

Culinary Treasures



Centennial
1867 -- 1967

ST. BASIL'S UKRAINIAN WOMEN'S LEAGUE



GRAND HOTEL

TELEPHONES IN ALL ROOMS

and

PRIVATE BATHS

GOOD COFFEE SHOP AND MEET

YOUR FRIENDS AT THE

G R A N D

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Mr. J. H. Koxiak — Manager

Culinary Treasures



VOLUME II

By

ST. BASIL'S UKRAINIAN CATHOLIC WOMEN'S LEAGUE

Box 4404, Edmonton, Alberta

The cook-book committee has tried to select various traditional recipes, including many dishes, which may be served on any occasion whatsoever. Many of these recipes, e. g. the Christmas, Easter and other recipes have been handed down from generation to generation, and have become traditional dishes. Each recipe requires good preparation and good cooking in order that best results may be obtained. Needless to say, good cooking and good preparation contribute to wholesome nourishment.

We wish to thank all the merchants and business men, whose co-operation has made this project possible. We heartily endorse their products and commend them to your patronage.

May these simple words convey our sincere thanks to all those members and friends who have so kindly contributed to this collection of recipes.

As chairman of the cook-book committee, it is my personal desire to thank the many contributors of recipes, to our benefactors and especially to the members of my committee, Mrs. S. Zacharko, Mrs. J. Ozubko, Mrs. M. Muzyka, Mrs. T. Baron and Mrs. R. Ozubko for their assistance in all phases of work on this cook book, and also in the preparation of its publication.

Mrs. Lillian Holowaty,
Chairman of the Cook-Book Committee

TAKE TIME FOR TEN THINGS

1. Take Time To work
it is the prize of success.
2. Take Time To Think
it is the source of power.
3. Take Time To Play
it is the secret of youth.
4. Take Time To Read
it is the foundation of knowledge.
5. Take Time To Worship
it is the highway of reverence and
washes the dust of earth from our eyes.
6. Take Time To Love
it is the one sacrament of life.
7. Take Time To Help And Enjoy Friends
it is a source of happiness.
8. Take Time To Dream
it hitches the soul to the stars.
9. Take Time To Laugh
it is singing that helps with life loads.
10. Take Time To Plan
it is the secret of being able to
have time to take time for
the first nine things.

APPETIZERS

CANNED GRAPEFRUIT CRABMEAT COCKTAIL

- | | |
|--|----------------------|
| 1 no. 2 can. (2½ cups) grapefruit sections | 1 tbsp. vinegar |
| 1 6½-ounce can crabmeat | 1 tsp. lemon juice |
| 1 cup mayonnaise | 2 tbsp. ketchup |
| | 1 drop Tabasco sauce |

Chill grapefruit and crabmeat in cans. Drain grapefruit. Flake crabmeat, removing bony tissue. Alternate grapefruit and crabmeat in cocktail glasses. Mix remaining ingredients. Pour over grapefruit and crabmeat. Serves 8.

Mrs. Mat. Perrino

COCKTAIL SAUCE I

- | | |
|------------------------------|--------------------------------|
| 2 tbsp. lemon juice | ¼ tsp. Tabasco sauce |
| 1 tbsp. Worcestershire sauce | ¼ tsp. salt |
| 2 tbsp. tomato ketchup | ½ tsp. pepper, freshly ground. |

Mix ingredients until well blended.

COCKTAIL SAUCE II

- | | |
|-------------------------------|--|
| ¾ cup ketchup or chilli sauce | ¼ tsp. celery sauce |
| 2 tbsp. prepared horseradish | ½ tsp. onion juice |
| 4 tbsp. lemon juice | ½ tsp. Tabasco or Worcestershire sauce |

Mix all ingredients well. Allow 2 tbsp. per serving.

Mrs. Wm. Muzyka

CREAM COCKTAIL SAUCE

- | | |
|-----------------------------|-----------------------------|
| 2 tbsp. tarragon vinegar | 1 cup chili sauce |
| 1 tsp. dry mustard | 1 cup whipped cream |
| juice of ½ lemon | 1 tbsp. mayonnaise |
| 1 tsp. prepared horseradish | ½ tsp. Worcestershire sauce |

Mix the mustard in the vinegar. Add other ingredients and mix well. Yield: about 2 cups.

Mrs. Mat. Perrino

FRESH PINEAPPLE-STRAWBERRY FRUIT CUP

- 1 medium-sized pineapple
- 1 pint fresh strawberries
- 1 cup claret, Burgundy, Cabernet, or any red wine

Split pineapple straight through the centre. Cut out most of the pulp, leaving a basket-like shell. Cut pulp into cubes. Slice the strawberries. Mix strawberries and pineapple. (If used as a dessert add ½ cup sugar.) Fill fruit into pineapple halves. Pour wine over fruit. Serve from fruit basket into punch cups or sherbet glasses. Serves 4-6.

Mrs. A. Mackalyk

HAM, CHEESE, FISH

Have slices of ham, cheese, fish, or any leftovers in your fridge, dipped in the following batter and deep fry in front of your guests or let them make their own choice.

BATTER: (sweet basil or dill, white pepper, paprika)

1 cup sifted flour	2 eggs separated
$\frac{1}{2}$ tsp. salt	10 oz. beer

Finally add 1 tbsp. melted butter or oil and beaten egg whites. Roll in flour, then batter and deep fry.

Mrs. J. Zaharko

LOBSTER COCKTAIL

1 cup cooked, shredded lobster	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ tsp. Worcestershire sauce
$\frac{1}{4}$ cup chopped, stuffed olives	3 tbsp. mayonnaise

Combine ingredients and mix well. Chill. Serve on lettuce or tomato cups. Yield: six servings.

Mrs. Wm. Muzyka

LOBSTER OR OYSTER COCKTAIL SAUCE

6 tbsp. tomato ketchup	$\frac{1}{4}$ tsp. celery salt
2 tbsp. horseradish	$\frac{1}{2}$ tsp. Tabasco sauce
4 tbsp. lemon juice	

Mix ingredients until well blended. Allow two tbsp. cocktail per serving.

Mrs. Wm. Muzyka

NORMANDY FRUIT COCKTAIL

$\frac{1}{2}$ cup granulated sugar	1 cup melon balls
$\frac{1}{4}$ tsp. ground cloves	1 cup sliced, seeded tokay grapes
$\frac{1}{2}$ cup water	
$\frac{3}{4}$ cup port wine	1 cup sliced bananas

Combine sugar, cloves and water and bring to a boil. Boil 5 min. Cool: add wine and pour over melon and grapes, and place in refrigerator for several hours. Add bananas just before serving. Serves 4-5.

Mrs. M. Korbyl

PEACH COCKTAIL

2 $\frac{1}{2}$ cups diced, fresh peaches	Chilled ginger ale
1 tbsp. lemon juice	Fresh mint
2 tbsp. sugar	

Combine peaches, lemon juice, and sugar. Fill cocktail glasses. Add 1-2 tbsp. ginger ale to each glass. Garnish with sprig of mint. Serves 4.

Mrs. M. Korbyl

SHRIMP COCKTAIL WITH SHERRY

2 cups cooked or canned shrimp	½ cup lemon juice
1 cup diced celery	1 tsp. horseradish
½ cup ketchup	1 tbsp. chopped green pepper
¼ cup chili sauce	½ cup sherry

Remove black veins from shrimp. Mix shrimp with celery. Add salt to taste. Place in individual serving glasses. Mix remaining ingredients and add to shrimp. Chill in refrigerator. Serves 8-10.

Mrs. A. Mackalyk

DIPS

CHEESE BACON DIP

1 pkg. (8 oz.) cream cheese	1 tsp. horseradish or to taste
3 tbsp. mayonnaise	Crisp crumbled bacon

Blend cheese and mayonnaise. Add remaining ingredients. Mix well.

Mrs. M. Gulayets

CHEESE AND TUNA DIP

1 cup grated scamorze cheese	½ tsp. Worcestershire sauce
½ cup flaked tuna	1 tsp. scraped onion
½ cup salad dressing	Dash of cayenne
¼ cup finely chopped pimento	¼ cup cream
2 tbsp. lemon juice	

Thoroughly combine cheese and tuna. Add remaining ingredients and beat with rotary beater until well mixed. Cover and chill until ready to serve as a dip with potato chips or other crisp crackers.

Mrs. L. Holowaty

CURRIED COTTAGE CHEESE DIP

2 cups cottage cheese	3 tsp. curry powder
6 tbsp. mayonnaise	1 tsp. salt
4 tbsp. cream	

Mix ingredients thoroughly, heap into bowl and chill well before serving.

HAWAIIAN TUNA DIP

1 pkg. (8 oz.) cream cheese	1 can (9 oz.) crushed pineapple
1 can (7 oz.) tuna	1 tsp. lemon juice

Cut cream cheese into small chunks and place in a electric blender, drain tuna; add to cheese. Drain syrup from pineapple into a cup, then measure 2 tbsp. and add to tuna mixture with pineapple and lemon juice.

Beat 3 minutes till creamy smooth. Chill several hours before serving to blend flavors.

If you do not have a blender, combine all ingredients in a bowl and beat with an electric or rotary beater. The results will not be as smooth but the flavor will be the same.

Mrs. M. Zaharko

SARDINE DIP

1 or 2 cans sardines	2 tsp. minced onion
1 pkg. (8 oz.) cream cheese	2 tbsp. lemon juice
2 cloves garlic finely chopped	$\frac{1}{3}$ tsp. salt

Mash sardines and cheese thoroughly. Blend in other ingredients.

Mrs. M. Gulayets

SHRIMP DIP

1 pkg (8 oz.) philadelphia cream cheese	1 heaping tbsp. salad dressing
1 tsp. minced onion	3 tbsp. ketchup
$\frac{1}{2}$ tsp. garlic salt	$\frac{1}{2}$ tsp. salt
	1 small tin shrimps

Combine all the ingredients and beat well with a beater. Chill for $\frac{1}{2}$ hour. Serve with potato chips.

Mrs. J. Panchyshyn

SPECIAL PARTY DIP

1 pkg. (8 oz.) cream cheese	$\frac{1}{3}$ cup ketchup
2 tbsp. cream	1 tbsp. grated onion
2 tbsp. french dressing	$\frac{1}{4}$ tsp. salt

Blend the cheese and cream until smooth. Add the french dressing, ketchup, onion and salt. Mix well. Place in a serving bowl. Serve with crackers and potato chips.

Miss E. Korbyl

VEGETABLE COTTAGE CHEESE DIP

2 cups cottage cheese	$\frac{1}{2}$ cup finely chopped green onions
$\frac{1}{4}$ cup heavy cream	$\frac{1}{4}$ cup finely chopped green peppers
$\frac{1}{4}$ cup grated raw carrots	6 radishes sliced very thin

Mix ingredients thoroughly; heap into bowl and chill before serving.

Mrs. M. Perrino

DRINKS

APPLES IN BRANDY

1 apple per person. Peel core and slice very finely. Melt $1\frac{1}{2}$ to 2 oz. butter (for 5 or 6 apples) in frying pan on very low heat. Sprinkle with sugar.

Cook until apples are transparent (20 to 30 minutes).

Heat $1\frac{1}{2}$ oz. of brandy separately and pour over apples lighting it at same time.

Serve immediately. Could also be topped with whipping cream.

Mrs. M. Muzyka

AROUND THE WORLD PUNCH

1 gallon pineapple juice
1 (26 oz.) bottle gin

1 (26 oz.) bottle Creme de Menthe
 $1\frac{1}{2}$ qts. ice (about)

4 large bottles ginger ale

Mrs. H. Panchyshyn

BRANDY ALEXANDER FROSTED

$\frac{1}{2}$ oz. Creme de Cacao
 $\frac{1}{2}$ oz. brandy

1 scoop vanilla ice cream
 $\frac{1}{2}$ cup milk

METHOD: Place ingredients in blender and whip. Serve with a straw.

CHOCOLATE COGNAC SODA

$1\frac{1}{2}$ oz. cognac
2 squirts chocolate syrup

1 cup light cream
2 scoops chocolate ice cream

METHOD: Place ingredients in glass and fill with soda water. Whipped cream and shaved chocolate topping optional.

M. Muzyka

COINTREAU FROSTED

2 oz. Cointreau
1 scoop vanilla ice cream
 $\frac{1}{2}$ cup milk

METHOD: Place ingredients in blender and whip. Serve with a straw.

DRAMBUIE SODA

$1\frac{1}{2}$ oz. Drambuie
2 squirts vanilla syrup

2 scoops vanilla ice cream
 $\frac{1}{2}$ cup light cream

METHOD: Place ingredients in glass, fill with soda water.

GRAND MARNIER FROSTED

1½ oz Grand Marnier 1 scoop vanilla ice cream
 ¾ cup heavy cream

METHOD: Place ingredients in blender and whip. Dust top of glass with nutmeg. Serve with a straw.

M. Muzyka

GRASSHOPPER FROSTED

1½ oz. green Creme de Menthe 1 scoop vanilla ice cream
 ½ cup milk

METHOD: Place ingredients in blender and whip. Serve with a straw.

SODA FRAISES AU KIRSCH

1 oz. Kirsch ¼ cup light cream
2 squirts cherry syrup 2 scoops strawberry ice cream

METHOD: Place ingredients in glass, fill with soda water. Whipped cream topping with ½ strawberry optional.

Mrs. M. Muzyka

PUNCH

Juice from: 4 lemons, 4 oranges, 2 grapefruit or 1 small can unsweetened grapefruit juice

¼ cup lime nectar 2 cups gin (old collins)
4 to 5 tbsp. sugar 1 large bottle ginger ale

Put ice cubes in glasses and pour punch over it (mild).

Mrs. H. Panchyshyn

BEVERAGES

CHOCOLATE MILK SHAKE

1 cup cold milk ¼ to ½ tsp. vanilla
 2 tbsp. chocolate syrup

Measure milk and add vanilla. Slowly pour the chocolate syrup into milk-vanilla mixture, stirring all the while (or — place all ingredients in container with tightly fitted cover, secure cover firmly and shake vigorously). Pour in to chilled glass and serve cold. Serves 1. This recipe may be multiplied to serve the required number of persons.

Mrs. M. Letawsky

CHOCOLATE SYRUP

(Basis for Chocolate Drinks)

$\frac{3}{4}$ cup white sugar	
$\frac{3}{4}$ cup syrup	Dash of salt
2 1-oz. squares unsweetened chocolate	$\frac{1}{2}$ cup water

Combine sugar and syrup. Drop chocolate into water in saucepan and cook until smooth, stirring often.

Add sugar-syrup mixture, and a dash of salt. Cook 4 to 5 minutes stirring constantly. Remove from heat, cool, and store in a covered jar in refrigerator. (Makes $1\frac{1}{2}$ cups Chocolate Syrup, or sufficient for 12 milk shakes.

Variation (using cocoa):

Replace unsweetened chocolate with $\frac{1}{3}$ to $\frac{1}{2}$ cup dry cocoa. Combine cocoa with sugar and syrup; add water and salt, and stir over low heat until well dissolved. Cook 10 minutes. Cool and store as mentioned above.

Mrs. M. Letawsky

SNACKS

FRENCH TOAST

8 sliced french bread,	1 tbsp. granulated sugar
$\frac{3}{4}$ inch thick	$\frac{1}{2}$ tsp. vanilla extract
4 eggs	$\frac{1}{2}$ tsp. salt
1 cup milk	2 tbsp. butter or margarine
2 tbsp. Grand Marnier	confectioners sugar

Arrange bread in single layer in $12/8/2$ inch baking dish. In medium bowl, with rotary beater, beat eggs with milk, Grand Marnier, sugar, vanilla and salt until well blended. Pour over bread; turn slices to coat evenly. Refrigerate, covered, overnight.

In hot butter in skillet, sauté bread until golden — about 4 minutes on each side. Sprinkle with confectioners sugar. Makes 4 servings.

Mrs. M. Komarnisky
Saskatoon, Sask.

CHEESE FRENCH TOAST

3 eggs	12 slices day old bread
$2\frac{1}{2}$ cups milk	6 tbsp. butter
$\frac{1}{2}$ tsp. salt	$1\frac{1}{4}$ cup grated American cheese

Beat eggs slightly; add milk and salt and blend thoroughly. Dip bread slices in mixture. Melt butter in a skillet; add soaked bread slices and cook until a delicate brown on one side. Turn. Sprinkle grated cheese over top of each slice and cook until underside is a delicate brown and cheese is melted. Serve hot with crisp bacon or sausages for luncheon or supper. Serves 6.

HAM FRENCH TOAST

4 slices baked ham	$\frac{3}{4}$ cup milk
4 slices cheese	$\frac{1}{4}$ cup butter
8 slices bread	1 tsp. sugar
2 eggs	

Beat the eggs together with the milk and sugar. Place a slice of ham and a slice of cheese between two pieces of bread. Dip each sandwich into the liquid and brown in melted butter on both sides. Serve hot with tart jelly or pickles. Serve 4.

Mrs. P. Baron

SHRIMP SKILLET SANDWICH

4-oz. can shrimps drained	$\frac{1}{2}$ cup chopped celery
2 tbsp. green pepper	3 tbsp. salad dressing
2 tbsp. chopped onion	1 tbsp. prepared horseradish
salt and pepper to taste	8 slices of bread
2 eggs (beaten)	$\frac{1}{2}$ cup milk

Butter with oil (mazola-Crisco)

Combine flaked shrimp, celery, peppers, onions, horseradish, mayonnaise. Spread on 4 slices of bread. Top with other 4 slices. Dip each sandwich in combined egg and milk mixture. Brown in butter oil mixture and fry in a frying pan or skillet. Serve hot. Garnish with ripe stuffed olives and parsley.

Mrs. N. Skrenek
Athabasca, Alberta

CLUB SANDWICHES

1. Allow 3 slices buttered toast for each sandwich.
2. Arrange lettuce, crisp bacon, sliced tomato and mayonnaise on the first slice; cover with another slice of toast, butter side up.
3. Arrange lettuce, sliced chicken and mayonnaise on second slice; cover with third slice of toast, butter side down.
4. Serve warm.

SANDWICH FILLINGS

Cold Meat: Use slices of cold chicken, turkey, ham, veal, beef or lamb. Cover with lettuce and slices of tomato. Spread with mayonnaise or salad dressing. You may also use liver paste, deviled ham or canned luncheon meats.

Variations: Chop or mince the meat, mix with mayonnaise or salad dressing. Season to taste. Add bacon bits, chopped pickle, chopped celery, chopped onion, chopped shallots or chives, chopped green pepper or chopped hard-cooked egg (or a combination of any of above).

Crab, Lobster Shrimp

Mix with mayonnaise. Season to taste. Vary as above.

Cream Cheese

Vary by combining the cream cheese with chopped cooked chicken, chopped beef, shrimp, bacon bits, chopped walnuts, chopped dates, chopped maraschino cherries or chopped pimento.

Egg Salad

Mix chopped, hard-cooked eggs with mayonnaise, salt and pepper to taste, chopped onion (1 teaspoon per egg) and chopped celery.

Variations: Add crisp bacon bits and chopped parsley, chopped cooked chicken and pimento, or tuna or salmon and chopped pickle.

Chicken and Mayonnaise

Season finely chopped chicken and mix with mayonnaise or salad dressing to moisten.

Variations: Add chopped celery, chopped pimento, chopped ham, bacon bits, pineapple bits, shredded cabbage, chopped hard-cooked egg (or a combination) to the above.

GARLIC BREAD

1 loaf French bread 1 clove garlic
¼ lb. butter or margarine

Cut the loaf in 1½ inch slices, cutting diagonally. Leave bottom crust undisturbed. Crush garlic and blend into butter or margarine. Let mixture until heated through. stand a few min. so garlic permeates butter, then spread cut surfaces of bread. Wrap in aluminum foil and place in hot oven (400° F.) 12-15 min., or

KRAFT BRIDGE TEA SANDWICHES

Use small cookie or sandwich cutters in the shape of playing cards—diamonds, hearts, spades and clubs. Cut all the bread and cheese in slices and make plain sandwiches, using Velveeta cheese for half the white bread and pimento for the balance; Swiss cheese for the wholewheat bread and Canadian cheese for the Boston brown. Cut the velveeta cheese sandwiches with the diamond cutter, the pimento cheese with the heart cutter, the Swiss cheese with the spade cutter and the Canadian cheese with the club cutter. Serve on an attractive sandwich tray.

Onion-Caraway Rye Loaf

With a sharp knife, cut a loaf of caraway rye bread in diamonds without cutting through bottom crust. Season softened butter or margarine with salt and grated onion; spread generously around diamonds of bread. Bake in hot oven (400 deg.) for 10 min., or until loaf is hot.

Open Face Sandwiches

1. Prepare all fillings in advance, assemble just before serving.
2. Cut sliced bread into desired shapes with buttered cookie cutter.
3. Spread with butter, then desired filling.
4. Garnish as desired.

PEANUT BUTTER SANDWICHES

Vary it with banana, jam, marmalade, honey, chopped dates and nuts, lettuce, bacon, cream cheese, onion and mayonnaise.

PINWHEEL SANDWICHES

1. Trim crusts from bread slices.
2. Roll slices with rolling pin to keep bread from cracking.
3. Cover slice with butter, cream cheese or desired filling.
4. Place red or green cherries, gherkins, pitted dates, stuffed olives, vienna or cocktail franks at edge nearest to you.
5. Roll up carefully and wrap in foil or waxed paper; twist end to seal.
6. Chill for 1 hour or more.
7. Cut in $\frac{1}{4}$ -inch slices.

RIBBON SANDWICHES

1. Spread 2 slices of bread (1 white and 1 brown), cream cheese or egg and parsley. Press together. Spread top side.
2. Place another slice (either brown or white) on top so that the two outside slices are the same colour; press together to form 3 slices.
3. Wrap in foil or waxed paper; chill for 1 hour or more.
4. Just before serving, trim off crusts using a sharp knife. Cut into $\frac{1}{2}$ " slices. If desired, cut each slice into halves, thirds or triangles.

ROLLED SANDWICHES

Prepare as for pinwheels, but place cooked asparagus spears or stuffed celery at one end. Wrap and chill. Do not cut to serve.

TOASTED ROLLED SANDWICHES

Fasten rolled sandwiches with a toothpick. Toast in a hot oven (450° F.) 5 to 7 minutes. Remove toothpicks and serve hot.

RULES FOR MAKING FANCY SANDWICHES

1. Prepare filling first, refrigerate until ready to use.
2. Prepare garnishes; store in crisper or refrigerator jars.
3. Cream butter until soft and pliable. Melted butter will soak into the bread.
4. Use very fresh bread for rolled or pinwheel sandwiches. Fresh bread will slice easier if chilled in refrigerator first.
5. Use a sharp knife for slicing bread.
6. Keep bread from drying out. As you slice the bread, cover slices with a damp linen towel.

SALMON OR TUNA SANDWICHES

Mix tuna or salmon with mayonnaise. Season to taste.

Variations: Add chopped cucumbers, chopped celery, chopped green pepper, chopped apple, crushed pineapple, chopped pickle or cottage cheese (or a combination) to the above.

STORING FILLED SANDWICHES

If the sandwiches are to be made ahead of time, leave crust on and wrap in waxed paper, then in a slightly dampened linen towel. Store in refrigerator until ready to serve. Trim party sandwiches just before serving.

STUFFED CELERY RINGS

1 medium bunch celery

Tangy cheese spread or creamed aged Cheddar cheese

Cut top from celery, wash, and dry each stalk. Fill smallest stalk with cheese, then the next smallest stalk and press firmly into the first one. Continue filling and pressing stalks together until all the celery is formed into a bunch. Tie with the string and chill. Slice crosswise into $\frac{3}{8}$ inch slices and serve on lettuce or watercress with french dressing. Serves 8.

Instead of cheese, use any of these variations:

Ham Butter: $\frac{1}{2}$ cup butter, $\frac{1}{4}$ lb. cooked ham, 2 hard cooked eggs, chopped, dash of pepper.

Shrimp Butter: 1 cup butter, 1 cup cooked minced shrimp, $\frac{1}{4}$ tsp. salt, dash of paprika, 1 tbsp. lemon juice.

Use Roquefort cheese spread or pineapple cheese spread for tangy cheese spread.

Anchovy Butter;

1 cup butter

$\frac{1}{2}$ cup minced anchovies or 4 tbsp. anchovy paste.

2 tsp. lemon juice

Substitute: herring, bloaters, crawfish, lobster, smoked salmon, whitefish, or sardines for the anchovies.

DOUGH'S

BASIC SWEET DOUGH

1 cup milk	$\frac{1}{2}$ cup lukewarm water
$\frac{1}{2}$ cup granulated sugar	2 tsp. granulated sugar
2 tsp. salt	2 pkg. fast-rising dry yeast
$\frac{3}{4}$ cup cold water	2 eggs, well beaten
$\frac{1}{4}$ cup soft shortening (butter, margarine, lard or vegetable shortening)	7 to $7\frac{1}{2}$ cups Robin Hood Pre-Sifted All Purpose Flour

Assemble ingredients: Have flour at room temperature when use.

Measure flour without sifting. Level off top of cup with straight knife.

Scald milk. Stir in the $\frac{1}{2}$ cup sugar, salt and $\frac{3}{4}$ cup cold water and the soft shortening. Cool to lukewarm. To test for lukewarm, put a drop of the liquid on the inside of the wrist. If liquid feels neutral — neither warm nor cold — it is lukewarm. Make this test several times to be sure. Hot water or milk will kill the yeast. Cold water or milk will retard growth. Measure the $\frac{1}{2}$ cup lukewarm water in a cup; stir in the 2 tsp. sugar. Sprinkle with yeast. Let stand 10 minutes, then stir until well blended. Pour the dissolved yeast into large warm bowl. Stir in lukewarm milk mixture, well beaten eggs and $3\frac{1}{2}$ cups of the flour, measured without sifting; beat until smooth and elastic. Work in sufficient additional flour to make a soft dough (about 4 cups more). As the dough thickens, mix it in the bowl with one hand, using a swinging rotary motion. Turn out dough onto lightly-greased surface. Knead until smooth and elastic, about 5 mins. Put dough into a lightly greased warm bowl. Lightly grease the top. Cover with greased waxed paper and a clean cloth. Let rise in a warm place (75 to 85° F.) free from draft, until double in bulk — about $1\frac{1}{2}$ hrs. Punch down dough. Turn out onto lightly-greased surface. Cut into 4 equal pieces with greased, sharp knife. Round up each piece; cover and let rise 15 mins. Shape dough into rolls or fancy breads, as directed in any of the following recipes.

BUTTERFLIES

When the dough is ready for shaping, roll it into rectangular sheet $\frac{1}{4}$ inch thick, 6 x 24 inches. Brush with melted butter or margarine. Roll up like jelly roll. Cut into pieces 2 inches long. Press across center of each piece with knife handle. Cover. Let rise in warm place. Bake in moderate oven 350 to 375° F. until done, about 20 mins.

BOWKNOTS

When Dough is ready for shaping, roll it under the hand to $\frac{1}{2}$ inch thickness. Cut in pieces about 6 inches long. Tie in knots. Place on greased baking sheet.

BROWN 'N'SERVE ROLLS

Make up plain rolls as directed in any recipe. Bake in slow oven 275° F. for 40 mins. Remove from pans and cool on wire racks. When cold, wrap securely. To Brown And Serve: heat in hot oven, 450 deg. about 7 mins.

Note: The rolls, if securely wrapped in foil or saran wrap will keep 1 week on cupboard shelf; 3 weeks in refrigerator; 3 month in freezer.

BUBBLE LOAF

Divide Basic Dough in half. Form each half into a roll 12 inches long. Cut each roll into 24 equal pieces. Form into balls. Place a layer of balls about $\frac{1}{2}$ inch apart in greased bread pan 9 $\frac{5}{8}$ inches or 9 inch tube pan. Brush lightly with melted margarine or butter. Arrange a second layer of balls on top of first. Cover. Let rise in warm place, free from draft, until top of loaf is slightly higher than edge of pan. (Straight Dough Method about 1 hour; Action-Quick Dough 30 min; Refrigerator Dough about 1 hour.) Brush lightly with melted margarine or butter. Bake in moderate oven (375° F.) about 30 min. Makes 2 loaves.

BUTTERFLAKES

When Dough is ready for shaping, roll out to thin rectangular sheet. Brush dough with melted butter or margarine. Fold dough into layers about 1 inch wide and 6 or 7 layers deep. Cut pieces 1 $\frac{1}{2}$ inches long. A pastry wheel gives the edges a crinkly effect. Set on end in greased muffin pans.

CINNAMON BUTTERFLY BUNS

$\frac{1}{2}$ Basic Sweet Dough Recipe	1 tsp. cinnamon
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup raisins

Proceed as for Butterflies except sprinkle the brown sugar, cinnamon and raisins over the dough after it has been brushed with melted butter. Finish and bake as directed. When cool, frost with Vanilla Icing.

CINNAMON TWISTS

1 cup sugar 1 tbsp. cinnamon 1 recipe sweet dough

Divide sweet dough in half. Roll out each half into a square about 12 x 12 inches. Brush lightly melted butter or margarine. Mix together sugar and cinnamon. Sprinkle center third of each square with 3 tbsp. of the sugar and cinnamon mixture. Fold one-third of dough over the two layers. Cut into strips about 1 inch wide. Take hold of each end of strip and twist tightly in opposite directions. Seal ends firmly. Place on greased baking sheets about 1 $\frac{1}{2}$ inches apart. Sprinkle tops with remaining sugar and cinnamon mixture. Cover. Let rise in warm place, free from draft, until doubled in bulk (straight-dough method about 30 min.). Bake in moderate oven 350° F. about 25 min. Makes 24.

CLOVER LEAF ROLLS

Divide Roll Dough in half. Form each half into 9-inch roll. Cut into 9 equal pieces. Form each piece into 3 small balls. Brush sides with melted margarine or butter. Place 3 balls in each section of greased muffin pans $2\frac{1}{4}$ - $1\frac{1}{2}$ inches. Cover. Let rise in warm place, free from draft, until doubled in bulk. (Whole Wheat, White Refrigerator Doughs about 1 hr.; Action-Quick Dough about 30 min.). Brush lightly with melted butter or margarine. Bake in hot oven at 400° F. (Whole Wheat Rolls about 20 min.; White Rolls about 15 min.). Makes 18 rolls.

CRESCENTS

$\frac{1}{2}$ Basic Sweet Dough Recipe

Grease baking sheet. Roll ball of dough with greased rolling pin into circular shape $\frac{1}{4}$ " thick. Cut in 12 pie-shaped pieces. Brush with melted butter or shortening and roll up, beginning at wide end. Seal point to bun with fingers. Place on greased baking sheet with sealed point underneath. Curve into crescents. Cover with dampened cloth and allow to rise at warm room temperature 75 to 85 deg., until double in bulk about $1\frac{1}{2}$ hrs. Bake in preheated oven of 375° F. for 20 mins. Turn out on wire rack and brush with melted butter.

CRISSCROSS ROLLS

Roll dough $\frac{1}{4}$ inch thick. Brush with melted butter. Cut into long strips $1\frac{1}{2}$ inches wide. Cut strips into 2 inch lengths, then place 3 into each well greased muffin pan in crisscross fashion, having 3rd strip in position of first. Brush tops with butter, then let rise. Bake according to directions.

CURLICUES

Divide Dough in half. Roll out each half into an oblong about 19 - 9 inch. Brush generously with melted butter or margarine. Cut into 12 equal strips (about 1 inch wide). Hold one end of strip firmly and wind closely to form coil. Tuck end firmly underneath. Place on greased baking sheets about 2 inches apart. Cover. Let rise in a warm place, free from draft, until doubled in bulk (Straight Dough Method about 1 hr.; Refrigerator Dough about 1 hr.; Action-Quick Dough Method about 30 min.). Brush lightly with melted butter or margarine. Bake in a hot oven at 400° F. about 15 min. Makes 24.

FAN TANS

Divide Roll Dough into 3 equal pieces. Roll out each piece into an oblong about 11 - 9 inches. Brush lightly with melted butter or margarine. Cut into 7 equal strips (about $1\frac{1}{2}$ inches wide). Pile strips one on top of another. Cut into 6 equal pieces (about $1\frac{1}{2}$ inches long). Place cut side up in greased muffin pans 2 - $1\frac{1}{4}$ inches. Cover. Let rise in warm place, free from draft, until doubled in bulk. (Straight-Dough Method about 1 hr.; Action-Quick

Method about 30 min; Refrigerator Dough about 1 hr.). Brush lightly with melted butter or margarine.

HONEY PECAN ROLLS

$\frac{1}{2}$ cup pecan halves

While Dough is rising prepare Honey Syrup. Spread syrup in bottom of pans. Divide Dough in half. Form each half into 12 inch roll. Cut into 12 equal pieces. Form into balls. Place in prepared pan about $\frac{1}{4}$ inch apart. Cover. Let rise in warm place, free from the draft, until doubled in bulk about 1 hr. Bake in hot oven (400° F.) about 25 min. Turn out of pans immediately. Makes 24.

Honey Syrup:

$\frac{1}{3}$ cup dark brown sugar $\frac{2}{3}$ cup honey
3 tbsps. melted butter or margarine
Combine ingredients.

JACK HORNER ROLLS

Use 1 recipe for sweet dough and when it is light punch down and divide into portions for individual rolls. Round up each portion to a smooth ball. Cover and let rise for 10 min. Flatten each ball to $\frac{1}{4}$ inch. Mix together $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ tsp. cinnamon. Sprinkle each with $\frac{1}{2}$ tsp. of sugar and cinnamon mixture. Place a pitted cooked prune in center of each portion. Bring edges together, seal, and place rolls smooth side up on greased baking sheet. Cover and let rise until doubled in bulk. Bake in moderate oven 375° F. 20-25 min.

JAM TWIRLS

$\frac{1}{4}$ Basic Sweet Dough Recipe

Proceed with dough as for twirls. Brush with Egg Yolk Glaze after rolls have been shaped. Cover with waxed paper and allow to rise at warm room temperature 75 to 85 deg. When ready to bake, drop one tsp. of apricot jam in centre of each. Bake in preheated oven of 375° F. for 15 to 20 mins. Turn out on wire rack. When cool, drizzle Vanilla Icing over buns.

LUCKY CLOVERS

Divide Roll Dough in half. Form each half into 9 inch roll. Cut into 9 equal pieces. Form into balls. Place in greased muffin pans. With scissors cut into each ball in half, then onto quarters, cutting through almost to bottom of rolls. Brush lightly with melted butter or margarine. Cover. Let rise in a warm place, free from draft, until doubled in bulk. (Whole Wheat, White, Refrigerator Dough about 1 hr; Action-Quick Dough about 30 min. Bake in hot oven at 400° F. (Whole Wheat Rolls about 20 min; white Rolls about 15 min.). Makes 18.

3. Starters may be set out in advance of use and allowed to ferment, but never if the weather is over 85°.

4. Starters may be frozen. Thaw for 24 hours in the refrigerator. Then, feed and beat the starter. It may be used the following day.

5. To clean containers: Use steel wool, then rinse in hot vinegar water.

6. Do not expect the starter to be "bubbly" all of the time. It ferments often when you don't see it. The "winey" smell indicates that you have a good starter. Beating and feeding keep it active.

7. If starter has a strong "winey" smell discard it and start all over again.

FRENCH POTATO BREAD

1 c. starter	2 tbsp. potato flour
1 tbsp. white vinegar	$\frac{3}{4}$ c. flour
$\frac{1}{2}$ tsp. salt	

At night, combine the above. Pour over the mixture, but do not mix $\frac{1}{3}$ c. warm water. Cover bowl with a damp cloth and allow to stand over night.

In the morning add the following after the above mixture has been whipped until light: 1 pkg. (1 tbsp.) of dry yeast dissolved in $\frac{1}{3}$ c. warm water. Add 2 c. flour and turn out on a board and knead in $\frac{3}{4}$ c. flour.

Turn once in an oiled bowl and cover with a damp cloth. Allow to rise 1½ hours. Punch down. Allow to rise $\frac{3}{4}$ hour. Turn out on a lightly floured board. Divide into 2 equal parts and form into 2 slender French loaves by rolling each into a rectangle. Roll up, sealing with each turn. Roll and firm under hands and taper ends. Place on oiled baking sheet so loaves do not touch after rising. Slash across loaves five times, about $\frac{1}{2}$ inch deep. Brush with salt water, about 1 tsp. to $\frac{1}{4}$ c. water. Cover so cloth does not touch dough. Allow to rise 1 hour. Preheat oven with a pan of steaming water on lower shelf. Temperature 400° F., baking time 33 minutes. Brush twice with salt water during baking. 10 minutes before loaves are done, brush with a blend of egg white and water (equal parts). Cool on wire rack.

VARIATIONS:

French Rolls — Divide the dough into 12 equal parts. Form into tiny loaves. Follow directions above except decrease baking time to 20 minutes.

SOURDOUGH WAFFLES

1 c. starter	2 tsp. sugar
1 tbsp. white vinegar	$\frac{1}{2}$ tsp. salt
$\frac{2}{3}$ c. warm water	1 c. flour
2 tbsp. non-fat dry milk	

Combine above at night. Cover with a damp cloth and allow to stand overnight. In the morning blend in:

2 tbsp. oil 2 beaten eggs.

Beat — then, do not stir again. Bake on a preheated waffle baker to a light, golden brown. Serve with butter and maple syrup. Nuts may be sprinkled over batter in baker. Waffles may be frozen and reheated in the toaster. Cool thoroughly before freezing and do not stack waffles made of sourdough. Makes 2½ c. batter.

Note: These waffles may be mixed in the morning, but will not be so full-flavoured.

SOURDOUGH DOUGHNUTS

½ c. hot potato water ½ tsp. salt
1½ tsp. sugar 1 tsp. cooking oil

Combine above. Cool to 110° and add the following mixture:

1½ tsp. dry yeast dissolved in ¼ c. water warm.

Stir in: ½ c. starter 1½ tsp. white vinegar ½ c. flour

Beat in: 2 eggs yolks stir in: 1¼ c. flour.

Turn out on a board and knead in approx. ¾ c. flour.

Turn once in an oiled bowl. Cover with a damp cloth. Allow to rise for 1 hour and place in refrigerator, covered. Allow to chill for about 2 hours or longer. Do not punch down while rising the 3 hours. Turn out on a floured board and knead in just enough flour to make them easy to handle. The less handling you do, the better textured and the more tender the doughnuts will be. Roll out on a board and cut with a 3" doughnut cutter. Let rise. Heat oil to 375° F. in a deep container or 350° F. in an electric skillet. Fry in deep oil constantly turning the doughnuts as they fry. Fry only a few at a time. Drain on thick paper towelling and dip in a glaze made of 1 c. powdered sugar, ¼ tsp. cream of tartar and 2½ tbsp. boiling water. Or in a mixture of sugar and cinnamon. Makes 1 dozen doughnuts. Sourdough doughnuts should not be stored in a closed container. They are best eaten while very fresh. They can be frozen and heated in heavy covered pan in a 425° F. oven for about 10 minutes. For a larger quantity the recipe could be doubled.

SOURDOUGH PANCAKES

At night, beat: 1 egg yolk 1 whole egg

Combine & add:

½ c. warm water ½ tsp. salt
2 tbsp. non-fat dry milk 1 tsp. sugar
1 c. starter 1 c. flour
1 tbsp. white vinegar

Beat well with egg-beater. Store in covered container in refrigerator. In the morning sift together and beat in:

¼ tsp. soda 2 tsp. baking powder ¼ c. flour

Blend in:

2 tsp. oil 2 tbsp. fresh skim milk

Beat well — then, do not stir again. Bake on a 400° preheated griddle. Pour in small rounds. Turn gently when bubbly.

Sourdough pancakes take a little longer baking than other pancakes. Do not grease griddle, and never toss them, never stack them. The air in sourdough makes them light. Makes 2½ c. batter.

Note: These pancakes may be assembled in the morning, without leaving overnight. Follow same procedure — otherwise. They are more full-flavored if prepared in advance.

Serve with butter and lots of maple syrup or cranberry jelly.

VARIATIONS:

Buckwheat Pancakes: Add 1 c. buckwheat flour at night in place of 1 c. flour.

Blueberry Pancakes: Stir 2/3 c. berries into the batter after last ingredient is beaten in. Do not stir again.

Pecan Pancakes: Sprinkle 1 tbsp. chopped pecans over pancakes when they are on the griddle.

Corn Pancakes: Stir in 1 c. cream style corn after last ingredient has been added.

LOAF CAKES

APPLE CHEESE BREAD

½ cup soft shortening	2 tbsp. milk
½ cup sugar	¾ cup rolled oats (uncooked)
2 eggs	1 cup finely chopped (or shredded) raw apple
1½ cups flour	¾ cup grated cheddar cheese
1 tsp. baking powder	½ cup chopped nutmeats (optional)
1 tsp. baking soda	
½ tsp. salt	

Cream shortening, gradually adding sugar. Add eggs and beat well. Add flour, baking powder, soda and salt sifted together. Add the rest of the ingredients, stirring only till blended. The batter will be stiff. Place in greased loaf pan. Preheat oven to 350° F. Bake in 350° F. 50 minutes.

Mrs. I. Sereda

APPLE SAUCE LOAF

½ cup shortening	½ tsp. soda
1 cup sugar	½ tsp. cinnamon
2 eggs	½ tsp. nutmeg
1¾ cups sifted all-purpose flour	1 cup sweetened applesauce
1 tsp. salt	½ cup chopped california walnuts
1 tsp. baking powder	

METHOD: Stir shortening to soften; gradually add sugar, creaming till light. Add eggs; beat till light and fluffy.

Sift together dry ingredients; add to creamed mixture alternately with applesauce beating after each addition; stir in nuts. Pour into paper lined 9½ x 5 x 3 inch loaf pan. Bake in moderate oven (350° F.) about 1 hour.

Cool in pan 10 minutes; remove to cooling rack.

While still warm top with "Sugar Glaze".

Mix ½ cup sifted confectioners' sugar and 1 tbsp. water.

Mrs. Sylvia Zacharko

BANANA FLAKE BREAD

2 cups flour	⅓ cup milk
3 tsp. baking powder	1½ cups mashed bananas
1 tsp. salt	1 tps. vanilla
½ cup sugar	½ cup chopped nuts
1 egg, beaten	1 cup whole wheat flakes or
¼ cup melted fat	corn flakes

Preheat oven to 350° F. Sift together flour, baking powder, salt and sugar. Combine eggs, fat, milk, bananas and vanilla; add to dry ingredients and stir just until well mixed. Blend in nuts and cereal flakes. Turn into a well greased loaf pan. Bake in moderate oven (350° F.) until done, about 50 minutes. Cool on rack 10 minutes, then remove from pan.

Mrs. E. Wysocki

BANANA NUT LOAF

2 cups sifted flour	2 tsp. baking powder
½ tsp. baking soda	¾ tsp. salt
½ cup sugar	1 cup chopped nuts
1 egg (beaten)	¼ cup salad oil
1 cup mashed bananas	1 tbsp. lemon juice

METHOD: Sift together dry ingredients. Add ¾ cup nuts. Combine remaining ingredients. Stir only until flour is moistened. Pour into greased 9" x 5" loaf pan. Bake in moderate oven 350° F. for 1 hour.

Mrs. S. Topechko

BANANA LOAF

1 cup sugar	1 tsp. soda
¼ cup butter	3 ripe bananas
2 eggs	Pinch of salt
1½ cups flour	

Mix ingredients and crushed bananas. Pour in warm greased bread pan and bake for 1 hour in moderate oven, about 350-375° F.

Mrs. Janet Koroluk

BLUEBERRY ORANGE LOAF

½ tsp. baking soda	¼ cup orange juice
2 tsp. baking powder	¼ cup melted butter
2 cups flour	¾ cup milk
¾ cups sugar	1 egg, beaten
¾ tsp. salt	1 cup blueberries
1 tbsp. orange rind	½ cup chopped nuts

Preheat oven to 350 F. Grease pan 9" x 4" x 3".

Sift the baking soda, baking powder, flour, sugar and salt into large bowl. Combine orange rind, orange juice, butter, milk and egg then stir into flour mixture. Beat well. Spread ½ of batter into pan and sprinkle with half the blueberries and nuts. Add another ½ of the batter and sprinkle with remaining berries and nuts. Spoon remaining batter over top and bake 50 mins.

Mrs. E. Wysocki

CARROT LOAF

4 eggs	3 cups flour
1 cup brown sugar	2 tsp. baking powder
1 cup white sugar	1½ tsp. baking soda
2 tsp. vanilla	3 cups finely grated carrots
1½ cup salad oil	1 cup chopped nuts, dates, peel, raisins or cocoanut
1 tsp. cinnamon	

Beat eggs until light and fluffy. Add oil, sugar and beat thoroughly. Sift flour, soda and baking powder. Add vanilla, carrots and half of the dry ingredients and mix it. Then add the rest of the dry ingredients, nuts and mix it thoroughly. Pour into loaf pan. Bake at 325° F. for 1½ hrs. or 25 mins. at 400° F. for muffins.

Note: A double recipe makes 3 loaves.

Mrs. E. Kitz

CHERRY NUT LOAF

1 cup brown sugar	½ tsp. salt
1 tbsp. butter	½ cup walnuts (chopped)
2 eggs	1 small bottle marashino cherries (drained)
2 cups flour	¾ to ¾ c. milk (approx.)
2 tsp. baking powder	

Save the juice and add enough milk to make 1 cup. Cream butter, sugar and eggs. Add sifted dry ingredients alternately with milk and cherry juice. Fold in nuts and cherries. Bake in loaf pan for 1 hour at 350° F. Freezes well.

Lorraine Romaniuk

CHERRY PINEAPPLE LOAF

1 cup flour	1 cup walnuts chopped
1 cup whole wheat flour	1 egg, beaten

1 tsp. baking soda	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	3 tbsps. butter, melted
$\frac{3}{4}$ cup brown sugar	$\frac{3}{4}$ cup crushed pineapple (drained)
1 cup seedless raisins	$\frac{1}{4}$ cup pineapple syrup
$\frac{1}{4}$ cup maraschino cherries (halved)	

Combine flours, baking soda, and salt. Blend in sugar, raisins, cherries and walnuts. Add vanilla and butter to egg and stir into flour mixture along with pineapple and pineapple syrup. Beat only until combined. Pour into greased $8\frac{1}{2}$ " x $4\frac{1}{2}$ " loaf pan. Bake in moderate oven (350° F.) for $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. Yield — 1 loaf.

Mrs. N. Basset, Tryon, Nebraska, U.S.A.

