps. salt

Pour boiling solution into jars of cucumbers and steam to
seal. Real delicious.

PICKLED PEPPERS

Wash peppers and core. Put in bottom of a roaster, cover
and bake peppers until soft and change color. Turn and do
same on other side. Pack in hot sterilized jars and fill
with the following brine. Add 2 tbsps. mazola oil after
your brine is filled. Seal tight.

BRINE: Boil together $2\frac{1}{2}$ cups sugar
3 cups vinegar
5 cups water
 $1\frac{1}{2}$ tbsp. pickling salt

MUSTARD BEAN PICKLES

Wash and string 4 qts. fresh beans from the garden. Cut into
small pieces and boil in salt water until tender. Make a
dressing of:

3 cups sugar	1 tbsp. celery seed
$\frac{1}{2}$ cup flour	1 tsp. turmeric
$\frac{1}{2}$ cup mustard	3 cups white vinegar

Boil until thick, pour over beans and seal in sterile jars.

FAMILY PICKLES

2 qts. of diced cucumbers	1 qt. diced onions
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Soak cucumbers and onions in salt water for one hour then
drain. Add fresh water and cook till tender. Then add:

1 qt. peas (cooked)	1 qt. beans (cooked)
1 qt. carrots (cooked)	

DRESSING:

1 qt. vinegar	4 cups sugar
1 cup flour	1 tsp. turmeric
2 tsps. celery seed	

Boil till thick, then add vegetables and cook until vege
tables are heated. Then seal in jars.

SAUERKRAUT

To one quart jar of cabbage add:

1 bay leaf	1 tbsp. salad oil
1 tsp. sugar	1 tbsp. vinegar
1 tbsp. salt	a little pickling spice

Pack clean jars with shredded cabbage. Add above ingredients on top. Pour boiling water to fill jars. Seal and put in a cool place for 8 weeks before using. Keeps for many months.

SANDWICH SPREAD

6 cups chopped cucumbers	1 tbsp. mustard seed
2 cups chopped onions	$\frac{1}{2}$ cup white flour
2 red & 2 green peppers	2 tbsps. mustard
4 tbsps. pickling salt	1 tsp. turmeric
$2\frac{1}{2}$ cups vinegar	1 pt. salad dressing
$2\frac{1}{2}$ cups sugar	

Mix cucumbers, onions, peppers and salt and let stand overnight. In the morning drain well, rinse with cold water and drain again. Put drained vegetables into two quart kettle, add sugar, two cups vinegar, mustard seed, mustard and turmeric. Mix flour with remaining $\frac{1}{2}$ cup vinegar and add to the above mixture. Cook slowly, stirring often, for about $\frac{1}{2}$ hour, then add salad dressing. Stir well but do not cook after dressing has been added. Put into sterilized jars and seal. Makes about 6 pints.

This spread is a tasty addition to tuna or salmon sandwiches or can be added to chopped eggs for excellent egg salad.

ICICLE PICKLES

2 cups water	3 cups sugar
2 cups vinegar	$\frac{1}{3}$ cup salt
2 tsps. mixed spice (tied in bag)	

Boil for 5 minutes. Put cucumbers in cold water for 3 hours. After 3 hours, slice cucumbers lengthwise, also celery, green and red peppers and carrots. Depends on how much you like of each. Slice a slab of onion and put on bottom and top of jar. Then fill jar with hot syrup and leave jars in hot water for 15 to 30 minutes.

CHOCHECHERRY VINEGAR

Put chokecherries through mincer. Then cover them with half water and half vinegar overnight. In the morning strain through mesh bag.

To 1 cup of juice add 1 cup of sugar. Boil 10 minutes and then bottle. Add to water and use it as cider drink.

PUMPKIN MARMALADE

9 cups pumpkin (chopped) 3 lemons, thinly sliced
9 cups sugar 3 oranges, thinly sliced

Mix all together. Cook at low temperature for 3 hours.

RIPE TOMATO CHILI SAUCE

4 qts. ripe tomatoes, peeled 2 cups sugar
and cut ½ cup salt
2 cups chopped onion 2 cups vinegar
2 cups green peppers, chopped 1 tsp. cinnamon
2 cups red peppers, chopped 1 tsp. cloves
1 bundle celery, cut up 1 tsp. allspice
6 apples, chopped 1 tsp. ginger

Mix together and boil for 3 hours or until thick. Pour into jars and seal.