COCONUT ORANGE LOAF

2 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup orange juice
1 cup sugar	$\frac{3}{4}$ cup milk
3 $\frac{1}{2}$ tsp. baking powder	2 eggs, well beaten
$\frac{3}{4}$ tsp. salt	2 tbsps. peanut oil
$\frac{1}{4}$ tsp. mace	$\frac{1}{2}$ cup coconut
3 tsp. orange rind	1 cup seedless raisins

Preheat oven to 350° F.

Into a large bowl sift together flour, sugar, baking powder, salt and mace. Add orange rind. Make a well in center. Combine; then add the orange juice, milk, eggs and oil. Stir until just blended. Stir in coconut and raisins. Pour batter into a well greased $4\frac{1}{2}$ x $8\frac{1}{2}$ inch loaf pan.

Bake 1 hour or until done.

Mrs. E. Wysocki

CRANBERRY TEA LOAF

2 cups sifted flour	2 tbsps. cooking oil
1 cup sugar	1 egg beaten
2 tsp. baking powder	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ tsp. baking soda	1 $\frac{1}{2}$ cups fresh cranberries
1 tsp. salt	cut in halves
$\frac{3}{4}$ cup cold strong tea	

Sift flour, sugar, baking powder, baking soda, and salt together into mixing bowl. Add grated orange rind. Combine tea, cooking oil and egg. Blend by beating with fork. Add to sifted dry ingredients, stir only enough to blend. Add nuts, cranberries, combine with as few strokes as possible. Spoon into greased 9" x 5" x 3" pan, pushing batter well into corners. Let stand 20 min. Heat oven to 350° F. Bake 50 min., or until toothpick inserted in centre comes out clean. Remove from pan. Cool on rack. Wrap in foil for storage.

Mrs. S. Topechka

DATE LOAF

1 cup chopped dates	1 cup pastry flour
1 tsp. soda	1 tsp. salt
1 cup boiling water	1 egg
2 tbsp. shortening	1 tsp. vanilla
1 cup white sugar	1 cup chopped nuts

Pour boiling water over dates and soda and let stand till dates get soft. Add shortening and sugar, mix well. Add flour and sat. Mix. Add egg, vanilla and nuts. Bake in greased loaf pan in 275° F. for 1 hour.

O. Koroluk

FRESH APPLE-PECAN BREAD

1 cup sugar	2 cups flour
$\frac{1}{2}$ cup shortening	1 cup pecans
2 eggs, beaten	1 $\frac{1}{2}$ tbsp. buttermilk
1 cup ground or grated apple	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ teaspoon salt	3 tbsp. sugar
1 tsp. soda	1 tsp. cinnamon

METHOD: Cream shortening and sugar. Add eggs and apple. Mix in dry ingredients to which chopped pecans have been added. Stir in buttermilk and vanilla. Pour into greased loaf pan 10" x 6". Sprinkle top with mixture of sugar and cinnamon. Bake 1 hour in 350° F. oven. Yield — 1 loaf.

Mrs. E. Wysocki

GUMDROP LOAF

$\frac{1}{2}$ lb. small gumdrops	$\frac{1}{2}$ tsp. nutmeg
1 $\frac{1}{2}$ lb. seedles white raisins	$\frac{1}{2}$ cup shortening
1 cup chopped nuts	1 cup sugar
2 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ tsp. salt	1 egg
$\frac{1}{2}$ tsp. soda	$\frac{3}{4}$ cup sweetened applesauce
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ cup water
$\frac{1}{8}$ tsp. cloves	

Line 9" x 5" x 3" loaf pan. Cut gumdrops into thirds. Mix raisins and nuts. Stir $\frac{1}{2}$ cup of flour to coat raisins, nuts, and candy. Sift 2 cups flour with soda, salt and spices. Cream shortening, sugar and vanilla until light and fluffy. Add egg and beat well. Combine applesauce and hot water. Add flour to creamed mixture alternately with applesauce, beating well after each addition. Stir in candy mixture. Pour into prepared pan. Bake in slow oven 350° F. for 1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ hrs. Wrap in foil for several days.

Joyce Smulski

LEMON LOAF

6 tbsp. shortening	1 tsp. baking powder
1 cup sugar	Pinch salt
2 eggs	$\frac{1}{2}$ cup milk
1 $\frac{1}{2}$ cups flour	Rind of 1 lemon

Cream shortening and sugar until light. Add eggs (beaten) and milk. Stir in rind. Sift together dry ingredients; add to lemon mixture. Mix till well blended. Pour into greased 9 x 9 x 2-inch pan. Bake at 325° for 1 hour. Glaze immediately with mixture of $\frac{1}{4}$ cup sugar and juice of 1 lemon.

Mrs. E. Kotylak

MOCHA NUT BREAD

$\frac{1}{4}$ stick ($\frac{1}{4}$ cup) margarine melted	$\frac{1}{4}$ tsp. allspice
2 $\frac{1}{2}$ cups sifted flour	1 tbsp. instant coffee
1 cup sugar	1 tbsp. cocoa
4 tsp. baking powder	1 $\frac{1}{4}$ cups water
$\frac{1}{4}$ tsp. salt	1 cup chopped nuts
$\frac{1}{4}$ tsp. cinnamon	1 cup raisins

Sift dry ingredients together into a bowl. Beat eggs until light. Blend water and melted margarine into eggs. Add liquid ingredients to dry ingredients and stir until well blended. Fold in nuts and raisins. Pour batter into a well greased 9 $\frac{1}{2}$ x 5 $\frac{1}{2}$ x 2 inch pan. Bake in a slow oven 325° F. for about 1 hour. When cool, frost with coffee frosting.

COFFEE FROSTING

2 tbsp. margarine	$\frac{1}{4}$ tsp. vanilla
1 $\frac{1}{4}$ cups sifted powdered sugar	1 tbsp. milk
1 tbsp. powdered coffee	

Cream margarine. Add about half of the powdered sugar. Blend in vanilla and milk. Stir in remaining powdered sugar and powdered coffee and blend well. Spread on top of Mocha Nut Bread.

Mrs. O. Balko

ORANGE LOAF

2 eggs	2 cups flour
1 cup brown sugar	grated rind of one orange
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup dates
1 tsp. baking soda	$\frac{1}{2}$ cup raisins
1 cup sour milk	

Cream eggs, sugar and butter. Sift together flour and soda. Add the dry ingredients with sour milk and mix well, then add orange rind, dates and raisins. Bake slowly in a moderate oven for 1 hr. When taken out of the oven sprinkle with white sugar and pour the juice of one lemon over the loaf while it is still hot. 235°-350° F.

Mrs. M. Lysay

PINEAPPLE-PECAN LOAF

2 cups flour	2 eggs
3 tsp. baking powder	$\frac{1}{2}$ cup pineapple juice
1 tsp. salt	1 tsp. vanilla
$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{2}$ cup chopped pecans
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup crushed pineapple (drained)
$\frac{1}{4}$ cup sugar	

METHOD: Preheat oven to 350° F. Grease 8½" x 4½" pan. Sift together the flour, baking powder, salt and nutmeg. Cream shortening and sugar. Add eggs one at a time, beating well after each addition. Add dry ingredients alternately with pineapple juice and vanilla. Fold in pecans and crushed pineapple. Spread batter evenly into prepared pan. Bake until done, about 1½ hours. Slice thickly when cool. Yield — 1 loaf.

Mrs. E. Wysocki

QUICK WHOLE WHEAT NUT BREAD

1½ cups sifted enriched flour	1 cup nuts or raisins
5 tsp. baking powder	2 tbsp. grated orange rind
1 tsp. salt	1 egg
¾ cup sugar	1½ cups milk
1½ cups whole wheat flour	6 tbsp. melted shortening

Sift flour, baking powder, salt and sugar. Add whole wheat flour, nuts and grated orange rind. Mix very well. Beat egg slightly. Add milk and shortening. Combine liquid ingredients with dry, stirring to blend thoroughly. Pour into well greased loaf pan. Bake in preheated oven 325-350° F. 50-60 min. Yield 1 large or 2 small loaves.

Mrs. M. Muzyka

BREAD

1 cup lukewarm water 2 tbsp. sugar 2 pkg. yeast

Thoroughly dissolve sugar in water and add the yeast. Let rise for 10 minutes. Then add 4 cups warm water and enough flour to make a soft dough. In another bowl put:

3 whole eggs	1 tbsp. salt
3 egg yolks	½ cup mazola
½ cup sugar	

Beat very well. Mix with the yeast mixture and let rise till double in bulk.

Rose Chmilar

BREAD

4 pkg. yeast	6 eggs beaten
1 cup warm water	1 cup shortening
2 tbsp. sugar	½ cup sugar
6 cups milk scalded	2 tbsp. salt
6 cups water	21 cups flour

Dissolve sugar in 1 cup water add yeast and let rise for 10 to 15 minutes. Place in large pan shortening, sugar, salt and scalded milk. Add water and beaten eggs. Combine with the yeast. Gradually add flour and knead well on floured board. Cover and let rise until double in bulk. Punch down; let rise again. Punch down and let rest for 10 minutes. Make into loaves and let rise until double in bulk. Bake at 375° F. for 1 hour or until done.

Mrs. M. Koska

HEALTH BREAD

2 tbsp. salt	5½ cups flour
½ cup molasses	14 cups bran
10 cups milk	2 tbsp. baking powder
2 tbsp. soda	

METHOD: Dissolve salt, molasses, milk and soda. Sift flour and baking powder, then add bran and mix well. Add dissolved ingredients to the dry and mix thoroughly. Pour into well greased pan. Bake in low heat for 1½ hours. Cover with foil to avoid burning.

Mrs. S. Chichak

ROLLED OATS BREAD

2 cups milk (scalded)	2 tbsp. sugar
2 cups quick rolled oats	2 tsp. salt
½ cup lukewarm water	1 tsp. sugar
2 tbsp. shortening or mazola oil	3¾ cups flour
2 tbsp. molasses	

Dissolve 1 pkg. yeast in ½ cup water and 1 tsp. sugar. Combine rolled oats, 2 tbsp. sugar, salt, shortening and molasses. Stir in scalded milk. Cool to lukewarm. Add risen yeast and 1 cup flour and beat vigorously till smooth. Stir in enough flour to make a soft dough and knead thoroughly. Cover and let rise until double in bulk. Punch down and let rise again. Shape into 2 loaves. Place into well greased loaf pans and let rise till almost double. Bake at 400 degrees for 45 to 50 minutes or till done.

Mrs. E. Skwarok

WHITE BREAD

1 package dry granular yeast	½ cup sugar
½ cup lukewarm water	1 tsp. salt
1 tsp. sugar	3 tbsp. lard, melted
4 cups lukewarm water	10½ - 10¾ cups flour

Dissolve the sugar in lukewarm water and sprinkle yeast over it. Let stand for 15 minutes.

Combine water with sugar, lard, and salt. Mix until sugar is thoroughly dissolved. Add the dissolved yeast. Stir in 5 cups of flour gradually, mixing as you add. Beat until smooth. Cover and set in a warm place to rise until double, about 1½ hours. Add the remaining flour and knead until dough no longer sticks to the hands, knead about 20 minutes or until air bubbles appear. Brush dough with shortening and place in a greased bowl in a warm place and let rise until double in bulk, about 1½ hours. Punch down and let rise again for about an hour. Shape into loaves; and place each loaf into a well greased loaf pan. Brush with melted butter, cover and let rise until double in bulk. Bake in 425° F. oven for 10 minutes, then reduce the temperature to 375° F. and bake for 40 minutes or longer or until done. Baking period depends on the size of loaves. Above recipe makes makes 3 loaves.

Mrs. L. Sloboda

BUNS PERISHKE — ROLLS

BAKED DUMPLINGS

2 pkg. yeast	4 egg yolks
1 cup warm water	1 tbsp. salt
2 tbsp. sugar	$\frac{1}{2}$ cup sugar
4 cups warm water	3 cups flour

Thoroughly dissolve 2 tbsp. sugar in 1 cup water, add the yeast and let rise 10 minutes. Beat the yolks and combine with the rest of the ingredients together with the yeast. Mix to a smooth batter and let rise till bubbly. Work 1 cup lard with 5 cups flour as for pie crust. Add to the above and knead well. This dough is not left to rise. Cut out into small rounds with cookie cutter and fill with fresh cottage cheese. Make them and bake right away at 375° F. for 20 minutes. These freeze very well. Warm them in sweet cream.

NOTE: Cottage cheese and potatoes or cottage and rice may be used for filling.

Rose Chmilar

BUNS

10 egg yolks	2 tsp. salt
3 egg whites	1 cup potato water
2 cups milk, scalded	$\frac{1}{2}$ cup melted butter
3 pkg. yeast	$\frac{1}{2}$ cup mazola oil
$\frac{3}{4}$ cup icing sugar	Flour to make a soft dough
2 tbsp. white sugar	

Dissolve sugar and sprinkle yeast in 3 cups lukewarm water or as directed on package. Let stand for 10 minutes. Beat eggs until light and fluffy. Add sugar and continue beating. Add salt, butter, oil, milk and potato water. Mix well and add to dissolved yeast. Add some flour and beat till smooth. Continue adding enough flour to make soft dough, knead for 15 minutes. Cover with cloth and let rise in warm place until double in bulk. Roll out to $\frac{1}{4}$ -inch thickness. Cut into small rounds with cookie cutter. Place a spoonful of filling on each round; fold over and bring the edges together. Place side by side in greased pans and let rise till double. Bake at 350° F. or until golden brown.

RICE AND COTTAGE CHEESE FILLING

1 cup cooked rice	1 egg
2 cups cottage cheese	1 tsp. salt

Mix together. Filling should be warm when making these buns. When baked, serve with sour cream.

Mrs. A. Daciuk

PERISHKE DOUGH

1 pkg. yeast	2 cups milk (scalded and cooled)
$\frac{1}{2}$ cup lukewarm water	to lukewarm)
4 tbsp. sugar	2 tsp. salt
$\frac{1}{8}$ cup butter	3 eggs well beaten

Thoroughly dissolve sugar in lukewarm water and add the 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.

Mrs. P. Chmilar

PERISHKE

In $\frac{1}{2}$ cup lukewarm water thoroughly dissolve 1 tsp. sugar. Sprinkle 2 packages of yeast on top of water. Let stand 15 minutes, then stir well.

1 $\frac{1}{2}$ cups lukewarm milk	1 tsp. salt
$\frac{1}{2}$ cup butter or mazola oil	3 eggs, well beaten
$\frac{1}{2}$ cup sugar	6 cups flour (more or less)

Mix above ingredients and add yeast. Let rise.

Filling:

1 cup boiled rice pinch of salt

When rice has cooled, add 2 cups cottage cheese (home-made is best). 1 tsp. butter and 1 egg. Shape dough into walnut sized balls, flatten balls by hand, then put a little filling into each. Pinch edges together. Over each roll brush melted butter and put in greased pans. Let rise. Brush with beaten egg. Bake at 325 - 350° F. until done.

Mrs. Lillian Holowaty

PEROGI

1 medium onion chopped	5 medium potatoes boiled and
1 $\frac{1}{2}$ tbsp. butter	mashed
$\frac{3}{4}$ lb. cheddar cheese or dry	4 cups flour
cottage cheese	$\frac{1}{2}$ tsp. salt
3 tbsp. butter	$\frac{1}{2}$ tsp. baking powder
1 $\frac{1}{2}$ tsp. salt	2 eggs well beaten
$\frac{1}{2}$ tsp. pepper	$\frac{3}{4}$ cup milk

Sauté onion in butter. Add onion, cheese, butter, salt and pepper to mashed potatoes. Mix well.

Sift flour, baking powder and salt into a bowl. Add beaten egg and milk. Combine well. Turn out onto floured board and knead 10 times. Roll dough out to form circle $\frac{1}{4}$ inch thick. Cut out circles with biscuit cutter. Fill

circles with 1 tbsp. filling. Fold dough in half and seal the edges very well. Fry in deep fat until golden brown. Drain on paper towels. Serve hot.

NOTE: Instead of frying, these may be boiled in salted water for 7 to 10 minutes, drained and served hot, covered with onions sautéed in butter.

Mrs. S. Zaharko

RICH SWEET DOUGH

The richer sweet dough to create coffee cakes, cinnamon rolls, poppy seed rolls, and pyrizhky.

2 packages Active Dry Yeast	2 tsp. salt
3 cups lukewarm water	$\frac{1}{3}$ cup crisco and
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup butter, melted
1 cup rich sweet cream	Enough flour to make a soft
4 whole eggs, well beaten	bun dough
6 egg yolks, well beaten	

Dissolve the $\frac{1}{2}$ cup sugar in 3 cups lukewarm water. Sprinkle yeast over and let stand for 10 minutes.

Bring cream to a boiling point, cool to lukewarm and add to the dissolved yeast. Add well beaten eggs, melted butter, melted crisco and salt. Mix well. Start adding the flour, mixing with spoon until smooth. Add enough flour to make a soft bun dough; when thick, mix with hand. Turn onto lightly floured board; knead until smooth and elastic (about 5 minutes). Put dough in a greased bowl. Cover with a damp cloth. Let rise in a warm place until double. Divide dough for desired rolls, etc. Shape and bake according to directions on following pages.

Mrs. J. Sachkiw

SWEET FILLINGS FOR PYRIZHKY, PAMPUSHKY AND ROLLS POPPY SEED FILLING (1)

$\frac{1}{2}$ cup or more sugar	3 stiffly beaten egg whites
2 cups poppy seed	Grated rind of 1 lemon

Pour boiling water over the poppy seed and drain. Cover the poppy seed and let steep for an hour or so; then grind, using the finest blade of your food chopper. Add sugar to sweeten, lemon rind and beaten egg whites. Mix well.

Mrs. E. Skwarok

POPPY SEED FILLING (2)

2 cups poppy seed	$\frac{1}{2}$ cup or more sugar	2 eggs
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Pour boiling water over the poppy seed and drain thoroughly. Cover tightly and let stand for at least an hour; grind. Add 2 beaten eggs, sugar to taste and mix. Place mixture in a heavy saucepan and cook for a few minutes, stirring constantly. Chill before using.

(You may omit the cooking of mixture. It's a matter of preference; good either way.)

Mrs. Cyril Bayduza

PRUNE FILLING

$\frac{1}{2}$ lb. prunes	1 tsp. cinnamon or instead of
$\frac{1}{4}$ cup sugar, or more	cinnamon add
$\frac{3}{4}$ cup water	$\frac{1}{16}$ tsp. cloves, and
$\frac{1}{2}$ tsp. grated lemon rind	$\frac{1}{2}$ tsp. allspice
	$\frac{1}{2}$ cup chopped walnuts, if desired

Wash prunes, place in a saucepan with sugar and water. Heat to boiling, reduce heat, cover and simmer 45 minutes. When cool, drain off any juice and save it. Remove pits from prunes and put prunes through a food chopper or press through a coarse sieve. Add rind, spices to puree and mix. (If mixture is thin, cook in a heavy skillet, until thick). If filling is too thick to spread, thin down to a spreadable consistency with prune liquid.

APRICOT FILLING

$\frac{1}{2}$ lb. dried apricots $\frac{1}{2}$ cup sugar 1 cup water

Wash apricots quickly in cold water. Place in a saucepan with sugar and water. Heat to boiling, reduce heat, cover and simmer for about 45 minutes. When cool, drain off the juice and save. Press the fruit through a coarse sieve. If filling is too thick, thin down with juice from apricots.

POPPY SEED WITH RAISIN FILLING

2 cups poppy seed	1 cup raisins or 1 cup chopped
$\frac{3}{4}$ cups sugar, or more	walnuts
	1 egg white

Pour boiling water over the poppy seed and drain. Cover with warm water and soak for $\frac{1}{2}$ an hour or longer. Drain over a fine sieve. Grind the poppy seed using the finest blade. Add the sugar, and chopped nuts or raisins. Beat the egg white until stiff and fold into the mixture.

NOTE: If the poppy seed is too moist and you have difficulty in grinding it. cook the poppy seed in a heavy skillet, mixing constantly, until dry.

BUNS — BULOCHKY

Heat $1\frac{1}{2}$ cups sweet cream, let cool to lukewarm, set aside.

In $\frac{1}{2}$ cup lukewarm water, thoroughly dissolve 1 teaspoon sugar.

Sprinkle 1 package of Active Dry Yeast. Let stand 10 minutes. Then stir well.

In a large bowl, beat 3 eggs until light. Add $\frac{3}{4}$ cup sugar, beat and add the lukewarm cream. Add the dissolved yeast and $\frac{1}{4}$ teaspoon salt. Sift the flour in and start mixing; add just enough flour to make dough consistency of drop cookies. Let rise in a warm place until double, punch down and let rise again. After second rising shape into buns and place into buttered muffin tins. Let rise about an hour then bake in 350° F. oven for 20 minutes. When baked, remove from oven and brush with melted butter.

Mrs. Anna Rebenchuk, Erickson, Man.

OLD FASHIONED COFFEE CAKE

Cake Mix:

1½ cups sifted all-purpose flour	¼ cup shortening
3 tsp. baking powder	1 egg
¼ tsp. salt	½ cup milk
¾ cup sugar	1 tsp. vanilla

Cut in shortening to dry ingredients and mix as fine as cornmeal. Add beaten egg, milk and vanilla.

Now make the Streusel Mix:

½ cup brown sugar	2 tbsp. melted butter
2 tsp. flour	½ cup chopped nuts
2 tsp. cinnamon	

Mix well together.

Put layer of Cake Mix and over it spread a layer of Streusel Mix. Repeat the process until you have done 4 layers alternately. Bake in 375° F. oven for 30-35 minutes. Serve warm.

Mrs. F. Pawlowski

APPLE STRUDEL

2½ cups sifted all-purpose flour	1 cup ground walnuts (optional)
½ tsp. salt	5 cups coarsely-grated peeled apples
2 eggs, slightly beaten	Grated rind of 1 lemon
3 tbsp. cooking oil	1 cup seedless raisins
½ cup lukewarm water	½ cup sugar
Flour	1 tsp. cinnamon
¼ cup melted butter	Melted butter
¼ cup butter	Icing sugar
1½ cups fine dry bread crumbs	

Sift flour and salt into a large bowl. Make a well in the center and pour in eggs and oil. Add water gradually, stirring constantly with a fork. Dough will be fairly soft and sticky. Continue mixing with fork until dough becomes firmer and leaves the sides of the bowl.

Knead the dough in the bowl for 10 to 15 minutes or until it is very smooth and elastic. Pick it up and slap it down into the bowl or on a board often. (Dough won't stick to hands or bowl when it is kneaded enough.)

Shape into a ball, put back into bowl and cover with a towel which has been wrung out in hot water. Set in a warm place and let it rest 1 hour.

Cover a table at least 36 x 30 inches (if you don't have a kitchen table a card table will do) with a clean smooth cloth (I used an old sheet). The table must be away from the wall so you can move all around it.

Sprinkle the cloth lightly with flour and rub it in very well. Brush off all excess.

Warm rolling pin in warming oven or oven turned to lowest temperature.

Put dough in center of cloth and start rolling, turning and lifting often so it doesn't stick. Roll it as thin as possible, about ⅛ inch.

Flour backs of hands lightly. Slip hands under dough (palms down and fingers turned under). Lift and stretch dough with backs of hands, working from center and stretching toward the outside. Work carefully, keeping knuckles down so they do not puncture the dough.

Move around the table as the dough stretches so each part is stretched as thin as possible but no part is strained too much. Don't worry if, by accident, you make a few small holes — they can be patched. Continue stretching the dough this way until it is tissue-paper thin and transparent. (The dough is surprisingly elastic and this is not as difficult as it sounds.)

Stretch until dough is hanging over the edges of the table and is a rectangle about 40 inches long and 30 to 36 inches wide. Trim off thick edges. (There will still be 2 inches or so hanging down from table.) Patch main part of dough with bits of these trimmings if necessary.

Brush entire surface of dough with melted butter.

Melt remaining butter in heavy skillet. Add crumbs and heat gently, stirring until crumbs are golden.

Standing at long side of rectangle of dough, sprinkle middle third of dough with crumbs spreading them evenly with hand. (Ignore edges of dough hanging down over table; these will be folded in later.) Sprinkle ground nuts on top of crumbs and spread evenly again.

Combine grated apples, lemon rind and raisins; sprinkle evenly over nuts. Mix sugar and cinnamon and sprinkle over all.

Fold in edges of dough hanging down over table on long sides of rectangle. Standing at one long side of rectangle, fold right-hand third of dough over filling. Fold left-hand third of dough over preceding fold.

You should now have a rectangle the width of the table one way and the width of the filling the other. Roll up like a jelly roll from wide sides. Lift on to well-greased cookie sheet and turn to shape into a "U". Brush with melted butter.

Heat oven to 375° F. Bake strudel until golden brown, about 40 minutes. Sift icing sugar over top while hot. Cut into 1½ inch slices and serve warm.

Mrs. P. Ozubko

BUTTERFLAKE ROLLS

2 cakes compressed yeast	¼ cup butter
¾ cup sugar	¼ cup lard
1½ cups milk (room temperature)	5½ cups sifted enriched flour
2½ tablespoons cider or distilled white vinegar	½ teaspoon baking soda
	1 teaspoon salt

Crumble yeast in bowl and add sugar.

To the milk, slowly add vinegar stirring rapidly. Pour over yeast and sugar, then let stand 10 minutes.

Melt butter and lard; then cool. Sift together flour, baking soda, and salt.

Add the shortening to yeast mixture. Mix well, then add sifted dry ingredients, beating until a smooth dough is formed.

Transfer dough to a well greased bowl and brush top with butter. Place bowl in warm place until dough is about tripled in bulk.

Turn out of bowl, without stirring, onto well floured board. Sprinkle

top of dough lightly with flour, then roll out to desired thickness. Make into fancy shapes as desired.

Set rolls in warm place 10 to 15 minutes or until light. Bake in a hot oven (400° F.) 15 to 20 min., depending upon shape and size of rolls. Remove from pan at once to cake rack, or serve hot.

CINNAMON BUNS

1 pkg. yeast	1 cup milk
1 cup mashed potatoes	2 eggs well beaten
$\frac{3}{4}$ cup shortening	Pinch of soda
1 tsp. salt	

Dissolve yeast in $\frac{1}{2}$ cup water according to the package. Combine: potatoes, sugar, shortening, salt and milk and bring to a boil. Cool. Add the beaten eggs and soda. Add flour and knead well. Let rise; knead down twice. Form into buns or cinnamon rolls and let rise until almost double in size. Bake 15 to 20 minutes until nice and brown. Cool. Ice with icing sugar and cream. Sprinkle chopped nuts over top.

Mrs. Victor Mattson
Humboldt, Saskatchewan

CINNAMON ROLLS

6 eggs	2 cups milk (scalded)
$\frac{1}{2}$ cup melted butter	1 cup water
$\frac{1}{4}$ cup mazola oil	1 tsp. salt
1 cup sugar	9 cups flour (approximately)
3 pkgs. active dry yeast	

Dissolve 1 tablespoon sugar in $\frac{3}{4}$ cup lukewarm water and sprinkle yeast over. Let stand 15 minutes. In a separate bowl beat the eggs until light and fluffy, gradually add sugar and continue to beat. Add salt, melted butter, oil, and milk. Mix thoroughly and add the dissolved yeast. Add flour, mix with spoon until smooth. Add enough remaining flour to handle easily; mix with hand. Turn onto lightly floured board; knead until smooth and elastic (about 5 minutes). Put dough in greased bowl. Cover with damp cloth. Let rise in warm place until double in size (about 1 hour). Punch down; let rise again until almost double (about 30 minutes). Divide dough for desired rolls. Shape and bake in oven 350° F. for 20 minutes, or until done.

Mrs. M. Fedeko

SWEET CINNAMON ROLLS

1 tsp. lard	pinch of salt
1 cup flour	$\frac{1}{2}$ tsp. baking powder
1 tsp. sugar	

Mix the ingredients together. Then mix 1 egg and enough milk to make a soft dough. Then make like cinnamon rolls. Bake at 400° F. for about 20 minutes.

Mrs. P. Chmilar

FAST RISING BUNS

METHOD: Soak 1 package fast rising yeast in $\frac{1}{2}$ cup warm water and 2 tsp. sugar. Let stand 10 minutes. Pour 1 cup boiling water into 1 cup cold milk, and let cool. Add: $\frac{1}{2}$ cup shortening, pinch of salt, $\frac{1}{3}$ cup sugar, 1 beaten egg and the yeast. Mix. Add 3 cups flour and beat well, then add $3\frac{1}{2}$ cups more flour working into dough until smooth. Let rise $\frac{3}{4}$ hour. Form into buns, let rise $\frac{1}{2}$ hour and bake for 20 minutes at 375° F.

Mrs. Victor Mattson
Humboldt, Saskatchewan

FLUFFY LIGHT BUNS

2 $\frac{1}{2}$ cups boiled lukewarm water	4 tbsp. butter or shortening
2 pkg. yeast	2 eggs well beaten
$\frac{1}{2}$ cup sugar	8 cups flour
2 tsp. salt	

Dissolve yeast in $\frac{1}{2}$ cup lukewarm water and 1 tsp. sugar. Add sugar, salt, eggs and yeast to remaining 2 cups water and combine well. Make a well in the flour and add the combined mixture. Mix until dough is smooth and comes away readily from inside of bowl. Brush top and sides with melted butter or shortening. Cover and let rise until double in bulk. Punch down and let rise again. Shape into buns. Let rise about 1 hour. Bake for 20 minutes at 375° F.

Mrs. Victor Mattson
Humboldt, Saskatchewan

LIGHT AIR BUNS

2 cups water	3 tbsp. shortening
1 tsp. salt	4 cups flour
1 pkg. yeast	$\frac{1}{2}$ cup sugar

Soak yeast in $\frac{1}{2}$ cup water and 2 teaspoons sugar for 15 minutes. Combine all the ingredients and beat well. Add enough flour to make a soft dough. Let rise half an hour. Form into desired shape buns, let rise again for 1 hour. Bake 15 minutes or until golden brown at 375° F.

Vicky S. Daciuk

HONEY BRUNCH

Cream 2-3 oz. pkgs. of softened Philadelphia cream cheese and $\frac{1}{2}$ cup sugar (white or brown) till well blended. Stir in 2 tbsp. grated orange rind and $\frac{1}{3}$ cup chopped nuts (walnuts or almonds). Prepare 2 cups Biscuit Mix as directed on pkg. Roll into 12" x 18" oblong-spread cream cheese mixture on top of dough. Roll up, starting at long end and bring two ends together. Then form a ring and place on a baking sheet (greased). With sharp scissors cut $\frac{3}{4}$ through ring at 1 inch intervals, turning each cut section on side. Bake 450° F. 15 min. Glaze with honey and bake 5 min. longer.

Mrs. Wm. Skrened
Athabasca, Alberta

MAPLEINE NUT ROLLS

2 cups flour	$\frac{1}{3}$ cup butter
5 tsp. baking powder	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup nuts
2 tbsp. shortening	Few drops of Mapleine flavor
$\frac{3}{4}$ cup milk	

Sift ingredients, work in the shortening with finger tips, add milk. Roll this out. Spread with creamed butter and sugar. Sprinkle with nuts. Roll like jelly roll. Cut in 1 inch thick slices. Bake 15 min. 400° F. Better when knife is dipped in hot water. Will spread the filling nicely.

Mrs. M. Sawchuk

POPPY SEED ROLLS

2 cups milk	2 tbsp. salt
2 cups water	2 pkg. yeast or 1 cake Fleischmans
$\frac{1}{4}$ cup butter or Mazola Oil	6 egg yolks
$\frac{3}{4}$ cup sugar	2 egg whites

Pour boiling water over milk. Let cool, take one cup out, put two tsp. sugar and dissolve yeast. Then put all ingredients. Add some flour, beat until smooth. Add more flour to make medium soft dough. Let rise until double in size. Punch down. Let rise again, then divide in four rolls about $\frac{1}{2}$ inch thick and spread with filling.

Filling:

1 lb. poppy seed	$\frac{1}{2}$ cup walnuts
$\frac{3}{4}$ cup sugar	4 stiffly egg whites
1 cup raisins	Grated rind of one lemon & juice

Scald the poppy seeds with boiling water. Let stand for an hour then put through the finest blade of your food chopper. Add sugar, lemon rind, juice, raisins, nuts. Fold in egg whites. Spread on your dough and roll like a Jelly Roll. Let rise about double. Bake at 300° F. oven.

M. Onyschuk

PUFF PASTRY

2 cups flour	1 lb. butter margarine or
1 egg	shortening
	$\frac{3}{4}$ cup hot water

Beat egg; add the water; mix with flour to make a soft dough to manage. Roll $\frac{1}{2}$ inch thick. Put butter in bowl and $\frac{1}{3}$ cup flour and mix by hand. Spread over dough, then fold 4 corners to centre. Put into fridge for $\frac{1}{2}$ hour. Then roll again and fold 4 corners to centre. Place in fridge for another $\frac{1}{2}$ hour. Do this two more times. The fourth time roll out $\frac{1}{2}$ inch thick, cut into diamond shapes and bake in very hot oven 400 to 450° F. for 30 minutes. Dust with icing.

Mrs. Vicky S. Daciuk

DOUGHNUTS

$\frac{1}{2}$ cup water	3 eggs (beaten)
2 tsps. sugar	1 $\frac{1}{2}$ cups sugar
2 pkgs. yeast	$\frac{1}{2}$ cup lard
3 cups water	1 tsp. salt (heaping)

Soak yeast for 10 minutes in $\frac{1}{2}$ cup warm water to which has been added 2 tsps. sugar. Add the rest of the ingredients and mix all together. Add enough flour to make a very soft dough. Let rise once. Punch down and roll out and cut with doughnut cutter. Let rise about $\frac{1}{2}$ to 1 hour. Fry in hot fat.

Mrs. M. Letawsky

SYRUP FOR HONEY DIP DONUTS

1 lb. icing sugar	4 ozs. honey or (4 tbsp.)
1 oz. gelatine dissolve with water	

The syrup should not be very thin. Dip donuts while hot and take out as soon as possible.

Mrs. H. Panchyshyn

DOUGHNUT DROPS

3 $\frac{1}{2}$ cups sifted all purpose flour	3 tbsp. shortening (melted)
3 tsp. baking powder	1 cup sugar
1 tsp. salt	1 cup milk
2 eggs	1 tsp. vanilla

Heat shortening for frying in deep heavy saucepan to 365° F. Sift together flour, baking powder, and salt. In a large bowl, beat eggs well. Beat in the shortening and the sugar, milk and vanilla. Add the flour mixture all at once. Beat just until smooth. Dip a teaspoon into hot shortening, then dip up a spoonful of the batter. Quickly immerse spoon into hot shortening and drop off batter. Turn the puffs as they come to surface. Fry only 3 to 4 at a time until delicate brown. Drain on absorbent paper. Frying temperature 365° F. Frying time 3 to 4 minutes.

Mrs. M. Dackiw
Edmonton, Alberta

LEMON BUTTERMILK DOUGHNUTS

2 eggs	$\frac{1}{2}$ tsp. salt
1 cup sugar	2 tsp. baking powder
2 tbsp. soft shortening	1 tsp. baking soda
$\frac{3}{4}$ cup thick buttermilk	$\frac{1}{2}$ tsp. mace
3 $\frac{1}{2}$ cups sifted flour	2 tsp. grated lemon rind

Beat eggs well. Beat in sugar and shortening. Stir in buttermilk. Sift dry ingredients together. Add rind of lemon and beat in until smooth. Turn dough, half of it at a time, on well floured board or counter until lightly

floured. Shape into round and roll out gently $\frac{3}{4}$ inch thick. Heat fat or oil in heavy kettle (3 inch deep) to 375° F. or just beginning to smoke. Fry 2 to 3 min. total, or until golden brown on both sides.

Mrs. K. Baron
Bonnyville, Alberta

RAISED DOUGHNUTS

2 pkg. fast-rising dry yeast	9 egg yolks
or cake yeast	1 tsp. salt
3 cups lukewarm water	$\frac{1}{2}$ cup shortening
1 cup sugar	

These doughnuts do not absorb grease because they rise before they are fried. Dissolve 1 tbsp. sugar and yeast in lukewarm water. Add $3\frac{1}{2}$ cups flour and beat well. Cover and set aside until light and bubbly, about 1 hour. Cream balance of sugar and shortening. Add beaten eggs, salt and remaining flour to make a soft dough. Knead lightly. Place in greased bowl, cover and leave in a warm place to rise for $1\frac{1}{2}$ hours. When light turn out on floured board, roll out to about $\frac{1}{8}$ inch in thickness. Cut with doughnut cutter (not too big, they rise). Put on floured bread board and let rise for 1 hour. Fry in deep fat, turning only once. Drain and cool. Roll in fruit sugar.

Mrs. Peter Powley
Ryley (Borschiw), Alberta

SPUDNUTS

2 pkg. yeast	5 eggs well beaten
4 cups scalded milk and cool	1 cup sugar
$1\frac{1}{2}$ tsp. salt	2 cups mashed potatoes
1 cup margarine	2 tsp. nutmeg

Add risen yeast to cooled milk, then add sugar, eggs, margarine, salt, mashed potatoes and nutmeg. Stir well, add enough flour to make a soft dough. Let rise until double in size then knead and roll out to $\frac{1}{2}$ inch thick. Cut with doughnut cutter and let rise again. Cook in deep fat until golden brown. Then dip while still hot in glaze.

Glaze

1 lb. icing sugar 2 tbsp. butter
Add enough hot water to make it fairly thick.

Mrs. S. Ostawsky

CAKES

BREAD DOUGH SPONGE CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp. salt
1 cup brown sugar	$\frac{1}{2}$ tsp. soda
2 eggs	1 tsp. cinnamon
3 squares unsweetened chocolate	1 cup raisins
1 cup bread dough sponge	$\frac{1}{2}$ cup chocolate chips
1 cup flour	

Cream butter with sugar. Add beaten eggs and melted chocolate to creamed mixture and beat till fluffy. Add bread dough sponge; beat till smooth. Add sifted dry ingredients and beat very well. Add raisins and chocolate chips. Mix. Bake in a greased loaf pan for 45 minutes at 350° F. This cake freezes well. Heat wrapped in aluminum foil.

NOTE: For bread dough sponge refer to White Bread. Sponge must be left to rise till bubbly before using.

Mrs. P. Baron

BURNT SUGAR CAKE

$\frac{1}{2}$ cup granulated sugar	1 tsp. vanilla
$\frac{1}{4}$ cup water	4 level tsp. baking powder
$\frac{1}{2}$ cup shortening	1 cup milk
1 cup sugar	3 tbsps. burnt sugar syrup
2 large eggs — beat whites separately	2 $\frac{1}{2}$ cups cake flour
	$\frac{1}{2}$ tsp. salt

Carmalize $\frac{1}{2}$ cup sugar in heavy skillet and add $\frac{1}{4}$ cup water. Cool. Cream shortening and 1 cup sugar. Blend in egg yolks and vanilla. Sift flour, baking powder and salt. Add milk and syrup alternately with dry ingredients. Fold in the stiffly beaten egg whites. Bake at 350° F. 35-40 minutes.

Mrs. M. Sawchuk

BURNT SUGAR FROSTING

2 egg whites	Dash of salt
1 $\frac{1}{4}$ cups sugar	3-4 tbsps. burnt syrup
$\frac{1}{4}$ cup water	1 tsp. vanilla

In top of a double boiler place whites, sugar, sugar syrup, water and salt. Beat 1 minute to blend. Place over water and cook till frosting forms peaks about 7 minutes beating constantly. Remove from water, add vanilla and beat till of spreading consistency about 2 minutes.

Mrs. H. Popil
Calgary, Alberta

CARROT CAKE

1 $\frac{1}{2}$ cup mazola oil	2 more cups flour
2 cups sugar	$\frac{1}{2}$ tsp. salt
4 eggs (beat one egg at a time)	7 to 8 grated raw carrots (medium size)
1 cup flour	$\frac{1}{2}$ cup chopped nuts
2 tsp. baking powder	
1 tsp. baking soda and add to first mixture	

In one bowl mix mazola oil, sugar, eggs, then add sifted flour, baking powder, and baking soda. In another bowl grate carrots, add 2 more cups flour, which has been sifted with salt. Sift flour over grated carrots a little at a time and mix well so as not to be lumpy. Add chopped nuts. Pour the mazola oil, sugar, eggs, flour, baking powder and baking soda mixture to the first mixture and mix well, then bake in a tube pan 10" x 4" at 350° F. for one hour.

Mrs. M. Dackiw

FROSTING FOR CARROT CAKE

1 package (8 oz.) Philadelphia cream cheese 2 pounds icing sugar (sifted)
1 teaspoon vanilla

Cream cheese then add icing sugar and vanilla. Ice cake after it has cooled thoroughly.

Mrs. M. Dackiw

CHOCOLATE ROLL

5 eggs $\frac{1}{2}$ cup cocoa (sifted)
1 cup sugar $\frac{1}{2}$ cup flour (sifted)
1 tsp. vanilla 1 tbsp. baking powder
2 tbsp. water $\frac{1}{4}$ tsp. salt

Prepare jelly roll pan, 11 x 18", by lining with a well greased and lightly floured brown paper. Beat eggs, sugar, vanilla and water till creamy and thick. Sift dry ingredients and then fold into egg mixture. Bake at 375° F. for 10-12 min. When done turn over on powder sugared cloth and remove paper. Let cool for 2 min, and roll up with a towel. When cooled, unroll and fill with whipped cream or thin slices of ice cream. Excellent for freezing with ice cream.

Mrs. J. Draganiuk

CHOCOLATE CAKE

1½ cups cake flour $\frac{1}{2}$ cup vegetable oil
1 cup granulated sugar $\frac{1}{2}$ cup sour milk
1 tsp. baking soda 1 egg (well beaten)
1 tsp. baking powder $\frac{1}{2}$ cup boiling water
 $\frac{1}{3}$ cup cocoa

Sift all the dry ingredients together. Then add the oil, sour milk and the egg. Combine all this together and add $\frac{1}{2}$ cup boiling water and mix well. Pour into a greased pan. Bake at 325° F. for 25 min. and then increase heat to 350° F. for another 15 minutes.

Mrs. K. Baron
Bonnyville, Alberta

CHOCOLATE CHIP DATE CAKE

1½ cups boiling water 1½ cups sifted all purpose flour
1 cup chopped dates $\frac{1}{2}$ tsp. salt
1 tsp. soda $\frac{3}{4}$ tsp. soda
 $\frac{1}{2}$ cup butter 1 pkg. 8 oz. chocolate chips
1 cup sugar $\frac{1}{2}$ cup brown sugar
2 eggs beaten $\frac{1}{2}$ cup chopped walnuts

Pour boiling water over the dates. Add soda and let cool. Cream the butter and sugar together. Then add the beaten eggs and the date mixture. Stir in the flour, salt and soda sifted together. Beat well and pour into a greased 9 x 9 inch or 7 x 11" pan. Sprinkle batter with chocolate chips, brown sugar and nuts.

Bake at 350° F. for 45 to 50 minutes.

Mrs. M. Lesik

CHOCOLATE WALNUT BANANA CAKE

1½ cups sifted flour	½ cup soft shortening
1½ cups sugar	1 cup mashed bananas
1½ tsp. baking powder	⅓ cup buttermilk
1 tsp. baking soda	2 eggs
¾ tsp. salt	½ cup finely chopped walnuts
¼ cup cocoa	

Resift flour with sugar, baking powder, soda, salt, and cocoa into a large mixing bowl. Add shortening, banana and half the buttermilk. Beat 300 strokes by hand or two minutes electric mixer. Add remaining milk and eggs. Beat 2 minutes more. Stir in walnuts. Pour into 8 inch round layer pans 1½ inches deep, greased and lined with paper.

Bake at 350° F.

E. V. Letwin

COCOA CAKE WITH SOUR CREAM

3 eggs	1 tsp. soda
1½ cup sugar	2 cups flour
3 tbsps. cocoa	1 tsp. baking powder
¼ tsp. salt	1 tsp. vanilla
1½ cups thick sour cream	1 tsp. red coloring

Beat eggs well; add sugar, salt and cocoa, sifted together. Add soda dissolved in little hot water; sift flour 3 times with baking powder, add alternately with cream and flavoring. Mix thoroughly and bake in moderate oven for 40 minutes.

Mrs. Vicky S. Daciuk

COFFEE CAKE

¾ cup shortening	¾ tsp. cinnamon
1 cup sugar	¾ tsp. salt
2½ cups sifted cake flour	¾ tsp. allspice
2 tsp. instant coffee	½ cup currant jelly
½ tsp. baking soda	3 eggs
1½ tsp. baking powder	¾ cup buttermilk

Sift together flour, baking soda, baking powder, cinnamon, allspice, salt, instant coffee and sugar. Add shortening, buttermilk and beat for 1½ min. by electric mixer or 200 strokes by hand. Add currant jelly and eggs, beat for additional 1½ min. or 200 strokes. Pour into two round cake pans, greased and lined with paper, and bake at 350° F. for 35 mins. or until TESTS DONE.

Filling:

½ cup butter	1 cup sugar
2 eggs slightly beaten	⅓ cup light cream

Mix above together. Cook slowly stirring constantly until it comes to boil and thickens. Remove from heat and add to it ½ cup chopped pecans, ½ cup fine shredded coconuts, ½ cup chopped marashino cherries, ½ tea-

spoon grated orange rind, $\frac{1}{4}$ teaspoon salt. Chill well. Spread between layers and on top layer. Cover sides of cake only with whipped cream or white icing.

Mrs. Mary Semchishen,
Mundare, Alberta

CRANBERRY CARROT CAKE

3 cups sifted all purpose flour	1 cup whole cranberry sauce
2 tsp. baking powder	1 cup firmly packed light brown sugar
1 tsp. baking soda	
$\frac{1}{2}$ tsp. cinnamon	1 cup granulated sugar
$\frac{1}{2}$ tsp. nutmeg	1 cup salad oil
$\frac{1}{2}$ tsp. cloves	4 eggs well beaten
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup chopped candied lemon peel
1 cup grated carrots	

Sift flour, baking powder, baking soda, spices and salt together. Add remaining ingredients and beat until well blended. Pour into a well greased floured 2 quart mold or loaf pan. Bake in moderate oven 350° F. 1 $\frac{1}{2}$ hours or until top is browned and springs back when lightly touched.

Mrs. M. Sysay

CRUMB CAKE

Preheat oven to 350 degrees.

Grease a 9 inch square pan and dust lightly with flour.

$\frac{3}{4}$ cup butter	$\frac{1}{4}$ tsp. nutmeg
1 cup sugar	$\frac{1}{4}$ tsp. cloves
2 cups presifted all purpose flour	$\frac{1}{4}$ tsp. salt
1 tsp. cinnamon	

Sift all dry ingredients together. Cream butter. Gradually blend in sugar. Beat until light and fluffy. Add butter and sugar mixture to the dry ingredients and cut in with a pastry blender or two knives until mixture resembles corn meal. Measure and reserve 1 cup of this mixture to use for crumb topping.

To the remaining mixture add:

1 tsp. soda. Combine until well blended.

Beat until foamy 2 eggs. Beat in $\frac{3}{4}$ cup sour milk.

Make a well in centre of flour mixture. Add liquid and combine until blended. Pour batter into prepared pan. Sprinkle crumb mixture over top and press down lightly. Bake in preheated oven for 40-50 min. 325-350° F.

Mrs. E. Witiuk

FLUFFY JELLY ROLL

$\frac{3}{4}$ cup cake flour	5 eggs
$\frac{3}{4}$ tsp. baking powder	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla

Sift dry ingredients. Beat eggs, add sugar gradually, and continue beating until thick and fluffy. Fold in flour. Add vanilla. Bake in a lined 15 x 10" pan at 400 deg. for 13 min. Turn cake out into a cloth which has been sprinkled with icing sugar. Remove paper, cool. When cool unroll and spread 1 cup of jelly and roll again with edges underneath. Sprinkle with more sugar.

VARIATION: Fill with strawberry filling.

Filling For Jelly Roll

Combine 1 cup strawberry jello in one cup hot water. Add the juice from the drained strawberries and enough cold water to equal $\frac{1}{2}$ cup. Chill until slightly thickened. Whip until consistency of whipped cream. Add drained strawberries. Enough to fill and top a jelly roll.

Mrs. P. Steblyk

GOLDEN SPONGE CAKE

First Part:

6 egg whites	$\frac{3}{4}$ cup granulated sugar
Pinch of salt	$\frac{1}{2}$ cup sifted cake flour
$\frac{1}{2}$ tsp. cream of tartar	$\frac{1}{2}$ tsp. vanilla

Beat the egg whites adding pinch of salt. When foamy add the cream of tartar and beat until stiff. Slowly add the sugar. Fold in the flour sifted three times. Add vanilla. Pour mixture into the bottom of ungreased angel food tin and let stand while preparing the second part.

Second part:

6 egg yolks well beaten	$\frac{3}{4}$ cup (scant) sifted cake flour
$\frac{1}{2}$ cup granulated sugar	$\frac{3}{4}$ tsp. baking powder
2 tbs. cold water	(sifted with flour 3 times)
$\frac{1}{2}$ lemon or vanilla extract	

Blend all the ingredients and pour over the first mixture. Bake as angel food cake in a moderate oven 350° F. about 50 minutes.

Mrs. Mary Fedechko

GRAHAM CRACKER CAKE

Measure into a bowl:

$1\frac{1}{2}$ cups sifted cake flour	1 tsp. salt
1 cup finely crushed graham graham cracker crumbs	$\frac{2}{3}$ cup mazola oil
$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup milk

Blend by hand or mixer (medium speed) for 2 minutes. Stir in: $3\frac{1}{2}$ tsp. baking powder. Add:

1 egg	
2 egg yolks	$\frac{1}{2}$ cup milk
(save whites for icing)	1 tsp. vanilla

Blend by hand or mixer (medium speed) for 2 minutes. Pour into 2 deep 9" (1½" deep) layer pans which have been rubbed with shortening and lined with waxed paper. If smaller pans are used fill half full and bake remaining batter in cup cake pans. Bake in moderate oven 350 to 375° F. for 35 minutes. When layers are cool, ice between layers, on top and sides of cake with French Lemon Icing. Sprinkle top with finely crushed graham cracker crumbs if desired.

Mrs. M. Shenduk

HONEY GINGERCake

2½ cups flour	1 tsp. allspice
1 tsp. baking powder	½ cup shortening
½ tsp. salt	½ cup light brown sugar
1 tsp. soda	1 cup strained honey
1 tsp. ginger	1 egg
1 tsp. cinnamon	1 cup sour milk or buttermilk

Sift together flour, baking powder and salt. Set aside. Blend soda, spices and shortening. Gradually add sugar, mixing well. Stir in honey. Beat in egg. Add flour mixture alternately with milk. Beat batter ½ minute. Turn into 2 well greased, lightly floured 8 o 9 inch pans. Bake in a pre-heated oven (350° F.) 30 to 35 min. Let stand in pans 10 min., turn out onto wire cooling racks to finish cooling. Put together in layer cake fashion with whipped cream. Garnish with grated orange rind or chocolate cubes if desired.

Whipped Cream: Beat 1 cup heavy cream until it stands in soft peaks Add 2 tbsps. sugar, ½ tsp. vanilla, 1 tbsp. grated orange rind.

Mrs. Joan Broda

HUNGARIAN NUT CAKE

½ cup butter	1 tsp. vanilla
¾ cup brown sugar	2 egg yolks

Beat above mixture well, then add:

1¼ cup flour	1½ tsp. baking powder
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Press into bottom of greased 8x8 pan. Sprinkle with 1 cup chopped walnuts or pecans.

Beat egg whites stiff, add ¾ cup brown sugar and pour over cake. Bake in 350° F. for 30 minutes.

Elizabeth Ambroch

ICE-BOX CRACKER CAKE

(unbaked)

1 pkg. (1 cup) semi-sweet chocolate bits	2 tsp. instant coffee
½ cup peanut butter	½ cup boiling water
1½ cups sifted icing sugar	1 tsp. vanilla
1 tbsps. butter or margarine	1 egg
¼ tsp. salt	3 cups finely crumbled unsalted crackers

METHOD: Melt semi-sweet chocolate over hot, not boiling water. Blend peanut butter, icing sugar, butter and salt.

Combine instant coffee and boiling water and stir into chocolate mixture. Remove from heat, cool. Stir in vanilla, egg and rolled crackers. Mix well. Pack firmly into wax paper carton, chill in refrigerator for several hours or over-night.

With your favorite butter icing, coat all around leaving ends uncoated; sprinkle with finely chopped peanuts, slice and serve. Delicious.

Mrs. Andy Tymura, Fort William, Ontario

MASHED POTATO CAKE

2 cups granulated sugar	2 tsp. baking soda
1 cup butter	1 tsp. cinnamon
4 eggs	1 tsp nutmeg
2 cups plain mashed potatoes	1 tsp. cloves
1 tsp. vanilla	1 tsp. salt
1 cup sour milk	2 cups raisins
2 cups flour	2 cups walnuts
4 tsp. cocoa	

Cream buter. Add sugar and beat till fluffy. Add eggs one at a time and beat well after each addition. Combine the potatoes with the creamed mixture. Add vanilla. Sift the dry ingredients together and combine with the potato and buttermixture alternately with sour milk. Mix well. Add raisins and walnuts. Bake at 350° F. for 50 minutes.

Mrs. A. Fasenko

MIRACLE WHIP CAKE

2 cups flour	4 tbsps. cocoa
1 cup white sugar	1 cup miracle whip salad dressing
1½ tsps. baking powder	1 cup water
1½ tsps. baking soda	2 tsp. vanilla

Mix dry ingredients well, add miracle whip, water and vanilla, beat well. Bake in 350° F. for 1 hour. Bake in loaf or layers. Put date-filling between layers and frost with whipped cream.

Mrs. A. Lickocz
Calmar, Alberta

MRS. MISSOURI CAKE CHOCOLATE

3 1-oz. blocks unsweetened chocolate, melted	2 cups sugar
1 cup boiling water	3 eggs, separated
1¼ tsp. baking soda	2½ cups sifted cake flour
½ cup butter or margarine	½ tsp. salt
1 tsp. vanilla	1 cup thick sour cream
	1 tsp. redfood flavoring

Combine chocolate and water, cool slightly; add soda. In a mixing bowl, work butter until creamy, add vanilla. Stir in 1½ cups of the sugar gradu-

ally then beat until fluffy. Add egg yolks and beat well. Sift flour and salt together. Add flour mixture alternately with sour cream. Beating after each addition until smooth. Add chocolate mixture and food colorings; blend thoroughly. Whip egg whites until soft peaks form. Add remaining $\frac{1}{2}$ cup sugar gradually, whipping well after each addition. Continue whipping until peaks form. Fold into first mixture. Pour into 2 x 3 x 9" round pans, lined with waxed paper. Bake in 350° F. oven 35-40 min. or until done. Cool in pans 5 mins, remove from the pans and peel off the paper. Cool completely before frosting.

Mrs. Missouri Frosting

$\frac{1}{2}$ cup butter or margarine	Dash of salt
2 1-oz. blocks unsweetened chocolate	1 lb. $3\frac{1}{2}$ cups) icing sugar
	5 tbsp. evaporated milk

Melt butter, chocolate in a sauce pan over very low heat, or a little water. Stir in salt and vanilla. Blend in sugar and enough milk for smooth spreading. Will cover tops and sides of a 2 x 9" layers of cake.

Mrs. T. Caruk

BLUEBERRY COFFEE CAKE

2 cups flour	2 tsp. orange rind grated
$3\frac{1}{2}$ tsp. baking powder	$\frac{3}{4}$ cup evaporated milk mixed with
$\frac{1}{4}$ tsp. salt	$\frac{3}{8}$ cup water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{3}$ cup butter	1 cup frozen or fresh blueberries
1 egg	

Butter 8 inch square cake pan. Preheat oven to 315°. Sift together flour, baking powder, salt and sugar. Cut butter finely. Beat egg well. Stir orange rind, milk, vanilla and blueberries. Make a well in dry ingredients and add liquids all at once, mixing lightly until just combined. Spread evenly.

Topping: $\frac{1}{4}$ cup sugar and 2 tsps. cinnamon combined and sprinkled over batter. Bake at 360° F. for 25-30 minutes. Cut in squares and serve warm with butter.

Mrs. H. Popil
Calgary, Alberta

BANANA NUT CAKE

$\frac{1}{2}$ cup shortening	1 cup banana pulp
$1\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup sour milk
2 egg yolks	$\frac{1}{4}$ teaspoon soda
2 cups sifted cake or pastry flour	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ teaspoon salt	2 egg whites

METHOD: Cream the shortening and gradually cream in the sugar. Beat the egg yolks slightly and then add to the creamed mixture and continue beating until the mixture is light and fluffy.

Sift the flour and then measure it and sift again with the baking powder and the salt. You will need two or three bananas to obtain the required amount of pulp, and be sure to use bananas that are partially ripened. Peel and mash the bananas well, then measure. Combine these with the sour milk and the soda. Add the sifted dry ingredients to the creamed mixture alternately with the banana mixture. Then mix in the vanilla and chopped nuts. Beat the egg whites until stiff, but not dry, and fold these into the cake batter.

Pour into greased layer cake pans and bake in a moderate oven for about 30 minutes, or until done. If baked in one square pan, it will require about 50 minutes of baking.

Miss Verna Rebenchuk,
Box 110, Erickson, Man.

BANANA SPICE CAKE

2 $\frac{3}{4}$ cups sifted flour	$\frac{3}{4}$ tsp. nutmeg
2 tsp. baking powder	$\frac{2}{3}$ cup butter
1 tsp. baking soda	1 $\frac{1}{3}$ cups sugar
1 tsp. salt	2 eggs well beaten
$\frac{1}{4}$ tsp. cloves	1 $\frac{2}{3}$ cups mashed bananas
1 $\frac{1}{2}$ tsp. cinnamon	2 tsps. vanilla

Sift flour, baking powder, soda, salt and spices together 3 times. Cream butter with sugar until fluffy. Add eggs and beat thoroughly. Add sifted dry ingredients and bananas alternately in small amounts beating well after each addition. Stir in vanilla. Pour into greased pan and bake in moderate hot oven 350° F. about 35 minutes.

Mary Karchut

NEVER FAIL CHOCOLATE CAKE

1 $\frac{1}{2}$ cups sifted flour	5 tbsp. cooking oil
3 tbsp. cocoa	1 tbsp. vinegar
1 tsp. soda	1 tsp. vanilla
1 cup sugar	1 cup cold water
$\frac{1}{2}$ tsp. salt	

Sift flour, cocoa, soda, sugar and salt into a mixing bowl. Now you make three holes in this dry mixture. Into one, pour the oil; into the next, the vinegar, into the third the vanilla. Now pour the cold water over it all and beat it with a spoon until it's nearly smooth. Bake at 350 degrees for half an hour.

This cake only takes five minutes to stir up.

Frost it with the following sugar topping:

Bake your cake five minutes less than the recipe says to. Take it out of the oven, but don't turn the oven off. Let the cake cool just a bit. Then on it spread this mixture:

4 tbsp. softened butter	Chopped nuts or coconuts
$\frac{2}{3}$ cup brown sugar	(as much as you want, or half)
2 tbsp. cream	

Set the cake back in the oven for five minutes, or until the frosting bubbles.

Mrs. P. Karpshyn

OATMEAL WONDER CAKE

1½ cup boiling water	1½ cups sifted all purpose flour
¾ cup oats (quick or old fashioned uncooked)	1 tsp. soda
½ cup butter or margarine softened	1 tsp. baking powder
1 cup granulated sugar	½ tsp. salt
1 cup firmly packed brown sugar	1 tsp. cinnamon
1 tsp. vanilla	½ tsp. nutmeg
3 eggs	1 cup raisins if desired

Pour boiling water over oats, cover and let stand 20 minutes. Beat butter until creamy. Gradually add sugars and beat until fluffy. Blend in vanilla and eggs. Add oats mixture, mix well. Sift together flour, baking powder, soda, salt, cinnamon and nutmeg. Add to creamed mixture and mix well. Pour batter into well greased and floured 9 inch pan. Bake at 375° F. for 50-55 minutes.

Combine 5 tbsp. sugar, 2 tbsp. butter, 3 tbsp. cream. Boil for 3 minutes. Pour over hot cake. Sprinkle with coconut. Put into oven for a few minutes.

Mrs. T. Chichak

ORANGE DATE CAKE

1 cup shortening	¼ tsp. salt
2 cups brown sugar	2 tsp. soda
2 eggs	1 cup sour milk
2 oranges, juice and grated rind	1½ cups dates chopped
3 cups flour	½ cup nutmeats

Beat shortening, sugar and eggs until light. Add orange juice and rind and mix well. Add sifted dry ingredients alternately with sour milk, blending well after each addition. Add dates and nuts. Mix lightly. Bake at 350° F. for 50 to 60 minutes.

Mrs. Victor Mattson
Humboldt, Saskatchewan

PRUNE CAKE

½ cup shortening	½ tsp. salt
1 cup brown sugar	1 tsp. each: cinnamon, nutmeg, allspice
3 eggs	1 cup sour milk
2¼ cups sifted flour	1 cup stewed prunes (chopped)
1 tsp. soda	
1 tsp. baking powder	

Cream shortening and add sugar. Beat thoroughly. Add beaten eggs and prunes and mix well. Sift together the dry ingredients and combine alternately with sour milk. Beat until smooth. Bake in a moderate oven for 30 to 40 min.

Mrs. A. Fasenko

RUM TORTE

10 egg yolks	1 tsp. vanilla
2 cups sugar	1 tbsp. lemon juice
1 8 oz. pkg. chopped mixed candied peel	$\frac{1}{2}$ cup rum
1 cup finely-chopped pecans	10 egg whites
1 tsp. baking powder	4 tbsp. rum
4 cups fine graham-wafer crumb (48 single)	2 cups whipping cream
	$\frac{1}{2}$ cup sugar

Heat oven to 300 F. Butter a 10-inch tube pan generously. Beat egg yolks in small mixer bowl at high speed until thick and lemon colored. Add 2 cups sugar a little at a time, beating well after each addition. Continue beating until fluffy. Put mixed candied peel through the fine blade of the food chopper, then stir into egg yolks sugar mixture. Combine pecans, baking powder and crumbs in large bowl blending well. Add egg yolk-sugar mixture and vanilla, lemon juice and $\frac{1}{2}$ cup rum. Blend well. Beat egg whites until stiff peaks form. Fold into first mixture. Pour into prepared pan and bake about 1 hour and 15 minutes or until top springs back when touched lightly in the centre. Cool in pan. Remove carefully from pan at serving time. Split into 3 layers. Sprinkle each of bottom 2 layers with 2 tbsp. rum. Beat whipping cream until it begins to thicken. Add $\frac{1}{2}$ cup sugar and continue beating until stiff. Put the torte back together with whipped cream between and more cream on top. Decorate top of torte by putting stiff whipped cream through icing tube, using rosette tip. Make holly with red and green butter icing. (Serve 16.)

Mrs. Joyce Boon

SAUERKRAUT CHOCOLATE CAKE

2 $\frac{1}{2}$ cups sifted all purpose flour	3 large eggs
$\frac{1}{2}$ cup unsweetened cocoa	1 tsp. vanilla
1 tsp. baking powder	1 cup water or strong coffee (lukewarm)
1 tsp. baking soda	2/3 cup sauerkraut, rinsed, drained, coarsely chopped
$\frac{1}{2}$ tsp. salt	
2/3 cup butter at room temperature	
1 $\frac{1}{2}$ cups sugar	

Combine first 5 ingredients in large bowl. Combine with fork. Measure butter, cream with electric mixer at medium speed. Gradually add sugar and eggs, one at a time. Add vanilla. Add liquid and dry ingredients alternately, beginning and ending with flour, stir in sauerkraut. Bake in 2 greased and floured 8" round or square pans at 350° F. for 25-30 minutes. Fill and frost with mocha whipped cream or chocolate fudge frosting.

Mocha Whipped Cream

Whip:

1 $\frac{1}{2}$ cups whipping cream	1 tbsp. instant coffee
3 tbsp. icing sugar	2 tsp. unsweetened cocoa.

Mrs. Roman Matishak

SELF-ICED DATE CAKE

1½ cups boiling water 1½ cups chopped dates 1½ tsp. baking soda
Spices such as cinnamon, clove and nutmeg may be added.

Pour boiling water over dates and soda. Let stand while mixing batter:

1½ cups granulated sugar	2 cups all purpose flour
¾ cup shortening or margarine	1 tsp. salt
2 eggs	1½ tsp. vanilla

Batter: Cream shortening until fluffy and add sugar gradually. Add eggs one at a time, and beat well. Add flour sifted with salt, then mix batter alternately with date mixture. Add vanilla and blend thoroughly. Pour into greased and floured 9" by 13" pan.

Bake in a 350 degree oven for about 45 minutes or until cake springs back when lightly touched with finger.

While cake is baking, prepare topping:

6 tbsp. butter or margarine	¾ cup flaked almonds
¾ cup brown sugar	¾ cup flaked coconut
3 tbsp. milk	(med. or long)

Blend ingredients and spread over warm cake. Place under broiler until topping is lightly browned. Cool before serving. Do not remove cake from pan.

Mrs. M. M. Sereda

SOUR CREAM CAKE

½ cup butter	1 cup sugar
2 eggs	1½ cups flour
1½ tsp. baking powder	1 cup sour cream
1 tsp. baking soda (in the cream)	1 tsp. vanilla

Cream butter, add sugar and eggs. Sift together flour and baking powder. Add mixture, then add cream and vanilla.

Topping:

½ cup brown sugar	1½ tsp. cinnamon
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Pour ½ of the batter into an 8 inch square pan, then sprinkle over top ½ the topping mixture. Repeat this and bake at 350° for 40-minutes.

Mary Soroka

STRAWBERRY CHEESE CAKE

1 cup graham wafer crumbs	½ cup sugar — 2 tbsp, flour
2 tbsp. margarine, melted	¼ tsp. salt — 4 eggs separated
2 8-oz. pkg. Philadelphia Cream Cheese	1 cup light cream — 1 tsp. vanilla
2 tbsp. sugar	Pure strawberry jam.

Combine crumbs, margarine, sugar, press into bottom of a 9" spring form pan. Bake at 325° F. for 10 mins. Combine softened cream cheese, flour,

salt & sugar, mixing well until blended. Add egg yolks one at a time, mixing well after each addition. Stir in cream and vanilla. Fold in stiffly beaten egg whites; pour over crumbs. Bake at 325° F. for 1 hour. Cool before removing from pan. To serve, top with strawberry jam.

Sophie Kotylak

THRIFTY POUND CAKE

Have ingredients at room temperature.

1 cup shortening (part Aleo or Butter)	2 tsp. vanilla
2 cups sugar	4 eggs unbeaten

Sift:

3 cups flour	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tsp. soda	$\frac{1}{4}$ tsp. salt

Add to creamed mixture alternately with:

1 cup buttermilk or sour cream

You may add 1 cup raisins or 1 cup nuts or any dried fruit using a small portion of your flour to flour them before putting them in the batter. Bake at 350° F. for 1 hour and 10 minutes in a greased tube pan.

Loretta Nichols
Detroit, Michigan, U.S.A.

TOMATO SOUP LOAF CAKE

2 tbsp. butter or margarine	$\frac{3}{4}$ cup walnuts
1 cup white sugar	1 can tomato soup (small)
1 egg	1 $\frac{1}{2}$ cups sifted flour
1 tsp. baking soda	$\frac{1}{2}$ tsp. ground cloves
1 tsp. cinnamon	1 cup raisins

Cream butter and sugar, add egg. Dissolve the soda in a little of the soup and add alternately with the flour and spices. Add the nuts and raisins. Bake in moderate oven for 1 hour. Tomato Soup Loaf Cake should be made a few days before it is to be served, as it improves in flavor.

Mrs. Lillian Halowaty

TOP ME TWICE CAKE

1 cup sugar	1 can crushed pineapple (undrained)
1 tsp. vanilla	$\frac{1}{2}$ cup brown sugar
2 eggs	$\frac{1}{2}$ cup flaked coconut
2 cups flour	$\frac{1}{2}$ cup chopped pecans
1 tsp. soda	

Grease bottom of 12 x 8 inch pan. Combine sugar, vanilla and eggs in a large bowl. Beat 2 minutes at medium speed of mixer. Turn to low speed

and add flour, soda, salt and pineapple; mix 1 minute. Pour into pan. Sprinkle with mixture of brown sugar, cocoanut and pecans. Bake at 350° F. for 45 to 50 minutes. Just before cake is done, prepare sauce. Pour over warm cake. Cool before serving.

SAUCE: Melt $\frac{1}{2}$ cup butter. Stir in $\frac{1}{2}$ cup light cream, $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ tsp. vanilla.

Mrs. Agnes Wolinski

WALNUT TORTE

First Part:

10 eggs, separated
1 cup sugar
 $\frac{1}{2}$ lb. walnuts (ground finely preferably on a nut grinder)
1 tsp. cream or tarter

$\frac{1}{4}$ - $\frac{1}{2}$ cup fine bread crumbs (1/4 cup bread crumbs will give you a moist cake, more bread crumbs will give you a lighter cake).

Beat the egg whites until stiff. Add the sugar gradually and continue to beat until mixture is smooth and fluffy. Add cream tarter and beat again. In a separate bowl, beat the eggs yolks and add the remaining $\frac{1}{2}$ cup sugar and beat until thick and fluffy. Combine the two mixtures slowly and gently, finally add the ground nuts and bread crumbs. Pour into ungreased 8 inch Christmas cake tin and bake in 350° F. oven for 40-45 minutes. Cool thoroughly in the pan before removing the cake. When cake is cool, start making the Second Part as you have to use the same size of tin.

Second Part:

5 eggs separated 5 tbsp. flour
5 tbsp. sugar $\frac{1}{2}$ tsp. baking powder

Beat the egg whites until stiff. In a separate bowl, beat the egg yolks and gradually add the sugar. Fold in the beaten egg whites and add flour and baking powder. Mix until blended. Pour into ungreased 8 inch round Christmas cake tin and bake in 350° F. oven for about 30 minutes. Cool thoroughly before removing from pan.

Filling:

$\frac{1}{2}$ lb. unsalted butter 1 lb. icing sugar
2 tablespoons instant coffee

Cream butter and icing sugar and coffee. Blend thoroughly. If too thick, add a little cream; if too thin, add a little more ising sugar.

Cut the First Part into 2 layers. Spread filling on a layer of the First Part, then place the Second Part over the filling. Brush on $\frac{1}{4}$ cup wine or brandy over the Second Part, then spread a thin layer of filling and place the remaining layer of the First Part. Spread filling on top and sides of the whole torte. Sprinkle with ground walnuts or decorate with candied cherries or pieces of Turkish Delight.

Mrs. M. Mykulak

WALNUT TORTE

12 eggs	1 cup white crumbs
2 cups berry sugar	1½ cup vanilla
2 cups ground walnuts	

Separate the eggs. Place the yolks and the sugar in a bowl and beat until smooth. Then mix in the ground walnuts and bread crumbs. In a separate bowl, beat the egg whites until stiff. Mix all the contents together and place in two round cake pans. Bake in an oven of 300° F. for 40 minutes.

Filling:

½ lb. salt free butter (fresh)	4 tbsp. black coffee
2 cups icing sugar	4 drops rum (optional)
2 egg yolks	

Mix all the ingredients together and beat until smooth.

Place the mixture in between the cake layers.

To make the icing, melt semi-sweet baking chocolate and place on top of the torte. Or whatever you desire.

Mrs. W. Derkach

WALDORF CAKE

1 cup granulated sugar	½ cup chopped walnuts
1 cup mazola oil	1⅓ tsp. cinnamon
3 eggs	1⅓ tsp. soda
2 cups finely grated carrots	1½ cup all purpose flour
½ tsp. salt	

METHOD: Mix sugar and oil together; beat well. Add eggs one at a time, beating well after each addition. Add dry ingredients to mixture and beat well again. Fold in carrots and finely chopped nuts. Bake 1 hour at 300 degrees.

Icing: 8 oz. Philadelphia cream cheese and 4 tbsp. butter mixed well together. Add 2½ cups icing sugar and 2 tsp. vanilla. Beat hard until icing is nice and creamy. When cake is completely cool spread on icing and refrigerate immediately.

Mrs. James Skitsko
Lamont, Alberta

CHIFFON CAKES

HOLIDAY ANGEL FOOD CAKE

¾ cup well drained, chopped red maraschino cherries	¾ tsp. salt
¾ cup well drained, chopped green maraschino cherries	1½ cups egg whites
1½ cups sifted cake flour	1½ tsp. cream of tartar
1½ cups sifted sugar	1 tsp. vanilla extract
	¾ tsp. almond extract

Cut red & green maraschino cherries into small pieces & measure ¾ cup of each. Drain on absorbent paper about 2 hours, changing paper once or

twice in order to drain cherries thoroughly. Sift cake flour & $\frac{1}{2}$ cup sugar together about 4 times. Beat egg whites & salt until foamy. Sprinkle cream of tartar over egg whites & continue beating until whites form a round point. Fold in remaining 1 cup sugar a little at a time. Add extract. Gradually fold in sifted dry ingredients, being careful to fold thoroughly after each addition. Fold in well drained cherries. Pour into 10" ungreased tube pan. Bake in a slow oven 275° F. for 50 min. Increase heat to 325° F. oven and bake 10 min. longer to brown cake or until done. Invert in pan and cool for one hour.

Mrs. A. H. Hnatyshyn

COCOA CHIFFON CAKE

7 eggs separated (room temp.)	2 tsp. baking powder
1 tbs. Chase & Sanborn coffee	1½ tsp. baking soda
$\frac{1}{2}$ cup cocoa	1 tsp. salt
$\frac{3}{4}$ cup boiling water	$\frac{1}{2}$ cup amzola or peanut oil
1 cup once sifted all purpose flour	2 tsp. vanilla
1 cup granulated sugar	$\frac{1}{2}$ tsp. cream of tartar

Preheat oven to 325° F. (slow). Combine coffee and cocoa. Add water and stir until smooth, coll. Sift flour, sugar, baking powder, soda, and salt into a bowl. Make a well in center. 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" ungreased tube pan. Bake 1 hour 10 min. Invert suspended to cool. Frost if desired.

Mrs. S. Ostawsky

MARBLE CHIFFON CAKE

$\frac{1}{2}$ cup cocoa $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup boiling water

Stir until smooth and cool.

2½ cups flour	3 tsp. baking powder
1½ cups sugar	1 tsp. salt

Mtke a well in the middle of the flour mixture and in order add:

$\frac{1}{2}$ cup mazola oil	$\frac{1}{2}$ cup water
5 unbeaten egg yolks	2 tsp. vanilla

Beat mixture until smooth. In a separate bowl beat:

1 cup egg whites until stiff. Add $\frac{1}{2}$ teaspoon cream of tartar and beat again until whites form very stiff peaks. Do not underbeat.

Pour egg yolk mixture gradually over whipped egg whites, gently folding in with a rubber scraper. Do not stir. Divide batter in half. Pour cocoa mixture into one batter and mix gently. Alternate the light and the dark batter by spoonful in an ungreased tube pan. Run a knife through the batter to give a marble effect. Bake for 55 minutes at 325° F. then increase to 350° F. for another 15 minutes.

Mrs. N. Kowal

TOASTED COCOANUT CHIFFON CAKE

1 cup shredded or flaked cocoanut	3 egg yolks
$\frac{7}{8}$ cup sifted all purpose flour	$\frac{1}{3}$ cup orange juice (fresh)
$1\frac{1}{2}$ tsp. baking powder	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. almond extract
$\frac{7}{8}$ cup granulated sugar	4 egg whites (room temp.)
$\frac{1}{3}$ cup salad oil	$\frac{1}{2}$ tsp. cream of tartar

Preheat oven to 325° F. and put cocoanut in to toast. Watch it carefully and stir, to toast until golden. Cool thoroughly. Set aside $\frac{1}{3}$ cup to sprinkle on frosted cake. Chop remaining to use in cake batter.

Sift together into a mixing bowl the flour, baking powder, salt and sugar. Make a well in dry ingredients and add in the order given, oil, egg yolks, orange juice, vanilla, and almond extract. Stir to mix; stir in cocoanut.

Put egg whites into a large bowl and sprinkle with cream of tartar; beat until very, very stiff — much stiffer than for an angel cake. Pour batter over, about a third at a time, folding with a rubber spatula after each addition, just until egg whites are incorporated. Turn batter into an angel cake pan (ungreased) and spread evenly. Bake at 325° F. about 1½ hrs. Invert pan.

Olie Diachuk

BUTTER - CREAM FROSTING

$\frac{1}{2}$ cup butter	Few drops almond extract
1 egg yolk	2 cups sifted icing sugar
$\frac{1}{2}$ tsp. vanilla	1 tbsp. (or more) cream

In a bowl beat all ingredients very well and spread on cake (Toasted Cocoanut Chiffon Cake). Sprinkle with remaining toasted cocoanut.

Olie Diachuk

HONEY CHIFFON CAKE

$1\frac{1}{2}$ cup cake flour	$\frac{1}{2}$ cup liquid honey
$\frac{1}{2}$ cup white sugar	6 egg yolks
1 tsp. baking powder	$\frac{1}{2}$ tsp. cloves
1 tsp. baking soda	1 cup egg whites
$\frac{1}{2}$ cup mazola oil	$\frac{1}{2}$ tsp. cream of tartar

Measure the first four ingredients and sift together three or four times into a bowl. Make a well and add the next four ingredients, beating well after each addition.

Beat the egg whites and cream of tartar until stiff but not dry. Pour egg yolk mixture over the whites gently folding with rubber scraper until blended. Pour into ungreased tube pan. Bake 50 minutes at 325° F.

Mrs. M. Letawsky

LEMON CHIFFON CAKE

2½ cups sifted cake flour	6 eggs, separated
1½ cups sugar	¾ cup cold water
1 tbsp. baking powder	3 tsp. fresh lemon juice
1 tsp. salt	2 tsp. grated lemon rind
½ cup salad oil	½ tsp. cream of tartar

Sift the flour, sugar, baking powder & salt together in a bowl. Make a well & add in order, the oil, egg yolks, water, lemon juice & rind. Beat with a spoon until smooth. Add the cream of tartar to the egg whites & beat until very, very stiff. Pour the egg yolk mixture gradually over the whipped egg whites, carefully folding with a rubber scraper just until blended. Do not stir. Pour immediately into an ungreased 10" x 4" tube pan. Bake in a moderate oven 325° F. for 70 min, or until top springs back when lightly touched. After removing cake from oven, turn upside down & cool for one hour. When cold, remove cake & frost with icing made with confectioner's sugar flavored with lemon juice & grated rind, if desired.

Mrs. H. A. Hnatyshyn

MAPLE PECAN CHIFFON CAKE

2½ cups sifted cake flour	¾ cup brown sugar
¾ cup granulated sugar	½ cup salad oil
3 tsp. baking powder	5 unbeaten egg yolks
1 tsp. salt	¾ cup cold water
2 tsp. Maple flavoring	

METHOD: Sift together flour, granulated sugar, baking powder and salt. Mix in brown sugar. Make a well and add in order salad oil, unbeaten egg yolks, cold water and maple flavoring. Beat with spoon until smooth or with electric mixer on medium speed for one minute.

Next:

1 cup egg whites	½ tsp. cream of tartar
1 cup chopped pecans	

Beat egg whites and cream of tartar in a large mixing bowl. Beat by hand or with electric mixer on high speed for 3-5 minutes. Pour egg yolk mixture gradually over beaten egg whites gently folding with rubber scraper, until blended. Do not stir. Gently fold in finely chopped pecans. Pour immediately in to ungreased tube 10" x 4". Bake 55 minutes in 325° F. oven, then increase to 350° F. for 10 - 15 minutes. Turn upside down to cool.

Alice Kurylo

POPPY SEED CHIFFON CAKE

Soak: ½ cup poppy seed in ¾ cup milk for 2 hours

Sift together 3 times:

1¾ cups cake flour	3 tsp. baking powder
1¾ cups sugar	¼ tsp. salt

Make a well in above dry ingredients and add:

$\frac{1}{2}$ cup salad oil
7 unbeaten egg yolks
Beat mixture until smooth.
In large mixing bowl add:

Poppy seed with milk
1 tsp. vanilla

7 egg whites $\frac{1}{2}$ teaspoon cream of tartar

Beat until egg whites form very stiff peaks.

Pour egg yolk mixture gradually over the whipped egg whites, gently folding in with a rubber scraper until blended. Do not stir.

Pour into ungreased tube pan and bake for 55 minutes at 325° F. Reduce heat to 350° F. and bake 10 minutes more.

L. Zurawell

APPLE CAKE

4 to 5 apples grated or sliced or	2 cups flour
1 can any fruit pie filling	2 tsp. baking powder
2 tbsp. sugar	pinch of salt
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ tsp. lemon juice
2 to 3 eggs	$\frac{3}{4}$ cup oil
1 cup sugar	

Sprinkle cinnamon and sugar over grated apples. Beat eggs until fluffly and light in color. Add sugar and beat, add oil. Then add flour, baking powder and salt. Mix well. Add flavoring. Pour $\frac{1}{2}$ of the batter into a pan 9 by 12 and put apples on batter, spread evenly. Pour remaining batter over apples. Sprinkle a little cinnamon on top. Bake at 350 degrees for 1 hour.

Mrs. B. Iwanyshyn

APPLE TORTE

1 $\frac{1}{2}$ cups all purpose flour	1 cup sugar
1 tsp. baking soda	1 egg
1 tsp. cinnamon	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup cold coffee
$\frac{1}{2}$ cup butter	2 cups finely chopped apples

Sift flour, soda, cinnamon and salt three times. Blend butter and sugar. Add egg and vanilla. Mix well. Add flour a little at a time, mixing well alternately with the coffee. Add the finely chopped apples.

Pour into well greased 9 by 13 by 2" pan. For the topping mix:

Topping:

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

Bake in 325° F. oven for 45 to 50 minutes.

Mrs. A. Shulsky

FRUIT CAKES

ANNIVERSARY CAKE

1 lb. seedless raisins	$\frac{1}{2}$ lb. figs
1 lb. sultana raisins	8 oz. candied citron peel
1 lb. currants	4 oz. candied lemon and orange peel
4 oz. green candied pineapple	4 oz. mixed fruit peel
4 oz. red candied pineapple	1 cup blanched almonds (chopped)
16 oz. glace red and green cherries	1 cup pecans (chopped)
$\frac{3}{4}$ lb. dates	

Chop all fruits and nuts. — Cream:

3 cups butter	$\frac{3}{4}$ cup red current jelly
2 cups brown sugar	2 tsp. vanilla
2 cups white sugar	1 tsp. almond flavoring
8 eggs beaten one at a time	

Sift together:

9 cups all purpose flour	1 tsp. ginger
2 tsp. salt	1 tsp. cloves
3 tsp. baking powder	1 tsp. mace
4 tsp. nutmeg	Add 2 cups milk last.
1 tsp. allspice	

Dust fruit well with a small portion of flour. Cream butter, sugar, eggs, jelly and vanilla. Add to the combined fruit and nuts. Mix thoroughly. Mix a large cake of this kind with your hands.

Pour into greased and lined tins $\frac{3}{4}$ full. Bake in preheated 275° F. oven until done. When storing pour a little wine over the cake. This will flavor and will keep the cake moist. Wrap well and store in a closed container.

Mrs. Jean Kobitowich

APPLESAUCE FRUIT CAKE

Sift the following ingredients together:

2 cups all purpose flour	1 tsp. salt
1 tsp. baking powder	1 tsp. ground cinnamon
$\frac{1}{2}$ tsp. baking soda	

Add to the above:

1 cup seedless raisins	$\frac{1}{2}$ cup red or green candied cherries
	$\frac{1}{2}$ cup chopped dates

Cream together and beat the following:

$\frac{1}{2}$ cup shortening	$\frac{3}{4}$ cup white sugar	2 eggs
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To the last 3 ingredients add 1 cup applesauce alternately with the flour mixture, beating after each addition. Bake in loaf pan at 350° F. for 1 $\frac{1}{2}$ hours.

Mrs. J. Wynnyk

CANADIAN WHITE FRUIT CAKE

1½ lb. blanched almonds, cut into large pieces	4 cups sifted enriched flour
½ lb. candied citron, cut into thin strips	1½ cups butter or margarine
¼ lb. candied cherries, halved	2 cups sugar
¼ lb. candied pineapple, cut into thin strips	6 eggs, separated
½ lb. golden raisins	¾ cup milk
	¼ cup brandy
	1 tsp. almond extract
	1 tsp. cream of tartar

Combine and mix the almonds and fruits. Sift then measure flour. Mix about ½ cup of the flour with the fruit and nuts. Cream butter or margarine until soft; add sugar gradually creaming until mixture is light and fluffy. Beat egg yolks with fork; add to creamed mixture and beat thoroughly. Combine milk, brandy, and almond extract. Add to creamed mixture alternately with remaining flour. Beat egg whites until foamy; add cream of tartar and beat until whites are stiff enough to hold their shape but not stiff enough to cling to bowl when tipped. Pour batter over floured fruit and nuts and mix very well with both hands. Then fold in beaten egg whites. Turn into greased, lined pan or pans and press batter down firmly. All the batter will go into a 10-inch tube pan. Bake 3 hr. and 15 min. This makes 1 large 5½ lb. cake or two 9 x 5 x 2½ inch bread pans may be used, putting ½ the batter in each pan. Bake 2 hr. and 15 min. This makes 2 medium cakes. Of four 1 lb. coffee cans may be used. Put ¼ of batter in each. Bake 2 hr. This makes 4 small cakes. Let fruit cake stand ½ hr. before turning out of pan, then turn cake upside down on wire rack and carefully peel off oiled paper. Frost with almond paste frosting, and, if desired, top with a thin confectioners icing.

Mrs. A. Mackalyk

CENTENNIAL FRUIT CAKE

¾ cup sifted flour	1 lb. pitted dates (chopped fine)
¾ cup sugar	1 cup cherries
½ tsp. baking powder	3 eggs
½ tsp. salt	1 tsp vanilla
3 cups shelled brazil nuts	

Place nuts, dates and cherries in a large bowl. Sift flour, sugar, baking powder and salt over fruit. Mix with hands until fruit is coated. Beat eggs. Add vanilla and blend into nut mixture. Spread in loaf pan and bake for 1 hour at 300° F. for 45 minutes. Have your pan lined with brown paper and greased. This cake keeps well for 5-6 weeks.

Mrs. H. Popil
Calgary, Alberta

CHRISTMAS CAKE

2 cups seedless raisins	1½ tsp. cinnamon
1 cup currants	½ tsp. nutmeg
1½ cups candied cherries (red or green)	½ tsp. ginger
	¼ tsp. mace

1 cup almonds	16 tsp. butter
1½ cups mixed peel	1½ cups lightly packed brown sugar
6 rings candied pineapple	6 eggs
3 cups sifted all purpose flour	¼ cup molasses
1½ tsp. baking powder	½ cup cold strong coffee
¾ tsp. salt	

Wash and dry raisins. Cut up fruit. Blanch almonds. Dust fruit well with 1 cup flour. Cream butter and sugar. Add eggs one at a time and stir in molasses. Add dry ingredients to creamed mixture alternately with coffee. Pour batter over fruit and mix well. Bake 2-3 hrs. in 250-275° F. oven.

Mrs. P. Stosky

DARK FRUIT CAKE

1 lb. butter	1 tsp. soda
2 cups brown sugar	1 lb. dates (chopped)
10 eggs	1½ lb. fruit cake fruit mix
4 cups flour	2 cups almonds
5 cups seedles raisins	2 cups walnuts
3 cups bleached raisins	1 tsp. nutmeg
1½ lb. cherries	1 cup brandy
¾ cup rogers syrup	2 apples (cut up fine)

METHOD: Wash and thoroughly dry the raisins. Mix fruit (except apples), nuts and cake fruit in large pan. Cream butter and sugar well and add egg yolks and mix well. Add flour and liquid alternately to creamed mixture. Add fruit and nuts mixture. Add chopped apples. Last of all fold in egg whites that have been beaten stiff with 1 tsp. soda. Put batter in cake pans that have been well lined with buttered waxed paper. Bake in 275° F. for 2½-3 hrs., depending on the size of pans used. This makes a nice moist cake.

Mrs. S. Ostawsky

DARK FRUIT CAKE

4 cups flour	2 tsp. cinnamon
1 tsp. mace	¼ tsp. soda
½ tsp. nutmeg	1 tsp. salt

Combine the above ingredients and sift 4 times.

1 lb. currants	1 lb. butter
3 lbs. raisins (light)	2 cups brown sugar (dark)
½ lb. almonds (chopped)	9 eggs (separated)
1 lb. mixed peel	1 cup strong coffee (cooled)
1 small jar of red cherries	

Wash currants and raisins. Let dry overnight. Sift 1 cup of flour over the currants and raisins and mix thoroughly. Then add chopped almonds, peel and chopped cherries. Cream butter and sugar; add beaten yolks. Add small quantities of the remaining sifted dry ingredients and mix well. Add small quantities of coffee and mix well. Fold in well beaten egg whites. Line 3 average bread pans with greased brown paper. Bake at 275° F. for 3 hours.

Mrs. A. Solar

FRUIT CAKE

1 cup shortening	½ lb. citron
1½ cups brown sugar	1 pound blanched, toasted almonds
¼ cup fruit juice (apple)	½ pound other nuts (chopped walnuts)
¾ tsp. baking soda	1 package gumdrops
¼ to ½ cups molasses, heated	2 cups sifted all-purpose flour
½ big jar of red and half of green maraschino cherries	½ tsp. ground cloves
2 pineapple rings	¼ tsp. nutmeg
3 cups dark seedless raisins	½ tsp. cinnamon
3 cups sultana raisins	

1. Work shortening with back of spoon until light and fluffy. Add the brown sugar gradually while continuing to work with spoon.
2. Add the beaten egg yolks and fruit juice, and mix well.
3. Dissolve the soda in the heated molasses and add to shortening mixture.
4. Combine the fruits and nuts, and mix with ½ cup of sifted dry ingredients. Add with the sifted dry ingredients to creamed mixture and mix all thoroughly.
5. Fold in the stiffly beaten egg whites.
6. Pour into greased and lined pans, and bake in slow oven for 2½ to 3 hours at 275-300° F.

A. Ostry

GUM DROP CAKE

3 cups raisins	3 cups flour
½ lb. butter	1 cup walnuts
1 cup sugar	1 lb. gum drops
3 eggs	1 tsp. soda
1 cup crushed pineapple	1 tsp. cinnamon

Wash raisins and cook for 5 minutes. Drain. Cream the butter and sugar until light and fluffy, then add the beaten eggs and continue beating. Add the crushed pineapple and blend. Combine cooled and dried raisins with gum drops and dust well with a small portion of flour. Stir in the fruit and the remaining dry ingredients. Pour into a pan which has been lined with heavy brown paper. Bake in a slow oven for about 2½ hours.

Mrs. W. Koscielnuk
Thorhild, Alberta

MINCEMEAT CHRISTMAS CAKE

1½ cups mincemeat	1 pkg. (12 oz.) white or spice cake mix
1 cup seedless raising	2 cups chopped walnuts
8 oz. jar cherries (drained)	1 tbsp. rum and brandy flavoring
2 cut up pineapple rings	

Combine mincemeat, raisins, pineapple and cherries. Mix the cake according to the package and blend well with the fruit. Fold in nuts and flavoring. Bake at 275° F. 3½ hours in a pan 6 x 5 x 3 inches greased and lined with brown paper.

Mrs. N. Kowal

SURPRISE FRUIT CAKE

2 cups cut-up candied pineapple	2 cups sugar
2 cups candied cherries, quartered	8 egg yolks
1 cup flaked coconut	$\frac{1}{2}$ cup orange juice
4 cups sifted all-purpose flour	2 tsp. almond extract
1 tsp. salt	1 tsp. vanilla
2 cups soft butter	8 egg whites

Grease a 10-inch tube pan (use one with a solid bottom if possible) and line with greased heavy brown paper.

Heat oven to 300° F.

Combine fruit and coconut in large bowl. Sift flour and salt together over fruit and toss with hands to coat fruit with flour.

Cream butter until fluffy. Add sugar gradually and cream well after each addition. Add egg yolks, one at a time, beating well after each addition.

Add orange juice, almond extract and vanilla. Add fruit-flour mixture and blend well.

Beat egg whites until stiff but not dry and fold in.

Turn into prepared pan and bake about 2 hours or until a toothpick inserted in centre come out clean.

Remove from pan and put on rack to cool. Peel off paper before storing.