RIPE TOMATO AND CUCUMBER PICKLES

8 cups, peeled and sliced cucumbers
2 cups sliced onions, sprinkle with salt and leave overnight.

In the morning peel about 15 ripe tomatoes and chop (half a head) celery.

SAUCES: Bring to a boil the following:

3 cups vinegar 1 tbsp. turmeric
4 cups white sugar 1 tsp. celery seed
1 tbsp. mustard seed ¼ tsp. cayenne pepper
1 tbsp. mustard

Put vegetables in, heat to boiling and thicken with flour.

BEET JELLY

3 cups beet juice 1 pkg. certo crystals
4 cups sugar 1 pkg. grape freshie
5 tbsps. lemon juice

Boil beets and strain for juice. Add certo, lemon juice, grape freshie and bring to a boil, then add the sugar. Boil for a few minutes. Fill jars and seal.

OLD FASHIONED DILLS

Put some dill, a few wild cherry leaves and horseradish in a crock alternately with layers of washed cucumbers. When crock is full, cover with brine made of ¾ cup salt to 1 gallon water, boiled and cooled. Put a plate over them and a weight on top. Have brine at least 1½ inches over the pickles.

TOMATO CATSUP

2 cups chopped onions ½ cup salt
2 gallons ripe tomatoes 2 cups sugar
1 pt. vinegar ½ to 1 cup whole spice

Cook tomatoes and run through colander. Combine ingredients use spice tied in bag. Boil 2 hours.

FREEZER RASPBERRY JAM

Wash and mash 2 cups raspberries (1 qt.). Mix in 4 cups sugar. Combine together 2 tbsps. lemon juice, ½ (6 oz.) bottle liquid pectin. Stir into fruit mixture and continue stirring for 3 minutes. Ladle into sterilized glasses and seal. Allow to set at room temperature. Store in freezer. Makes 6 (6 oz) glasses.

FREEZER STRAWBERRY JAM

Wash, stem and crush 1 3/4 cups strawberries (1 qt.) *1/2 c sugar*
Combine together 2 tbsps. lemon juice, ½ (6 oz.) bottle liquid pectin. Stir into fruit mixture and continue stirring for 3 minutes. Ladle into sterilized glasses and seal. Allow to set at a room temperature. Store in freezer. Makes 5 (6 oz.) glasses.



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SAUERKRAUT

To one quart jar of cabbage, add:

1 bay leaf	1 tbsp. salad oil
1 tsp. sugar	1 tbsp. vinegar
1 tbsp. salt	a little pickling spice

Pack sterilized jars with shredded cabbage. Add above ingredients on top. Pour boiling water to fill jars. Seal and put in a cool place for about 6 weeks before using.

PICKLED STRING BEANS (SWEET)

Pick nice yellow beans - trim ends. Boil for 6 minutes. Pack into sterilized jars. Put one clove of garlic and some dill in bottom of each jar. Make brine from:

2 cups vinegar	2 cups sugar
1 cup water	1 tbsp. salt

Boil for 5 minutes and fill jars. Place 1 clove of garlic and some dill on top of each jar and seal. Makes 4 pints.

BANANA PICKLES

8 qts. cukes, ripe or oversize	1 tbsp. pickling salt
2 cups cider vinegar	1 tsp. turmeric
3 cups sugar	1 tsp. celery seed
1 cup water	1 tsp. mustard seed

Peel cukes, cut into long narrow strips. Remove seeds. Pack in jars. Combine ingredients. Bring to boil and pour over cukes. Process for 10 minutes.

PICKLED EGGS

12 eggs	3/4 cup water
3/4 cup vinegar	1/2 cup sugar
1/2 tsp. salt	2 small onions
1 garlic clove	1 tbsp. allspice

Hard boil eggs, remove shell when cool. Pack eggs in jar add onion, garlic and allspice to the brine. Boil brine and pour over eggs. These will keep several weeks. Serve with cold meat or fish.

RHUBARB JAM

6 cups cut up rhubarb	4 cups sugar
1 pkg. any flavor jello	

Let rhubarb and sugar stand until sugar is dissolved. Cook as for stewed rhubarb, remove from heat and add the jello powder. Stir until dissolved. Put in jars and seal.