Katharine Harapniuk

WHITE FRUIT CAKE

1 lb. butter	5 cups flour
2 $\frac{1}{2}$ cups white sugar	2 cups cocoanut
8 egg whites (beaten)	2 lbs. sultana raisins
1 cup milk	1 lb. almonds or nuts
1 cup crushed pineapple	1 lb. candied cherries
2 lbs. mixed fruit	1 tsp. almond flavoring

Mix butter and sugar. Beat egg whites. Mix the crushed pineapple, mixed fruit, cocoanut, raisins, nuts, cherries, almond flavoring. Add the flour, milk, butter, sugar and the beaten egg whites, mix thoroughly. Pour in lined brown paper pans. Bake 325° F. for 2 or 3 hours.

Mrs. N. Kowal

FROSTING

BOILED ICING

$\frac{3}{4}$ cup sugar	1 egg
3 tbsp. flour (generous)	$\frac{1}{4}$ cup milk

Mix ingredients together in saucepan and cook till thick. Set aside to cool, then add:

$\frac{1}{2}$ cup soft butter 6 tbsp. icing sugar 1 tsp. vanilla

Beat well until icing has a smooth spreading consistency. This icing is very nice for chiffon cakes.

NOTE: For chocolate icing use 4 tablespoons icing sugar and 2 tablespoons cocoa.

Mrs. L. Zurawell

BUTTER ICINGS

Cream 3 tablespoons soft butter and blend in 3 tablespoons sifted icing sugar, add pinch of salt, 3 tablespoons hot liquid and combine.

Work in sifted icing sugar to make a mixture of suitable spreading consistency-beat very fluffy, and flavor as desired.

Chocolate Icing: Sift 3 or 4 tablespoons cocoa into butter with first measure of icing sugar: use hot milk as liquid and pure vanilla as flavoring.

Coffee Icing: Use hot strong coffee as liquid and few drops pure vanilla as flavoring.

Maple Icing: Use hot milk as liquid and maple extract as flavoring; an egg yolk may be added.

Pineapple Icing: Use crushed pineapple (unbeaten) as liquid and flavor with few drops of lemon juice.

Strawberry (or Raspberry) Icing: Use crushed fresh berries (unbeaten) as liquid, and lemon juice as flavoring.

Mrs. M. Letawsky

CHIFFON FROSTING

1½ cups brown sugar
½ cup water

2 egg whites
½ tsp. vanilla

Boil until thread stage. Pour slowly over stiffly beaten whites beating constantly till of right consistency to spread. Add flavoring and blend well.

Mrs. Alice Kurylo

CHOCOLATE ICING

1 cup white sugar
¼ cup cocoa

½ cup milk
¾ cup butter

Combine and cook 1 minute. Cool a little and then beat till of right consistency to spread on the cake.

Mrs. Alice Kurylo

COCOA WHIPPED CREAM

1 cup whipping cream
2 tbs. cocoa
¼ cup confectioners sugar

½ tsp. salt
Vanilla

Combine ingredients and chill 1 hour. Beat until cream just holds its shape. Especially good on Angel Food Cake.

Mrs. M. Gulayets

CREAM CHEESE FROSTING

1½ cups confectioners sugar ½ tsp. butter
1 package (4 oz.) cream cheese 1 tsp. vanilla

Beat cream cheese with rotary beater until smooth. Add confectioners sugar and continue beating until well blended. Add butter and vanilla. This icing is nice on spice or tomato soup cake especially.

Mrs. Nancy Melnyk

DECORATING ICING

2 egg whites ½ tsp. almond extract
2 to 3 cups sifted icing sugar food coloring, if desired

Combine egg whites, 2 cups icing sugar and almond extract in a bowl and beat until fluffy. Add more sugar beating constantly until icing will hold its shape when swirled with a spatula. Divide icing up among several small bowls and tint as you wish with a food coloring. Keep covered with damp cloth until used.

Mrs. M. Onychuk

FRESH LEMON ICING

1½ cups sugar 3 tbsp. fresh lemon juice
½ tsp. salt 2 egg whites
½ tsp. cream of tartar 2 tbsp. water
1 tsp. grated lemon rind

Place ingredients in top of double boiler.

Beat constantly over hot water with rotary beater until icing will hold in peaks.

Mrs. M. Shenduk

HONEY-CHOCOLATE FROSTING

½ cup sugar ½ tsp. sal
¼ cup butter 3 squares chocolate
¼ cup light cream (unsweetened)
¼ cup honey 2 egg yolks well beaten

Combine sugar, butter, cream, honey, salt and chocolate in top of double boiler over boiling water. When chocolate is melted, beat with rotary beater until blended. Pour small amounts of egg yolk mixture stirring vigorously. Cook 2 mins. longer or until mixture starts to thicken. Remove from hot water, place in pan of ice water and beat until of right consistency to spread.

Above will cover 2 x 8" layer cakes or one large cake.

Mrs. M. Gulayets

ICING

1 cup brown sugar 1 tbsp. butter 3 tbsp. milk

Bring to boil and cook 1 minute. Cool and add icing sugar to thicken about $\frac{1}{2}$ cup. Stir till thick enough to spread.

Add 1 rounded tablespoon cocoa to sugar if desired.

Mrs. Sophie Kurylo

SEA FOAM FROSTING

2 egg whites	2 tbsp. water
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup light corn syrup	$\frac{1}{2}$ tsp. cream of tartar

Combine all the ingredients in top of double boiler. Cook over rapidly boiling water, beating with rotary beater or electric mixer until mixture stands in peaks. Remove from heat. Add 1 teaspoon vanilla; continue beating thick enough to spread.

Mrs. S. M. Zaharko

SWISS FROSTING

3 squares unsweetened chocolate	1 egg
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup water
3 tbsp. cornstarch	2 cups icing sugar
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cups butter
1 tsp. instant coffee	1 tsp. vanilla extract

Grate the chocolate and mix with the next four ingredients. Beat the egg and add to the water. Add the liquid to the chocolate mixture and mix until smooth. Cook over low heat until thickened and all starch taste disappears (8 to 10 minutes). Remove from the heat and cool completely. Meanwhile sift the icing sugar. Cream the butter and sugar until light. Add vanilla and beat in the chocolate custard. Refrigerate until completely cold and the butter starts to stiffen. If necessary add some additional sifted icing sugar to make of spreading consistency. Fill a layer cake and swirl remaining icing over the top and sides.

Mrs. Rose Storoshenko

CHRISTMAS

UKRAINIAN CHRISTMAS TRADITION

To the Ukrainian, Christmas has always been a day of thanksgiving. Ukrainians continue to adhere to their Ukrainian Christmas customs, from which they derive pleasure and spiritual consolation. Space does not allow an exhaustive treatment of all Ukrainian Christmas customs, such as the customs of scattering poppy seeds in the yard to ward off evil, the making of a dent in the threshold with an axe "so that no beast will venture to cross it", or the eager waiting for the appearance of the Evening Star, which initiates the Christmas festivities with the Holy Supper.

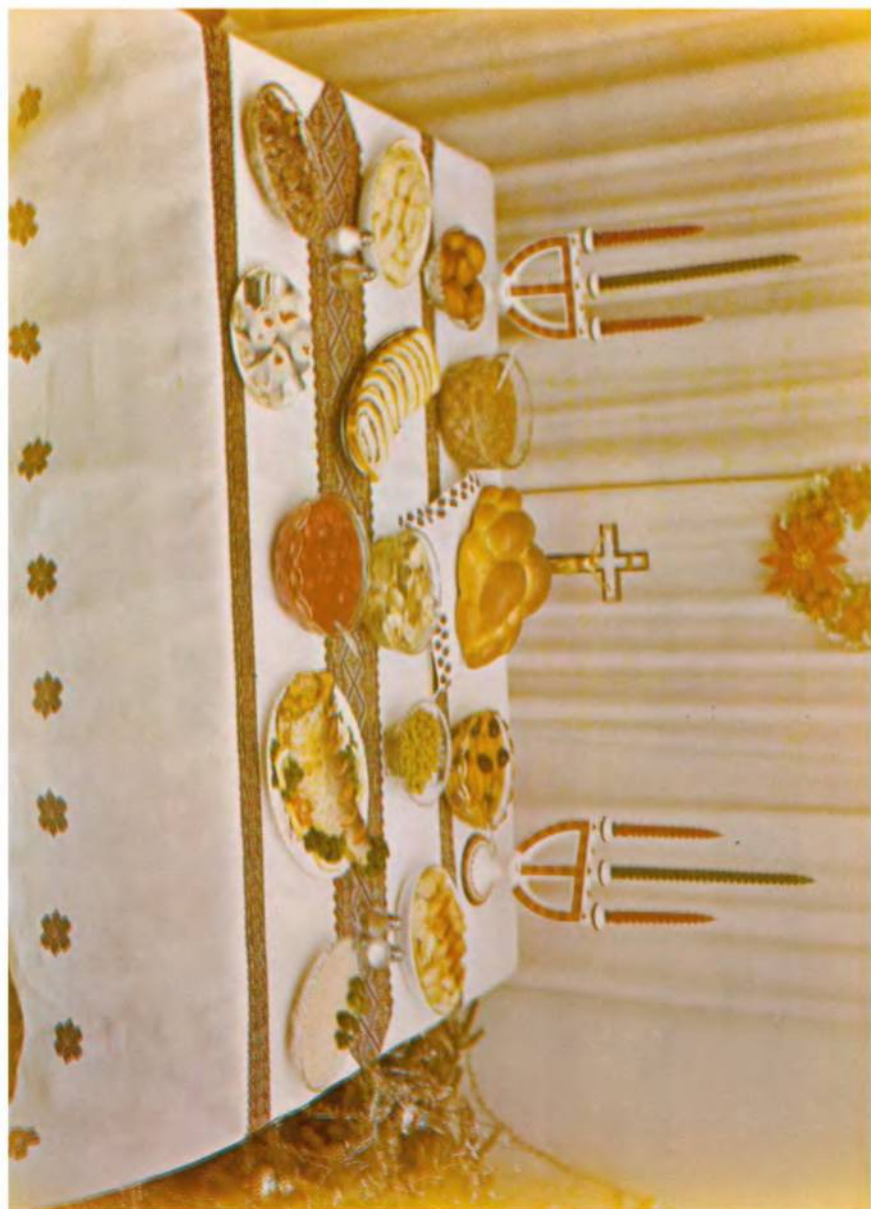
Preparations for Christmas Eve begin early in the day. The yard and the stables are thoroughly cleaned; animals are given extra fodder and clean bedding for it is a widespread practice to be especially kind to animals at Christmas. Thus the animals, the first creature to behold the new-born Christ, participate in the joys of Christmas.

The head of the household prepares a sheaf of wheat and not stalks, which he sprinkles with holy water and brings ceremoniously into the house. The sheaf is called "Forefather" (Didukh); it is placed upright in a place of honor near the table, for it symbolizes our ancestors who tilled the soil. In cities, a table decoration containing stalks of wheat and other grains replaces the sheaf.

The table is strewn with a handful of fine hay over which is spread the very best tablecloth. This is done in memory of the Christ Child in the manger. The central table decoration, three round braided loaves of bread placed one on top of the other, is symbolic of agricultural prosperity. A blessed candle inserted in the upper loaf and candles placed on both sides of the loaves complete the table decoration.

Christmas festivities begin with the Christmas Eve Supper or Holy Supper (Svyata Vechera). Great care is taken that all the family observe the Holy Supper together. The Holy Supper consists of twelve Lenten dishes, assumed to be symbolic of the twelve Apostles who gathered at the Last Supper. The meal begins with the Lord's Prayer and thanksgiving grace. The first dish is kutya, a preparation of cooked wheat sweetened with honey and dressed with poppy seed and sometimes chopped nuts. Wheat, honey and poppy seed symbolize the fertility of God's nature; consequently, kutya is assumed to symbolize prosperity, peace and good health.

The head of the family raises the first spoonful of kutya, invokes the grace of God and greets the family "Christ is Born" (Christos Rodyvsya), to which all reply "Let us glorify Him" (Slavim Yoho). After each one has partaken of kutya, the other eleven dishes follow. Everyone must have at least a small serving of each dish. After the meal, the family sings Christmas carols.



UKRAINIAN CHRISTMAS EVE SUPPER

KUTYA
BORSCH AND VUSHKA
FISH
PYROHY
HOLUBTSI
MUSHROOMS
JELLIED FISH
PICKLED HERRING

DRAINED COOKED PEAS
PEAS AND SAUERKRAUT
WHITE PEA BEANS
STEWED DRIED FRUIT
PAMPUSHKY
POPPY SEED ROLL
KOLACHI
MAKIVNYK

KUTYA

2 cups wheat	$\frac{1}{2}$ cup chopped nuts
$\frac{3}{4}$ cups honey	$\frac{3}{4}$ cup poppy seeds
$\frac{1}{2}$ cup syrup	

Pick out foreign grains from wheat. Wash well, and put wheat in a pan and dry in the oven for $\frac{3}{4}$ hour at 250° F. Stir occasionally. Sprinkle hot wheat with water, put in a sturdy sugar sack, and pound it with a rolling pin to loosen the outer layer of bran. Wash the wheat thoroughly by allowing the bran to rise to the top and remove it. Keep changing the water until the wheat is free of bran. Soak wheat in 6 cups of water overnight. Cook in the same water in which it was soaked. Stir frequently and add more water if necessary. Cook for 2 to 4 hours, or until tender.

Wash $\frac{3}{4}$ cup of poppy seeds. Pour boiling water over it to cover and let stand for 15 minutes. Drain well in a very fine sieve. Grind the poppy seeds, using the finest blade of your food chopper. Combine cooled wheat, poppyseed, and nuts. Add honey and syrup to taste. $\frac{3}{4}$ cup honey and $\frac{1}{2}$ cup syrup may be used if preferred.

BORSCH

4 cups beets, cut in thin strips	2 cups shredded cabbage
1 carrot	1 cup tomato juice
1 medium potato	1 tbsp. lemon juice or vinegar
1 stalk celery	3 tbsp. cooking oil
$\frac{1}{2}$ parsley root	$\frac{1}{2}$ clove garlic
1 large onion	$\frac{1}{2}$ cup cooked, dried white beans

Wash beans, cover with cold water and soak overnight. Cook slowly until tender in the same water in which the beans were soaked. Additional water may be required.

Place cut beets and diced carrots in a large pot and cover with 3 quarts of water. Partially cook chopped onion in oil and add to beets. Add lemon juice and cook until beets are barely done. Season to taste. Add diced vegetables and cook till done, but not soft. Add chopped cabbage, garlic and cooked beans. Do not overcook. Cabbage should be tender yet crisp. (Vushka may be added to borsch).

OOSHK (VUSHKA)

Use the same dough as for pyrohy. Roll dough out as thinly as possible. Cut into 1 $\frac{1}{2}$ inch squares. Place $\frac{1}{2}$ tsp. of filling on it and fold over to form

a triangle. Press the edges together to seal well. Join the two corners together in the shape of a circle. Drop into rapidly boiling water (salted) and stir gently with a wooden spoon. Continue to boil for 3 to 4 minutes. Place three or four in each serving of borsch.

Filling

1 cup canned mushrooms	1 tbsp. cooking oil
1 small onion	$\frac{1}{2}$ clove garlic, crushed
1 tsp. flour	Sat and pepper to taste

Chop mushrooms and onion fine. Add salt, pepper, and garlic. Sprinkle with flour and mix well. Fry mixture in oil for a few minutes. Cool before using.

Mrs. N. Korbyl

VOOSKA FOR BORSCH

Boil 3 slices whitefish with onions and celery. Flake the fish. Fry one small onion chopped very finely. Roll 3 crackers very finely. Add to fried onions — fry a few minutes, then add the flaked fish, salt and pepper to taste — fry a few minutes. Cool.

Use your regular dough for "Perohe". Make $1\frac{1}{2}$ " squares — add 1 tsp. of filling to square — make a triangular "Perih" — fold and join 2 points together to make an ear. Boil in salted boiling water. Drop 2 or 3 in each bowl of "borsch".

Mrs. Phyllis Moroz
Smoky Lake, Alberta

BAKED FISH

2 - 2 $\frac{1}{2}$ lb. fish	$\frac{3}{4}$ tsp. salt
$\frac{1}{2}$ cup butter or oil	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup onion (chopped)	$\frac{1}{2}$ cup chopped celery (optional)
3 slices day old bread (diced)	1 egg

Wash and dry fish. Heat butter or oil and add onion and celery. Fry until almost tender. Stir in bread and add salt, pepper and parsley. Add slightly beaten egg. Stuff fish and sew up opening. Put the fish in the roaster and bake at 200° F. for about 3 hours.

Mrs. M. Korbyl

PYROHY

2 $\frac{1}{2}$ cups flour	2 tbsp. Mazola oil
$\frac{1}{2}$ tsp. salt	1 egg, well beaten (optional)
$\frac{3}{4}$ cups warm water	

Mix water, mazola oil and eggs. Sift flour and salt. Add liquid to flour and mix well. Knead on board until dough is smooth. Cover and let stand for 2 hrs. in a warm place. Roll out thin. Cut into 2" squares or circles.

Place a teaspoonful of filling on each piece, and pinch edges tightly together to seal well. Drop pyrohy into salted boiling water and boil 8 to 10 minutes. Drain and grease with oil in which $\frac{1}{2}$ cup onion has been fried.

Filling:

3 cups mashed potatoes	Salt and pepper
2 tbsp. oil	2 tbsp. grated onion

Cook onion in oil until tender. Add to mashed potatoes and mix well. Salt and pepper to taste.

HOLUBCHI

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

Take head of cabbage, cut out core from centre, 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 mazola 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 $1\frac{1}{2}$ hrs. at 325° F. (For holubchi made with sour cabbage use boiling water instead of tomato soup).

MUSHROOMS IN SAUCE

2 cans mushrooms	Green dill & parsley (optional)
$\frac{1}{2}$ chopped onion	$\frac{1}{2}$ cup cooking oil
1 clove garlic (crushed)	1 cup cold water
3 tbsp. flour	Mushroom liquid
Salt and pepper to taste	

Sauté onions in oil until very tender. Add drained sliced mushrooms. (Save liquid). Add salt and pepper and simmer for 15 minutes. Brown flour slightly in heavy skillet. Add cold water to make a smooth paste, stirring constantly. Add mushroom liquid and stir. Combine flour mixture with mushrooms. Add garlic and simmer gently for 20 minutes. Add more water if a thinner sauce is desired.

Mrs. L. Holowaty

JELLIED FISH

3 lbs. raw fish	$2\frac{1}{2}$ tsp. salt
3 cups water	Pepper
1 small onion chopped	1 pkg. unflavoured gelatine

Clean and wash fish thoroughly. Cut into steaks and place into a saucepan. Add water and bring to a boil. Add onion and salt. Simmer slowly for 1 hour. Take out fish into a casserole. Soak gelatine in 1 tbsp. cold water, then add to the juice. Pepper to taste. Strain the juice to the fish and let set. If you prefer a softer jelly add more water.

Mrs. M. Twardowski

XMAS EVE FISH DISH

1 large fish cut in 4 pieces (Take skin off and bones)	1 cup dried bread crumbs
1 large onion chopped fine	$\frac{1}{2}$ cup melted butter
2 eggs beaten	$\frac{1}{2}$ tsp. pepper and 2 tsp. salt

Mix all together. Make four pieces and fold back into skin.

Put bones to boil in 2 quarts of water for $\frac{1}{2}$ hour. Drain bones.

Bring to boil. Put fish in the bone water and boil 1 hour. Take fish out into a bowl. Fry 2 tbsp. flour, 4 tbsp. butter until brown. Boil in water for 1 minute. Pour over fish and chill.

Mrs. S. Malowney

PICKLED HERRINGS

10 herrings (milkers)	1 lemon (optional)
4 onions	1 tbsp. Mazola oil (optional)

Dressing

2 cups water	1 tbsp. mixed pickling spice
1 cup vinegar	few bay leaves
2 tbsp. sugar	

Wash herrings well and soak overnight in cold water. Remove gills, tail and head. Pull the milkers out and reserve for brine. Cut into pieces. Put layer of herring, layer of sliced onion, layer of milker (optional) and slices of lemon (optional). Repeat till herring and onion are used up. Boil vinegar mixture, cool, and pour over herrings. Add mazola oil, cover and let stand at least 2 days.

Mrs. S. Ostawsky

DRIED COOKED PEAS

2 cups split peas	1 tsp. salt
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Cover with water and simmer for $1\frac{1}{2}$ to 2 hours, stirring to prevent from burning. When well cooked, drain, and mash with a potato masher. Fry 1 medium onion in 5 tbsp. oil. Sprinkle this over top of mashed peas when serving, along with a dash of pepper.

Vegreville, Alberta
Mrs. J. Moroz

SAUR KRAUT AND PEAS

2 cups saur kraut	½ cup mazola oil
½ cup water	2 tbsp. flour
½ cup dried peas	Salt and pepper
1 medium onion (chopped)	1 small clove garlic (crushed)

Soak dried peas over night. Rinse them and drain. Cover with fresh water and cook until done.

Rinse saur kraut in cold water if too saur. Drain it. Add ½ cup water and cook for 15 minutes.

Combine peas and saur kraut, reserve liquid for sauce. Fry onion in oil till soft and light yellow. Sprinkle flour over the onions and brown very lightly. Pour liquid from cooked saur kraut and peas, add crushed garlic, and stir constantly until the sauce thickens. Add sauce to the saur kraut and peas, stir, add salt and pepper to taste and simmer for 30 minutes. This should be quite thick.

Mrs. J. Moroz
Vegreville, Alberta

WHITE BEANS

1 lb. beans	2 medium onions
½ cup oil (or more)	2-4 cloves of garlic

Wash white beans in water and drain. Add fresh water to cover the beans and cook the beans till they are done. When the beans are cooked, drain them, and mash with a potato masher. Fry chopped onions in oil till soft and light yellow. Add to the beans and mix well. Add crushed garlic and mix very well.

Mrs. L. Holowaty

STEWED FRUIT DESSERT

½ lb. dried apples	½ lb. seedless raisins
½ lb. dried apricots	½ lb. almonds (optional)
½ lb. prunes	Sugar to taste

Wash fruit thoroughly in very warm water. Place apricots and prunes in saucepan and pour in a generous amount of hot water to cover the fruit well (5 to 6 cups). Let stand 30 or 40 minutes. Add raisins and simmer gently, covered, in this water until fruit is tender. If possible do not stir. Chill thoroughly. Serve with 6 or 8 blanched almonds in each dish. Makes about 8 servings.

Mrs. L. Holowaty

PAMPUSHKY

2 pkgs. yeast	¾ cup water
2 tsp. sugar	¾ cup flour
½ cup water	

Dissolve yeast according to directions on package. Add the rest of the

ingredients and beat until smooth. Cover bowl, put in a warm place and allow to rise until light and bubbly.

Dough:

$\frac{1}{2}$ cup butter or oil	5 cups flour
2 whole eggs	$\frac{1}{2}$ cup sugar
4 egg yolks	1 tsp. salt
1 tsp. vanilla	grated rind of 1 lemon

Cream shortening and sugar. Beat whole eggs, egg yolks and salt until light and fluffy. Combine first mixture and blend well. Stir in lemon rind, vanilla and sponge. Add half of the flour and beat to a smooth batter. Add balance of flour to make a soft dough. Knead thoroughly until smooth then place in a clean, slightly greased mixing bowl and allow to rise until double in bulk. Punch down and let rise again. Roll out on floured board to half inch thickness. Cut with round cookie cutter. Place a teaspoon of filling in each piece and seal edges. Allow to rise, then fry in mazola oil.

FILLING POPPY SEED

1 cup poppy seed	1 tsp. lemon rind
$\frac{1}{4}$ cup sugar	1 egg white
2 tbsp. honey	$\frac{1}{2}$ cup chopped walnuts

Scald poppy seed with boiling water and drain. Let stand for 1 hour, then put through the finest blade of food chopper. Add sugar, honey and beaten egg white, and mix well.

PRUNES

1 lb. prunes	Dash of cinnamon
Sugar to taste	1 tsp. lemon rind
$\frac{1}{4}$ cup crushed walnuts	

Boil prunes until soft, drain. Pit and chop, add the rest of the ingredients and mash with a fork until smooth and well blended.

POPPY SEED ROLL

1 pint water	1 pkg. yeast
$\frac{1}{4}$ lb. butter or oil	6 egg yolks
1 cup sugar	3 egg whites
1 tsp. salt	Grated rind of 1 lemon

Dissolve yeast according to the package. Add to lukewarm water and enough flour to make a thick batter. Beat hard and let rise until light and bubbly, about 1 to 1 $\frac{1}{2}$ hours. Mix in sugar, salt, melted shortening, lemon rind and well beaten eggs. Work in enough flour to make a medium stiff dough. Let rise until double in bulk. Divide dough into 2 parts. Roll each about $\frac{3}{8}$ " thick and spread with filling. Roll like a jelly roll, and seal the edges. Place in a greased loaf pan and prick with a fine knitting needle. Cover and let rise in a warm place until double in bulk. Bake at 375° F.

for 10 minutes then reduce heat to 350° F. and bake for 30 or 40 minutes longer, or until done.

Filling:

1 lb. poppy seed	3 stiffly beaten egg whites
½ cup sugar	Grated rind of 1 lemon

Scald poppy seed with boiling water and let stand 1 hour. Drain through a fine sieve, and put through finest blade of the food chopper. Add sugar, lemon rind and beaten egg whites. Mix well.

Mrs. P. Baron

KOLACH

2 pkgs. yeast	½ cup sugar
4 cups water	2 tsp. salt
1 tsp. sugar	6 tsp. oil
4 cups flour	8 - 10 cups flour
4 eggs	

Dissolve sugar in 1 cup lukewarm water and sprinkle yeast over it. Let stand for 10 minutes. Combine yeast with 3 cups lukewarm water, add 4 cups flour and beat hard until smooth. Cover and set aside in a warm place for 1 to 1½ hours, until sponge is light and bubbly. Add well beaten eggs, sugar, salt and oil. Work in flour to make a fairly stiff dough and knead well. Cover and put in warm place to rise until double in bulk. This should make 2 loaves. Divide dough in proportion and braid. Let rise. Brush with beaten egg. Bake in oven set at 350° F.

MAKIVNYK

2 pkgs. dry yeast	2 whole eggs
½ cup lukewarm water	2 egg yolks
2 tsp. sugar	1 tsp. vanilla
1 cup lukewarm scalded milk	1½ tsp. grated lemon rind
1 cup flour	1 tsp. salt
½ cup butter	4 to 4½ cups flour

Dissolve sugar in lukewarm water, add the yeast and let stand 10 minutes in a warm place.

In large bowl combine warm milk and 1 cup flour with the yeast and let the sponge rise until bubbly, about ½ to ¾ of an hour.

In a separate bowl beat the sugar and butter until light. Set aside. Beat the eggs together until light and foamy, adding salt. Combine the eggs and the butter mixture and fold into the yeast sponge. Add lemon rind and vanilla. Add the flour and knead in a bowl for 10 minutes, or until the dough feels smooth. Cover and let rise until double in bulk. Punch down and let rise again. Divide the dough into 3 equal balls. Roll each ball into a rectangular shape about ½" thick. Brush with stiffly beaten egg whites not quite reaching the edges. This is to prevent the filling from separating from the dough. Spread the poppy seed filling. Roll in a jelly roll fashion and seal the edges. Place in a greased pan, cover and let rise in a warm place until double in bulk. Bake in a moderate oven 350° F. for

15 minutes, lower heat to 300° F. and bake for 40 minutes more. Brush immediately with 1 tbsp. brown sugar dissolved in 2 tbsp. hot water. Cool completely before cutting.

Mrs. P. Baron

AFTER DINNER MINTS

2 cups icing sugar 1 egg white (beaten stiff)
 ½ to 1 tsp. oil of peppermint

Add peppermint and ½ of sugar to eggwhite. Turn out on sugared board and gradually knead in the rest of the sugar. Form into a roll. Cut into thin slices. Leave on waxed paper to dry well, about 2 days before serving. A real treat after dinner.

Mrs. P. Baron

CHOCOLATE EASTER EGGS

½ cup soft butter	½ cup evaporated milk
¼ cup peanut butter	½ cup finely chopped almonds
3½ cups icing sugar	8 oz. semi-sweet chocolate
1 (3½ oz.) package butterscotch instant pudding mix	2 tsp. butter Flaked or shredded cocoanut

Cream ½ cup butter; gradually blend in peanut butter; add icing sugar and pudding, alternately with evaporated milk. Stir in almonds. Knead until smooth and creamy. Shape into balls, using about 1 tablespoon for each ball. Chill until firm. Meanwhile melt chocolate and 2 tsp. butter in top of double boiler. Dip each chilled egg in chocolate. Lift out with fork and drain. Roll in cocoanut or crushed walnuts and chill until firm.

Mrs. Kay Skubleny

CANDY

COCOANUT DATE BALLS

½ cup margarine	1 tbsp. milk
¾ cups sugar	1 egg well beaten
½ tsp. salt	

Combine the above ingredients and cook 2 minutes stirring constantly. Remove from heat, add 1 tsp. vanilla; 1 cup chopped dates and 2 cups rice crispies. Mix well; cool, make into ball. Roll in dry cocoanut. Colored cocoanut, colored sugar or finely chopped walnuts can also be used. Keep in cool place.

Mrs. P. Baron

CRUNCHY MALLOW CANDY

2 6 oz. pkgs. semi-sweet chocolate 1 cup crunchy peanut butter
 4 cups Kraft Miniature Marshmallows

Melt chocolate with peanut butter in double boiler or in saucepan over low heat; stir until smooth. Fold in marshmallows. Pour into greased 9" square pan; chill until firm. Cut in squares. Whenever you want to take a little gift to your hostess or to say Happy Birthday sweetly, remember this wonderful recipe for the best homemade present ever.

Mrs. A. Hlynski
Toronto, Ont.

FRUIT CARMELS

1 cup raisins	$\frac{1}{2}$ tsp. orange flavor
$\frac{1}{2}$ cup dried apricots	1 cup dates
$\frac{1}{2}$ cup figs	6 candied cherries
1 cup walnuts	4 tbsp. fruit juice

Put fruit and nuts through a food chopper. Add fruit juice to blend together, and pack into a buttered pan. Chill over night. Cut in squares and roll in sugar.

Mrs. P. Baron

5 MINUTE FUDGE

$\frac{3}{4}$ cup Carnation Milk	1 $\frac{3}{4}$ cup sugar	Pinch of salt
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Boil together 5 minutes. Take from stove and add:

1 $\frac{1}{2}$ cups marshmallows	1 tsp. vanilla
$\frac{3}{4}$ cups chocolate chips	$\frac{1}{2}$ cup chopped nuts

Mix Carnation milk, sugar and salt in saucepan over medium heat. Heat to boiling, then cook 5 minutes, stirring constantly. Remove from heat, add rest of ingredients — stir 1 to 2 minutes. Put in buttered pan and chill, cut into squares.

Mrs. Mary Letawsky

CHOCOLATE FUDGE

1 cup white sugar	$\frac{1}{2}$ cup sweet milk
1 cup brown sugar	$\frac{1}{4}$ cup melted butter
$\frac{1}{4}$ cup syrup	

Boil 3 min. Add 2 tsp. cocoa. Boil again until it forms a soft ball in cold water. Take from heat and add 1 teaspoon vanilla. Beat until creamy; then pour into buttered pan and mark in squares.

FRUITED CHOCOLATE FUDGE

2 cups sugar	2 tbsp. butter
2 squares chocolate	$\frac{3}{4}$ cups milk
1 cup chopped nuts, figs, raisins, candied cherries (mixed)	$\frac{1}{2}$ tsp. salt
	$\frac{1}{2}$ tsp. vanilla

Cook chocolate and milk until blended. Add sugar and salt and stir

until it boils. Cook without stirring to soft ball stage. Remove from heat. Add butter and the vanilla. Cool partially. Beat until it loses its gloss. Add fruits and pour into greased pan. Cool and cut into squares.

Marlene Baron

COCOA FUDGE

1 cup white sugar	$\frac{1}{2}$ cup melted butter
$\frac{1}{2}$ cup sweet milk	$\frac{1}{2}$ cup syrup
1 cup brown sugar	

Boil 5 minutes. Add 2 tablespoons cocoa. Boil 5 minutes longer. Remove from stove. Add 1 teaspoon vanilla. Beat till creamy. Pour into buttered pan. Mark into squares.

Mrs. Pauline F. Wasnock

NUT MEATS CANDY

2 cups white sugar	1 egg white
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ cup corn syrup
1 tsp. black walnut flavor	1 cup nut meats

Boil sugar, syrup and water until it threads. Add stiffly beaten egg white to boiling syrup. Beat until nearly cold. Add 1 cup nut meats and flavor. Cool and cut in squares.

Mrs. P. Baron

MARSHMALLOW BALLS

24 marshmallows	24 crushed graham wafers
$1\frac{1}{2}$ cup whipped cream (thick)	$\frac{1}{2}$ tsp. vanilla

Dip and coat marshmallows in whipped cream; then roll in graham wafers. Place in fridge to chill for 1 hour.

Mrs. Vicky S. Daciuk

MARSHMALLOW DROPS

3 sq. (3 oz.) unsweetened chocolate	2 cups miniature marshmallows
1 egg	1 tsp. butter
1 cup icing sugar	1 tsp. vanilla
	cocoanut

Melt chocolate over hot water. Beat egg. Add sugar and butter. Stir in chocolate, vanilla and marshmallows. Drop by teaspoonfuls into colored cocoanut; roll around, put on waxed paper to harden.

Mrs. K. Skubleny

PEANUT BUTTER CANDY

3 to $3\frac{1}{2}$ cups icing sugar	$\frac{1}{2}$ cup peanut butter
2 tbsp. cream	2 tbsp. finely chopped salted peanuts
1 tbsp. soft butter	
$1\frac{1}{2}$ tsp. vanilla	

Mix sugar, cream, butter and vanilla; adding enough sugar to make mixture stiff enough to roll. Turn out on board which has ben dusted with icing sugar. Roll into oblong about 15" x 4", spread peanut butter and sprinkle with nuts. Cut into 2 pieces crosswise to make it easier to roll and roll each piece from the inside like jelly roll. Place rolls in waxed paper and chill in refrigerator until firm. Cut in $\frac{1}{2}$ " slices.

Mrs. Kay Skubleny

POTATO CANDY

Boil 1 medium sized potato until soft. Mash with potato ricer. There should be $\frac{1}{2}$ cup. To this add:

3 cups sifted confectioners sugar	1 tsp. orange extract or grated
1 cup seedless raisins	rind of an orange
1 cup shredded cocoanut	Dash of salt

Work together well with a fork. Shape in a cake plate, $\frac{1}{4}$ " thick, lined with wax paper and leave until firm. Melt 3 squares sweet chocolate, and coat the mixture, using a pastry brush or spatula. Mark in squares before chocolate is hard.

Marlene Baron

PUFFED WHEAT CANDY

Boil the following together for 3 minutes:

$\frac{1}{2}$ cup brown sugar	2 tsp. cocoa
$\frac{1}{3}$ cup syrup	$\frac{1}{2}$ cup butter

Pour this mixture over approximately 8 cups of puff wheat and mix well. Press into a greased pan. Let stand to harden. Cut and serve.

Mrs. Victor Mattson
Humboldt, Sask.

UNBAKED COOKIES

CHIPITS CRUNCHIES

1 package (6 oz.) chocolate chipits
1 package (6 oz.) butterscotch chipits

Melt the above chipits in a double doiler or on low heat in $1\frac{1}{2}$ quart size pan. Stir in 1 cup chow mein noodles and 1 cup baking cashews (unsalted). Drop with 2 teaspoons onto wax paper. Chill until firm.

Mrs. N. Melnyk

CHOCOLATE MARSHMALLOW CLUSTERS

4 squares unsweetened chocolate	20 marshmallows cut in quarters
2 eggs	1 cup chopped nut meats
1 cup icing sugar	1 tsp. vanilla

Melt chocolate over boiling water. Add well beaten eggs, icing sugar and combine well. Cook 5 minutes. Remove from flame, add vanilla, marshmallows and nuts. Mix thoroughly. Drop by teaspoonful unto wax paper. Allow to stand 24 hours to harden. Yield approximately 3 dozen.

Mrs. Joyce Smulski

CHOCOLATE MARSHMALLOW HAYSTACKS

1 pkg. (3 oz.) Philadelphia cream cheese
 2 tbsp. milk
 2 cups confectioner's sugar
 2 squares (1 oz.) unsweetened chocolate, melted
 $\frac{1}{2}$ tsp. vanilla
 Dash of salt
 3 cups miniature marshmallows
 Flaked coconut

Combine softened cream cheese, milk; mixing until well blended. Gradually add sugar. Stir in chocolate, vanilla and salt. Fold in marshmallows. Drop rounded teaspoons of the mixture in coconut; toss until well covered. Place on a baking sheet; chill until firm. Makes 4 dozen.

Mrs. L. Holowaty

CHOCOLATE PUFFS

1 $\frac{3}{4}$ cups all purpose flour	$\frac{1}{2}$ c sugar
1 egg beaten	3 tbsp. baking powder
$\frac{1}{4}$ cup cocoa	$\frac{3}{4}$ cups milk
$\frac{1}{4}$ cup cooking oil	$\frac{1}{2}$ tsp. vanilla
1 tsp. salt	$\frac{1}{2}$ tsp. almond extract

Heat deep fat to 375° F.

Sift flour, cocoa, sugar, baking powder and salt together. Add oil, milk, vanilla, almond extract and egg. Stir together with a fork until blended. Drop by teaspoonfuls into hot fat and fry 3 minutes, turning once. Drain on absorbent paper. When cool roll in icing sugar. (Makes about 2 $\frac{1}{2}$ dozen).

Mrs. P. Baron

MARSHMALLOW ROLL

1 can sweetened Eagle Brand milk	1 cup chopped walnuts
2 squares unsweetened chocolate	1 cup cocoanut shredded
1 cup rolled graham wafers	$\frac{1}{2}$ lb. marshmallows

Melt chocolate in double boiler, add milk, and mix until it starts to thicken well. Add the rest of ingredients. Mix well and take off the stove. Divide mixture into half. Pat out into a square. Put the marshmallows close together in a row and roll into a roll. Put in fridge to set.

P. S. Use wax paper to pat out the mixture and spread paper with graham crumbs to make it easier to handle.

Mrs. Agnes Wolinski

CHOCOLATE SCOTCHEROOS

1 cup sugar	1 cup (6 oz.) semi-sweet
1 cup light corn syrup	chocolate morsels
1 cup peanut butter	1 cup (6 oz.) butterscotch
6 cups Rice Krispies	morsels

Combine sugar and syrup in 3 quart saucepan. Cook over moderate heat, stirring frequently until mixture begins to bubble. Remove from heat. Stir in peanut butter and mix well. Add rice crispies and stir until well blended. Press into buttered 13" x 9" pan.

Melt chocolate and butterscotch morsels together over very low heat or over hot but not boiling water, stirring until well blended. Remove from heat; spread evenly over rice crispie mixture. Cool until firm, then cut into bars. Yields 48 bars 2 x 1 inches.

Mrs. E. Wysocki

NO BAKE CEREAL BALLS

2 eggs well beaten	1 tsp. vanilla
$\frac{1}{2}$ lb. chopped dates	pinch of salt
1 cup white sugar	3 cups cornflakes or
1 tsp. butter	rice crispies

Put butter in frying pan and cook slowly eggs, dates, sugar, vanilla and salt for about 10 minutes. Remove and cool slightly then add cereal. Roll into small balls in greased hands and roll in coconut. Place in fridge. In place of dates use 1 cup chopped cherries or 1 cup chopped nuts or raisins.

Lorraine Romaniuk

PEANUT BUTTER BALLS

1 cup icing sugar	1 cup chopped walnuts
1 cup peanut butter	3 tbs. melted butter

About 1 cup miniature colored marshmallows

Mix well icing sugar, peanut butter, melted butter and chopped walnuts. Take a small piece and roll into a ball. Make a hole in centre; put 1 marshmallow. Close the cavity. Dip in thin butter icing and roll in coconuts. Chill in refrigerator and serve when needed. Will keep well for few days in cool place. Makes about 3 dozen small balls.

Mrs. M. Semchishen
Mundare, Alberta

SAUCEPAN COOKIES

Combine in a broad saucepan:

$\frac{1}{2}$ cup butter or margarine	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ cup sugar	1 cup chopped dates
2 eggs (beaten)	$\frac{1}{2}$ cup chopped walnuts

Cook over low heat for 10 minutes. Remove from heat and add 1 teaspoon vanilla. Cool for about 5 minutes and then fold in 2 cups rice crisp cereal. Form into balls about 1 inch in diameter. Roll in coconut. Yield: 3 dozen cookies.

Mrs. E. Witiuk

SNOWBALLS

1 cup peanut butter 1 cup icing sugar 1 tbs. butter
Mix the above well. Add:
1 cup walnuts 1 cup rice crispies

Roll in balls and place in refrigerator for several hours. Make a thin icing. Roll balls in this icing and coat with coconut. Keep in the fridge.

Mrs. Eva Kotylak

TOFFEE COOKIES

3 bars toffee

Melt toffee in a double boiler with 3 tbsp. cream. When melted add $\frac{1}{2}$ to $\frac{3}{4}$ cups coconut and 2 cup cornflakes. Roll into balls.

Mrs. M. Zolner

COOKIES

ALMOND CRISPS

Preheat oven to 350° F. Cream together:

$\frac{1}{2}$ cup butter or margarine Add: 1 beaten egg
 $\frac{1}{2}$ cup lightly packed brown sugar 1 tsp. almond extract
 $\frac{1}{2}$ cup granulated sugar

Beat well. Blend or sift together:

1 cup presifted all purpose flour $\frac{1}{2}$ tsp. cream of tartar
2 tsp. baking powder $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. baking soda

Blend into creamed mixture until well combined. Stir in $\frac{1}{2}$ cup chopped blanched almonds. Shape dough into balls which are about 1 inch in diameter. Place on greased baking sheets and press down with a fork which has been dipped in warm water. Bake 10 mins. Yield: 2 doz.

Mrs. E. Witiuk

BACHELOR BUTTONS

$\frac{3}{4}$ cup shortening 2 tsp. baking powder
2 eggs 1 $\frac{3}{4}$ cup brown sugar
3 cups flour Pinch of salt
Cherries 1 tsp. vanilla

Cream shortening, sugar and eggs (well beaten). Add sifted dry ingredients and vanilla. Stir well, form into small balls, the size of marbles. Place on well greased cookie sheet. Press cherry on top of each. Bake 15 min. in hot oven until well browned.

Mrs. Victor Mattson,
Humboldt, Sask.

BUTTERSCOTCH COOKIES

3½ cups flour	2 cups brown sugar
½ tsp. soda	3 eggs, beaten lightly
½ tsp. cream of tartar	½ tsp. vanilla
½ cup butter or other shortening	

Sift flour with soda and cream of tartar. Cream shortening gradually adding sugar, eggs and vanilla. Add flour and mix well. Roll out thin and cut out with a cookie cutter. Put walnuts on top. Bake in hot oven 10 to 15 mins.

Mrs. Anne Shewchuk

CARROT COOKIES

¾ cup shortening	½ tsp. baking soda
1 cup brown or white sugar	½ tsp. salt
2 eggs	1 tsp. cinnamon
½ cup sour milk	¼ tsp. nutmeg
1 tsp. vanilla	¼ tsp. cloves
2 cups rolled oats, uncooked	½ cup chopped nuts
2 cups sifted enriched flour	1 cup grated raw carrots
1 tsp. baking powder	

Cream shortening. Blend in sugar and beat in eggs, one at a time. Add sour milk and vanilla and stir in oats. Sift remaining dry ingredients together and sift part of the flour mixture over carrots and nuts. Add flour mixture, nuts, and carrots to cookie dough, stirring well. Drop dough in small balls from tip of spoon onto a greased cookie sheet. Bake in a hot oven (350° F.) 10 to 12 mins. Yield: 4 doz.

Mrs. Lillian Holowaty

CHERRY COOKIES

½ cup shortening	2 egg yolks
½ cup sugar	1½ cups sifted enriched flour
1 tsp. salt	Glazed or well drained maraschino cherries, quartered
1 tsp. vanilla	
¼ tsp. almond extract	

Cream shortening, sugar and salt. Add flavouring, egg yolks, and blend well. Stir in flour until well mixed. Quickly roll dough into cylinder, 1 inch in length. Form balls from cut pieces and place on ungreased cookie sheet. Press a quarter cherry gently into center of each. Bake in moderate oven 375° F. until golden brown, 10 to 12 minutes. Remove from pan to cake rack. Makes 3½ to 4 doz.

Mrs. S. Korbyl

CHERRY WINKS

2½ cups sifted flour	2 tbsp. milk
1 tsp. baking powder	1 cup sugar
½ tsp. soda	1 cup chopped nuts
Pinch of salt	1 cup chopped dates
¾ cup butter or margarine	½ cup maraschino cherries
2 eggs	

Sift flour, baking powder, soda and salt. Cream butter, sugar and eggs until creamy. Add other ingredients and mix. Shape dough into 1 inch balls and roll in finely crushed cornflakes. Bake in 375° F. oven for 12 mins. or until lightly browned. You may, if desired, put a cherry on top of each cookie when baking.

Mrs. S. F. Kurylo

CHOCOLATE CHIP JUMBLES

1 cup butter	1 tsp. soda
¾ cup brown sugar	1 tsp. salt
¾ cup granulated sugar	½ cup walnuts
1 egg	½ cup coconut
½ cup cold water	1 cup rolled oats
1 tsp. vanilla	1 pkg. chocolate chips
1½ cups flour	

Cream butter gradually adding brown sugar, white sugar, egg, water and vanilla. Stir in sifted dry ingredients. Blend in walnuts, coconut, rolled oats and chocolate chips. Drop by spoonful onto lightly greased baking sheet. Bake 12 mins. or until lightly browned in a moderate oven 350° F. Yield: 8 doz.

Mrs. P. Steblyk

CHOCOLATE COOKIES

1½ cup flour
Melt over hot water: ½ cup butter or margarine
2½ squares unsweetened chocolate

Add: 1 egg, beaten 1 cup brown sugar

Add flour with ½ cup sour milk and ½ tsp. baking soda stirred into the milk. Stir in chocolate mixture. Fold in ½ cup chopped nuts. Drop by tsp. on cookie sheet. Bake in 350° F. oven for 10 mins. When cool, ice with chocolate icing and sprinkle coconut on top.

Chocolate Icing:

2 tbsp. butter	4 tbsp. strong coffee
2 cups icing sugar	½ tsp. vanilla
3 tbsp. cocoa	

Beat well.

Mrs. A. Andruchow

CORNFLAKE COOKIES

1 cup butter	1 tsp. soda
1 cup white sugar	$\frac{1}{2}$ tsp. sat
$\frac{1}{2}$ cup brown sugar	2 cups rolled oats
2 eggs	3 cups cornflakes
$\frac{1}{4}$ cup milk	1 cup raisins
2 cups flour	

Mix in order given and drop on cookie sheet. Bake 10 mins. at 350° F.
Yield: 57 large cookies.

Mrs. A. Fasenko

DAD'S COOKIES

$\frac{1}{2}$ cup butter	1 tsp. salt
$\frac{1}{2}$ cup shortening	1 tsp. vanilla
2 cups brown sugar	1 cup coconut
2 eggs	2 cups oatmeal
$\frac{1}{2}$ tsp. baking soda	2 cups flour
1 tsp. baking powder	

Thoroughly cream butter, shortening and sugar. Add vanilla, add the slightly beaten eggs. Beat well. Add dry ingredients and mix well. Shape teaspoons of dough into balls by rolling them very lightly and quickly between buttered palms of hands. To insure characteristic "crackles" on surface of cookie, it is important to roll cookie very lightly. Arrange on lightly greased cookie sheet and bake in a moderate oven (375° F.) for 10 to 12 mins.

Mrs. L. Sloboda

DATE OR RAISIN COOKIES

$\frac{1}{2}$ cup shortening	2 $\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup butter	1 tsp. baking powder
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ tsp. soda
$\frac{3}{4}$ cup brown sugar	1 tsp. salt
2 eggs	2 tsp. cinnamon
1 tsp. vanilla	$\frac{1}{2}$ cup chopped dates or raisins

Heat oven to 350° F. Combine shortening and butter. Add sugars and beat until fluffy. Beat in eggs one at a time, beating until well blended. Add vanilla. Sift flour, baking powder, baking soda, salt and cinnamon together. Blend into shortening mixture. Fold in chopped dates or raisins. Drop by teaspoonful on waxed paper. Roll each piece of dough into a ball then roll in white sugar and place 1 $\frac{1}{2}$ inches apart on an ungreased cookie sheet. Flatten with fork and bake 15 to 18 mins.

Mrs. Joan Broda

DOUBLE CRUNCHIES

Preheat oven to 350° F. Sift together 1 cup sifted all purpose flour, $\frac{1}{2}$ tsp. baking soda and $\frac{1}{4}$ tsp. salt. Set aside.

Combine: $\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup granulated sugar, $\frac{1}{2}$ cup brown sugar, packed.

Beat till light and creamy. Blend in 2 eggs and $\frac{1}{2}$ tsp. vanilla. Stir in flour mixture. Add: 1 cup cornflakes, crushed, 1 cup quick-cooking rolled oats, $\frac{1}{2}$ cup coconut.

Remove $\frac{1}{3}$ of dough; reserve. Shape remaining $\frac{2}{3}$ of dough into balls using level teaspoonfuls; place on greased cookie sheets. Flatten with bottom of glass dipped in flour. Bake at 350° F. for 8 mins. Cool. Make smaller cookies with the $\frac{1}{3}$ dough.

Prepare Chocolate Filling: Melt over hot water 1 pkg. (6 oz.) Nestle's Semi-Sweet Chocolate Morsels with $\frac{1}{2}$ cup confectioners sugar and 1 tbsp. water. Blend in 1 pkg. (3 oz.) soft cream cheese; beat till smooth. Cool. Spread filling over larger cookies and top with small ones. Yield: 3 $\frac{1}{2}$ doz.

Mrs. Jean Ozubko

SUGAR AND SPICE BALLS

2 cups cornflakes	2 cups sifted enriched flour (cake)
1 cup butter or margarine	1 tsp. cinnamon
$\frac{1}{2}$ cup sugar	1 cup finely chopped nuts
2 tsp. vanilla	1 $\frac{1}{2}$ cups sifted confectioners sugar

Crush cornflakes into fine crumbs. Blend butter, sugar, vanilla. Sift together flour and cinnamon, and with cornflake crumbs and nuts to butter mixture, mix well. Shape into small balls and place on greased baking sheets. Bake in moderate oven 350° F. about 30 min. Roll at once in confectioners sugar. Makes about 4 doz. balls 1 $\frac{1}{2}$ inch in diameter.

SWEDISH GINGER COOKIES

1 cup butter or margarine	3 $\frac{1}{4}$ cups sifted enriched flour
1 $\frac{1}{2}$ cup sugar	2 tsp. cinnamon
1 egg	$\frac{1}{2}$ tsp. cloves
2 tbsp. dark corn syrup	2 tsp. soda
1 $\frac{1}{2}$ tbsp. grated orange peel	1 tsp. ginger
1 tbsp. water	Blanched almonds

Cream butter and sugar. Add egg, beat till light and fluffy. Add orange peel corn syrup, and water. Mix well. Stir sifted dry ingredients into creamed mixture. Chill dough thoroughly. On lightly floured surface, roll to $\frac{3}{8}$ inch. Sprinkle dough with sugar, press in lightly with rolling pin. Cut in desired shapes. Place 1 inch apart on ungreased baking sheet. Top each cookie with almond half. Bake at 375° F. for 6 to 10 mins. Yield: 8 doz.

Mrs. T. Koska

DREAM COOKIES

2 $\frac{1}{4}$ cups sifted flour	1 tsp. vanilla
1 tsp. baking powder	1 cup walnuts
$\frac{1}{2}$ tsp. baking soda	1 cup dates, cut up
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup cherries, cut up
$\frac{3}{4}$ cup soft butter	2 $\frac{1}{2}$ cups cornflakes or
1 cup sugar	$\frac{3}{4}$ cup crumbs
2 eggs	12 cherries, cut in quarters
2 tbsp. milk	

Sift together flour, baking powder, soda and salt. Blend butter and sugar, add eggs and beat well. Stir in milk and vanilla. Add sifted dry ingredients together with walnuts, dates and cut up cherries. Mix well. If using cornflake crush finely. Shape dough into balls, using one level tbsp. dough for each. Roll balls in corn flakes crumbs. Place on greased sheet. Top with cherries that were cut into quarters. Bake at 375° F. about 12 mins. Yield: 6 doz. cookies 2 inches in diameter.

Mrs. D. Skubleny

GRANNIE'S HERMITS

Preparation time: 20 mins. Baking time: 12 mins.

1 cup shortening	1 tsp. each, cinnamon, allspice,
2 cups brown sugar	nutmeg
2 eggs	$\frac{1}{2}$ tsp. ground cloves
$\frac{3}{4}$ cup sour milk	1 cup mixed fruit, cut
3 cups sifted bread flour	1 cup glace cherries
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ - 1 cup chopped nuts
1 tsp. baking soda	

Heat oven to 375° F. Grease baking sheets. Blend shortening and sugar. Add eggs and beat well. Add sour milk and sifted dry ingredients alternately. Stir in fruit and nuts. Drop by spoonfuls on prepared baking sheet. Bake in moderately hot oven for 12 mins.

NOTE: To sour milk — add 1 tbsp. vinegar or lemon juice to the milk.

Mrs. H. A. Hnatyshyn

HONEY PEANUT BUTTER COOKIES

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup honey
$\frac{1}{2}$ cup brown sugar	1 egg
$\frac{1}{2}$ cup peanut butter	$\frac{1}{2}$ tsp. salt
1 $\frac{1}{4}$ cups flour	$\frac{1}{2}$ tsp. soda

Cream shortening, honey, sugar together until light and fluffy. Add well beaten egg. Add peanut butter and salt. Stir in flour and soda sifted together and mix well. Form into small balls of dough. Place on a greased cookie sheet. Press with a fork. Bake in a moderate oven 350° F. 12 to 15 mins.

Mrs. M. Gulayets

HONEY DROPS

1 cup soft shortening (part butter)	1 tsp. vanilla
1 cup brown sugar, packed	3 $\frac{1}{2}$ cups sifted all purpose flour
2 eggs	3 tsp. soda
$\frac{1}{2}$ cup liquid honey	

Mix shortening, sugar, eggs together thoroughly. Stir in honey and vanilla. Add flour and soda sifted together. Chill dough until firm several hours or overnight. Roll into balls, size of walnuts and place on ungreased cookie sheet. Bake 10-12 mins. at 350 deg.

Mrs. A. Solar

JAM JAM COOKIES

1 cup brown sugar	2 tsp. soda dissolved in
1½ cup butter	4 tbsp. boiling water
1 egg	Enough flour to make a soft dough
½ cup molasses	

Roll out as soft as possible. Bake in moderate oven. Put together when cool with any kind of jam or icing.

Miss Verna Rebenchuk
Erickson, Man., Box 110

JUMBO RAISIN COOKIES

2 cups raisins, 1 cup water. Boil 5 mins. and set aside to cool.
Cream: 1 cup shortening, 2 cups sugar, 3 eggs, 1 tsp. vanilla.

Add cooled raisins (use juice and all). Sift together:

4 cups flour	1½ tsp. cinnamon
1 tsp. baking powder	¼ tsp. nutmeg
1 tsp. soda	¼ tsp. allspice
2 tsp. salt	

Add dry ingredients to raisin mixture. Add 1 cup chopped nuts if desired. Mix well and drop by teaspoonful. Bake at 375 deg. for 12 to 15 mins.
Yield: 5 doz.

Mrs. D. Skubleny

LEMON FILLED COOKIES

¾ cup butter or margarine	2½ cups sifted enriched flour
1 cup sugar	¾ tsp. baking powder
1 egg, well beaten	¼ tsp. salt
1½ tsp. vanilla	Lemon filling (below)

Cream butter or margarine; add sugar gradually and blend ingredients until light. Add egg and vanilla and blend thoroughly. Sift dry ingredients together and stir into creamed mixture. Mix thoroughly and chill dough. Roll out as thin as possible on lightly floured board and cut with a fluted cookie cutter. Place a spoonful of lemon filling on one round; cut two gashes in another round and cover filling. Gently lift points so filling will show. Press edges together and seal with a fork. Place on greased baking sheet and bake in moderate oven 375° F. 8 to 10 mins. to crisp.

VARIATIONS: These cookies may be filled with mincemeat, preserves or a mixture of marmalade, dates and nuts, if desired. Or, for a single cookies, brush the unbaked cookies with beaten egg white, sprinkle with grated almonds and sugar, and bake as directed.

Lemon filling for cookies:

½ cup sugar	1 tbsp. grated lemon rind
2 tbsp. cornstarch	¼ cup lemon juice
¼ tsp. salt	1 tbsp. butter or margarine
¼ cup orange juice	

Mix ingredients together in a saucepan. Bring to a rolling boil and boil 1 min., stirring constantly. Chill before using.

Mrs. S. Ostawsky

MAPLE PUFFS

1 cup brown sugar	1½ tsp. baking powder
2 eggs	½ tsp. soda
½ tsp. vanilla	¼ tsp. salt
½ tsp. maple flavoring	1 cup sour cream
1¾ cups sifted all purpose flour	

Heat oven to 375° F. Lightly grease cookie sheets. Beat sugar and eggs together until well blended. Stir in vanilla and maple flavoring. Sift flour, baking powder, soda and salt together and add to first mixture alternately with sour cream. Drop by small spoonfuls on cookie sheets and bake about 7 mins. or until tops spring back when touched lightly in the centre. Cool on racks and put together with maple creamy filling. Makes about 3 doz.

Maple Cream Filling:

¼ cup soft butter	½ tsp. vanilla
¾ cup sifted icing sugar	¼ tsp. maple flavouring.
1 egg yolk	

Cream all ingredients together until well blended.

Mrs. S. Ostawsky

MARMALADE CARROTS COOKIES

½ cup soft margarine or shortening	2 cups sifted pastry flour
½ cup sugar	½ tsp. salt
1 egg	½ tsp. baking soda
½ cup orange marmalade	½ tsp. grated orange rind
½ cup finely packed shredded raw carrots	½ to ¾ cup bleached raisins or chopped nuts

Beat the margarine, sugar and egg together until light, then add marmalade and shredded carrots. Stir in sifted dry ingredients, orange rind and raisins. Drop by small spoonfuls on greased cookie sheet. Bake at 350° F. for 12 to 15 mins. Makes about 4½ doz.

Mrs. A. Komarnisky
Saskatoon, Sask.

MOLASSES FILLED COOKIES

½ cup soft shortening	3 tsp. baking powder
½ cup sugar	½ tsp. salt
1 egg	1 tsp. ginger
¾ cup molasses	½ tsp. cinnamon
2¾ cup sifted flour	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 and chill. Roll out $\frac{1}{8}$ inch thick on lightly floured board. Cut dough with round cookie cutter about 2 inches in diameter. On bottom part of cookie place about 1 tsp. mincemeat. Slash top of cookie to about $\frac{1}{2}$ inch from sides. Pull back and place over bottom part and filling. Bake at 375 deg. for 10 mins.

Mrs. M. Lysay

ORANGE COCOANUT REFRIGERATOR COOKIES

1 $\frac{3}{4}$ cup sifted flour	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ tsp. soda	1 egg
$\frac{1}{2}$ tsp. salt	1 tsp. grated orange rind
$\frac{1}{2}$ cup Domestic shortening	$\frac{1}{2}$ cup orange extract
$\frac{1}{2}$ cup white sugar	1 cup coconut

Sift dry ingredients. Cream shortening, add sugar and cream well. Add egg. Mix thoroughly. Add dry ingredients, rind and flavouring. Shape into rolls, wrap in foil and chill at least 4 hours in the refrigerator. Slice $\frac{1}{8}$ inch thick. Place on greased sheet and bake in moderate oven (375° F.) for 7 to 8 mins.

Mrs. M. Letawsky

PEANUT BUTTER COOKIES

1 cup soft butter or margarine	2 cups flour
1 cup white sugar	2 tsp. soda
1 cup brown sugar	$\frac{1}{2}$ tsp. salt
2 eggs	1 cup coconut
1 cup peanut butter	

Preheat oven to 375° F.

Cream butter and sugar; beat in unbeaten eggs one at a time; add peanut butter and blend well. Add dry ingredients and mix thoroughly. Mix in coconut. Bake on ungreased cookie sheet, press flat. Bake 12 to 15 mins.

Mrs. E. Huk

PEANUT PUFFS

1 cup butter	1 egg
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ cup white sugar	1 $\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup peanut butter (crunchy)	

Cream butter and sugar gradually adding peanut butter, egg and vanilla. Beat till smooth. Add flour and mix well. Chill the dough for several hours. Form into balls, roll in crushed cornflakes and top with a nut. Bake in a moderate oven.

Mrs. M. Lysay

RASPBERRY NUT BALLS

1 cup butter or margarine	1 tsp. baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. salt
2 eggs, separated	1 cup finely chopped nuts
3 cups sifted flour	Raspberry jam

Cream butter and sugar. Add egg yolks and beat until light. Sift together flour, baking powder and salt. Blend into creamed mixture. Shape dough into 1 inch balls. Dip balls into unbeaten egg whites and then into chopped nuts. Place on baking sheets. Press down centre with thimble or knife handle. Bake in 325° F. preheated oven for 5 mins. Lightly indent centres again. Then bake another 15 mins. Fill centre while cookies are still warm with raspberry jam. Makes 5 doz. cookies.

Mrs. P. Baron

ROLLED CHOCOLATE CREAMS

$\frac{3}{4}$ cup shortening	$\frac{1}{2}$ tsp. vanilla
1 cup sugar	2 $\frac{1}{2}$ cups sifted all purpose flour
2 eggs	1 tsp. baking powder
2 squares 3 oz.) unsweetened chocolate, melted	1 tsp. salt sugar

Cream shortening and sugar together until fluffy. Add eggs and beat thoroughly. Stir in chocolate and vanilla. Sift flour, baking powder and salt together into creamed mixture and blend well. Chill dough several hours or overnight. Heat oven to 400° F. Lightly grease cookie sheets. Roll dough thin ($\frac{1}{8}$ inch) and cut into rounds about 2 inches in diameter. Put on cookie sheets and sprinkle generously with sugar. Bake 6 to 8 mins. or until cookies are set. Cool on racks. Put cookies together in pairs with creamy filling. Makes 3 $\frac{1}{2}$ doz. medium double cookies.

Creamy Filling:

$\frac{1}{2}$ cup soft butter	2 egg yolks
1 $\frac{1}{2}$ cups sifted icing sugar	2 tsp. vanilla

Cream all ingredients together until well blended.

Mrs. S. Ostawsky

SHORTBREAD COOKIES

1 cup butter	$\frac{1}{2}$ cup icing sugar
$\frac{1}{2}$ cup cornstarch	1 cup flour (or more)
vanilla	

Cream butter, add sugar and cornstarch. Work in the flour. Let stand $\frac{1}{2}$ hr. in the refrigerator. Press through cookie press. Bake 10 mins. to brown.

Mrs. Vicky S. Daciuk

SHORTBREAD

1 lb. butter or margarine	3 cups flour
1 cup cornstarch	1½ tsp. vanilla
1 cup icing sugar	

Blend above, one at a time. Chill dough ½ hr. (at least) in refrigerator. Bake 15 to 20 mins. in 300° F.

Mrs. Nancy Melnyk

SHORTBREAD COOKIES

½ cup margarine	4 oz. pkg. Philadelphia cream
¼ cup sugar	cheese
1½ cups flour	Candied cherries

Thoroughly blend margarine, cream cheese and sugar. Add flour, mix well. Shape teaspoons of dough into balls; press a cherry half in the centre of each cookie. Place on greased baking sheets. Bake at 400 deg. for 10 to 12 mins. Cool and sprinkle with icing sugar.

Mrs. M. Gulayets

SHORTBREAD COOKIES

1 cup butter	¼ tsp. nutmeg
½ cup icing sugar	1 egg yolk
½ tsp. salt	2 cups flour

Soften butter slightly, but do not allow to become oily. Stir in sugar, salt, nutmeg, and egg yolk with a wooden spoon. Add flour a little at a time, until mixture is too stiff to work with spoon. Turn onto floured board and knead lightly, drawing in flour all the time until dough just begins to crack. Use cookie press, or roll out dough ¼ inch thick and cut with cookie cutter. Place on an ungreased cookie sheet and bake at 350 deg. for 10 mins. or until lightly brown. Yield: 3½ doz.

Mrs. A. Ostry

SNAPS

1 cup white sugar	2 tsp. baking soda
¾ cup butter	1 tsp. cinnamon
¼ cup molasses	1 tsp. cloves
1 egg	1 tsp. ginger
2 cups flour	Pinch of salt

Cream butter and sugar until creamy. Add egg and molasses and beat until blended. Add dry ingredients and mix well. Form into balls and then dip them in white sugar. Bake for 10 mins. The tops of these will always crack.

Mrs. James Tymchuk

SUGAR COOKIES

2 cups white sugar	2 cups shortening or butter
4 eggs, well beaten	5½ cups flour
6 tsp. baking powder	1 tsp. salt
2 tsp. vanilla	

Cream sugar and butter or shortening. Add beaten eggs. Sift together flour, baking powder and salt and add to creamed mixture. Add vanilla. Roll out and cut with cookie cutter. Bake at 400 deg. oven for 10 mins.

Mrs. S. West

SUGAR CUT OUTS

1 cup shortening (part butter)	1½ tsp. vanilla
½ cup sugar	3 cups sifted all purpose flour
½ cup brown sugar	½ tsp. salt
1 egg	½ tsp. soda
3 tbsps. milk	Thick red jam

Cream shortening, sugar, brown sugar and egg together very thoroughly. Stir in milk and vanilla. Sift flour, salt and soda together into mixture and blend well. Chill dough several hours or overnight. Heat oven to 375° F. Lightly grease cookie sheets. Roll dough ⅓ inch thick and cut in rounds with cookie cutter. Cut centres from half of rounds with a small cutter or thimble. Put 1 tsp. jam on each plain cookie and top with cutouts. Press edges firmly to seal. Put on cookie sheets. Bake about 10 mins. or until nicely browned. Yield: 2½ to 3 doz. medium double cookies.

Mrs. S. Ostawsky

YEAST COOKIES

1 lb. butter	4 cups flour
1 cup sugar	2 egg whites
2 egg yolks	Crushed walnuts
1 cube fresh yeast	

Blend butter and sugar with the egg yolks until smooth; add the crushed yeast (crush the yeast in your hand). Mix well, add the flour and knead. Let stand in refrigerator for a while to chill. Make into little balls using a teaspoon, flatten down. Dip into beaten egg whites and then roll in the crushed walnuts. Bake in a 350° F. oven for 20 mins.

Mrs. A. Shulsky

CANNING, PRESERVING, PICKLING

CANNED CHICKEN

Kill chicken night before. Wash and cut into medium sized pieces. Place the pieces of chicken in a large dish covered with water and pour coarse salt over the meat, about ¾ cup or more. In the morning wash meat a few times and pack in sealers tightly. Add 1 tsp. salt in each jar. Seal tight and boil 4 hrs.

Mrs. L. Holowaty

CANNED SOUP

5 cups celery	4 onions
6 cups peas	4 tbsp. salt
6 cups beans	1 tsp. pepper
8 cups corn	4 qts. boiling water
8 cups carrots	4 cups barley (add at every end)
12 cups tomatoes	

Wash and dice celery. Wash and trim beans and cut into 1 inch pieces. Husk corn in boiling water 5 min. Remove and cut off kernels from the corn cob. Wash and scrape carrots and slice or dice. Scald and peel tomatoes and cut in pieces. Peel and dice onion. Place prepared vegetables in preserving kettle. Add salt, pepper and boiling water. Mix well and bring to a boiling point. Pour into hot jars filling to within $\frac{1}{2}$ inch from top. Also boil for 3 hrs.

Mrs. H. Panchyshyn

HOME CANNED FISH

Clean fresh fish. Wash, drain, well pack into jars. To each qt. add 1 tsp. salt; $\frac{1}{2}$ tsp. vinegar. Seal and process for 3 hrs.

Mrs. Woloshausk, Vernon, B. C.

HOME CANNED FISH

Clean fresh fish. Wash thoroughly, rinse in cold water, drain well. Cut into small pieces and pack into sterilized jars. To each qt. add:

1 tsp. salt	$\frac{1}{2}$ cup tomato juice or
Dash of pepper	tomato soup or use
1 tbsp. lemon juice	$\frac{1}{2}$ cup mazola oil instead
	of tomato juice or soup.

Seal and process for 3 hrs.

Mrs. R. Baron

PICKLED EGGS

Hard boiled number of eggs (at least 36 hrs. old as eggs when they are too fresh, they don't shell with breaking). A qt. sealer holds 10 eggs. Put shelled eggs into sealer. Then make any pickling vinegar you like. Use a cup and one-half on vinegar, a cup of water, $\frac{1}{2}$ tsp. salt, and a little sugar, bag of pickling spices. Then boil it rapidly for 10 min. Remove spice bag and pour over eggs. Seal at once.

Mrs. S. Ostawsky

PICKLED FRESH FISH

Clean fresh fish and wash in 5 to 7 waters. Put 1 tsp. of salt inside each fish and sprinkle a bit of salt over it. Let stand 2 days in the fridge. It makes its own water. Then wash again to rinse most of the salt off. Cut

into desirable pieces. Place into a large jars, in layers — fish, onion, spices and repeat till all is used. Pour vinegar over to cover. Let stand at least 1 week to marinate well.

Mrs. Vicky S. Daciuk

APRICOT JAM

1 basket apricots (6 lbs.) Sugar
6 oranges Apricot kernels (inside of stones)
Large can crushed pineapple

Peel oranges and put the peeling through chopper. Cook gently in small amount of water till tender, chop orange pulp and apricot. Remove kernels from 1 cup of stones and chop. Drain crushed pineapple and add to oranges, apricots, and orange peel. Measure 1 cup sugar to each cup fruit. Cook gently for 1 hr. until thick. Pour into hot sterile jars. Then seal tight.

Miss L. Herasymiuk

BEEF JELLY

1 qt. beet juice 2 pkgs. Grape Kool-Aide
6½ cups sugar 1 bottle Certo

Wash well 15 to 20 medium sized beets, do not skin them. Pour enough water to cover and cook till beets are done. Measure and strain the juice. Pour the juice into a preserving kettle. Add sugar. Boil for 1 min. then add grape kool-aide. Mix well. Add bottle of certo. Boil for 5 min. Do not stir. Remove from heat, set aside then remove the scum. Pour into jars while still hot. Pour wax over and seal.

Mrs. M. Dackiw

CARROT MARMALADE

3 qts. grated carrots
4 large oranges
8 lemons (juice extracted and then rinds chopped and ground fine
1 qt. water added then allow to stand 24 hrs.

Boil slowly for 1½ hr. Add 1 cup sugar to 1 cup boiled mixture. Add 2 envelopes gelatine. Boil for another ½ hr. Seal in hot sterilized jars.

Mrs. Vicky S. Daciuk

CHOCHECHERRY JELLY

Use a few red chokecherries with the ripe ones. Boil berries slowly in enough water to cover until they are soft. Drain through a jelly bag for several hrs. or overnight. To 3 cups juice add 1 box Certo Crystals and 4 cups sugar. Boil hard for 1 min. The jelly will begin to form and stick to the spoon. Pour into sterilized jars, cover with melted wax and seal. For stronger flavor add ½ tsp. almond extract before pouring.

Mrs. A. Ostry

CRABAPPLE & GRAPE JELLY

5 cups crabapple juice 8 cups sugar
3 cups grape juice 1 box Certo Crystals

Mix Certo with juice. Bring to rolling boil. Add sugar. Boil for 1 min. Pour in sterilized sealers and seal (in pints or bottle).

Mrs. P. Stosky

GRANDMA'S RHUBARB JAM

1 lemon (whole) sliced thin $\frac{1}{2}$ cup sugar
3 oranges (whole) sliced thin 3 cups rhubarb
 $\frac{1}{2}$ lb. figs (chopped fine)

Mix all together and let stand overnight. Then in the morning cook it and put in sterilized jars and seal tight.

Mrs. M. Korbyl

JELLO RHUBARB JAM

7 cups rhubarb (cut small) 5 cups sugar

Mix the two above and let stand overnight. Next day bring to a boil and simmer 7 min. Remove from heat, add 2 pkg. raspberry or strawberry jello. Stir for 1 min. Pour into sterilized jars. Seal with parafin wax if desired.

Mrs. M. Korbyl

PRUNE JELLY

2 $\frac{1}{2}$ cups bottled prune nectar 1 box powdered fruit pectin
 $\frac{1}{2}$ cup lemon juice 5 $\frac{1}{2}$ cups sugar

Measure prune nectar and lemon juice into large kettle. Stir in pectin. Set over high heat and stir constantly until boiling. Add sugar, bring to a full boil and boil hard 1 min., stirring constantly. Remove from heat skim off foam with metal spoon and pour quickly into sterilized jelly glasses. Cover immediately with $\frac{3}{8}$ inch hot parafin. (Makes about 7 medium glasses).

Mrs. S. Topechka

SASKATOON & RHUBARB JAM

2 lb. juicy saskatoons 4 lbs. sugar (or more)
2 lbs. rhubarb 1 or 2 pkgs. crystal certo

Clean the rhubarb, wipe with paper towel. Cut the rhubarb into $\frac{1}{4}$ inch pieces. Put half of the sugar on the rhubarb, over night and cover the pot. In the morning, put the rhubarb on the stove, and put the rest of the sugar in the mix. Cook the rhubarb, and in the meantime mash the saskatoons

well and add to the rhubarb and mix. (Sample to see if more sugar is desired). Add certo and bring to a rolling boil and boil until jam has thickened. Pour into sterilized jars.

Mrs. Lillian Holowaty

FRUIT PRESERVING (OPEN KETTLE)

Crab Apples: 2 cups water to 1 cup sugar. Boil syrup, take off heat add the crab apples and place them on low heat until each crab apple is cracked. Add $\frac{1}{4}$ tsp. soda to chill sourness.

Peaches: $1\frac{1}{2}$ cups sugar to 3 cups water or less. Boil syrup 5 min. Add peaches and cook for 2 min.

Plums: 1 cup sugar to 4 cups of water. Boil syrup and add plums, when they are cracked, they are ready.

Cherries: 1 cup sugar to 6 cups of water. Boil syrup 2 min. Then add the cherries, when the cherries are cracked, they are ready.

Pears: 7 cups water to 2 cups sugar. Boil syrup for 5 min. Add pears and bring to a boiling point.

Wash your fruit first in a few waters. Put the fruit in the kettle to boil. When your fruits have boiled and are ready, pour the fruit into hot sterilized sealers and seal tight. More or less sugar can be added for these fruits.

FREEZING VEGETABLES

When scalding vegetables the time begins when the vegetables are first immersed in boiling water. Over scalding is a much less serious mistake than underscalding.

Beets: Select small, tender beets, cook until done, cool, then remove skins, slice or dice and pack in containers.

Beans: Wash and cut into lengths, about 1 inch. Scald $3\frac{1}{2}$ min. Pack in the containers.

Carrots: Harvest carrots after a period of cool weather, but before roots become woody. Small immature roots harvested during hot weather usually are not of good quality when frozen. Prepare carrots as for cooking. Scald for $3\frac{1}{2}$ min. Pack in containers.

Corn: Select only small and medium sized ears. Scald for 8-11 min. Corn should be partially defrosted before cooking. Serve immediately.

Mushrooms: Wash, trim base of stem. Cut the larger ones. To prevent darkening, add citric acid, 1 tsp.; or lemon juice 6 tsp. per qt. of water used for scalding. Scald 3-4 min.

Peas: Handle peas before they become warm. Scald for $1\frac{1}{2}$ min.

Rhubarb: Wash, pack and add sugar if desired.

Spinach: Wash the spinach well and scald it for 3 min.

As soon as scalding is finished, quickly chill the vegetables in clean cold water. When cool, pack into suitable containers. Place in freezer as soon as it is packed.

SUNSET JAM

Wash, peel and core 2 lbs. ripe pears. Chop very fine or crush. Place in preserving kettle and add:

1 cup canned crushed pineapple
¾ cup drained chopped marashino cherries
7½ cups sugar
Juice of 1 lemon

Mix well. Place over high heat and bring to a boil stirring constantly. Boil hard for 1 min. stirring constantly. Remove from heat. Stir in 1 bottle (6 oz.) fruit pectin. Stir and skim for 5 min. Ladle into hot jars.

Mrs. Joan Broda

B. C. PEPPER RELISH

12 Red Peppers	1 cup Vinegar
12 Green Peppers	2 cups Sugar
12 Onions	3 tbsp. Salt

Chop pepper and onions. Cover with boiling water and let stand 5 min. Drain. Add vinegar, sugar and salt and boil mixture 5 min. Pour into hot jars. Seal immediately.

M. Moloshausky, Vernon, B. C.

BEET RELISH

Wash 12 large beets, cook, remove skins. Grate finely or put through food chopper. Wash, scrape and put through food chopper, enough horse radish to make 3 cups. Mix well with ground beets. Make a brine of:

1 tsp. salt	2 cups vinegar
2 cups water	1 cup sugar, or more if desired

Bring to boil, and pour to beet mixture. Mix well and pack into sterilized jars. Seal tight. Place jars in boiler of hot water and boil for 20 min.

Mrs. N. Karchut

BEET RELISH

4 cups shredded or cooked chopped beets	4 tbsp. drained horse radish
4 cups shredded or chopped raw cabbage	2¾ cups cider vinegar
1 onion, chopped	2 cups sugar
	1 tbsp. salt
	1 tsp. dill or celery seed (optional)

Mix the beets, cabbage, onion and horse radish together and pack into 4 or 5 pint sealers. Measure remaining ingredients together and bring to a boil. Boil 2 or 3 min., then pour slowly over the vegetables. Insert a knife into the centre of each jar and work back and forth to remove air bubbles and to make sure vegetables are covered with liquid. Fill to overflowing, then seal and store in a cool place. Makes 4-5 pints.

BEET PICKLES

Pick the beets, cut the ends and wash them. Pack them in a canner and cook them. When cooked, drain the water and pour cool water to cool them. Peel the skin off them. Wash in water and put the beets in a large dish.

Boil: 8 cups vinegar, 7 cups water, 5 cups sugar, salt to taste.

Whole mixed spice tied in a bag. When the ingredients are boiling, take the spiced bag out and pour the beets and bring to a boil. Then pour in hot jars and seal. Small beets are best, but if they are large they would have to be quartered.

Mrs. L. Holowaty

BEST CRISP PICKLES

4 qts. sliced cucumbers	$\frac{1}{2}$ cup coarse salt
6 med. sliced white onions	3 cups white vinegar
3 cloves garlic	$3\frac{1}{2}$ cups sugar
1 green pepper	$1\frac{1}{2}$ tsp. tumeric
1 sweet red pepper	$1\frac{1}{2}$ tsp. celery seeds

Slice cucumbers thin. Add sliced onions, garlic, peppers. Cut in thin slices. Add salt, cover with cracked ice, mix well. Let stand for 3 hrs. Drain. Combine remaining ingredients, boil then pour over cucumber mixture. Bring to a boiling point. Pour in sterilized jars. Makes 8 pints.

Mrs. L. Holowaty

BREAD AND BUTTER PICKLES

25 med. cucumbers, sliced	2 tsp. cassia buds (optional)
12 onions, sliced	1 qt. vinegar
$\frac{1}{2}$ cup salt	2 tsp. mustard seed
2 cups sugar	2 tsp. celery seed
2 tsp. tumeric	

Soak cucumbers and onions in ice water with salt for 3 hrs. Combine remaining ingredients and bring to a boiling point. Add cucumbers and onions and heat for 2 min. Do not allow to boil. Fill clean sterilized jars.

COLORFUL PICKLES

8 cups small onions	8 cups cauliflower
8 cups cucumbers	1 tbsp. pickling spice
8 cups red and green peppers	8 cups sugar
8 cups vinegar	8 cups small carrots

Peel onions, cube cucumbers and carrots, or leave them whole if small, or cut them lengthwise, separate cauliflower and cut the peppers into thin strips.

Soak vegetables in brine made from 4 cups water and $\frac{1}{2}$ cup salt. Drain and rinse in the morning.

Bring carrots and cauliflower to a boiling point, being careful not to overcook. Drain.

Cover all vegetables with a hot syrup made from sugar, pickling spice (tied in bag) and vinegar. Bring to boiling point. Pack into sterilized jars and seal immediately.

Mrs. John Koziak

CORN RELISH

1½ qt. corn	1 cup water
1½ qt. ripe tomatoes	1 tsp. tumeric
1 qt. onions	1 tsp. celery seed
4 cups sugar	1 tsp. flour
1 tbs. salt	1 tbs. mustard
3 cups vinegar	Few red peppers

Remove corn from cob and measure. Peel and cut onions. Chop tomatoes, onions and peppers fine and add these to corn. Add sugar, salt, vinegar, water, tumeric and celery seed. Cook till all are very tender. Make paste with flour and mustard, some vinegar reserved from the above. Stir into relish and cook about 5 min. Then seal hot.

Mrs. P. Ozubko

DILL PICKLES

6 qts. water	1 cup salt (pickling)
1 qt. vinegar	3-4 tbs. pickling spice

Wash the cucumbers thoroughly. Pack in the bottom of the jar dill, garlic and a horse radish leaf; then pack the cucumbers. Boil the brine and pour over the cucumbers in the jars that are packed. Seal them and they keep very well.

Mrs. H. Panchyshyn

DILL PICKLES

½ carrot at the bottom and half on top, some garlic. 4 bay leaves on top of cucumbers, and some dill.

2 tbs. salt	1 cup vinegar
½ cup brown sugar	4 cups water

Boil the above 4 ingredients and pour over cucumbers that are packed in sealers. Put sealers in hot water till cubes turn light brown. Enough liquid for 2 big jars.

Mrs. Olga Kostersky

DILL PICKLES

Boil 8 qts. of water and then set aside to chill. Give pickling salt and taste if it's a little saltier than you use for food. Wash cucumbers in cold water. Pack the cucumbers in sterilized jars. Put dill, bay leaves and garlic at the bottom of the jars. In each jar include 1 carrot with the cucumbers.

When the water is cool, pour over the cucumbers in the jars a little dill on top, bay leaves, garlic, and seal very tight. Keep them for about a week or two, then store them.

Mrs. Lillian Holowaty

DUTCH PICKLES

Chop together:

1 qt. peeled cukes	1 small cabbage
1 qt. green tomatoes	6 small peppers (3 green, 3 red)
1 qt. onion	1 qt. celery
1 large cauliflower	

Put salt over the above and pour enough hot water to cover the mixture. Let stand for $\frac{1}{2}$ hr. Drain. Prepare dressing.

10 tsp. mustard	1 qt. vinegar
1 tsp. tumeric spice	1 cup flour
2 lbs. brown sugar (or white)	

Boil together about 20 mins, or until done. Pour in sealers and seal.

Mrs. H. Panchyshyn

FRENCH PICKLES

2 qts. cucumbers 2 qts. cabbage 2 qts. onion

Chop fine, pour on hot brine using $\frac{3}{4}$ cup salt. Let stand overnight.

Dressing:

1 pt. vinegar	2 tbsp. curry
1 $\frac{1}{2}$ cups water	1 cup plus 2 tbsp. flour
4 $\frac{1}{2}$ cups white sugar	

Boil it for 15 min. Mix and then pour in sealers and seal.

Mrs. N. Dudak

MUSTARD PICKLED BEANS

Take 4 qts. beans, wash, string cut in one inch pieces and boil in salted water until tender. Drain well.

Make dressing of 3 cups sugar, $\frac{1}{2}$ or $\frac{3}{4}$ cups flour, $\frac{1}{2}$ cup or less mustard, 1 tbsp. celery seed, 1 tbsp. tumeric, 3 cups white wine vinegar.

Boil until thick, then pour beans in and mix well. Then pour in hot sterilized sealers and seal tight.

Mrs. Lillian Holowaty

NINE DAY PICKLES

Brine: 1 $\frac{1}{2}$ cup salt, 1 gallon water.

Put in crock 3 qt. peeled white onions, 3 qts. cucumbers. Cut into desired size and 3 qt. cauliflower. Cover with hot brine. Let stand 3 days.

Fourth day — Boil same brine and pour over vegetables.

Seventh day — Drain vegetables, wash and cover with $\frac{1}{2}$ vinegar and $\frac{1}{2}$ water and 1 tsp. alum.

Eight day — Drain off all liquid and make a syrup of 1 qt. vinegar.

4 lb. sugar	1 oz. pickling spice
1 oz. celery seed (in a bag)	pinch of salt to taste

Boil all this. Take out spice bag and pour over vegetables.

Ninth day — Drain vegetables and put in a pot. Boil syrup that you drained, pour over vegetables and pour in jars and seal.

Mrs. Lillian Holowaty

PICKLED YELLOW BEANS

Brine: 1 cup vinegar, 1 cup sugar, 1 cup water.

Wash and trim ends of tender yellow beans. Cover with water and bring to a boil. Add enough salt to a taste. Simmer for 1-15 mins. Pack in hot sterilized jars. Pour boiling brine over and seal at once.

Mrs. N. Melnyk

PORK AND BEANS

10 lbs. beans	2 cans tomatoe ketchup
1 $\frac{1}{4}$ cups brown sugar	$\frac{1}{4}$ tsp. dry mustard to each qt.
2 tbsps. molasses	1 tsp. black pepper
4 cans tomatoe soup	

Soak beans overnight. Next day cook until skins break, but not mushy. Mix all the rest of the ingredients in together with the beans. Put a piece of pork in each sealer along with the beans and proceed boiling for 4 hrs. It will make about 16 qts.

Mrs. M. Korbyl

RED TOMATO RELISH

$\frac{1}{2}$ basket red tomatoes	2 cups chopped apples
2 cups onions chopped fine	1 green pepper
1 cup celery	1 red pepper

Put all this through food chopper and put in a large poet. Add:

2 $\frac{1}{2}$ cups vinegar	1 tsp. cayenne pepper
Salt to taste	1 tsp. mixed spices
3 cups white sugar	(tied in a bag)

Boil 2 hrs. from boiling point. Put in pint size jars and seal.

Mrs. Joan Broda

RIPE TOMATO RELISH

20 large ripe tomatoes (blanced and diced)	2 tbsps. whole spice (place in cloth bag)
8 peaches (blanced and diced)	1 tsp. ground cinnamon
8 pears (peel and diced)	3 tbsps. salt
5 onions (peel and diced)	6 cups white sugar
2 red peppers (diced)	1 ot. white vinegar

Combine all above ingredients. Boil slowly from 2-3 hrs., stirring frequently. Put into pint sealers and seal tightly.

Mrs. A. Solar

SANDWICH SPREAD

6 cucumbers	3 onions
1 green pepper	1 red pepper
$\frac{1}{2}$ cup butter	1 tbsp. flour
cider vinegar	$\frac{1}{2}$ cup cream
1 tsp. celery seed	$\frac{1}{2}$ cup sugar
2 eggs	

Peel cucumbers and onions. Remove the seeds from peppers, 1 tbsp. mustard, and white membrane.

Put through food chopper and sprinkle with salt. Let stand overnight, then drain well. Cover with cider vinegar slightly deluted if it is strong. Bring to a boil and add the other ingredients made into a sauce as follows: Beat eggs and add the sugar and flour, then the melted butter. Cook in a double boiler until thick. Then add the cream and seasonings and stir well. Add to the vegetables mixture and bring to a boil. Seal and store in a cool place.

Mrs. H. Panchyshyn

SAUERKRAUT

10 lbs. shredded cabbage	10 whole bay leaves
$\frac{1}{2}$ cup coarse pickling salt	2-3 tbsp. whole pickling spices

Remove discolored leaves from fresh firm cabbage. Wash the cabbage in cool water, and shred medium fine. Sprinkle with salt, bay leaves and mix well, pressing lightly in hands until the cabbage appears moist. Pack the shredded cabbage tightly into sterilized sealers, so the juice rises to the top of each sealer. Check in a day or two if the juice is to the top of each sealer or not, you could wait a day or so, then if there is not enough juice, pour some cold water to the top. Keep on checking. Have the sealers covered with a tea towel. In a week or so you see the cabbage is on the sour side, then seal the sealers and store them. The best time to shred cabbage is when it is just cut out from the garden. Then the cabbage has its own juice and is tastier.

Mrs. L. Holowaty

SMALL PICKLED ONIONS OR CAULIFLOWER

2 qts. (approx. 3 lbs.) small silver skinned onions	1 qt. white wine vinegar
$\frac{1}{2}$ cup salt	1 cup sugar
	2 tsp. mixed pickling spices

Pour boiling water over onions, set aside to cool. When cool enough to handle the papery outer skin can easily be removed. Let stand overnight in a brine using the $\frac{1}{2}$ cup salt with enough water to cover. Drain and rinse thoroughly. Bring to boil the vinegar, sugar and spices tied in a bag. Boil

for a min. or two. Remove spieces, put in onions. Just bring to the boil and pack in sterilized jars. Seal immediately.

N. B. Cauliflower pieces are delicious pickled the same way and if desired it may be mixed with the onions.

Mrs. S. Ostawsky

SWEET HAMBURGER RELISH

Cut into small pieces and measure, then put through food choppers.:

2 qts cucumbers	2 qts celery
2 qts. cabbage	2 qts. onions

Sprinkle with $\frac{1}{2}$ cup pickling salt all vegetables that have been ground up. Let stand overnight, then drain thoroughly.

Dressing:

4 $\frac{1}{2}$ cup vinegar	2 tbsp. celery seed
6 cups sugar	2 tbsp. mustard seed
4 tbsp. tumeric	$\frac{3}{4}$ cup flour

Make a paste, bring to a boil, and add vegetables and add 2 red and 2 green peppers (chopped). Boil together 5-8 min. Stir constantly. Put into jars immediately and seal.

Mrs. Jean Kobitowich

SWEET CUCUMBER RELISH

2 cups chopped onions	6 cups sugar
12 cups chopped cucumbers	2 tbsp. mustard seed
1 large stalk celery chopped	1 tbsp. celery seed
2 cauliflowers cut in fine pieces	$\frac{3}{4}$ cup flour
3 med. red peppers	$\frac{1}{2}$ cup mustard
1 qt. vinegar	1 tbsp. tumeric

Chop all the vegetables very fine (cauliflower left separately in a dish). Sprinkle all vegetables with $\frac{1}{2}$ cup salt and let stand overnight. In the morning drain well. Combine vegetables in a kettle, add vinegar, celery seed and mustard, seed optional. Mix sugar, mustard and tumeric, add to flour and stir this well together moistening with vinegar. Add to the vegetables which were cooked for 15 mins. stirring constantly. Simmer until thickned. Pour into sterilized jars and seal at once.

Mrs. N. Melnyk

SWEET MIXED PICKLES

13 cucumbers	2 qts. vinegar
3 heads cauliflower	2 qts. water
3 cups sugar	$\frac{1}{2}$ cup mixed spice
2 lbs. pickling onions	3-4 tbsp. salt

Clean the pickling onion and cauliflower, cucumbers and wash very clean. Then chop up and sprinkle salt over vegetables. Let stand overnight. Drain off brine. Scald vegetables in vinegar and water. Then drain and add vegetables, vinegar, sugar, spices and boil together.

Syrup:

1 qt. vinegar, 3-4 lbs. brown sugar or to taste, 1 tbsp. mixed spice
Tie the mixed spices in a cheese cloth and bring the brine to a rapid boil for about 5 min. Take spice bag out and pour the brine over the vegetables and simmer for about $\frac{1}{2}$ hr. Pour in sterilized jars and seal at once.

Mrs. H. Panchyshyn

THOUSAND ISLAND PICKLES

8 large cucumbers	1 large cabbage
12 large onions	2 red peppers
$\frac{1}{2}$ cup salt	

Cut above very fine or coarsely through a chopper. Sprinkle with salt. Add 5 cups water. Let stand 1 hr. Drain.

Dressing:

4 cups vinegar	$\frac{3}{4}$ cup flour
4 cups water	2 tsp. dry mustard
5 cups white sugar	2 tsp. tumeric
1 tbsp. celery seed	

Mix flour, mustard, tumeric, moisten with cold vinegar. Heat remainder with sugar and celery seed. Add flour mixture and cook. Add vegetables and boil 20 mins. Serve this as a relish or very good on sandwiches.

S. F. Kurylo

TOMATO KETCHUP

6 qt. sliced red tomatoes (about 9 lb.)	1 cup cider vinegar
4 red peppers	1 $\frac{1}{2}$ cups sugar
5 large onions	2 tbsp. salt
1 stalk celery	$\frac{1}{2}$ cup whole mixed pickling spices

Simmer sliced tomatoes until soft, about $\frac{1}{2}$ hr. Place in sieve or colander. Drain off juice. Put peppers, onions, and celery through food chopper. Add to tomato pulp. Simmer 1 hr. and press through fine sieve. Add vinegar, sugar, salt and spices tied in a cheesecloth bag. Simmer 1 $\frac{1}{2}$ to 2 hrs. or until thick. Turn into hot, sterilized jars. Seal at once. Makes about 2 pts.