RASPBERRY JAM

6 cup raspberries

6 cups sugar

Measure berries into flat bottom pan and mash. Bring to a full boil and boil 2 minutes. Add warm sugar and bring to a full rolling boil, boil 1 minute. Remove from heat and beat with egg beater for 4 minutes. Put into sterilized jars and seal.

PEAR JAM

30 pears

1 tin crushed pineapple

4 oranges, juice and grated rind

Measure and add 3/4 cup sugar to each of fruit. Let stand overnight. Cook and add 1 bottle of maraschino cherries, cut in pieces, and juice. Seal with wax.

CARROT AND ORANGE MARMALADE

6 oranges

4 lemons

5 cups sugar

4 cups water

6 cups carrots

Remove peel from oranges and lemons. Chop the peel of all the oranges and 2 of the lemons. Soak peel in the water overnight and drain. Cut oranges in small pieces, dice or run carrots through food chopper. Add the peel and oranges to carrots, and cook until tender in as little water as possible. Add sugar and water in which peels were soaked, and cook until thick and clear. Add lemon juice and cook 5 minutes. Bottle.

VINEGAR GOES A LONG WAY

Backbone of pickling and preserving activities both commercially and in the home, vinegar has gone a long way since its founding 3 centuries ago as an almost accidental offspring of the wine-producing industry.

Today its uses are far more diversified than its one-time parent, wine, says Vicki Palmer, home economist for one of the country's biggest vinegar makers, Canada Vinegars Ltd.

Proving her point, she did a roundup of other than generally-known pickling uses where the mild acetic acid proves helpful, benefitting from its cleaning, purifying, antiseptic and tenderizing qualities.

Splitting her findings into three categories, Vicki suggests:

COOKING

MEAT TENDERIZER: Tenderize less tender cuts by marinating overnight in a mixture of a half-cup of wine vinegar and one cup of beef broth.

CLEAN SALAD GREENS: Insects and bugs on greens, lettuce and vegetables come to the surface if left standing about 10 minutes in a weak solution of vinegar and water.

POACHING EGGS: Poached eggs hold firm if vinegar is added to cooking water.

BOILING CRACKED EGGS: Keep white from running out during boiling by adding vinegar to the water.

TO SOUR MILK: If sour milk or buttermilk is called for in a recipe, add one tsp. of white vinegar to 1 cup of sweet milk, it sours immediately.

PREVENT POTATOES DISCOLORING: Add a little vinegar to the water when boiling potatoes, keeps them from turning black.

COOKING ODORS: Onion and cabbage cooking odors can be prevented by boiling a cup of vinegar on the range at the same time.

KEEP FISH FRESH: Fish can be kept fresh by sprinkling the fish liberally with salt, then wrapping in a piece of muslin which has been dipped in vinegar and then wrung out. (Fish should be rinsed under cold water before using).

EGG SUBSTITUTE: One tsp. of vinegar and 1 tsp. of soda dissolved will replace one egg when making a cake.

PREVENT MOLD: Catsup and chili sauce won't mold if a little space is left at the top of the bottle, and filled with white vinegar.

CLEANING

WASHING WINDOWS: Shining, streak-free windows washed with hot water with a little vinegar added. In winter, washing storm windows with undiluted vinegar not only cleans the glass but also prevents frosting.

REMOVE PAINT SPOTS: Paint spots can be removed from windows or other glass surfaces such as mirrors by rubbing the glass with a cloth dipped in vinegar.

"SHINE" ON GARMENTS: To remove shine from garments, sponge with white vinegar and water, then press on the wrong side. (This also removes grease spots).

LEATHER: To clean leather furniture, rub equal parts of white vinegar and linseed oil into the leather, and then polish with a soft cloth.

STEAM IRONS: To clean the inside of electric irons fill with a vinegar water solution. Turn on, and up to hottest heat. Remove dark or burnt spots from irons bottom, or sole-plate, by rubbing with a solution of white vinegar and salt heated in an aluminum pan.

AROUND THE HOUSE

SHAMPOOING HAIR: After shampoo pour one-half cup of vinegar, into basin of water, and thoroughly rinse hair. Re-rinse with fresh water.

WASP STINGS: Cider vinegar applied to wasp stings will relieve the alkaline poison injected by the wasp.

SUNBURN: Apply white vinegar with a sponge will give relief from sunburn.

TIRED FEET: Relieve tired feet by bathing them in one part of vinegar to two parts of warm water.

DE-SCALING TEA KETTLES: To remove lime deposit, boil one pint of white vinegar in the kettle. Scrape and rinse well.