TOMATOES

Select firm, well-ripened tomatoes. Wash. Scald, plunge in cold water to peel and remove cores. Quarter. Cold rack: pack tomatoes solidly into containers. Add $\frac{1}{2}$ tsp. salt to each pint. When packing tomatoes in glass jars, leave $\frac{1}{2}$ inch head space. Set in boiling water and keep there until contents in centre of container are at least 160° F. Seal the jars and process

in boiling water bath, pint jars 35 min. qt. jars 45 min. No. 2 or No. 2½ cans 45 mins.

Hot Pack: Heat slowly to boiling point. Boil 2 min. Pack into containers. Allow 2½ to 3 lbs. for each qt. jar.

TOMATO JUICE

Select firm, ripe tomatoes. Wash well, remove cores and cut into small pieces. Season, if desired. Simmer until soft. Put through a fine sieve. Bring to boiling point. Fill jars or tin cans. Process in boiling water bath, pint or quart jars.

TOMATO RELISH PICKLES

1 qt. green tomatoes	6 cups sugar
1 qt. cucumbers	2 tsp. celery seed
1 qt. cabbage	2 tbsp. salt
1 qt. onions	2 tbsp. tumeric
1 qt. vinegar-white	4 tbsp. dry mustard

Cut up all vegetables fine. Add remaining ingredients to the vegetables and boil for one hr. Mix ¾ cups flour with a little sugar and water to make a thin paste and pour into relish until thick. When done pour relish into hot sealers and seal at once.

Mrs. Lillian Holowaty

PICKLED BEETS

Pick the beets, cut the ends and wash them. Pack them in a canner and cook them. When cooked, drain the water and pour cool water to cool them. Peel the skin off them. Wash in water and put the beets in a large dish.

Combine: 2 cups vinegar, 1 to 1½ cups sugar (white and half brown), 2 cups water, 1½ tbsp. whole mixed spices.

Tie mixed spices in a bag or cheese cloth and boil for 5-10 min., then take out spices. Pour the beets in the brine and boil for 5 min. Pack in jars and seal at once. One recipe makes about 7 or 8 pints.

Mrs. P. Stosky



EASTER CUSTOMS

Many of the more popular Ukrainian Easter customs are connected with the Easter table. The Easter table is covered with an embroidered tablecloth. A round bread or a Paska is placed in the centre of the table. On each side of the Paska, a Babka, an Easter bread made of more delicate dough, is placed. Both the Paska and the Babkas are decorated with periwinkle leaves. The other foods are then placed on the table — roasted suckling pig with a horseradish in its mouth (or a baked ham), a loaf of cottage cheese, butter (often molded in the form of a lamb), a sausage, a few shelled hard-boiled eggs, a number of many-colored Easter eggs (krashanki), a few intricately designed Easter eggs (pysanki), a fruit cake (pereklanets), a cheesecake, and other Easter pastries. Except for the pastry, most of this food is placed in baskets covered with richly embroidered napkins and taken to church on Easter Saturday to be blessed. In favourable weather, the solemn Easter blessing is performed outside. The priest and his assistants pass in procession beside the waiting multitude blessing the food and faithful as the bells ring and the church choir sings joyous Easter hymns. The faithful greet each other with the traditional "Christ is risen" (Khrystos Voskres) and reply "He is indeed risen" (Voistyno Voskres). It is also customary to exchange Easter eggs with this greeting.

Many people from early times painted Easter eggs in gay colours as a sign of Easter joy. Hard-boiled eggs stained in plain vegetable dye colors are called "Krashanki" in Ukrainian. After being blessed, the coloured krashanki are given as gifts to the boys and girls who happily run about greeting the owners of the food baskets with "Christ is risen" for which each receives a krashanka as the anticipated reward. Having acquired a number of colorful "treasures", the children begin various Easter games such as krashanka-pecking or krashanka-knocking.

The Ukrainians also paint Easter eggs called "Pysanki". Each pysanka, an egg painted in a most distinctive manner and with unusual ornamentation, is a masterpiece of original design and exquisite workmanship. The symbols used most are the sun (for good fortune), the rooster or hen (for fulfillment of wishes), the stag or deer (for good health), flowers (for love and charity), and geometric designs, rhombic and square checkerboards, dots, wavy lines and ribbons (as decorative patterns).

Immediately after the church service, people return home to break the long fast with an Easter breakfast of blessed and other foods. The meal begins with Easter grace. Before sitting down to breakfast, the father cuts the shelled hard-boiled eggs which have been blessed in church, and solemnly gives a small piece to each member of the family and the guests, wishing each one a holy and happy feast, and expressing the hope that all may be present at next year's Easter breakfast. When all have eaten this morsel in silence, the mother cuts the paska, and thus begins the first meal of the Easter season.

Traditionally, the foods for Easter breakfast were served cold, but where there is a marked preference for hot meats, some of the dishes may be served either hot or cold.

Some suggested dishes for Easter breakfast:

1. The blessed hard-boiled egg
 2. The blessed Paska and Babka
 3. Blessed butter
 4. Roast pork or baked glazed ham
 5. Sausage (kovbasa)
 6. Headcheese (studenetz)
 7. Kyshka (Buckwheat sausage)
 8. Cottage cheese
 9. Potato salad
 10. Grated horseradish, relish of beets and horseradish
 11. Dill pickles
 12. Cheesecake, syrnyk, tortes, and other Easter pastries.
- Beverages.

EASTER PASKA

3 tbsp. yeas, 6 cups warm water. Set then add remaining ingredients:

15 egg yolks	1½ cup seedless raisins
1 cup sugar	¼ lb. mixed fruit
1½ tsp. salt	Approximately 12 cups flour,
1 cup butter	very soft dough

Mix and let rise until double in bulk. Punch down and let rise again, then make into desired loaves. Let rise and bake in oven 350° F. for 1 hr. 15 mins.

Mrs. M. Koska

PASKA

4 cups scalded milk	1 cup mazola oil
1 cup lukewarm water	13 eggs (separated)
2 squares fresh yeas or	1 tbsp. salt
3 pkgs. granulated yeast	Juice and rind of 1 lemon
1 cup butter	Enough flour to make soft dough

Dissolve 1 tsp. sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 mins. Beat yolks until light and creamy, adding ¼ cup of sugar at a time. Put all ingredients in a large bowl, and add enough flour to make a soft dough. Beat egg whites till stiff. Add to dough and about 2 cups flour and knead for 10 to 15 mins. Let rise. Punch down once, and let rise again. Shape into leaves and place in greased pans. Let rise till double in bulk. Bake in 375° F. oven for 10 mins., then 275° F. till it is done.

Mrs. H. Panchyshyn

BABKA or PASKA

8 yolks	2 whole oranges rind and juice
2 whole eggs	1 tsp. salt
Beat with 1½ cups of sugar	½ qt. milk scalded
2 pkgs. yeast	¼ lb. butter or margarine, melted
1 lemon rind	1 cup raisins

Dissolve 1 tbsp. sugar in 1 cup of lukewarm water and sprinkle yeast over it. Let stand 10 to 15 mins. Beat egg yolks and whole eggs until light. Then add sugar gradually while beating. Add salt, rind, juice, butter and milk. Stir in just enough flour to make a soft dough. Knead the dough until smooth. Finally add the raisins and knead for another 5 mins. Cover and let rise in a warm place, until double in bulk. Punch down, knead a few times and let rise again. Prepare tall lard, juice or jam tins. Brush them with cooking oil then line with wax paper (buttered). Fill the tins a little better than ½ full as the dough more than doubles in bulk. Just before putting in the oven brush with beaten egg and 2 tsp. sugar. Bake in 375° F. for 10 mins. Then 275° F. till done. Remove from oven, glase with sugar dissolved in water and let set in pans for 10 mins. Remove from pans and put it on a soft surface, so it does settle.

Mrs. N. Kowal

BABA AU RUM (I)

2 tsp. sugar	½ cup melted butter
½ cup lukewarm water	½ tsp. salt
2 pkg. of yeast	½ lemon rind
½ cup scalded lukewarm milk	1 tsp. vanilla
5 or 6 eggs	3 cups sifted flour
½ cup sugar	

Dissolve sugar and yeast in water. Let stand until soft. Combine milk and flour. Beat thoroughly. Let rise in warm place until light and bubbly. Beat eggs well, adding the sugar gradually. Stir into sponge. Add remaining ingredients, except flour. Mix well. Stir in the flour and beat well with spoon or beater. Cover and let rise until double in volume. Punch down and let rise again. Prepare very large tube pan. Butter generously and sprinkle with fine bread crumbs. Fill pan ¼ full. Let rise in warm place until the batter has tripled in volume. Bake at 350° F. for 10 mins. then 300° F. 30 to 40 mins. Remove from pan and place in large flat plate. Pour rum sauce over.

Rum sauce (1): Boil 1 cup sugar, 1 cup water and ¼ cup rum.

Rum sauce (2): Boil 1 cup sugar, 1 cup strong tea and ¼ cup rum.

Mrs. S. Zacharko

BABA AU RUM (II)

1 yeast cake	½ cup sugar
¼ cup lukewarm water	½ cup butter
¼ cup scalded and cooled milk	½ tsp. salt
2 cups sifted flour	Juice and rind of 1 lemon
3 eggs, beaten	

Soften yeast in water; stir and combine cooled milk; add ½ flour and 1 tbsp. sugar; beat until smooth. Cover and let rise in a warm place about

1 hr. or until double in bulk. Cream butter, adding remaining sugar gradually, beat until light and creamy. Add salt, rind, juice and beaten eggs; beat thoroughly. Add remaining flour and yeast mixture; beat 15 mins. by hand or 5 mins. at No. 5 speed on the electric mixer. Pour in greased tube pan of 2 qt. capacity. Cover, let rise 1 hr. or until double in bulk. Bake in 350° F. oven for 40-50 mins. Remove from pan to cake rack; brush top and sides with Apricot Glaze: Soak $\frac{1}{2}$ lb. apricots overnight in water to cover. Drain and force apricots through sieve. Measure and add an equal amount of sugar. Place on low heat and bring slowly to boil; boil 5 mins., stirring constantly. Makes 1 $\frac{3}{4}$ cups of glaze.

NOTE: If all is not used, store in covered container in refrigerator. When ready to use again, warm slightly to make spreading easier. This glaze can be used under the frosting of petit fours and other decorated cakes because of its smooth surface finish.

Baba sauce: 1 cup sugar, 1 cup strong tea or water, $\frac{1}{4}$ cup rum. Boil syrup of sugar and tea, or water, for 5 mins. Cool. Add rum. Pour over glazed baba.

Rum sauce: $\frac{1}{2}$ cup melted warm honey, $\frac{1}{2}$ cup rum. Combine and pour over baba.

Mrs. M. Muzeka

BABY BABAS

Bake individual babas in muffin or tart pans. Fluted gelatin molds make very pretty babas. Glaze when cool; pour honey-rum sauce over, sprinkle with ground almonds.

BABKA

10 cups all purpose Robin	1 tsp. salt
Hood flour	$\frac{3}{4}$ cup melted butter
18 egg (4 whites, 18 yolks)	$\frac{1}{2}$ cup lukewarm water
3 pkg. dry Fleischmann's yeast	1 cup milk scalded and cooled
1 cup sugar	

Beat 4 whites stiff, gradually adding 4 yolks at a time beating well after each time until all the yolks are used up. Add 1 cup sugar to the eggs beating little. Soak yeast according to the pkg. and add to the eggs. Add 1 $\frac{1}{2}$ tsp. vanilla, juice of 1 lemon, rind of 1 lemon, milk and water. You can substitute orange juice for water. Add flour gradually and mix lightly for 15 mins. Add melted butter and mix lightly for about 30 mins. or until done. Let it rise only once and put very small amount of dough in pans. Bake in a slow oven 250° F. for $\frac{1}{2}$ hr. then increase to 300° F. until baked.

Mrs. M. Shenduk

BABKA

3 pkg. yeast	14 cups flour or more
1½ cup water	1½ cups butter or oil
3 tbsp. sugar	1¾ cups raisins
4 cups boiled water, cooled to lukewarm	1½ tsp. almond flavoring
18 large egg yolks	Grated rind of 2 oranges
2½ cups icing sugar	Juice of 1 orange
3tsp. salt	Saffron

Soak saffron in 1½ or 2 cups of water overnight.

Dissolve 3 tbsp. sugar in 1½ cups lukewarm water and sprinkle yeast over it. Let stand 15 mins. Add 2 cups of flour, beat with a wooden spoon. Set in a warm place to rise until light and bubbly. This takes only about ½ hr. In the meantime, beat egg yolks until light adding sugar gradually while beating. Add salt, butter or oil, flavouring and orange rind. All ingredients should be at room temperature. Add the eggs mixture to yeast mixture. Add the remaining flour, mixing as you add, first with spoon and then by hand. Stir in just enough flour to make a soft dough. Knead dough for at least 15 mins., add raisins and knead for 5 mins. longer. Let rise in a warm place until doubled in bulk. Punch down and knead a few times and let rise again until doubled. Prepare tall round baking tins by brushing them well with cooking oil, or line with buttered wax paper. Fill the tins just a little better than ½ full as the dough more than doubles in bulk. Brush the babka with beaten eggs and a little milk or cream. Let rise in a warm place. Bake in 325° F. oven for about 40 mins. The baking period depends on the size of the loaves. Remove the babka from oven and let stand in tins for a few minutes. Tip each loaf gently from the pan into a cloth covered with heavy towel. Never cool babka on a hard surface as it may fall or settle. Also change positions when cooling to prevent settling.

Mrs. L. Holowaty

LAYERED BABKA

3 fresh yeast cakes or 3 pkg. fast rising yeast	2 tbsp. sugar
4 tbsp. flour	½ cup boiled milk

Mix flour, sugar together. Crumble yeast cakes into it and then add boiled milk, cooled to lukewarm; set aside to rise about 15 mins. If using fast rising yeast dissolve first in warm milk then add to flour mixture.

1 cup butter	½ tsp. salt
½ cup sugar	½ cup milk
2 eggs	10 egg yolks
1 lemon rind, grated	6 cups flour

Cream butter and sugar until creamy. Add eggs one at a time and beat well after each addition. Add rind, salt, and milk. Beat egg yolks until frothy and lemon colored. Add to yeast sponge and mix well; combine with butter mixture and blend well. Mix in flour and knead well until smooth. Set aside in warm place and allow to rise until double its bulk. While dough is rising prepare the following filling:

1. Wash and drain well $\frac{1}{2}$ lb. dried apricots, cut finely, $\frac{1}{2}$ lb. mixed glazed fruits, combine the mixture well, set aside.

2. $\frac{1}{2}$ lb. dates, cut into 4 pieces, $\frac{1}{2}$ cup ground walnuts. Place dates in bowl and cover with boiling water. Let stand for 3 to 4 mins. Drain, put through thick sieve. Mix well with walnuts, set aside. Grease 3 large pyrex loaf pans very generously. Divide dough into 3 parts, divide each third into 4 parts. Take each $\frac{1}{4}$ section and roll very lightly about $\frac{1}{2}$ inch to fit your pan. Brush each layer with slightly beaten egg whites. This ensures the layers of dough to stick to filling, spread fruit mixture first then put another layer of dough and spread fruit mixture. Then a layer of dough on top, brush with egg whites, sprinkle sesame seeds and chopped walnuts. Set aside to rise (about 1 hr.). Bake in 325° F. oven for 1 hr. When done carefully loosen edges with sharp thin knife and turn out on cooling rack. This dough may be used without filling as it is very delicate.

Mrs. M. Semchishen,
Mundare, Alta.

HOMEMADE CHEESE

2 gallons thick sour milk. Simmer $\frac{1}{2}$ hr., cut curds. Drain through cheesecloth overnight. Work in $\frac{1}{2}$ cup butter and 1 tsp. soda. Let stand for 2 hrs. Put in double boiler and when it begins to get hot pour in $\frac{3}{4}$ cup thick sour cream, 2 tsp. salt and 1 tsp. food colouring. Stir until smooth and thick and spots disappear, about 45 mins. Flavour improves with age.

Mrs. Vicky S. Daciuk

HOME MADE GARLIC SAUSAGE

5 lbs. lean pork, cut into 1 inch cubes	2 level tsp. salt
5 cloves garlic, crushed well	1 level tsp. pepper

Mix with hands well so as the seasoning is very well mixed. Stuff into washed and cleaned casing. Prick the casing with a needle to let the air out. Tie ends with thread. Roast uncovered in a flat pan, which has been well greased, for 1 $\frac{1}{2}$ hr. in hot oven.

Mrs. Vicky S. Daciuk

HARD COOKED EGGS

Place eggs in a tight fitting saucepan with 1 cup water for 1 to 6 eggs. Use 2 cups water for more than 6 eggs. Cover. Turn heat to high until steaming. Turn heat to low for 15 mins. Cool quickly under cold running water.

Mrs. V. S. Daciuk

MUSTARD GLAZED HAM

Ready to serve ham	$\frac{1}{2}$ cup brown sugar
6 - 8 lbs. ham	6 oz. can frozen orange juice
whole cloves to taste	(undiluted)
$\frac{1}{4}$ cup prepared mustard	

Score fat on the ham. Stick cloves in here and there. Mix together the mustard, brown sugar and orange juice and pour over ham. Place in a 400° F. oven for 20 mins., until shiny and golden. Baste 2 or 3 times during cooking. Serve hot or cold with potato salad and corn niblets. Serves 8-12.

Mrs. S. Ostawsky

KYSHKA (BUCKWHEAT SAUSAGE)

Bring to a boil 4 cups water and 2 tsp. salt. Add 2 cups buckwheat and cook for $\frac{1}{4}$ hr. Add 2 cups ground fat which you may cut off ham; 2 cloves minced garlic and 1 tsp. pepper. Mix well and cool. Spoon into clean casing and roast in an open pan where you have added $\frac{1}{2}$ cup lard and 1 cup water. Prick sausage with a needle to let air out. Do not handle sausage too much when roasting as it may burst the casing.

Vicky S. Daciuk

JELLIED PORK HOCKS AND FEET

Singe, scrape and wash 4 fresh pork hocks and 3 pig's feet. Place them in a large kettle, cover with cold water and bring to a rapid boil and boil 5 mins. Pour off all water and wash again. Add enough cold water to cover pork hocks and pig's feet. Bring to a boil and then simmer. Add 2 tbsp. salt or to taste. Simmer about 3 $\frac{1}{2}$ hrs., then add 4 cloves garlic (chopped fine), simmer to another $\frac{1}{2}$ hr. Remove bones and skin, arrange meat in shallow pan. Pour broth over meat through strainer. Set in a cold place to jell.

SOUPS

APPLE STRUDEL AND SOUP

Strudel Dough:

2 cups flour 1 tbsp. salt $\frac{3}{4}$ cup lukewarm water

Mix the three ingredients together. Work this with your hands until the dough no longer sticks to bowl. Form into a ball and brush with melted lard. Cover and set in warm place for at least 1 hr. In the meantime add 1 cup of cream of wheat to 1 pt. of whipping cream. Mix this and set aside to thicken. Peel and shred 8 apples in a bowl. Put a tablecloth on table and sprinkle with flour. Put dough in centre and roll out (about 24 in.). Spread melted lard over this area, then spread a thin layer of cream of wheat mixture over this. Now start stretching gently in hand over hand motion until dough extends well over table edges. With a knife or kitchen scissors, cut away the thick edges or dough all around and place these on a towel to dry soup. Next sprinkle apples over entire dough, and also about 1 $\frac{3}{4}$ cups of sugar. Cut the dough which extends over the table in large patches and place these on top of aples here and there. Again, on the patches spread some cream of wheat mixture and apples. Take the table-

cloth on the narrow end of the table and roll the dough to the centre, now from the other side of the table, do the same. Cut in pieces to fit into large baking pans which are well greased with melted lard. Bake in 350° F. oven for approximately 1 hr. or until sides (which have been turned over) are well browned. When the strudel is about half baked, you start preparing your soup. In your dutch oven place:

7 medium diced potatoes 2 large diced carrots

and fill dutch oven about $\frac{3}{4}$ full of water. In a cloth (or cheesecloth) put some whole black pepper, whole allspice and some parsley. Drop in pot and add enough salt to taste. About 15 mins. before potatoes and carrots are cooked, place 1 tbsp. lard in small frying pan and cut in 1 onion and brown well. Drain the onions and pour the lard into the soup. Now add about 1 cup peas. The dough edges that were put away earlier to dry, are now torn into about 2 inch lengths and put in the soup.

This soup is eaten first, then the strudel. This is all that is served for the meal.

Mrs. I. Wiesner

BEEF SOUP (BORSCH)

3 cups water	1 can baked bean or kidney beans
1 medium onion, finely chopped	1-2 cloves garlic, mashed with salt
1 medium potato cubed or cut in strips	1-2 tbsp. sugar
1 medium carrot, cut in strips	$\frac{3}{4}$ tbsp. butter or oil
1 stalk celery, finely chopped or 1 stalk parsnip	1 tsp. salt or to taste
1 green pepper, chopped (optional)	1 can (8 oz.) tomato sause or or 1 can tomato soup
1 cup canned shoestring beets	$\frac{1}{2}$ cup parsley, finely chopped

Pour 3 cups water into a 2 qt. pan. Bring to a boil. Add next 6 ingredients. When vegetables are half done add the remaining ingredients, except tomato sauce and parsley. Let vegetables cook until done. Add tomato sauce and parsley. Bring to a boil. Serve with sour cream.

Mrs. S. Zaharko

BEEF SOUP STOCK

2 lbs. soup bones 2 lbs. lean beef stew

If the bones are meaty, reduce the amount of lean beef. Cut meat and fat from bones. Dice all the meat and brown in beef drippings in pressure cooker. Add:

Soup bones	$\frac{1}{4}$ tsp. marjoram
6 cups cold water	2 cloves
2 tsp. salt	1 cup sliced onion
$\frac{1}{2}$ tsp. peppercorns	1 cup diced celery stalks and leaves
$\frac{1}{2}$ bay leaf	
$\frac{1}{4}$ tsp. thyme	1 large sliced carrot

Bring cooker to 15 lbs. pressure and process 30 mins. Cool cooker, remove bones and discard. Remove meat and save to add to the soup. Strain

broth through fine sieve or cheesecloth in a colander. Cook quickly and refrigerate. Remove chilled fat from surface and store stock in covered container in refrigerator. Use as needed in soup or sauce recipes.

Yield: 6 cups.

Mrs. E. Witiuk

BORSCH WITH SPARERIBS

1-2 beets, medium size, cut in thin strips	Parsley
1 small carrot, chopped	1 lemon
1 onion, medium size, chopped	Spring dill, chopped fine
$\frac{1}{2}$ cup diced green string beans	2 lbs. spareribs
$\frac{1}{2}$ cup fresh peas	1 cup sour cream
	$\frac{1}{4}$ cup milk

Wash spareribs, cut into small pieces and boil $\frac{1}{2}$ hr. Skim. Add chopped vegetables, salt to taste, and 1 tbsp. lemon juice. When almost done, add 1 cup chopped cabbage and add more lemon, if desired. Cook until cabbage is tender. Mix 3 tbsp. flour with $\frac{3}{4}$ cup milk. This should be consistency of sour cream. Add 1 cup cream, sour preferred, to milk mixture. Beat well. Pour this into the soup. Let it come to a boil, then serve.

Mrs. John Kapack, Toronto, Ont.

CREAM OF POTATO SOUP

2 $\frac{1}{2}$ cups potatoes, pared and diced	2 tbsp. flour
$\frac{1}{2}$ cup carrots, diced	2 cups milk
1 small onion, chopped fine	1 tsp. salt
2 tbsp. butter	1 tbsp. parsley, chopped

Cook the potatoes, carrots and onion together in water to barely cover for approximately 7 mins. or until tender, yet somewhat crisp. Drain. Make a white sauce with the butter, flour, milk, and salt. Melt the butter, then blend in flour. Add cold milk and salt, stirring constantly until mixture comes to a boil. Allow to boil for 1 or 2 mins. Add the cooked vegetables and parsley to the sauce. Heat to serving temperature. Make 6 servings.

Mrs. A. Ostry

CREAM OF CORN SOUP

$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ tsp. celery salt
2 tbsp. butter	$\frac{1}{2}$ tsp. salt
2 tbsp. flour	Pepper to taste
1 $\frac{1}{2}$ cups milk	1 tin (15 oz.) cream style corn

Cook onion in butter until tender. Stir in flour, then blend in milk gradually, stirring constantly. Add salts, pepper and cream style corn. Heat thoroughly, but do not boil. Makes 4 servings.

Anne Padlesky, Bonnyville, Alberta

CREAM SOUP

4 cups milk or milk and vegetable water	4 tbsp. butter
1½ cups diced vegetables	4 tbsp. flour
Salt and pepper to taste	1 tsp. onion juice or 1 onion, minced

Melt butter and blend flour and seasonings. Gradually add milk and vegetable water, cook stirring constantly until mixture thickens. Add pre-cooked vegetables such as: peas, carrots, corn, cabbage, potatoes, tomatoes, celery, beans and mix them. Bring to a boil and serve hot.

Mrs. P. Baron

CREOLE SOUP

½ cup rice	1 tsp. salt
2 cups tomatoes	Dash of pepper
½ cup sliced onions	½ cup celery
Fried drippings	¼ cup parsley
1 tsp. sugar	

Boil rice in 3 cups salted boiling water 30 min. Add vegetables and seasonings. Boil 5 mins. longer.

Mrs. P. Baron

HOMEMADE NOODLES

2 beaten eggs	4 tbsp. milk
½ tsp. salt	2 cups flour

Beat eggs until light. Add the rest of the ingredients and knead well. The dough should be fairly stiff. Cover and let rest for about 20 mins. Roll out very thin and place on a tea towel on the table to partially dry. (Do not let dough dry too much because it will be impossible to cut it). Sift a small portion of flour over the entire surface, cut into strips, stack one on top of the other and cut with a sharp knife. For long noodles roll in a jelly roll fashion and cut.

Mrs. N. Kowal

ITALIAN BEAN SOUP

1 cup white beans	2 medium onions
1 cup sliced potatoes	½ cup strained tomatoes
3 tbsp. butter	Salt and pepper

Wash and pick over the beans, then cover with cold water and soak over night. Drain and cover again with cold water, bring slowly to a boiling point, add more water as it cooks away. Cook steadily for an hr. or longer. Melt butter and cook onions, chopped fine, until a pale straw color. Add these to beans with carrots and potatoes and cook until vegetables are very tender. Add the strained tomatoes and the seasonings and heat to boiling point, the longer this soup is cooked, the nicer and richer it is.

Mrs. V. Mattson, Humboldt, Sask.

LOW CALORIE SOUP

4 cups water	1½ tsp. salt
2 cups chopped celery stalks and leaves	6 peppercorns
1 large onion, chopped	1 bay leaf
½ cup chopped cabbage	¼ tsp. accent
1 carrot, diced	2½ cups tomato juice

Crush bay leaf and put in a spice bag together with peppercorns. Combine all ingredients in a 3 qt. saucepan. Simmer covered about 1 hr. Makes about 6 cups.

Mrs. E. Matishak

MANHATTEN CLAM CHOWDER SOUP

1 can baby clams	2 carrots
1 can tomatoes	1 stalk celery
1 medium onion	2 tbsp. butter
1 clove garlic	Seasoning to taste
3 potatoes	

Melt butter in the pot, then add your diced onion and garlic. Fry for about 5 mins. Add your diced vegetables to the onions and garlic. Pour in enough water to cover the vegetables. Bring to a boil and let cook until potatoes, carrots, etc. are tender. Add juice from clams and then add the tomatoes and clams. Heat again. Add your seasonings to taste.

Mrs. J. Pyrch

ONION SOUP

2 cups thinly sliced onion	Salt and pepper to taste
2 tbsp. butter	Few grains paprika
2 tbsp. all purpose flour	1 cup grated cheddar cheese
5 cups milk	

Sauté onions in butter until golden brown; stir in flour until blended. Heat milk in top of double boiler, over boiling water. Add salt and pepper to taste and a sprinkle of paprika. Stir in fried onions. Allow mixture to heat, but not boil, for 10 mins. Sprinkle grated cheese over milk mixture and stir until cheese is melted. Serve immediately. Makes 6 to 8 servings.

POTATO CREAM SOUP

3 good sized potatoes	1 large onion
6 cups cold water	½ cup rich sour cream or
1 heaping tsp. salt	1 cup light sour cream
2 tbsp. butter	

Wash potatoes and cut into cubes. Put in pot with finely chopped

onions, water and salt. Let boil until potatoes are cooked. Sauté remainder of onion in butter and add to soup. Add cream and cook slowly for 15 mins.

Mrs. Wm. Muzyka

POTATO SOUP

½ cup finely chopped green onion or leeks
2 tbs. butter or margarine
2½ cups chicken bouillon or stock
1 tsp. salt
¼ tsp. celery salt
¼ tsp. pepper
1 tall can (1⅞ cups) undiluted evaporated milk
1 envelope (3 oz.) instant mashed potatoes

For the chicken bouillon you can use chicken bouillon cubes dissolved in boiling water. Cook onions in butter until tender. Add bouillon, salt, celery and pepper and bring to boil. Stir in evaporated milk and remove from heat. Gradually stir in instant mashed potatoes, beating until smooth. Heat to serving temperature. Makes 6 servings.

This is also a delicious soup to serve chilled. For an even satisfying soup, some chopped cooked bacon or sliced wieners may be served over top.

Mrs. M. M. Sereda

SAUERKRAUT SOUP

1 lb. spareribs	1 qt. sauerkraut
1 small onion	1 lb. pork shoulder
½ cup carrots	1 large onion
1 tsp. salt	3 tbs. flour

Boil first 4 ingredients until spareribs are done. Add the sauerkraut and cook another half hour. Brown the chopped up pork shoulder in heavy skillet, and the chopped onion and brown slightly. Remove from pan. Add the flour to the fat in skillet and make gravy. Add the gravy, fried pork, and onion to soup. Bring to a boil and serve.

Mrs. Anne Daciuk

SEASHORE CHOWDER

1½ lbs. flaked raw fish	½ cup diced salt pork
3 cups diced raw potatoes	½ cup minced onion
2 tsp. salt	2 tbs. butter
¼ tsp. pepper	2 cups milk

If a whole fish is used, remove the eyes and gills, clean and cover the head, skin, and trimmings with cold water and simmer ½ hr. Strain liquid to be used as stock. Simmer potatoes in stock, or water, until almost tender. Add diced fish, salt and pepper, and simmer until fish is cooked. Sauté onions and salt pork until onions are clear and pork is crisp. Add to fish. Add heated milk and butter to chowder and serve very hot with soda biscuits. Yield: 6 servings.

You may also use fish that was fried and left over; this would be added at the very end when the vegetables are cooked, some with canned salmon or tuna. You may add a little ketchup to the soup too, which would give it tang, but then you must add some creamed sauce to it.

Mrs. Wm. Muzyka

SUPPER PEA SOUP

1 ham bone (from baked ham)	2 tsp. salt
8 cups water	2 tsp. marjoram
1 pkg. (1 lb.) dried split peas	$\frac{1}{2}$ tsp. pepper
1 cup grated pared raw carrots	1 cup chopped celery
1 large onion, chopped	

Combine ham bone with water, split peas, carrots, onions and seasoning in a kettl; cover. Simmer 2 $\frac{1}{2}$ hrs. Remove bone; strip off any bits of meat; add to soup with celery. Simmer 15 mins. longer, or until celery is crisply tender.

Mrs. S. Zaharko

VEGETABLE SOUP

5 tbsp. butter	$\frac{1}{2}$ cup chopped potatoes
$\frac{1}{2}$ cup chopped carrots	2 $\frac{1}{2}$ cups brown stock
$\frac{1}{2}$ cup chopped turnips	2 $\frac{1}{2}$ cups water
$\frac{1}{2}$ cup chopped celery	Salt and pepper to taste
$\frac{1}{2}$ cup thinly sliced onions	$\frac{1}{2}$ tsp. finely chopped parsley

Melt 4 tbsp. butter in large saucepan; add vegetables (except potatoes) and sauté 10 mins., stirring constantly. Add potatoes, cover and sauté 2 mins. more. Add liquid; bring to boil and simmer for 1 hr., or until vegetables are soft. (Add more water if necessary). Season to taste with salt and pepper. Add remaining butter and parsley. 6-8 servings.

MEAT DISHES

APPLE SAUCE MEAT LOAF

1 lb. ground beef	2 tsp. salt
$\frac{1}{2}$ lb. ground lean pork	1 tsp. baking powder
1 cup fine dry bread crumbs	2 tbsp. grated onion
2 cups grated raw potatoes	1 can (15 oz.) apple sauce
1 egg beaten	

Heat oven to 350° F. Mix ingredients together lightly in a large bowl. Pack loosely into 9 x 5 x 3 inch loaf pan. Bake 1 $\frac{1}{2}$ hr. Serves 6 to 8 people.

Mrs. P. Baron

BAKED MACARONI SUPREME

8 oz. macaroni broken up	½ cup sliced mushrooms
½ cup chopped green pepper	1½ cups cubed ham or leftover meat
¼ cup chopped onion	1 cup sharp cheddar cheese
3 tbsp. butter or margarine	1 can tomato soup
½ cup sliced stuffed olives	3 strips bacon

Cook macaroni according to directions on package. Sauté green pepper and onion in butter or margarine about 5 minutes. Combine other ingredients, except bacon, with macaroni, green pepper and onion. Place in a greased casserole. Top with bacon strips. Bake in a hot oven (400° F.) for 20 min. or until casserole is bubbly and bacon is done.

Mrs. Mary Winters

BAKED PORK CHOPS & RICE

1 tsp. salt	½ cup onion, chopped
2 lbs. pork chops (rib or loin cut)	¼ cup green pepper, chopped
2 cups rice	2 tsp. salt
1 tin (10 oz.) tomato soup	½ tsp. pepper
2 cups water	

Sprinkle salt over both sides of chops. Let stand. Cook rice. Then add rice to baking dish. Add tomato soup, water, onion, green pepper, salt and pepper. Pan brown chops only until golden. Place carefully on rice mixture. Cover. Bake in a moderate oven at 350° F. for 45 to 60 min. or until meat is tender and rice has absorbed all the liquid. (Yield 4-6 servings).

Menu suggestion: Serve with glazed carrots, lettuce wedges and apple crisp.

Mrs. Katharine Harapniuk

BARBECUED CHICKEN

2 tbsp. butter	2 tbsp. vinegar
1 tbsp. cooking oil	3 tbsp. Worcestershire Sauce
3½ lb. chicken, cup up	Dash Tabasco
Salt & pepper	2 tbsp. brown sugar
½ cup chopped mushrooms	1 tsp. salt
½ cup chopped onion	½ tsp. dry mustard
1 cup ketchup	½ cup chopped celery
1 cup water	2 tbsp. chopped parsley
¼ cup lemon juice	

Heat butter and oil in heavy skillet. Add chicken pieces and brown well on all sides. Put pieces in 2½ qt. casserole as they brown. Sprinkle with salt and pepper. Add mushrooms to drippings in pan and cook gently for 2 minutes. Lift out with slotted spoon and sprinkle over chicken. Add onion to drippings in pan and cook until golden. Combine ketchup, water, lemon juice, vinegar, Worcestershire Sauce, Tabasco, brown sugar, salt and mustard, stirring until smooth. Stir in celery and parsley, cover and simmer 30 minutes. Heat oven to 325° S. Pour prepared sauce over chicken pieces. Cover and cook about 1 hour or until chicken is very tender. Serve with some of the sauce spooned over. Serves 4.

BARBECUED HAMBURGERS

1½ lb. hamburger	flour
1 tsp. salt	½ tsp. pepper
2 tbsp. vinegar	¼ cup brown sugar
1 clove garlic, minced	1 cup water
½ cup tomato paste	½ cup chopped celery
½ cup onion, chopped	

Roll hamburger in flour, salt and pepper.

Put in casserole. Mix remaining ingredients and pour over hamburger in casserole. Bake at 300 - 325° F. for 1½ - 2 hr.

BARBECUED LIMA BEANS

1 lb. dried Lima Beans	1½ tsp. prepared mustard
2 qt. water	1 tsp. chili powder
¼ lb. salt pork	2 tsp. Worcestershire Sauce
¼ cup cooking oil	1 tsp. salt
1 lb. ground beef	¼ cup white vinegar
2 large onions, chopped	1 - 15 oz. can Tomato Sauce
2 cloves garlic, minced	

Rinse beans under running water. Bring water to a boil and add beans slowly. Stir and keep water to a boil. Turn down heat. Dice pork into ½ inch cubes and add to the beans. Cover and simmer until beans are tender 1½ to 2 hours. Add more water if necessary. Drain, saving cooking water. Put beans into a greased 2 qt. casserole. Heat oil in a heavy skillet. Add beef, onions and garlic, cook and stir until beef is well browned. Stir in remaining ingredients and 1½ cups of the water beans were cooked in. Simmer 5 min. Pour over beans in casserole and mix in lightly. Bake 1 hr. in 325-350° F. oven.

Mrs. Joan Broda

BARBECUED SHORTRIBS

3 lbs. beef shortribs, cut into serving pieces	1 cup ketchup
2 tbsp. fat	½ cup water
1 onion, chopped	2 tbsp. Worcestershire sauce
¼ cup vinegar	1 tsp. prepared mustard
2 tbsp. sugar	½ cup sliced celery
	2 tsp. salt

Melt fat in heavy skillet. Brown the shortribs with onions in hot fat. Add remaining ingredients and simmer for 45 min. Chill overnight. Remove fat and place in a covered casserole. Bake in a 350 deg. oven for 1 hr.

Mrs. M. Bondarevich

BARBECUED PORK ON BUNS

1 cup diced leftover pork	1 tbsp. vinegar
½ cup ketchup	1 tbsp. Worcestershire sauce
2 tbsp. brown sugar	

Heat ingredients together in a saucepan and serve on split toasted buns.
2 or 3 servings.

BARBECUED SPARERIBS

1½ lbs. spareribs, cut in pieces	1 can tomato sauce (8 oz.)
1 tbsp. fat	1 tsp. salt
1 med. onion (½ cup chopped)	½ tsp. pepper
Dash of Worcestershire sauce	

Melt fat in frying pan over medium heat. Brown spareribs and onions in fat, then turn heat to low and add remaining ingredients. Continue cooking over low heat for 1½ hrs. Serves 2 generously.

Mrs. O. Stosky

BARBECUED SPARERIBS

4 lbs. spareribs	2 tbsp. Worcestershire Sauce
1 cup sliced onion (Spanish preferred)	¼ cup vinegar
1 cup ketchup	¼ cup brown sugar
2 tsp. salt	2 tsp. mustard, prepared
	1 tsp. paprika

Brown the spareribs. Combine all other ingredients, pour over the browned spareribs. Bake covered for 1 hr. at 375° F. Then bake uncovered till sauce is thickened. Delicious on cooked rice or mashed potatoes.

Mrs. J. Draganiuk

BARBECUED STEAK

2 lb. round steak, 1½ inch. thick	1 tsp. dry mustard
2 tbsp. cooking oil	¼ tsp. chili powder
1 clove garlic, crushed	¼ tsp. pepper
½ cup vinegar	2 tbsp. Worcestershire Sauce
1 tbsp. brown sugar	½ cup tomato juice
1 tbsp. paprika	½ cup ketchup
1 tsp. salt	¼ cup water

Cut beef into slices ½ inch wide, across the grain. Heat oil in large heavy skillet and brown meat strips slowly. Combine all remaining ingredients and pour over browned meat. Bring to a boil, turn down heat, cover tightly and simmer 1½ hr. or until meat is very tender. Good served with rice or noodles. Serves 6.

BEEF AND GREEN BEANS

1 large onion slivered	3 tbsp. soya sauce
1 small clove garlic, minced	1 lb. green beans, diced
1 tbsp. fat	2½ tbsp. cornstarch
¾ lb. beef	Hot cooked rice
3 cups water	

Brown onion and garlic lightly in fat in heavy saucepan. Add meat and cook 3 min. stirring to break meat. Add water and soya sauce and heat to

boiling. Add beans and cook 10 min. Blend cornstarch with a little cold water. Add to mixture and cook until thickened, stirring constantly. Serve with hot rice. Serves 4.

BEEF & BROWN RICE CASSEROLE

1 lb. hamburger	$\frac{1}{2}$ to 1 clove garlic, crushed (optional)
1 egg, beaten	3 cups boiling water
$\frac{1}{3}$ cup tomato juice	2 tsp. paprika
1 tsp. salt	$\frac{1}{2}$ tsp. dill seed
$\frac{1}{2}$ tsp. dry mustard	$\frac{1}{2}$ tsp. salt
Pinch nutmeg (optional)	1 envelope dehydrated onion soup
$\frac{1}{3}$ cup dry bread crumbs	1 cup brown or regular rice
2 tbsp. fat	$\frac{1}{4}$ cup sour cream

Break up the hamburger in a bowl and stir in a mixture of egg and tomato juice. Then add salt, dry mustard, nutmeg and bread crumbs. Roll into walnut size balls with wet hands. Heat the fat in a skillet and add garlic and meat balls. Sauté until browned on most sides, shaking the pan occasionally to turn the meat balls. Lift meat and add boiling water to the pan. Stir to dissolve brown bits. Add paprika, dill seed and salt. Sprinkle soup mix and rice over the bottom of a $1\frac{1}{2}$ qt. casserole. Pour in the boiling liquid and add meat balls. Cover closely and bake at 350° F. for 40 min. Serves 6. Calories per serving 429.

Quick Method: Use $1\frac{1}{2}$ cups quick-cooking rice in place of regular and bake 20 mins. at 350° F.

Mrs. A. Hlynski
Toronto, Ont.

BEEF PATTIES DUO

1 lb. minced beef	$\frac{1}{4}$ tsp. pepper
1 small onion, chopped	$\frac{1}{2}$ tsp. Worcestershire sauce
$\frac{1}{4}$ tsp. sage	1 tbsp. chopped parsley
1 tsp. salt	

Combine above, mix slightly and from one half of the mixture form two large, thin patties or four small ones. Broil approx. 4 to 6 mins. on each side. Serve with tomato sauce.

Meat Loaf. To the remainder of the mixture add 1 egg, slightly beaten, $\frac{1}{2}$ cup tomato soup, $\frac{1}{2}$ cup coarse stale bread crumbs. Combine lightly, shape into a loaf and place on greased pie pan. Brush with butter or drippings. Bake at 350° F. for approx. 35 mins. Serves 2 or 3.

Mrs. O. Stosky

BEEF STROGANOFF

$1\frac{1}{2}$ lb. round steak cut in $\frac{3}{4}$ inch cubes	1 can (6 oz.) mushrooms
Flour, salt and pepper	1 can tomato soup
2 tbsp. shortening	1 tbsp. Worcestershire sauce
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ tsp. salt
Dash of garlic salt	$\frac{1}{2}$ tsp. pepper

Preheat fry pan to 400 deg. Dredge meat in seasoned flour. Melt shortening and brown meat well. Add onion, garlic and mushrooms and sauté lightly. Reduce heat to 225° F. Combine soup, sauce, salt and pepper and pour over meat. Cover and braise 1½ hrs. or until tender. Serve over hot spaghetti or mashed potatoes.

Mrs. Doris Malowany

BEEF STROGANOFF

1 tbsp. flour	2 tbsp. butter
½ tsp. salt	3 tbsp. flour
1 lb. beef sirloin, cut in ½ inch strips	1 tbsp. tomato paste
2 tbsp. butter	1½ cup beef stock or 1 can condensed beef broth
1 cup thinly sliced mushrooms	1 cup dairy sour cream
½ cup chopped onion	2 tbsp. cooking sherry
1 clove garlic, minced	

Combine 1 tbsp. flour and the salt; dredge meat in mixture. Heat skillet, then add 2 tbsp. butter. When melted, add the sirloin strips and brown quickly, browning meat on all sides. Add mushrooms, onion and garlic — cook 3 or 4 min. or until onion is barely tender. Remove the meat and mushrooms from skillet. Add 2 tbsp. butter to pan drippings; when melted blend in 3 tbsp. flour. Add tomato paste. Slowly pour in cold meat stock — cook stirring constantly until mixture thickens. Return meat and mushrooms to skillet, stir in sour cream and sherry, heat briefly. Serve with parsleyed rice, noodles, buckwheat groats or pilaf. Makes 4 or 5 servings. Use chafing dish or electric skillet for serving or cook-at-the-table drama.

Mrs. A. Hlynski
Toronto, Ont.

BEEF STEW

1 lb. stewing beef	3 carrots
3 tbsp. flour	1 turnip, diced
1 clove garlic	1 bay leaf (optional)
Salt and pepper to taste	Celery (optional)
1 medium size onion	

Cut meat into cubes. Roll in flour and brown in hot oil or drippings. Add chopped onion and garlic, salt and pepper. Stir until the onion is a golden colour. Add enough water to cover the meat. Bring to a boil. Simmer gently or bake in a moderate oven (300° F.) for 1½ to 2 hrs. Add the vegetables about ½ hour before stew is ready.

Mrs. Katharine Harapniuk

BEEF ROLL-UPS WITH SAVORY RICE

Curried dressing	½ can mushrooms or beef vegetable soup, plus ½ cup water
1 pkg. chip beef steaks (2 per pkg.)	¾ cup quick cooking rice
2 slices bacon (optional)	½ pkg. (11 oz.) frozen mixed vegetables (or leftover vegetables)
½ small green pepper, diced	

Curried dressing: Sauté 2 tbsp. chopped onion in 2 tbsp. butter or margarine for 1 min. Remove from heat and stir in $\frac{3}{4}$ cup prepared bread stuffing or bread crumbs. Add 1 tsp. curry powder and moisten with milk or French dressing. Season to taste and scrape into a bowl.

In the same pan melt 1 tbsp. fat and add the frozen steaks. Quickly fry on both sides for a moment, or until beef is limp. Remove from pan and spread with dressing. Roll up and encircle with bacon. Secure with toothpicks and fry lightly to crisp the bacon. Add green pepper, soup, water and rice mixed together. Cover and bring to a boil. Remove from heat and let stand 5 min. Uncover and stir. Shake half a pkg. of vegetables around the inside edge of pan and season. Cover, turn heat low and cook 7 min. 2 servings.

Mrs. O. Stosky

BREADED VEAL IN CELERY SAUCE

$\frac{3}{4}$ lb. veal cutlets, $\frac{1}{2}$ inch thick	2 tbsp. chopped onion
Flour	$\frac{1}{2}$ can celery soup
1 egg	$\frac{1}{2}$ cup water
1 tbsp. milk	2 tbsp. salad oil
$\frac{1}{2}$ cup dry bread crumbs	$\frac{1}{2}$ tsp. rosemary
$\frac{1}{2}$ tsp. paprika	

Cut veal into 2 servings. Dredge with flour. Dip in a mixture of beaten egg and milk, then into dry bread crumbs. Heat the salad oil in a skillet and brown the meat on both sides. Drain off the fat. Sprinkle with salt, pepper, paprika, rosemary and chopped onion. Add soup and water mixed together. Cover closely and simmer slowly for 40 mins. or bake in a covered casserole 45 mins. at 350° F. Serve 2.

Mrs. O. Stosky

BROILER CRISP SPARERIBS

4 lbs. fresh spareribs, cut into serving size pieces	$\frac{1}{2}$ cup vinegar
2 medium size onions, sliced	$\frac{1}{2}$ cup ketchup
1 tbsp. cornstarch	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup soya sauce
	1 clove of garlic, minced

Place ribs in large saucepan with tight-fitting cover; cover tightly. Bring to boiling, reduce heat, simmer 1 hr. or until meat is tender when pierced with fork; drain. Blend cornstarch to smooth paste with water in a small saucepan and stir in remaining ingredients. Cook over low heat stirring constantly, until sauce thickens and boil 1 min. Place drained ribs in single layer on rack in broiler pan; brush with half of the sauce. Broil with tops of ribs about 6 inch. from unit or tip of flame, 10 mins. or until crisp and brown. Place on heated platter.

Mrs. M. Korbyl

CASSEROLE

1 lb. hamburger	1 cup bread crumbs
1 large onion	1 can mushroom soap, diluted

Chop onion, combine with hamburger, bread crumbs, salt and pepper to taste. Make small meatballs. Fry in small portion of fat. Put meatballs in a casserole, pour mushroom soup over. Bake in 400° F. oven about 20 mins.

Mrs. Mary Fedechko

CHILI CON CARNE

2 tbsp. fat 1 lb. ground beef 1 lb. ground pork
Brown, then add:

1½ cup sliced onion	1 to 2 tbsp. chili powder
1 cup diced celery	2 tbsp. cold water
1 small clove garlic	2 tsp. salt
½ cup green pepper, diced	1 tsp. sugar
2 cups canned tomatoes	1 tsp. H. P. sauce
1 can tomato soup	

Simmer for 1 to 1½ hrs., then drain 1 can kidney beans and add to above. Serve with spaghetti.

Mrs. E. Ambroch

CHILI CON CARNE

3 lbs. ground beef	2 cans tomato soup
3 large onions, chopped medium	1 cup ketchup
3 sticks large celery, cut medium	2 tsp. chili powder
2 large green peppers, cut medium	2 tsp. Tabasco Sauce
3 cans red kidney beans, drained	Salt and pepper to taste
4 cans sliced mushrooms, drained	

Crush beef in hands and fry until done. Season onions, celery, green peppers with salt and pepper, add chili powder and fry in very little grease until medium soft. Put meat, onions, pepper, celery, beans, mushrooms, tomato soup and Tabasco sauce in pot. Simmer ¾ hr. then add 1 cup ketchup and simmer 5 mins. Cool and freeze.

Mrs. M. Shenduk

CHILI CON CARNE

2 lbs. ground beef	1-2 tsp. salt
2 medium onions	½ tsp. pepper
1 can (20 oz.) tomato soup	1 tsp. dry mustard
2 cans kidney beans	1 tsp. Worcestershire Sauce
2 tsp. chili powder	3 tbsp. vinegar

Brown beef and onions. Add remaining ingredients and cook in a large pot on top of the stove, simmering approximately 1 to 1½ hrs.

6 to 8 servings. Serve with rice or garlic bread and salad.

Mrs. Katharine Harapniuk

CHILI BEEF SPAGHETTI

$\frac{3}{4}$ lb. hamburger	1 cup stewed tomatoes
2 tbsp. fat	1 can (10 oz.) tomato soup
$\frac{3}{4}$ tsp. salt	$\frac{1}{2}$ lb. spaghetti
1 tsp. chili powder	$\frac{3}{4}$ cup shredded, sharp cheddar cheese
2 or 3 chopped onions	

Sauté hamburger in hot fat until pinkness disappears and beef begins to brown. Stir in salt, chili powder and onion. Stir, fry 2 min. Add stewed tomatoes and remove from heat. Break spaghetti into boiling salted water and cook until tender. Drain. Toss meat mixture with spaghetti, tomato soup and cheese. Taste for seasoning. Add garlic powder, salt, more chili powder or a few dashes of Worcestershire sauce. Spread in a greased $1\frac{1}{2}$ qt. casserole and top with crushed cereal flakes. Bake at 350° F. until bubbly, about 25 min. Add a little boiling water during baking if dish seems dry. Serves 6. Calories per serving: 477.

Quick Method: Prepare the meat mixture, adding $\frac{1}{2}$ cup stewed tomatoes and omit soup. Alternate 2 cans (15 oz.) spaghetti in tomato sauce, 1 cup shredded cheese and the meat mixture in a greased casserole. Top with crushed cereal flakes and bake.

Mrs. M. Komarnisky, Saskatoon, Sask.

CHILI BEAN CASSEROLE

$\frac{3}{4}$ lb. hamburger	1 tsp. salt
$\frac{1}{2}$ to 1 clove garlic, crushed	2 tbsp. flour
1 tbsp. dripping	1 cup tomato juice
$\frac{1}{2}$ tsp. poultry seasoning	1 can (15 oz.) baked beans or lima beans in tomato sauce
2 onions, chopped	1 can (15 oz.) kidney beans
2 tsp. chili powder	

Stir and fry hamburger and garlic in hot dripping until pinkness disappears. Stir in the next four ingredients, then add flour and tomato juice. Taste for seasoning, then stir in the beans. Spread into a greased 8-cup casserole. Strew top with 2 or 3 tbsp. dry bread crumbs and a little Parmesan cheese. Bake at 375° F. about 25 min. Serves 6. Calories per serving: 458.

Mrs. A. Hlynski
Toronto, Ont.

DELICIOUS MEAT BALLS

1 lb. ground beef	2 cans condensed cream of mushrooms soup
2 tbsp. minced onion	1 tbsp. minced parsley
2 tbsp. shortening	1 tsp. salt
1 egg, lightly beaten	$\frac{1}{2}$ cup water
$\frac{3}{4}$ cup cracker crumbs	

Combine ground beef, crumbs, onion, parsley, egg, and salt. Stir soup until smooth, blend in water. Put $\frac{1}{2}$ cup soup into meat mixture; mix well. Shape into balls about 1 inch in diameter. Brown meatballs in shortening. Pour in remaining mushroom sauce. Cover and bake for about 1 hr. at 350° F.

Mrs. Katharine Harapniuk

CREAMY CORNED-BEEF AND CABBAGE CASSEROLE

1 large cabbage	3 tbsp. flour
1 or 2 sprigs fresh dill, chopped	2 tsp. prepared mustard
1 onion, diced	$\frac{1}{2}$ cup evaporated milk
2 tbsp. drippings	2 cans (15 oz.) corned beef hash

Shred cabbage and place in a small saucepan with 1 cup boiling water, $\frac{1}{4}$ tsp. salt and chopped dill. Cover and simmer 5 minutes, or until tender. Drain and save the juice. Sauté onion in hot dripping until clear, then stir in flour, cabbage juice, prepared mustard and evaporated milk. Taste for seasoning. Add a few tbsp. hot water if too thick, then stir in cabbage. Break up the corned beef hash and spread in a greased 8-cup casserole. Cover with cabbage mixture. Sprinkle with crushed cheese crackers or dry bread crumbs. Bake at 350° F. for 25-30 mins. or until heated through. Serves 6.

Quick Method: Cook cabbage in boiling salted water and drain. Stir in 1 can (10 oz.) cream soup, prepared mustard, 1 tbsp. grated onion and $\frac{1}{2}$ cup milk. Pour over the corned beef and bake. Calories per servings: 266.

Mrs. A. Hlynski,
Toronto, Ont.

HAMBURGER-CORN CASSEROLE

1 $\frac{1}{2}$ lb. ground beef	$\frac{1}{2}$ cup pimento, chopped
1 cup onion, chopped	$\frac{3}{4}$ tsp. salt
1 can (12 oz.) whole kernel corn, drained	$\frac{1}{2}$ tsp. monosodium glutamate
1 can condensed cream of chicken soup	$\frac{1}{2}$ tsp. pepper
1 can condensed cream of mushroom soup	3 cups medium noodles, cooked and drained
1 cup dairy sour cream	1 cup soft bread crumbs
	3 tbsp. melted butter

Lightly brown hamburger; add onion and cook till tender but not brown. Add corn, cream of chicken and mushroom soup, sour cream, pimento, salt, monosodium glutamate, pepper. Mix well. Stir in noodles. Pour into 2 qt. casserole. Mix soft bread crumbs with the melted butter and sprinkle over top. Bake in moderate oven (350° F.) 30 mins. or until hot. 8 to 10 servings.

Mrs. N. Kowal

ENGLISH BROWN STEW

1 $\frac{1}{2}$ lb. beef, cut in 1 inch cubes	1 tbsp. lemon juice
Flour, salt and pepper	1 tsp. Worcestershire sauce
2 tbsp. shortening	2 cups tomato juice
1 clove garlic, minced	$\frac{1}{2}$ cup water
$\frac{1}{2}$ tsp. paprika	4 to 5 small onions
$\frac{1}{2}$ tsp. allspice	1 $\frac{1}{2}$ cups diced potatoes
1 tsp. sugar	3 medium carrots, diced

Preheat fry pan to 400° F. Dredge meat in seasoned flour. Melt shortening and brown meat and garlic. Reduce heat to 225° F. Add paprika, allspice,

sugar, lemon juice, Worcestershire sauce, tomato juice and water. Cover and cook 1½ hrs. or until meat is tender. Stir occasionally, adding more water if necessary. Add onions, potatoes, carrots and celery. Cover and cook 15 mins. or until vegetables are tender.

Mrs. Doris Malowany

FLANK STEAK WITH DRESSING

1½ lbs. flank steak	1 cup bread crumbs
1 tsp. salt	1 tsp. salt
¼ tsp. pepper	1 cup chopped celery
¼ cup and 3 tbsps. shortening	¼ cup chili sauce
2 tbsps. chopped onion	1 tsp. Worcestershire sauce

Season steak with salt and pepper. Melt ¼ cup shortening, add onion and sauté until brown. Add bread crumbs, chili sauce, Worcestershire sauce, salt, celery and egg. Mix together. Spread dressing over steak, roll meat loosely and tie it. Heat 3 tbsps. shortening in frying pan. Sear steak on all sides. Place steak in casserole or closely covered dish. Stir 2 tbsps. flour into the shortening in frying pan. Add beef bouillon dissolved in 1 cup hot water and cook 3 mins. stirring constantly. Pour gravy over steak in casserole. Cover tightly and cook in 250° F. oven for 1½ hrs. 4 servings.

Mrs. M. Korbyl

GOLDEN GLAZE HAM STEAK

Brown 1 inch thick ham slice (1½ lbs.) in 1 tbsps. fat.

Sauce:

1 tbsps. corn starch ¼ cup brown sugar, packed, ¼ tsp. ginger
Combine above ingredients, then add:

1 can (10 oz.) crushed pineapple 1 tsp. lemon juice
¼ cup orange juice or cooking sherry

Stir well, then cook, stirring continually until thick and becomes a glaze. Spread on ham slice. Bake 1 hour at 325° F. Serves 4.

Mrs. Mary Zolner

FRIED RICE AND HAMBURGER

1 cup uncooked rice	dash of pepper
½ cup salad or cooking oil	1½ cups water
½ cup chopped onion (optional)	1 lb. ground steak or hamburger
1 can tomato soup or condensed consomme	1 green pepper (optional) or garlic salt
1 tsp. salt	

Heat a skillet with oil, and add uncooked rice and fry stirring constantly until the rice is golden brown (about 10 mins.). Add onion and green pepper stirring until they lose their freshness. Add the ground hamburger (which

was fried in a separate skillet) together in a casserole adding the remaining liquid and ingredients. Bake in moderate oven 325° F. for about ½ hr. or until tender.

FRANKFURTER QUICKIES

Split frankfurters lengthwise and stuff with a mixture of 2 cups hot seasoned, mashed potatoes. Mix with ¼ cup grated cheese and ¼ cup finely minced onion. Broil 10 to 15 mins. Serves 4.

Mrs. P. Baron

GROUND BEEF IN SOUR CREAM

Lightly brown 1 lb. ground beef in a large skillet. Add 1 cup chopped onion; cook until tender but not brown. Place 3 cups medium noodles in layer over meat. Combine 3 cups tomato juice, 1 tsp. salt, 1½ tsp. celery salt, dash pepper, and 2 tsp. Worcestershire Sauce; pour over noodles. Bring to boiling; cover, and simmer over low heat for 20 mins. Add ½ cup chopped green pepper. Cover and continue cooking for 10 mins. or until noodles are tender. Stir in 1 cup dairy sour cream and one 3-oz. can (¾ cup) broiled sliced mushrooms, drained. Heat just to boiling. Season to taste. 6 servings.

Mrs. Katharine Harapniuk

HAM AND POTATOES

3 tbsp. butter	Dash nutmeg
3 tbsp. flour	3 cups milk
1 tsp. salt	1 tsp. Worcestershire Sauce
¼ tsp. pepper	3 cups cubed cooked ham
½ tsp. dry mustard	6 cups coarsely grated raw potatoes
¼ tsp. paprika	1 large onion, sliced very thin
Dash cayenne	2 tbsp. butter

Heat oven to 300 deg. Butter a large shallow baking dish, about 13 x 9 x 2 in. Melt butter in saucepan; sprinkle in flour and let bubble up. Remove from heat. Stir in salt, pepper, mustard, paprika, cayenne and nutmeg. Combine milk and Worcestershire Sauce and add all at once. Stir to blend. Return sauce to moderate heat and cook, stirring constantly, until thickened and smooth. Combine sauce with ham, potatoes and onion and pour into prepared baking dish. Dot with butter. Bake 2 to 2½ hrs. or until potatoes are very tender and dark, crunchy brown on top but moist. Can sprinkle grated cheese last 15 mins. if liked.

Mrs. M. M. Sereda

HAMBURGER POT PIE

2 lbs. ground beef	3 medium onions, sliced
2 tbsp. cooking oil	1 cup diced potatoes
½ cup flour	½ tsp. marjoram (optional)
2 tsp. salt	4 carrots, cut in thin strips
¼ tsp. pepper	1 cup chopped celery
2 cups milk	1 cup frozen peas
1 can (10¼ oz.) undiluted consomme	Drop Biscuits (recipe follows)
	Melted butter

Brown beef in oil is a large heavy saucepan or Dutch oven. Sprinkle in flour, salt and pepper. Let bubble up well. Remove from heat and add milk and consomme all at once, stirring to blend. Add onions and potatoes and return to heat. Turn heat very low, cover pan tightly and simmer 15 mins. Add marjoram, carrots and celery, cover and simmer 30 min. longer or until vegetables are just tender. Add peas. Pour into greased 2½ qt. casserole. Heat oven to 450 deg. Make Drop Biscuits as directed in following recipe. Drop by large spoonfuls on top of meat mixture. Brush lightly with melted butter. Bake 15 mins. or until biscuits are golden. Serves 8.

DROP BISCUITS

2 cups sifted all purpose flour	1 tsp. salt
3 tsp. baking powder	½ cup shortening
	1 to 1½ cups milk

Sift flour, baking powder and salt into bowl. Add shortening and cut in finely. Stir in enough of the milk with a fork to make a soft sticky dough. Stir only until blended. Drop on top of meat mixture as directed above.

Jean Ozubko

HAMBURGER ON TOAST

1 lb. hamburger, lean	½ pkg. Lipton's onion soup
1 can mushroom soup	1 clove garlic
1 small onion	2 tbsp. Ketchup

In a heavy skillet fry the onion in as little fat as possible. When onions are turning yellow, add the hamburger and brown it, stirring often. Add mushroom soup, onion soup, garlic and ketchup. Mix well and steam over low heat. If too thick add a little water while steaming. Green peas could be added to this mixture. Serve on toast with French fries and a green salad. Serves 4.

Mrs. Wm. Burko

HAM ROLLS CONTINENTAL

Broccoli speared ham rolls with a Swiss Cheese surprise inside.

6 slices boiled ham ¼ inch thick	2 tbsp. flour
Sliced natural Swiss cheese	½ tsp. salt
1 pkg. (10 oz.) frozen broccoli, spears, cooked	¼ tsp. basil
1 cup onion rings	Dash of pepper
2 tbsp. Parkay Margarine	1 cup milk

Top ham slices with cheese. Place broccoli spears on each slice and roll. Secure with totpicks. Place in shallow baking dish. Cook onion rings in margarine until tender; blend in flour and seasoning. Gradually add milk; stir until thickened. Pour over ham; cover and bake at 350 deg. for 25 mins. 6 Servings.

Mrs. A. Komarnisky
Saskatoon, Sask.

HAM 'N EGG SUPPER

Drain 1 can (8 oz.) whole kernel corn, reserving liquid. Add milk to liquid to make $1\frac{1}{4}$ cups. Mix with 1 can (12 oz.) luncheon meat, finely diced; 2 cups shredded sharp process cheese; 1 cup fine cracker crumbs; and 3 slightly beaten eggs. Bake in a greased $10 \times 6 \times 1\frac{1}{2}$ baking dish at 350 deg. for 40 to 45 mins. or until set. Serves 6.

Mrs. K. Harapniuk

CASSEROLE DISHES

MACARONI WIENER CASSEROLE

2 cups uncooked elbow macaroni	1 (10 oz.) can celery soup
2 tbsp. margarine	$\frac{1}{2}$ lb. wieners, sliced
$\frac{1}{2}$ cup diced green pepper (optional)	1 tsp. prepared mustard
1 small onion, chopped	$\frac{1}{2}$ tsp. salt
2 tbsp. flour	1 cup shredded cheddar cheese (packed)
$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup buttered crumbs

Cook macaroni in boiling salted water until tender and drain. Melt margarine in a skillet, add green pepper and onion. Stir, fry until tender then remove from heat and stir in the flour. Add milk gradually and return to heat. Cook until thickened, then add all ingredients except crumbs. Toss sauce with the macaroni and taste for seasoning. Spread in a $1\frac{1}{2}$ qt. greased casserole and sprinkle with crumbs. Bake at 350 deg. 35 mins. or until bubbly. Serves 6 to 8.

Mrs. A. Hlynski, Toronto

MEAT AND POTATO PIE

1 lb. minced beef	2 cups potatoes
1 onion chopped	1 cup oatmeal
1 cup canned tomatoes	2 tbsp. chopped green pepper
$\frac{1}{2}$ tsp. thyme	1 tsp. salt
$\frac{1}{2}$ tsp. celery salt	$\frac{1}{4}$ tsp. sage
1 tbsp. chopped onion	1 tbsp. flour
1 cup shredded strong cheddar cheese	3 tbsp. milk
	$\frac{1}{2}$ tsp. white pepper and salt

Combine meat, oats, onion, green pepper, tomato and seasonings. Pat on bottom and sides of large pie plate (9-10 inch). Boil and mash potato. Blend in chopped onion, flour, milk, salt and pepper. Spread on the pie crust. Top with shredded cheese, sprinkle with paprika. Bake in moderate oven for 30 mins. Serves 6.

Marlene Baron

MEAT BALLS

1 lb. ground beef and pork	$\frac{1}{2}$ cup chopped onion
1 egg	2 tbsp. flour
1 tsp. sugar	1 tbsp. tomato paste
$\frac{1}{2}$ tsp. allspice	1 can mushrooms or fresh
$\frac{1}{2}$ tsp. pepper	1 cup soup stock
1 tsp. salt	$\frac{1}{2}$ cup sour cream
1 large slice bread	1 tsp. salt
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ tsp. pepper
3 tbsp. butter	

Mix first 6 ingredients together. Soak bread in milk, add to meat. Form into small balls. Fry slowly until browned. Remove meat balls and drain. Brown onions lightly in melted butter. Stir in flour, add paste and stock, return to heat and cook and stir until thick. Add mushrooms and juice, add sour cream and seasoning. Reheat without boiling. Add meatballs and serve over rice or spaghetti.

Mrs. Ann Daciuk

MEAT LOAF

1 $\frac{1}{2}$ lbs. ground meat $\frac{1}{2}$ onion (minced) 1 cup oatmeal 1 egg
Mix well and put in a greased pyrex pan. Shape into a hill.

Gravy:

$\frac{1}{2}$ cup tomato soup	2 tbsp. brown sugar
1 cup water	2 tbsp. prepared mustard
2 tbsp. vinegar	$\frac{1}{2}$ diced onions

Beat together and pour over meat loaf. Bake at 350° F. for 1 $\frac{1}{2}$ hrs.

Mrs. Victor Mattson,
Humboldt, Sask.

MEAT LOAF WITH DRESSING

1 $\frac{1}{2}$ lb. hamburger	$\frac{1}{2}$ cup milk
1 egg	$\frac{1}{4}$ cup ketchup
$\frac{3}{4}$ cup chopped onions	1 $\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup crumbs	

Dressing: Sauté $\frac{1}{2}$ cup butter $\frac{1}{2}$ cup chopped onion until soft.
Add: 4 cups bread crumbs 2 tbsp. chopped parsley 1 tsp. salt.
Mushroom, celery may be added.

Put 1 part hamburger on bottom. Add dressing, then rest of Meat. Bake at 350° F. 1 hr. to 20 min.

Marg. B. Dombrosky

MEAT LOAF

1 $\frac{1}{2}$ lbs. ground beef	$\frac{1}{2}$ tsp. salt
1 egg, beaten	2 tsp. dry mustard
1 cup tomato sauce	1 tsp. onion seasoning
1 lbs. Worcestershire sauce	$\frac{1}{2}$ tsp. celery salt
2 tbsp. instant potato powder	$\frac{1}{2}$ tsp. black pepper

Combine instant potato powder, salt and dry seasonings. Add meat, egg, tomato sauce and worcestershire sauce, mix well. Pack lightly in well greased loaf pan. Bake in moderate oven (350° F.) for 1 hr.

Mrs. Katharine Harapniuk

MINUTE - STEAK ROLLS

6 minute staks
1 3 oz. can ($\frac{3}{8}$ cup) broiled chopped mushrooms
1 cup chopped parsley
 $\frac{3}{4}$ cup chopped onion
1 cup shredded or grated Parmesan cheese
1 can condensed consomme
2 tbsp. cornstarch

Line up steaks ready to fill. Drain mushrooms, reserving the liquid. Sprinkle chopped mushrooms, parsley, onion and cheese over steaks; season lightly with salt and pepper. Starting at narrow end, tightly roll up each steak; fasten with toothpicks. Brown steak rolls slowly in 2 tbsp. hot fat in skillet. Add consomme. Cover, simmer 30 mins. or till tender. Remove steaks to hot platter. Combine cornstarch and reserved mushroom liquid; stir into gravy in skillet; cook, stirring constantly, till thick. Spoon over the meat rolls; sprinkle with additional grated Parmesan cheese. Garnish with tomato wedges and celery leaves. Makes 6 servings.

Mrs. M. Koska, Edmonton

OLD-TIME POTPIE WITH THIMBLE ROLLS

2 lbs. beef stew meat, cut in	1 tsp. sugar
1 - $\frac{1}{2}$ inch cubes	$\frac{1}{4}$ tsp. pepper
3 cups boiling water	$\frac{1}{2}$ tsp. paprika
1 tsp. Worcestershire sauce	6 small carrots, halved
1 clove garlic	6 small potatoes, pared and halved
1 med. onion, sliced	6 small onions
1 bay leaf	
1 tbsp. salt	

Brown meat on all sides in small amount hot fat; add next 9 ingredients. Cover; simmer 2 hrs., stirring constantly. Remove bay leaf and garlic. Add vegetables. Cover and cook 30 mins. longer or till meat and vegetables are done. Remove stew from heat. Transfer meat and vegetables to a 2-qt. round casserole. Skim fat from stew liquid.

To thicken liquid: put 4 tbsp. flour in small bowl, slowly stir in $\frac{1}{2}$ cup cold water. Mixture must be smooth, stir into stew liquid. Cook and stir till thickened; cook 5 min. more, stirring. Pour gravy over meat and vegetables. Top with hot Thimble Rolls. Makes 6 to 8 servings.

Mrs. M. Koska, Edmonton

THIMBLE ROLLS

1 pk. active dry yeast or 1 cake compressed yeast
 $\frac{3}{4}$ cup water
2 $\frac{1}{2}$ cups biscuit mix

Soften active dry yeast in warm water or compressed yeast in lukewarm water. Stir in biscuit mix; beat vigorously about 3 mins. Turn out on surface well dusted with biscuit mix. Knead till smooth, about 20 strokes. Roll to slightly less than $\frac{1}{2}$ inch. Cut with floured 1 inch cutter. In greased 8 x 1 $\frac{1}{2}$ inch round pan, arrange 2 rows close together around edge. Brush tops with butter; cover with damp cloth; let rise in warm place till double, 30-45 mins. Bake in hot oven (400° F.) 12-15 mins. or till done. (Bake remaining rolls in another pan). Brush again with butter. Immediately place ring of rolls on top of Old-Time Potpie and serve.

Mrs. M. Koska, Edmonton

OLD FASHIONED SWISS STEAK

2 tbsp. flour	20-oz. can tomatoes
1 tsp. salt	3 large onions, sliced thin
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ cup chopped celery
$\frac{1}{2}$ tsp. paprika	1 small bay leaf, crushed
1 $\frac{1}{2}$ lb. round steak, cut 1 inch thick	$\frac{1}{2}$ tsp. oregano (optional)
2 tbsp. cooking oil	1 tbsp. meat sauce

Combine flour, salt, pepper and paprika. Sprinkle half over one side of steak and pound with a mallet or the edge of a heavy plate. Repeat with second side of steak. Cut steak into serving size pieces. Heat oil in large heavy skillet. Add meat and brown slowly on both sides. Add remaining ingredients, cover tightly and simmer until meat is fork tender, about 2 hrs. Serves 4.

CARBONATED STEAK

Take the amount of steak you need for your meal. Fry in a very hot pan till golden brown on one side then turn over and season. When golden brown on both sides, put steaks in a pot or casserole. Over the steak put thick slices of onion, then drown all this with beer, simmer all this over low heat for 1 hr. or until done.

Mrs. M. Muzyka

OPEN FACE BEEF PIE

1 lb. ground beef	2 cups water
3 tbsp. flour	$\frac{1}{3}$ cup powder skim milk
1 $\frac{1}{2}$ oz. envelope onion soup mix	1 cup shredded processed cheese

Preheat oven to 400° F. Brown meat lightly in frying pan. Combine onion soup mix, powdered skim milk and flour. Add mix into meat. Stir in water. Cook over low heat until thickened. Spoon mixture into prepared pastry shell. Sprinkle with cheese. Bake in preheated oven until pastry is brown and cheese is bubbly, about 25 min., 375° F. or so. Makes 6 servings.

Mrs. A. Hlynski, Toronto

OVEN BARBECUED RIBS

3-4 lbs spareribs or loin ribs, cut in pieces
1 lemon, thinly sliced

Basting Sauce:

1 cup ketchup	1 tsp. salt
$\frac{1}{2}$ cup Worcestershire sauce	2 dashes Tabasco sauce
1 tsp. chilly powder	1 $\frac{1}{2}$ cups water

Salt ribs, place in a shallow roasting pan, meaty side up. Roast at 400° F. about 30 min. Drain excess fat from the pan. Top each rib with a slice of unpeeled lemon and a slice of onion.

Basting Sauce: Combine remaining ingredients, bring to a boil. Pour over ribs. Lower temperature control to 325° F. Bake till well done, about 1 $\frac{1}{2}$ hrs. Baste ribs with the sauce every 15 min. If sauce gets too thick, add more water.

Mrs. L. Holowaty

PEACHY PORK CHOPS

4 pork chops	$\frac{1}{2}$ tsp. Worcestershire sauce
1 10-oz. jar Kraft Pure Peach Preserves	Dash of cayenne
2 tbsp. Kraft prepared Mustard	Dash of Tabasco sauce

Brown the meat, cook until done. Combine remaining ingredients, mixing well. Pour the peach preserves and mix together stirring over low heat. Bring to a boil about a few mins. Serve warm on the pork chops.

Mrs. L. Holowaty

PEPPER STEAK

1 lb. $\frac{3}{4}$ inch sirloin tips, cut in serving pieces	1 cup hot water
2 tbsp. fat	1 1-lb. can (2 cups) tomatoes
$\frac{1}{2}$ cup chopped onion	1 large green pepper, thinly sliced in rings
1 clove garlic, halved	2 tbsp. cornstarch
1 tsp. salt	$\frac{1}{2}$ cup cold water
Dash of pepper	2 tbsp. soy sauce
1 beef bouillon cube	Hot noodles

Brown meat slowly in hot fat (about 15 min.); add onion and garlic last few minutes. Season with salt, pepper. Dissolve bouillon cube in hot water; add to meat. Cover; simmer till almost tender, 20 to 25 min.

Add tomatoes and green pepper, cook 10 mins. longer. Combine cornstarch, cold water, soy sauce; stir into meat mixture. Bring to boiling; cook and stir 5 mins. longer. Remove garlic. Serve with hot noodles. Makes 4 servings.

Mrs. M. Koska

PEPPER STEAK

1 lb. beef chuck or round steak (cubed)
1 clove garlic (chopped), if desired
 $\frac{1}{2}$ cup cooking oil — brown above in the oil.

Add: 1 tbsp. soya sauce, 1 tbsp. salt, $\frac{1}{2}$ cup water. Simmer 10 mins.

Blend 1 tbsp. corn starch in 1 cup water. Add to above mixture. Add 2 chopped tomatoes and simmer for 5 mins. Serve the pepper steak with rice. Yields 2-3 servings.

Mrs. Orest Karbonik

PORK CASSEROLE

1 $\frac{1}{2}$ cups macaroni	1 tbsp. flour
6 cups boiling water	1 tbsp. brown sugar
1 tsp. salt	1 cup water
1 $\frac{1}{2}$ lbs. pork shoulder chops	1 tin (10-oz.) tomato soup
$\frac{1}{2}$ tsp. pepper	2 tbsp. vinegar
$\frac{1}{2}$ cup chopped onion	1 tsp. salt
$\frac{1}{2}$ cup diced green pepper or celery	1 can (15-oz.) cream style corn

Cook macaroni in boiling salted water until barely tender, then drain. Remove bone from pork chops, then cut meat into $\frac{3}{4}$ inch pieces. Rub a hot frying pan with a piece of pork fat and brown meat well. Season with the 1 $\frac{1}{2}$ tsp. salt and pepper, and remove meat from pan. In remaining fat, sauté onion and green pepper or celery until lightly browned. Stir in flour, brown sugar, water, tomato soup, vinegar and remaining salt and cook, stirring until thickened. In a large bowl or saucepan mix macaroni, meat thickened sauce and corn. Turn into a greased 10 cup casserole and bake in moderate oven (350° F.) until meat is tender for about 1 hr. Cover for first half hour. Serve with coleslaw or green salad. Yields 8-10 servings.

Mrs. K. Harapniuk

PORK CHOPS COOKED IN BEER

12 pork chops	$\frac{1}{2}$ tsp. pepper
6 tsp. butter	$\frac{1}{2}$ tsp. salt
1 minced onion	1 small bottle beer
Pinch paprika	

Partially cook pork chops in butter. Add onion, paprika, pepper and salt and brown the chops on both sides. Pour beer over chops and allow to simmer for about 15 mins. Serves 6.

Mrs. Harry Kurylo

PORK CHOPS LIMA BEANS

4-6 loin pork chops $\frac{1}{2}$ to $\frac{3}{4}$ inch thick	2 onions thinly sliced
salt and pepper	1 can mushroom soup
1 can lima beans	$\frac{3}{4}$ cup milk

Brown chops well on both sides. Spread the entire can of beans evenly on top. Place onion rings on each chop. Add soup and milk. Cover and cook slowly $\frac{1}{2}$ to $\frac{3}{4}$ hour. Delicious served with steamed rice.

Mrs. S. M. Zaharko

PORK CHOPS DELUXE

4 pork chops	1 15-oz. can onion soup
1 cup water	$\frac{1}{2}$ cup peas
3 sliced carrots	$\frac{1}{2}$ cup celery
$\frac{1}{2}$ cup uncooked rice	

Brown chops in a very little amount of fat. Season and place in 2 qt. casserole. Add carrots, peas and celery. Sprinkle with uncooked rice. Pour onion soup and water over ingredients. Stir until well mixed. Cover. Bake for 1½ hrs. at 350° F. Yields 4 servings.

Mrs. P. Baron

QUICK NOODLE CASSEROLE

1 can beef bouillon	1 can (3-oz.) sliced mushrooms
$\frac{1}{2}$ soup can water	and broth
1 pkg. 8-oz. noodles	Pinch of salt and pepper
1 cup grated American cheese	

Bring bouillon and water to a boil in a saucepan. Add noodles and cook 8 - 10 mins. or until bouillon is absorbed. Mix in cheese and mushrooms and stir over low heat until cheese is melted. Season with salt and pepper.

Mrs. Mary Winters

QUICK SPAGHETTI

1 lb. spaghetti	1 tsp. celery salt
$\frac{1}{2}$ tsp. salt	1 lb. minced steak
1 tsp. onion salt	1 can tomatoes
$\frac{1}{4}$ tsp. pepper	

Brown meat in frying pan with a little dripping or oil and butter. Add tomatoes. Strained. Seasonings. Simmer 20 mins. Add to spaghetti which has been boiled in water. Serves 6.

Mrs. R. M. Burns, Winnipeg

RICE AND BEEF CASSEROLE

Sauté 1½ lbs. boneless rump, cut in bite-size pieces and 1½ cups of $\frac{1}{4}$ lb. fresh mushrooms sliced in 2 tbsp. salad oil. In a 2 qt. casserole combine browned meat and mushrooms, 2 cups finely chopped onion, $\frac{1}{2}$ cup finely chopped celery, 2 cups water, 1 can (10½ oz.) cream mushroom soup, 1 tsp. salt and pinch of pepper.

Bake uncovered at 350° F. 1 hr. or until meat is tender. Stir in $\frac{1}{2}$ cup minute rice, $\frac{1}{2}$ cup sliced cooked carrots, 1 cup cooked peas. Continue baking 20 mins. longer. Stir before serving.

Mrs. Agnes Wolinski

ROUND STEAK CASSEROLE

- | | |
|---|---|
| 4 pieces round steak, about
6 oz. each | 5 med. peeled and quartered
tomatoes |
| 2 tbsp. flour | 1 oxo beef cube in $\frac{1}{2}$ cup hot
water |
| salt and pepper to taste | $\frac{1}{2}$ cup peeled and sliced
mushrooms |
| 3 medium onions peeled and
thinly sliced | |

Season flour with salt and pepper, then coat steaks. Put steak and vegetables into 6-cup casserole. Pour on oxo beef stock. Cover and cook for 2 hrs. in moderate oven 350° F.

Mrs. Katharine Harapniuk

SATURDAY NIGHT NOODLEBURG

- | | |
|----------------------------------|---|
| 1 lb. minced round steak | 2 cans tomato soup |
| $\frac{1}{2}$ lb. minced pork | 4 oz. cream cheese |
| 2 tbsp. butter | 1 $\frac{1}{2}$ tsp. Worcestershire sauce |
| 2 tbsp. sugar | $\frac{1}{2}$ tsp. pepper |
| 2 tsp. salt | 1 cup crushed cornflakes |
| 5 cups precooked noodles | $\frac{1}{2}$ cup melted butter |
| $\frac{3}{4}$ cup chopped onions | |

Combine meats and brown in 2 tbsp. butter, add onions, cook until tender, but not brown. Add soup, diced cheese, sugar, seasoning and simmer 15 mins. Meanwhile cook noodles and place drained noodles in casserole. Pour sauce over noodles. Top with cornflakes and melted butter. Bake at 350° F. for 25-30 mins.

Mrs. A. Hlynski, Toronto

SAUERKRAUT AND SPARE RIBS

- | | |
|---------------------|-------------------------|
| 2-3 lbs. spareribs | 1 can 11-oz. sauerkraut |
| 1 tbsp. lemon juice | 2 tbsp. brown sugar |
| 1 tsp. salt | $\frac{1}{2}$ cup water |
| 1 med. size onion | |

Place ribs in large flat pan. Top with salt, lemon juice, and slices of onion. Bake uncovered at 450° F. for 30 mins. Cover ribs with sauerkraut. Add brown sugar and water. Cover, bake at 350° F. for 1 $\frac{1}{2}$ hrs. 4 servings.

Mrs. P. Baron

SAUSAGE DISH

Brown: 1 lb. pork sausages, 2 apples and 2 onion sliced.
Remove from pan — 2 tbsp. drippings.

Add 1 tbsp. of flour and brown. Then add 1 cup water or soup stock. Cook like gravy. Butter casserole. Put a layer of sausages, top it with layers of apples and onion. Pour the gravy over it. Top with mashed potatoes. Butter top. Bake 350° F. for $\frac{1}{2}$ hr. or till golden brown.

Mrs. M. Sawchuk

SAUCY MEAT LOAVES

- | | |
|--|--|
| 2 lb. ground beef | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup chopped onion | 2 eggs |
| $\frac{1}{2}$ cup chopped celery | 1 1-lb. can ($1\frac{1}{2}$ cups) chopped |
| $\frac{1}{2}$ cup chopped green pepper | broiled mushrooms, undrained |
| 1 envelope dry tomato mix | $\frac{2}{3}$ cup water |
| 1 tsp. salt | 2 tbsp. brown sugar |
| Dash pepper | 1 tsp. salt |
| $\frac{1}{2}$ cup dry bread crumbs | |

Combine first 10 ingredients. Shape in 12 loaves, using $\frac{1}{2}$ cup mixture each. Place in 13-9-2 inch baking dish. Combine remaining ingredients; pour over meat. Bake uncovered at 350° F. for 50 to 60 mins.. basting occasionally.

Mrs. A. Komarnisky, Saskatoon

SAVORY HASH

- | | |
|--|---------------------------------|
| $\frac{1}{2}$ cup butter or shortening | $\frac{1}{2}$ tsp. pepper |
| 1 cup fine cut celery | $1\frac{1}{2}$ lbs. ground beef |
| 1 big onion cut fine | 2 cups tomatoes (1 can) |
| 1 green pepper | $\frac{3}{4}$ cup washed rice |
| $1\frac{1}{2}$ tsp. salt or less | |

METHOD: Fry the onion, green pepper, celery until light brown. Put aside. Fry the meat till red is gone from the meat. Add your frayed vegetables, salt, pepper, tomatoes, rice and mix well. Put in a baking dish you prefer and bake for 1 hr. Medium heat, 350° F.

Mrs. E. Skwarok

SHIPWRECK CASSEROLE

- | | |
|-------------------------------------|---------------------------------|
| 1 can tomatoes | 1 lb. or less uncooked minced |
| 1 can boiling water | steak or ground meat |
| 2 good sized onions <i>sliced</i> | $\frac{1}{2}$ cup uncooked rice |
| 2 med. sized potatoes <i>sliced</i> | 1 cup chopped celery |
| | 1 cup carrots <i>chopped</i> |

Into the bottom of buttered casserole slice onions. Over this place potatoes, next add meat, follow this with rice. Add celery and carrots; season each layer with salt, pepper and paprika. Pour soup and water over all. Cover and bake in moderate oven for 2 hrs. Serves 5-6.

Mrs. Mary Fedechko

SHEPARD'S PIE

- | | |
|---------------------------------|--|
| 2 tbsp. oil | $1\frac{1}{2}$ lb. stewing beef, cubed |
| 1 med. onion, sliced | 10-oz. can consomme |
| $\frac{1}{2}$ cup boiling water | 2 tsp. scya sauce |
| $\frac{1}{4}$ cup water | 2 tbsp. flour |
| 1 tsp. salt | $\frac{1}{2}$ tsp. pepper |
| 11-oz. pk. frozen mixed | 2 cups seasoned hot mashed |
| vegetables | potatoes |
| Melted butter | |

Heat oil in a large heavy saucepan. Add meat and brown well on all sides. Add onion and cook and stir until yellow. Add consome, boiling water, soya sauce and bring to boil. Turn down heat, cover and simmer until meat is tender, 2-3 hrs. Measure water into a small jar with a tight lid. Add flour, salt, pepper and shake together until blended. Stir into boiling mixture gradually. Add frozen vegetables, cover and simmer 5 mins. more. Heat over to 400° F.

Pour meat mixture into a 1½ qt. casserole. Spoon potatoes on top. Brush potatoes with melted butter. Bake about 30 mins. or until potatoes are lightly brown and meat mixture is bubbling. Yields 4-6 servings.

Mrs. Katharine Harapniuk

SINGAPORE PORK 'N CABBAGE

1 lb. pork shoulder, cut in strips	2 tbsp. pimiento (chopped)
2 qts. shredded cabbage	1 cup water
1 cup (8 oz. can) water chestnuts, drained and sliced	¾ cup Kraft Italian dressing
1 cup sliced mushrooms	¼ cup soya sauce
	2 tbsp. cornstarch

Brown meat; cover and cook 15 mins. Drain. Stir in vegetables, water and Kraft Italian dressing, cook 8-10 mins. Add soya sauce combined with cornstarch; stir until thickened. Serve over rice, if desired. 4-6 servings.

Mrs. A. Komarnisky, Saskatoon

SKILLET BEEF SUPREME

Cut ½ lb. lean beef into strips and brown in 2 tbsp. oil
 Add an onion and a green pepper (½ will do) sliced
 Add 1 cup of each sliced celery and cut green beans
 Cook 5-10 mins.

Combine 4 tsp. cornstarch with 1 tbsp. soya sauce and ¾ cup water, add to skillet. Stir in 4 oz. sliced mushrooms, Cook about 5 min. until liquid is clear and shiny and beans are tender. Salt and garnish with pimento. Serve with rice.

Mrs. Tillie Chichak

SNOW CAPPED MEAT LOAF

¾ cup undiluted carnation evaporated milk	½ cup chopped onion
1½ lbs. ground beef	1 tbsp. prepared mustard
½ cup fine cracker crumbs	1½ - 2 tsp. salt
1 egg	½ tsp. pepper

Combine all ingredients and mix lightly. Place in deep 8 inch round layer cake pan or 8-8-2 inch square pan. Bake in moderate oven 350° F. about 55 mins. If necessary, pour off excess fat. Spread with potato topping.

For Potato Topping: Prepare 1 6-oz. envelopes of Carnation Instant Mashed Potatoes on meat loaf. Sprinkle grated cheese over top. Broil for 2 mins. or bake 10 mins. longer until cheese is melted. Makes 4-6 servings.

Mrs. P. Stosky

SOUTH SEA CASSEROLE

- | | |
|--|---|
| 1 can pork and ham luncheon
meat or left over ham | ½ tsp. mustard |
| 1 tbsp. cornstarch | 1 9-oz. can pineapple chunks,
drained |
| 1 cup water | 1 tomato cut in sixths |
| ½ cup pineapple juice | ½ cup chopped celery |
| 1 tbsp. vinegar | 3 cups cooked rice or ½ rice
and ½ chow mein noodles |
| ½ tsp. Worcestershire sauce | |
| 1 tsp. soya sauce | |

Cut meat into ¾ inch cubes, brown lightly in skillet. Combine cornstarch, liquids and seasonings. Add meat, cook until mixture thickens, stirring constantly. Add remaining, except rice, simmer 5 mins. Serve over rice. Serves 4.

Mrs. O. Stosky

SPICY MEATY LIMA BEANS

- | | |
|------------------------------|-----------------------------------|
| 1 lb. large dry lima beans | Few chilly pepper seeds |
| 5 cups beef or chicken broth | 2 lbs. brown sugar |
| 2 onions, sliced | 1 tsp. salt |
| 1 or 2 cloves garlic, minced | ½ tsp. oregano or herbs to taste |
| 2 tbsp. bacon drippings | ½ lb. Polish sausage or |
| 6 tomatoes, peeled and diced | ½ lb. diced bacon, crisply cooked |

Wash the beans and add to the boiling broth. Cover and cook slowly for 1 hr. or until almost tender. Meanwhile sauté onions and garlic in hot drippings until golden. Add the next 6 ingredients and cover. Turn heat low and simmer 15 mins. Taste for seasoning and add a few shakes of ketchup, if you like. Stir in beans and diced sausage or meat. Pour into a 2 qt. casserole and cover. Bake at 350° F. for 45 min. or until beans are tender, adding a little boiling water occasionally, if needed. Uncover for the last 10 mins. Serve with crusty rolls and salad. Makes 6 servings. Calories per: 490.

Mrs. H. Popil, Calgary

SPANISH TOMATO RICE

- | | |
|----------------------------|-----------------------------|
| 8 slices bacon | ½ cup chili sauce |
| 1 cup finely chopped onion | 1 tsp. salt |
| ½ cup chopped green pepper | Dash pepper |
| 1 1-lb. can tomatoes | 1 tsp. brown sugar |
| 1½ cups water | ½ tsp. Worcestershire sauce |
| ¾ cups uncooked rice | |

Cook bacon till crisp; remove. Pour off half the fat. In remaining fat cook onion, and green pepper till tender but not brown. Add remaining ingredients. Cover and simmer 45 mins. Crumble bacon on top. Trim with parsley. Makes 6-8 servings.

Mrs. N. Kowal

SPICED SPARERIBS

Spareribs	1 med. onion
1 tsp. paprika	Few cloves garlic
$\frac{1}{2}$ tsp. cinnamon	2 tins tomato paste
$\frac{1}{2}$ tsp. black pepper	2 tins water
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ tsp. chili powder	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ tsp. cayenne	

Cut spareribs into serving pieces and brown. Slice onion and put on top. Mix spices together with vinegar, sugar, tomato paste and water. Place in covered saucepan and bake in moderate oven at least 2 hrs., basting occasionally.