FOOD BUYING GUIDE

FOOD	QUANTITY	MEASURE	NO. OF SERVINGS
Coffee	1 lb.	5 C.	45 - 50
Instant coffee	2 oz.	1 C.	30
Lemonade	1 doz. lemons	2 C. juice	16
Tea	1 lb.	1 - 8 C.	300
Cheese (cheddar)	1 lb.	4 C. grated	16
Cream (coffee)	1 qt.	5 C.	50 - 80
Cream (whipping)	1 qt.	5 C. (14 - 15 C. whipped)	
Apples	1 lb.	3 medium	
Currants	1 lb.	3 C.	
Raisins	1 lb.	3 C. seedless	
Dates	1 lb.	2½ C. seeded	
Walnuts	1 lb.	2½ C.	
Cherries (red)	1 qt.	4 C.	
Lemons	1 doz. med.	2 C. pitted	
Oranges	1 doz. med.	3 lb. (1 pt. juice)	
Eggs	1 doz. large	6 lb. (1 qt. juice)	
		24 oz. (5 whites per C.)	
		(8 - 9 yolks per C.)	
Flour (all-purpose)	1 lb.	3½ - 4½ C.	
Flour (whole wht.)	1 lb.	3½ C.	
Cornmeal	1 lb.	2½ C.	
Rice	1 lb.	1 3/4 C. (4 - 5 C. cooked)	
Rolled Oats	1 lb.	5½ C.	
Macaroni	1 lb.	3 C.	
Sugar (granulated)	1 lb.	2½ C.	
Sugar (brown)	1 lb.	2 2/3 C.	
Butter or fat	1 lb.	2 C.	
Honey	1 lb.	1 1/3 C.	
Cocoa	1 lb.	4½ C.	

HOUSEHOLD HINTS

1. To remove stains: orange, blueberry, ketchup, etc., soak garment in baking soda water for several hours then wash as usual.
2. Black grease spots: lard rubbed into grease spots, before laundering, will wash out clean.
3. When washing plastic shower curtains or tablecloths, add 1 cup of vinegar to the rinse water and plastic will dry soft and pliable.
4. To keep a bowl from slipping on a work surface, place it on a folded wet towel.
5. When cooking old potatoes, cook in 1/3 cup milk to 2/3 cup water to prevent them from turning black. The liquid can be saved for soups or making gravy. Not salting the potatoes until just before serving, helps to make them white.
6. Whipping cream: if cream refuses to whip, put in 1 egg white and you will have excellent whipped cream.
7. Dried orange and grapefruit peels are good for fuel in a fireplace and gives off a lovely aroma.
8. You can keep marshmallows from sticking to the forks when toasting them, by first dipping the tines in melted butter.
9. Before baking potatoes, let them stand in boiling water for 15 minutes; this cuts down the baking time by half and makes them beautifully mealy.
10. To preserve bullrushes: double dip in shellac.
11. Ordinary paste brown shoe polish removes superficial scratches on furniture, walnut and dark woods. It leaves a rich high lustre, no greasy film and does not crack the finish on the furniture.
12. When you crack a favorite dish, put in a pan of milk and boil for 45 minutes. Not only will the crack disappear, but the dish will actually become stronger.
13. To store carrots: clean, tip and tail carrots; place layer of Zinalite, a layer of carrots not touching. Cover each layer with Zonalite; store in cool place.
14. Add 1 tbsp. butter to the water when cooking rice or macaroni and it will prevent it boiling over.
15. To remove the sticky film from the bottom of an iron, place about 2 tbsp. salt on a piece of brown paper; iron over the salt with a warm iron and it will clean and polish the iron like new.
16. Clean flower vases with a solution of 1 tbsp. salt to $\frac{1}{2}$ pint vinegar. Soak overnight, then wash.

17. To prevent butter from burning or turning dark, while browning vegetables, add 1 or 2 tbsp. olive oil to the butter. The vegetables come out a nice golden brown.
18. For paint odour: put 1 tbsp. of vanilla into 1 gallon of paint; it will not change the colour of the paint.
19. To soften a paint brush, put brush in hot vinegar.
20. If glue thickens in the bottle, thin it down with vinegar instead of water. Glue spots may be removed from clothing in the same way.
21. If soup is too salty, add slices of raw potato and boil a few minutes. Remove and if soup is still too salty, repeat the process.

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