Mrs. J. Kleisinger, Vancouver

STUFFED SPARERIBS

For stuffed ribs choose two sets of ribs for a family of 6. Allow one lb. per person when serving spareribs. Make regular bread stuffing using about 3 cups bread crumbs, seasoned with the regular poultry seasoning, or use oregano and thyme with sautéed minced onion to your liking, a tart chopped apple, salt, pepper and $\frac{1}{2}$ cup melted butter or margarine. Put the stuffing along one set of ribs and top with the other, fastening with skewers and string. Place ribs in roaster, cover and bake in hot oven 425° F. about 20 min. or until nicely browned. Add $\frac{1}{2}$ cup water or tomato juice, cover and roast at moderate temperature, 350° F. about 1 hr. or until tender, basting with liquid in pan every so often.

STUPENDOUS TOMATO BEEF STEW

1 lb. beef cubes	6 small whole white onions
2 tbsp. seasoned flour	6 small carrots, cut in half
2 tbsp. shortening	3 potatoes, quartered
1 can Campbell's tomato soup	$\frac{1}{2}$ tsp. whole thyme
1 soup can water	

METHOD: Dust meat with flour, brown in shortening in large heavy pan. Add soup and water. Cover; simmer 1 $\frac{1}{2}$ hrs. Add remaining ingredients. Cover; cook 1 hr. or until vegetables are tender. Stir now and then. To thicken, uncover, cook until desired consistency. 4 servings.

Mrs. N. Dudak

SWISS STEAK

2 lbs. round steak, cut 1 inch	2 tbsp. melted sauté or bacon
2 tbsp. flour	drippings
$\frac{1}{2}$ tsp. Watkins pepper	2 cups hot stewed tomatoes
$\frac{1}{4}$ tsp. salt	1 onion whole

Wipe steak with clean, dry cloth, cut in pieces for serving. Add salt, pepper to flour and pound into steak. Heat the sauté and sear on both

sides of meat. Add tomatoes and onion, cover and cook slowly until tender, about 2 hrs. Little water may be added, if desired. Serve with steamed rice.

Mrs. Mary Fedechko

SWISS STEAK

2 lbs. veal steak	2 small onions chopped
1 small green pepper	2 cups canned tomatoes
2 sticks celery	Salt and pepper
3 tbsp. shortening	

Mix flour, salt and pepper. Dredge steaks in flour. Melt shortening in a heavy skillet and brown steak slowly on both sides. Add onions, pepper and celery and tomatoes; cover tightly and let simmer 1½ hrs., or until meat is tender.

Mrs. Alice Kurylo

TEENAGER'S FAVORITE HOT DISH

1 lb. ground beef	Salt and pepper to taste
1 large onion, chopped	3 cups shredded cabbage
1 tbsp. fat or oil	1 can tomato soup

Cook ground beef and onion in fat until brown. Add salt and pepper to taste. Alternate a layer of cabbage with meat mixture in buttered casserole. Repeat layers. Pour tomato soup over all. Bake at 350° F. 1 hr. Services 6.

Mrs. O. Stosky

TENDERLOIN-NOODLE CASSEROLE

Cook 6 oz. (about 3 cups) noodles in boiling salted water; rinse, drain. Slowly brown 6½-inch slices pork tenderloin on both sides in hot fat. Season with ½ tsp. salt and dash of pepper.

Make Cheddar Cheese Sauce:

Melt 3 tbsp. butter, blend in 3 tbsp. all-purpose flour, ¾ tsp. salt and dash pepper. Stir in 1 cup milk. Cook and stir till thick. Add ¾ cup crumbled blue cheese (3 oz.); stir till cheese melts. Combine noodles, sauce and 3 tbsp. each chopped green pepper and chopped pimento. Place in 10-6-1½ inch baking dish. Arrange meat on top. Bake at 350° F. about 30 mins. or till done. Makes 6 servings.

Mrs. N. Kowal

HAM SCRAMBLE

3 eggs	2 tbsp. chopped parsley
2 cups milk	½ cup butter
1 tsp. salt	3 cups soft bread crumbs
¼ tsp. pepper	1 cup ground cooked ham
¼ tsp. thyme	1 tbsp. grated onion

Beat eggs lightly with a fork. Add milk, salt, pepper, thyme and parsley and blend. Heat butter in large heavy skillet. Add bread crumbs, ham and

onion and cook gently until crumbs are golden. Pour in egg mixture, cover and cook gently until mixture begins to set on bottom about 5 min. Remove cover, stir with a fork and continue cooking gently until set but still moist, stirring constantly. Serve immediately. Serves 4.

Mrs. Stella Tapechka

HAM SLICES WITH RICE

6 slices cooked ham	2 tbsp. chopped green pepper
2½ cups cooked rice	2 tbsp. flour
3 tbsp. butter	1½ cups tomato juice or
3 tbsp. chopped onion	1 tin tomato soup
Add salt, pepper and ½ cup grated cheese	

Arrange ham slices on buttered baking dish. Melt butter, add onion and green pepper and cook 2 mins. over low heat. Blend in flour seasoning and tomato juice. Heat to boiling point and cook until thick. Add rice and cook 2-3 mins. longer. A dash of Worcestershire sauce adds zest. Pile rice mixture on ham slices and sprinkle with grated cheese. Bake in 350° F. oven 10 mins. or until cheese melts. Serve with vegetables and salad.

Mrs. S. F. Kurylo

LIVER AND ONION PATTIES

1 lb. beef or pork liver	½ cup milk
1 med. onion	1 tsp. salt
10 crackers	½ tsp. pepper
2 eggs	Fat for frying

Simmer liver in boiling water 10 mins. Put liver, onion and crackers through a meat grinder (fine grind). Add slightly beaten eggs, milk and seasonings. Drop by tbsp. into hot fat. Flatten with a spatula and fry each side until brown and crisp. 4 servings.

HAWAIIAN HECKA

Add 1 cup onions fried in 1 tbsp. butter and 1 lb. hamburger to onions. Let fry till brown. Add 1 can mushrooms with the juice, 2 cups celery, slivered and 2 cups carrots. Shred 2 cups cabbage. 1 small pimento. Stir in next ½ cup or more soya sauce, salt and pepper to taste. Cook till done. This recipe is very good. You may have steamed rice or mashed potatoes with this dish.

Mrs. Nellie Dudak

LEMON SMOTHERED CHOPS

Combine:

- 2 lbs. chops (cut thick) (pork, lamb or veal)
- 2 sliced lemons
- 1 spanish onion, cut in rings
- 1 green pepper
- 2 tsp. salt
- 2 cups of tomato juice

Simmer 1½ hrs.

Mrs. T. Chichak

HAWAIIAN SAUSAGE PLATTER

- | | |
|--|---|
| 1 lb. sausage links | 1 tbsp. cornstarch |
| 2 tbsp. water | $\frac{1}{2}$ tsp. curry powder |
| 8 pineapple slices drained and cut in half | Pineapple syrup plus water to equal 1 cup |

Place sausage and 2 tbsp. water in skillet. Cover and steam for 5 mins. Drain. Brown sausage and pineapple slices lightly in sausage fat. Remove. Blend cornstarch, curry powder and syrup mixture. Add to fat in skillet, cook, stirring constantly till thick. Serve with steamed rice. Arrange sausage, pineapple slices and rice on platter. Pour sauce over rice.

Mrs. Elizabeth Ambroch

HOT KOBASA

Place 1 ring kobasa (even the cheaper kind is good this way!) in heavy frying pan. Add $\frac{1}{2}$ cup yellow sugar, 1 cup water. Cover and let simmer slowly, turning over. Cook until syrup is absorbed. Serve hot with beet, horseradish relish.

Mrs. Phyllis Moroz, Smoky Lake

ITALIAN MEAT BALLS

- | | |
|--|------------------------|
| 4 slices dry bread | 1 clove garlic, minced |
| 1 lb. ground beef | 1 tsp. crushed oregano |
| 2 eggs | 1 tsp. salt |
| $\frac{1}{2}$ cup grated Romano cheese | Dash pepper |
| 2 tbsp. chopped parsley | |

Soak bread in water 2-3 mins., then squeeze out moisture. Combine soaked bread with remaining ingredients, mixing well. Form in small balls, about 20. Brown slowly in 2 tbsp. hot olive oil. Add to sauce, cook 30 mins.

Mrs. N. Kowal

ITALIAN MEAT SAUCE

- | | |
|---|---|
| $\frac{1}{2}$ cup onion slices | 2 1-lb. cans (4 cups) tomatoes |
| 2 tbsp. olive oil or salad oil | $\frac{1}{2}$ cup chopped parsley |
| 1 lb. ground beef | $1\frac{1}{2}$ tsp. oregano or sage |
| 2 cloves garlic, minced | 1 tsp. salt |
| 2 8-oz. cans (2 cups) seasoned tomato sauce | $\frac{1}{2}$ tsp. monosodium glutamate |
| 1 3-oz. can ($\frac{3}{4}$ cup) broiled sliced mushrooms | $\frac{1}{4}$ tsp. thyme |
| | 1 bay leaf |
| | 1 cup water |

In a large skillet cook onion in hot oil till almost tender. Add meat and garlic; brown lightly. Add remaining ingredients. Simmer uncovered 2 to 2 $\frac{1}{2}$ hrs. or till sauce is nice and thick; stir occasionally. Remove bay leaf. Serve over hot spaghetti. Pass bowl of shredded Parmesan cheese. Makes 6 servings.

NOTE: 1 lb. spaghetti will serve 4-6 as a main dish with sauce.

Mrs. N. Kowal

ITALIAN SPAGHETTI AND MEAT BALLS

2 cloves garlic	2½ cups water
5 tbsp. lard or olive oil	3 tsp. salt
2 onions	1 pkg. spaghetti and a little grated cheese
2 or 3 lbs. ground hamburger or steak	½ tsp. pepper
1 large can tomatoes	1 bay leaf
1 6-oz. can tomato paste	

METHOD: Melt shortening in a skillet. Peel and slice garlic. Lightly brown slices on both sides. Remove garlic from pan and discard. Fry sliced onions straw color. Then add the meat balls. Brown on each side and then add the remaining ingredients, tomatoes, paste, dissolved with water, along with salt and pepper (bay leaf optional). Bring this to a boil and turn to simmer from 1¼ - 2 hrs. Boil the spaghetti in salted water 15 mins. Drain. Serve with grated cheese sprinkled on top.

Mrs. Nancy Melnyk

LASAGNE

1 lb. Italian sausage	3 cups fresh creamy cottage cheese
1 clove garlic, minced	2 tbsp. parsley flakes
1 tbsp. whole basil	2 beaten eggs
1½ tsp. salt	1 tsp. salt
1 can tomatoes (2 cups)	½ tsp. pepper
2 cans tomato paste (1½ cups)	1 lb. mozzarella cheese sliced very thin
10 oz. lasagne noodles	
½ cup grated parmesan cheese	

METHOD: Brown meat slowly, spoon excess fat. Add next 5 ingredients. Simmer uncovered 30 mins. stirring occasionally. Cook noodles in large amount boiling salted water till tender, drain, rinse. Combine remaining ingredients except mozzarella cheese. Place half the noodles in 13 x 9 - 2 inch baking dish; spread with half the cottage cheese filling; add half the mozzarella cheese and the meat sauce. Repeat layers. Bake at 375° F. about 30 mins. Let stand 10 mins. before cutting into squares. Filling will set lightly. Makes 12 servings. Or assemble early, refrigerate. Be sure to allow 15 mins. or longer in oven.

Mrs. Sylvia Zacharko

PIZZA

1 pkg. hot roll mix	Olive oil
1 lb. Italian sausage	1 can tomato paste (6 oz.)
1 can tomatoes (1 lb.) (2 cups)	2 cloves garlic, minced
Salt and coarse cracked pepper	1 tbsp. crushed oregano
1 pkg. mozzarella cheese, sliced thin (6 oz.)	1 tbsp. whole basil
	¼ cup grated Parmesan cheese

Prepare dough from hot roll mix (follow pkg. directions, but use 1 cup warm water and no egg. Do not let rise). Divide dough in half. On greased baking sheets, pat each part into 12 inch circle. Clip edge at 1 inch intervals, press so it stands up. Brush dough with oil. Break sausage in small bits in skillet; brown slowly, stir often, drain off fat. Drain tomatoes, re-

serving $\frac{1}{2}$ cup juice. Dice tomatoes and place on dough; sprinkle with salt and pepper. Cover with mozzarella cheese. Drizzle with olive oil (1 tbsp. on each pizza). Sprinkle with sausage. Combine tomato paste, reserved tomato juice, garlic and herbs; spread over sausage. Dash generously with salt and pepper. Scatter parmesan cheese over all. Bake in very hot oven (450° F.) 20 mins. or until crust is done. Makes 2 pizzas.

Mrs. E. Zacharko

PIZZA

Basic Mixture:

1 cup milk scalded	1 pkg. yeast
2 tsp. salt	$\frac{1}{2}$ cup lukewarm water
3 tbsp. sugar	1 tsp. sugar
2 tbsp. shortening	5 cups flour
$\frac{1}{2}$ cup cold water	

To scalded milk add salt, sugar and shortening. Stir till shortening is melted and sugar and salt dissolved. Add cold water. To lukewarm water add 1 tsp. sugar; mix till thoroughly dissolved then add the yeast. Let stand 10 mins. Combine with the milk mixture. Add 2 $\frac{1}{2}$ cups of flour; beat until smooth. Add the remaining flour and knead till dough is elastic. Put in a slightly greased bowl and let rise 1 $\frac{1}{2}$ hrs. When risen punch down and let rest 5 mins. Flatten down a piece of dough to $\frac{1}{4}$ inch and put in a greased pan; let rise 15 mins.

Sauce:

3 cups canned tomatoes	Salt and pepper to taste
$\frac{1}{2}$ cup olive oil	1 clove garlic chopped fine
$\frac{1}{2}$ cup romano or parmesan cheese, grated	$\frac{1}{2}$ cup parsley chopped fine or
	2 tsp. oregano

Cook 15 mins. and chill. Spread on pizza and sprinkle with parmesan cheese.

VARIATIONS: Drained mushrooms, green pepper, celery or garlic sausage.

Bake at 400° F. 20 mins. or until done.

Mrs. J. Chichak

VEGETABLE MEAT LOAF

$\frac{1}{2}$ lb. ground beef	3 med. sized carrots
$\frac{1}{2}$ lb. ground pork	2 beaten eggs
3 med. sized potatoes	1 slice toast
1 small onion	1 cup milk
	Salt and pepper

Grind the vegetables and add to the meat. Add beaten eggs and toast which has been soaked in the milk. Season to taste. Mold into a loaf and bake for 1 $\frac{1}{2}$ hrs.; moderate oven 350° F. until done.

Mrs. P. Baron

VEGETABLES

BROWN BUTTERED BEANS

Take equal amount of green and yellow beans, preferable in season. Cook in salt water. Don't overcook them.

In a fry pan melt generous amount of butter and cook till golden brown stirring constantly. Pour over cooked beans and serve immediately. Very delicious.

Mrs. Wm. Muzyka

CARROTS, TOASTED

Always cook carrots with sugar.

To serve carrots as a separate vegetable, scrape and wash; leave young carrots whole and cut old carrots in slices lengthwise or crosswise. Boil them until tender (15-30 min.) in water containing one teaspoon sugar. Just before cooking is completed, salt the water and never overcook your carrots. Drain, add butter and seasoning or roll in butter, then roll in cornflakes and brown in oven 350° F.

Mrs. Wm. Muzyka

DUTCH CARROTS

3 tbsp. butter	1 tsp. sugar
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tsp. pepper
1 small bunch carrots	$\frac{1}{2}$ cup sweet cream
1 tsp. salt	

Melt butter in saucepan, add $\frac{1}{2}$ cup water and sliced carrots, salt and sugar. Cook on low heat, simmering until carrots are tender, about 20 minutes. Remove from heat and mash with potato masher. Add pepper, pour in the cream, and simmer 2 or 3 minutes longer. Makes 4 to 6 servings.

Mrs. A. Lickocz
Calmar, Alberta

CORN SCRAMBLE

1 can luncheon meat, cubed	3 eggs beaten
2 tbsp. mazola oil	$\frac{1}{2}$ tsp. mustard
$\frac{1}{2}$ tsp. salt	1 20 oz. can cream style corn

Brown luncheon meat in oil. Combine remaining ingredients and mix thoroughly with luncheon meat. Cook over low heat stirring until mixture is set. Makes 6 generous servings. Good for supper with lettuce and tomato salad.

Mrs. P. Baron

CORN STICKS

2 eggs	1 tsp. baking soda
2 cups buttermilk	2 cups corn meal
1 tsp. salt	

Beat eggs, buttermilk and soda together. Beat in cornmeal and salt. Pour into buttered cornstick pans, filling almost full. Bake 15 minutes (just until set) in 450° F. oven.

Mrs. P. Baron

COUNTRYSIDE CASSEROLE

$\frac{1}{2}$ lb. Velveeta cheese spread	2 cups cooked rice
$\frac{1}{2}$ cup milk	4 hard cooked eggs, sliced
1 - 10 oz. pkg. frozen peas, cooked, drained	$\frac{3}{4}$ cup chopped onion
	1 2-oz. jar pimento, chopped

Heat Velveeta with milk in a saucepan over low heat; stir until sauce is smooth. Combine peas, rice, eggs, onion and pimento; pour into 1 $\frac{1}{2}$ quart casserole. Cover with velveeta sauce. Bake in 325° F. for 25 minutes. 4 servings.

Mrs. A. Hlynsky
Toronto, Ont.

CREAMED CARROTS

4 cups cooked carrots	$\frac{1}{2}$ cup vegetable stock
4 tbsp. butter	$\frac{1}{2}$ tsp. salt
4 tbsp. flour	1 tsp. sugar
$\frac{1}{2}$ cup light cream	$\frac{1}{4}$ tsp. pepper

Cook carrots till tender. Drain the carrots and save $\frac{1}{2}$ cup stock. Melt butter blended with flour in a skillet. Add light cream and vegetables stockflavored with salt, sugar, pepper. Simmer for a few minutes. Pour over the carrots and mix it well. Serve warm. Onions, asparagus, new potatoes and green peas may all be creamed by the same method as for creaming carrots.

Mrs. A. Lickacz
Calmar, Alberta

FRENCH FRIED ONION RINGS

6 medium Bermuda or mild white onions, sliced $\frac{1}{4}$ " thick
2 cups milk or beer
3 eggs
All purpose flour

Separate onion slices into rings. Combine the milk and eggs; beat thoroughly and pour into shallow pan. Drop onion rings into pan. With your fingers swish rings around till well coated. Lift onions out; shake over pan to drain. Drop in pan of flour a few rings at a time, coating each well. Place in wire French frying basket (don't fill more than one fourth full). Shake off excess flour by giving basket a sharp slap. Fry in deep hot fat 375° F. stirring once with fork to separate rings while frying. When onions are golden, drain on paper towels. Just before serving sprinkle with salt. Serve hot. Makes 8 servings.

Mrs. N. Kowal

KIDNEY BEAN CASSEROLE

$\frac{1}{2}$ (15 oz.) can red kidney beans, drained	$\frac{1}{2}$ tsp. chili powder
$\frac{1}{2}$ cup ketchup	$\frac{1}{2}$ tsp. salt
1 tbsp. chopped onion	2 tbsp. crushed soda crackers
	$1\frac{1}{2}$ tsp. butter

Mix kidney beans, ketchup, onion, chili powder and salt together in a greased oblong dish. Sprinkle with crumbs mixed with butter. Bake at 375° F. for 25 minutes or until lightly browned and bubbly. Serves 2.

NOTE: Add left over kidney bean juice to gravy and savory meats. One cup cubed left over meat may be added.

Mrs. O. Stosky

KIDNEY BEAN MACARONI CASSEROLE

2 cups elbow macaroni	1 lb. can kidney beans (drained)
2 tbsp. chopped onions	1 tsp. salt
2 tbsp. butter	dash of pepper
1 cup milk	$\frac{1}{2}$ tsp. celery seed
1 can condensed cream of celery soup	4 slices Kraft cheese

Cook macaroni in boiling water. Drain well. Sauté onion in butter. Remove from heat and add soup. Stir in milk gradually. Add kidney beans, seasonings, and 2 slices of cheese chopped up. Heat stirring occasionally until the mixture is hot and the cheese is melted. Mix in the macaroni. Pour the mixture into a greased 2 quart casserole. Arrange slices of cheese on top. Bake in 350° F. oven until the cheese is melted.

Mrs. Jean Kobitowich

LIMA BEANS

1 pkg. frozen lima beans or canned beans, put them in small greased baking dish. Take about $\frac{1}{4}$ or $\frac{1}{3}$ of a pkg. of onion soup, sprinkle over, put 2 tbsp. of butter on top. Bake in a 350° F. oven for 30 to 40 min.

Mrs. M. Lysay

MEDLEY OF SPRING

- 8 new potatoes, pared
- 1 bunch green onions, cut in 1 inch pieces
- 2 cups new peas
- 1 to $1\frac{1}{2}$ cups white sauce
- $\frac{1}{2}$ cup grated cheese

Cook potatoes in small amount of boiling, salted water for about 15 minutes; add onions and peas; continue cooking until vegetables are tender — 10 to 15 minutes. Drain, save liquid for white sauce. Arrange vegetables in $1\frac{1}{2}$ quart casserole; add white sauce. Top with cheese. Brown in moderate oven (375° F.) about 10 minutes. Makes 6 to 8 servings.

White Sauce:

1. Melt 2 tbsp. butter or margarine in the upper part of a double boiler over low heat. Add 3 tablespoons flour, blend.

2. Add $\frac{1}{2}$ cup cold milk, stirring constantly, then add $\frac{1}{2}$ cup potato water.

3. Cook until thick, stirring constantly. Add about $\frac{1}{4}$ tsp. salt and a dash of pepper. Cover, cook 5 to 8 minutes. Makes about 1 cup of sauce.

Mrs. D. Skubleny

MUSHROOM SAUCE

1 lb. mushrooms or	3 tbsp. butter
2 cans mushrooms	$\frac{1}{2}$ cloves of garlic
2 tbsp. chopped onion	2 tbsp. flour
$1\frac{1}{2}$ sour cream (country style)	salt, pepper to taste

Cook onion and garlic in butter until tender. Blend the flour with half cup cream and put aside. Simmer the mushrooms in one cup cream with added butter and onion. Make sure that the onions are fried only till tender. Add the cream with the flour and simmer for 20 min. longer.

NOTE: If canned mushrooms are used, add extra flour to thicken.

Mrs. Wm. Muzyka

ORANGE BEETS

1 tbsp. cornstarch	$1\frac{1}{2}$ cup orange juice
$\frac{1}{4}$ cup sugar	2 tbsp. butter
1 tsp. salt	3 cups sliced cooked beets

Combine: cornstarch, sugar and salt in a saucepan. Add orange juice and heat to boiling. Cook until thick and clear. Add butter and beets. Simmer over low heat, turning beets frequently, until they are warmed through and glazed about 5 min. Good with pork and poultry. (Serves 6).

Mrs. S. Topechka

SPICED ONIONS

1 large or 2 med. spanish onions	$\frac{1}{2}$ tsp. pepper
1 cup white vinegar	1 tsp. salt
1 cup warm water	1 tsp. celery seed
1 cup sugar	

METHOD: Stir till sugar is dissolved. Add 1 large or 2 med. spanish

METHOD: Stir till sugar is dissolved. Add 1 large or 2 med. spanish till sauce runs out. Good with any meat.

Mrs. S. Topechka

STUFFED GREEN PEPPERS

6-8 green peppers	1 tbsp. minced parsley
2 tbsp. grated onion	1 tsp. celery seed (optional)
1 lb. ground beef	1 tsp. salt
2 tbsp. butter	1 tsp. pepper
1 cup boiled rice	1 can tomato soup

Remove stems and seed of peppers. Cover with boiling water and simmer for 5 min. Drain and cool. Sauté onion and beef in butter. Combine with rice and seasoning. Fill peppers. Cover with tomato soup. Bake in 350° F. oven for 30 min.

Mrs. S. M. Zaharko

STUFFED GREEN PEPPERS

4 large green peppers (same size)	$\frac{1}{2}$ tsp. salt
2 cups cooked rice	Dash of pepper
1 med. onion chopped	1 cup tomato juice
4 oz. chopped cooked ham	3 tbsp. sugar
2 firm ripe tomatoes chopped	2 tbsp. butter

Remove pepper core and seeds and wash in cold water. Brown the chopped onions in some butter or bacon dripping. Mix rice, ham, tomatoes, salt and pepper. Fill the peppers and stand upward in a deep pot. Heat tomato juice, sugar and butter, pour over the peppers. Cover and bake in oven 350° F. for 45 min.

Mrs. Wm. Burko

VEGETABLE FOR COLD PLATE

1 cup green beans	Salt, pepper to taste
1 cup yellow beans	3 tbsp. oil
1 cup frozen cook peas	3 tbsp. cider vinegar

Mix oil and vinegar. Then toss vegetable mixture and let stand for half an hour before serving.

Mrs. Wm. Muzyka

SKILLET CABBAGE

2 cups green cabbage	1 green pepper
2 cups red cabbage	2 large onions liced
2 cups diced celery	$\frac{1}{2}$ cup bacon drippings
2 tomatoes (chopped)	Pinch of salt and pepper
2 tsp. sugar	

Combine all ingredients in a large skillet, cover and cook over medium heat for 5 min. Serves 6.

(You can vary recipe by adding cooked chicken.)

Olga Karoluk

CANDIED SWEET POTATOES

6 peeled, cooked yams or medium sweet potatoes	$\frac{1}{2}$ cup water
1 cup brown sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup butter or margarine	2 whole cloves
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ cup walnuts in large pieces attractively scattered

In oven: Heat oven to 375° F. Arrange cooked potatoes, cut in halves

lengthwise, in greased baking dish. Combine rest of ingredients except nuts. Boil 5 min. Pour over potatoes, top with nuts. Bake in moderately hot oven of 375° F. for 30 min. Basting occasionally. Serve with baked ham.

Mrs. A. Davidson

CHEESE SCALLOPED POTATOES

6 med. potatoes	¼ tsp. dry mustard
½ cup butter	¼ tsp. celery salt
¼ cup finely chopped onion	2 cups milk
¼ cup flour	2 cups grated sharp cheddar cheese
1 tsp. salt	¼ cup butter
¼ tsp. pepper	2 cups small bread cubes

Heat oven to 350° F.

Peel potatoes and slice thin. Heat butter in saucepan. Add onion, cook gently until tender. Sprinkle in flour, salt, pepper, mustard, and celery salt and let bubble up. Remove from heat, add milk all at once. Stir. Return to moderate heat, cook and stir until thickened. Add cheese, continue heating until cheese is melted. Alternate layers of sliced potatoes and cheese sauce in 2 qt. casserole, ending with a large layer of sauce.

Melt ½ cup butter. Add bread cubes and toss until cubes are coated with butter. Sprinkle over potatoes. Bake 1½ hours or until potatoes are tender.

Mrs. Kay Skubleny

FAVORITE SCALLOPED POTATOES

3 tbsp. butter	1½ tsp. flour
¾ tsp. salt	¼ tsp. pepper
3 cups milk	6 cups coarsely-grated raw potatoes
2 tbsp. finely-grated onion	1 tsp. salt
Dash a nutmeg	½ tsp. pepper
2 tbsp. butter	

Heat oven to 325° F. Butter a shallow baking dish about 13 x 9 x 2 inch. Melt butter in a saucepan. Sprinkle flour, ¾ tsp. salt, and let bubble up. Remove from heat, add milk all at once and stir to blend. Return to moderate heat and cook, stirring constantly until thickened and smooth. Add potatoes, onion, 1 tsp. salt, ¼ tsp. pepper and nutmeg. Blend lightly and pour into prepared dish. Dot with butter. Bake for 2 hrs. or until brown and crusty on top. (Yield 4 to 6 servings.)

Mrs. Katharine Harapniuk

POTATOE CAKES

4 cups mashed potatoes	1 tbsp. butter
2 cups flour	Pinch of salt
1 egg	

Mix the potatoes and flour together with the egg, adding first the salt. Roll out ¼ inch thick. Cut in shapes and bake on baking sheet. When cooked, split and butter. Serve hot.

If one desires they may be cooked on a skillet, but less flour should be added. Then just drop by a tablespoon.

Mrs. Anne Rebenchuk

POTATO LEFSE

3 cups mashed potatoes	3 cups sifted flour
2 tbsp. butter or margarine	1 tsp. salt
3 tbsp. milk or cream	

Combine potatoes, butter and milk. Cool and add flour. Roll out 1 or 2 tbsp. at a time using flour to keep from sticking. Roll thin. Bake lightly on both sides on a griddle. To serve spread with butter and roll.

POTATOE PUFFS

$\frac{1}{2}$ cup water	1 tsp. salt
$\frac{1}{4}$ cup butter	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ cup flour	$\frac{1}{8}$ tsp. nutmeg
2 eggs	Fat for deep frying
1 cup hot mashed potatoes	

Combine water and butter in a saucepan and bring to a full rolling boil. Add flour all at once and stir hard over low heat until mixture leaves sides of pan and forms a ball. Remove from heat. Add eggs one at a time, beating very well. Combine this paste with mashed potatoes and seasoning and blend thoroughly. Beat until smooth and velvety. Drop by rounded tsp. into hot fat until golden and puffy.

Mrs. Kay Skubleny

POTATOE SCONES

3 cups mashed potatoes	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ cup softened butter or margarine	$\frac{1}{2}$ tsp. baking powder
	Pepper and parsley to taste

Mix well, cut out with a 2 in. cookie cutter. Sprinkle paprika over them. Fry in oil till golden brown.

Mrs. M. Lysay

SCALLOPED CORN

3 cups uncooked corn	$\frac{1}{2}$ tsp. salt
2 tbsp. butter	2 eggs, well beaten
$\frac{3}{4}$ cup cracker crumbs	1 cup milk

Combine corn, eggs and salt. Place alternate layers of corn mixture, and crumbs in a greased baking pan. Dot each layer with butter. Pour in milk and bake in slow oven at 325° F. about 30 min.

Mrs. P. Baron

SOUTHERN SWEET POTATOES

3 med. sweet potatoes 1 cup (white) marshmallows
salt, pepper 3 tbsp. butter

Cook potatoes until done. Drain and add buter, pepper and mash well. Put mashed potatoes into a baking casserole and top with marshmallows. Bake in 400° F. oven until the marshmallows are well browned.

Mrs. W. Popyk

SWEET POTATO CRISP

2 large sweet potatoes shortening or oil for frying

Pare sweet potatoes. Then shred coarsely. Put to dry on paper towelling. Melt enough shortening or put enough salad oil to make a 2 inch depth in small saucepan. Heat to 350° F. Fry shredded potatoes, a heaping tbsp. at a time, 1-2 min. lift with slotted spoon. Drain well on paper towelling. Serve warm with ham or pork.

Mrs. N. Skrenek

SCALLOPED TOMATOES

1 (15 oz.) can tomatoes, drained ½ tsp. salt
1 small onion thinly sliced ¼ tsp. pepper
½ cup soft bread crumbs 1 tbsp. butter

Combine tomatoes, onion, bread crumbs, salt and pepper. Place in small baking dish and dot with butter. Bake at 375° F. for 20-25 min. Two servings.

Mrs. O. Stosky

YAMS

Cook yams in salted water until almost cooked. (Do not overcook). Drain and cool yams.

When cool — peel yams and cut in ½ inch circles.

Place ½ cup butter in a heavy frying pan — when butter is melted sprinkle with yellow sugar — about ½ cup yellow sugar.

Place yam circles in butter and sugar mixture, brown on both sides. Serve hot with beef or pork.

Mrs. Phyllis Moroz

SALADS

APPLE WONDER SALAD

3 cups cubed apples
1 cup celery
 $\frac{1}{2}$ cup seedless grapes

Peanut Butter Dressing
Lettuce

Combine apples, celery, grapes and enough Peanut Butter Dressing to moisten; toss lightly. Serve on lettuce. Top with additional dressing if desired. Makes 4 to 6 servings.

Peanut Butter Dressing

$\frac{1}{4}$ cup milk $\frac{1}{4}$ cup chunk style peanut butter
1 cup Kraft Mayonnaise

Gradually add milk to peanut butter; mix well until blended. Stir in Kraft Mayonnaise; mix well.

Mrs. M. Pichonsky

CEASAR SALAD

$\frac{1}{2}$ tsp. salt $\frac{1}{2}$ cup salad oil
 $\frac{1}{2}$ tsp. salt $\frac{1}{2}$ cup blue cheese (optional)
 $\frac{1}{2}$ clove garlic 1 raw egg
 $1\frac{1}{2}$ qt. salad greens $\frac{1}{2}$ cup toasted bread cubes
 $\frac{1}{2}$ tsp. pepper (optional)

Sprinkle salt in wooden bowl; rub garlic over salt. Break greens into bowl. Sprinkle with salt and pepper (and other seasonings as desired). Pour oil over greens and toss. Add cheese and lemon juice. Break egg over salad and toss lightly to coat the greens. Add bread cubes and serve immediately. Makes six servings.

Mrs. Vicky S. Daciuk

CELESTIAL SALAD RING

$3\frac{1}{2}$ cups tomato juice 1 pkg. Lipton Tomato
2 pkg. lemon jelly powder Vegetable Soup
1 tbsp. vinegar Pinch of pepper
 $\frac{1}{2}$ cup finely chopped celery $\frac{1}{2}$ cup chopped cucumber
 $\frac{1}{2}$ cup cooked peas $\frac{1}{2}$ cup chopped green onion

Boil tomato juice and Lipton Vegetable Soup together for 10 mins. in a saucepan. Remove from heat and stir in jelly powder. Add vinegar and pepper. Allow to partially set. When ready add vegetables and pour into mold. Chill and serve on lettuce leaf.

Mrs. K. Skubleny

CHRISTMAS GARLAND

Red layer:

Dissolve one regular size (3 oz.) strawberry jello in 1 cup of hot water.

Add $\frac{3}{4}$ cup of cold water. Chill until slightly thickened. Then fold in one medium banana (sliced). Pour into a 6 cup mold. Chill until almost firm.

White layer:

Meanwhile, dissolve one regular size pkg. lime jello in 1 cup hot water. Add $\frac{3}{4}$ cup pineapple syrup. Chill $\frac{1}{2}$ cup lime jello until slightly thickened. Prepare 2 pkg. of Dreamwhip as directed on the pkg. Fold 1 cup of prepared Dreamwhip into $\frac{1}{2}$ cup of slightly thickened lime jello. Pour over strawberry jello in mold. Chill until almost firm. Cover and refrigerate remaining Dreamwhip.

Green layer:

Chill remaining lime jello until slightly thickened. Fold in one can 20 oz.) drained pineapple tidbits. Pour over jello in mold. Chill until firm. Unmold. Just before serving, pile remaining Dreamwhip into the centre of mold, and garnish with maraschino cherries and almonds. Serves 10.

Mrs. E. Witiuk

COLESIAN SOUFLE SALAD

1 pkg. lime jelly powder	$\frac{1}{2}$ cup mayonnaise
1 cup hot water	2 tbsp. vinegar
$\frac{1}{2}$ cup cold water	$\frac{1}{4}$ tsp. salt

Chill until partially set. Beat until fluffy. Add 1 $\frac{1}{2}$ cups finely shredded cabbage, $\frac{1}{2}$ cup radish slices, $\frac{1}{2}$ cup diced celery, 2-4 tbsp. green pepper (optional), 1 tbsp. diced green onion. Pour into mold.

Mrs. P. Stosky

CORN RELISH SALAD

1 pkg. (3 oz.) jello, lemon or lime flavored	1 can (1 lb.) whole kernel corn
$1\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup sweet pickle relish
$\frac{3}{4}$ cup boiling water	1 tsp. chopped pimento (optional)

Dissolve jello gelatin and salt in boiling water. Add remaining ingredients, saving the can to use as a mold. Chill until firm. (To unmold relish in a can, puncture bottom before dipping in warm water).

Mrs. N. Melnyk

CREAM SALAD

Boil first 5 ingredients until thick. Allow to cool.

2 tbsp. white sugar	1 large tin pineapple, chunks or tidbits
1 tbsp. butter	2 oranges, cut up small
2 tbsp. vinegar	24 small marshmallows
2 tbsp. pineapple juice	2 cups green grapes, cut in half
3 egg yolks	1 cup whipping cream

Will keep for a couple of days.

Mrs. M. Bondarevich

DELICIOUS LAYER SALAD

First layer:

- 1 pkg lime jelly powder
- 1 cup well drained crushed pineapple
- 1 cup boiling water

Pour into 9 x 13" pyrex pan. Partially set before pouring over second layer.

Second layer:

- 1 pkg. lemon jelly powder
- 12 oz. Philadelphia Cream Cheese or 1 cup cottage cheese
- 1 cup boiling water
- 1 cup whipping cream

Let jelly cool and set slightly. Cream the cheese, whip the cream, add to jelly and pour over the slightly set first layer.

Top layer:

- 1 pkg. cherry powder
- 2 scant cups boiling water

When partially set add well drained fruit, may be large pieces of fruit for salad, fruit cocktail or sliced peaches. Spoon over top. Set until firm. Cut into squares. Very nice for dessert parties.

Mrs. Anges Wolinski

EMERALD ISLE MOLD

- 1 pkg. (3 oz.) lime flavoured gelatin
- 1 cup boiling water
- $\frac{3}{4}$ cup juice from grapefruit
- 1 pkg (8 oz.) Philadelphia Brand Cream Cheese
- 1 pkg. (3 oz.) lime flavoured gelatin
- 1 cup boiling water
- 1 cup ginger ale
- 1 cup drained Kraft Grapefruit Sections, cut in half
- 1 cup diced apples
- $\frac{1}{2}$ cup chopped walnuts

Dissolve 1 pkg. lime gelatin in boiling water; add grapefruit juice. Gradually add to softened cream cheese, mixing until well blended. Pour into 1 $\frac{1}{2}$ qt. mold; chill until firm. Dissolve another pkg. lime gelatin in boiling water, add ginger ale. Chill until slightly thickened; fold in fruit and nuts. Pour over molded gelatin layer; chill until firm. Unmold on lettuce. 6 to 8 servings.

Mrs. N. Kowal

FROZEN FRUIT SALAD

- | | |
|---|--|
| 2 tbsp. sugar | $\frac{1}{2}$ cup lemon juice |
| 1 tbsp. flour | 1 can (15 oz.) fruit cocktail,
drained |
| $\frac{1}{2}$ cup honey | $\frac{1}{2}$ cup mandarin oranges or
sectioned |
| 1 cup banana slices | 1 cup heavy cream, whipped |
| $\frac{1}{2}$ cup maraschino cherries, red
and green | |
| 1 egg | |

Combine sugar, flour and honey in a small saucepan over medium heat. Bring to a boil and boil for 1 min. stirring constantly. Remove from heat. Beat egg lightly and add lemon juice. Add small amount of honey mixture to egg mixture, beating well. Slowly add to remaining honey mixture, stirring. Bring just to boiling point. Cool well. Combine fruits. Gently fold fruits and honey mixture into whipped cream. Fill 3 (15 oz.) cans, refrigerator trays, or 8-10 custard cups. Freeze 3-4 hrs. Serve in lettuce cups. Garnish with orange slices and top with a spoon of your favorite dressing.

Mrs. N. Skrenek
Athabasca, Alberta

IMPERIAL HAM SALAD

2 cups chopped cooked ham	$\frac{1}{3}$ cup sliced green onion
$\frac{1}{2}$ cup sliced ripe olives	2 tbsp. Kraft Sandwich Spread
$\frac{1}{2}$ cup chopped unpeeled cucumber	Pineapple sliced and chopped parsley

Combine: ham, olives, cucumber, onion and enough Kraft Sandwich Spread to moisten; toss lightly. Garnish with pineapple, cucumber and chopped parsley. Makes about 4 servings. Can be served on lettuce as a light lunch.

Mrs. L. Holowaty

HOT POTATO SALAD

8 potatoes	2 tsp. salt
5 slices bacon	$\frac{3}{4}$ tsp. sugar
1 tbsp. flour	1 onion sliced thin
$\frac{1}{2}$ cup water	2 tsp. parsley
$\frac{1}{2}$ cup vinegar	

Cook potatoes in skins until just tender in boiling salted water. Pan-boil bacon until done. Remove from fat and crumble. To fat in pan add flour, blend well, then gradually stir in water and vinegar. Cook over direct heat, stirring constantly until mixture boils and thickens. Add salt, sugar, and sliced onion. Peel and dice the hot potatoes, add bacon to them and pour on the hot dressing. Mix lightly and sprinkle with parsley. Serve hot.

Mrs. Walter Popik

JELLIED APPLE AND CELERY SALAD

Soften 2 envelopes gelatine in $\frac{1}{2}$ cup apple juice. Heat to boiling 3 cups apple juice. Remove from heat and add softened gelatine, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ tsp. salt and 2 tbsp. vinegar. Stir until completely dissolved. Chill until slightly thickened. Then fold in: $1\frac{1}{2}$ cups finely diced unpeeled red apples, $\frac{3}{4}$ cup finely diced celery. Pour into a 6 cup mold or 8 to 10 individual molds. Chill until firm. This is nice with cold roast port or chicken. Yield: 8 to 10 servings.

Mrs. Mary Fedechko

JEWEL SALAD

- 1 pkg (4 oz.) cream cheese (Philadelphia cream cheese is nice)
- $\frac{1}{4}$ cup mayonnaise
- 1 pkg. (3 oz.) lemon jelly powder
- 1 cup boiling water
- $\frac{1}{4}$ cup white sugar
- 2 tbsp. lemon juice
- $\frac{1}{2}$ can (15 oz.) cranberry sauce, diced
- $\frac{1}{2}$ cup bare celery, chopped fine
- $\frac{1}{2}$ cup walnuts

Cream cheese and mayonnaise together. Dissolve jelly, sugar and lemon juice in boiling water. Stir liquid into creamed cheese mixture. Chill until mixture begins to thicken. Fold in remaining ingredients and chill again. Serve on lettuce leaf or as desired.

Mrs. Helen Panchyshyn

JELLIED SHRIMP SALAD

- 2 cups tomato juice
- 1 pkg. cherry jello

Heat tomato juice. Then dissolve jello and mix it. Put in fridge to set. When partially set, mix in the following:

- $\frac{1}{2}$ cup chopped celery
- 1 can shrimps
- $\frac{1}{4}$ cup grated carrots
- Pinch of salt and pepper
- $1\frac{1}{2}$ tsp. minced onion

Mix the five ingredients and pour on top of the first part. Put in fridge to set. Serve on lettuce leaves with salad dressing or garnished with an olive.

Mrs. E. Skwarok

LIME VELVET SALAD

- 1 pkg. lime Jello
- 3 oz. Philadelphia cream cheese
- 1 cup boiling water
- $\frac{1}{2}$ cup finely cut celery
- 1 can mandarin orange with juice
- $\frac{1}{2}$ cup finely chopped carrots
- $\frac{1}{2}$ cup cream, whipped

Dissolve jello in boiling water. Add cheese and beat with egg beater until cheese is well blended. Chill until slightly congealed, then add oranges, celery, carrots. Fold in whipped cream lightly but thoroughly. Turn into a mold. Chill until firm.

PARSLEY POTATO SALAD RING

Add $\frac{3}{4}$ cup Miracle Whip to 6 cups cubed cooked potatoes, 1 cup sliced celery, $\frac{1}{2}$ cup finely chopped onions, $\frac{1}{2}$ cup sliced stuffed olives; $\frac{1}{4}$ cup parsley, 1 tbsp. salt, $\frac{1}{4}$ tsp. paprika, dash pepper. Toss lightly. Pack into $1\frac{1}{2}$ qt. ring mold already sprinkled with $\frac{1}{4}$ cup parsley. Unmold on lettuce. Garnish with tomato wedges.

Mrs. K. Skubleny

PINEAPPLE CARROT SALAD

1 can(20 oz.) crushed pineapple, drained	$\frac{1}{2}$ tsp. salt
1 pkg. leomn jello	2 tbspc. lemon juice
$\frac{1}{2}$ cup sugar	1 cup fine grated carrots
	$\frac{1}{2}$ pt. whipping cream

Add water to pineapple juice to make up $1\frac{1}{2}$ cup liquid and heat to boiling point. Add jello and stir until dissolved. Add sugar, lemon juice and salt. Chill until consistency of unbeaten egg whites. Add pineapple and carrots. Fold in whipped cream and pour into mold. Let stand in fridge overnight before serving.

Mrs. P. Yacyshyn

POTATO CORNED BEEF SALAD

$\frac{3}{4}$ cup diced cooked potatoes	3 tbspc. chopped dill pickles
2 tbspc. sliced green onions	3 tbspc. chopped celery
2 hard cooked eggs, diced	1 tsp. prepared mustard
$\frac{1}{2}$ cup diced corned beef	Mayonnaise, Tabasco

Toss first 5 ingredients together. Add prepared mustard and a few drops of Tabasco to above $\frac{1}{4}$ cup dressing. Gently stir into the potato and meat mixture. Add more dressing to moisten, if necessary. Chill several hrs. to blend flavors and arrange in a lettuce-lined bowl. Garnish with chopped fresh dill. Serves 2.

Mrs. O. Stosky

SHAMROCK SALAD

1 pkg. lime jello dissolved in $\frac{3}{4}$ cup boiling water. Cool. Add 1 cup evaporated milk and let partially set. Add:

1 cup crushed pineapple, drained	$\frac{1}{2}$ cup pecans or walnuts
1 tsp. lemon juice	$\frac{1}{2}$ cup chopped celery
1 tsp. sugar	$\frac{1}{2}$ cup mayonnaise
1 cup creamed cottage cheese	

Mix together and pour this mixture into molds and chill (sets quickly). Garnish with radishes or tomatoes.

Mrs. T. Caruk

SHRIMP PATIO SALAD

1 pkg. (12 oz.) green peas	1 tsp. grated onion
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. pepper
$1\frac{1}{2}$ cups tomato juice	2 cups cooked shrimp
$1\frac{1}{2}$ cups minute rice	$\frac{1}{2}$ cup mayonnaise, or $\frac{1}{4}$ cup French dressing and $\frac{1}{2}$ cup mayonnaise
$\frac{1}{2}$ cup chopped dill pickles	

Cook peas, drain. Combine salt and tomato juice in saucepan. Bring to a boil. Add minute rice. Mix. Cover. Remove from heat and let stand 5 mins. Then add onion, pepper, peas and pickles. Mix lightly with fork. Chill. Just before serving add shrimp and mayonnaise. Toss lightly. Serve on crisp salad greens. Garnish with tomato wedges.

Mrs. N. Skubleny

SHRIMP SALAD SUPREME

Dissolve 1 pkg. lemon jello in $1\frac{2}{3}$ cup hot tomato juice.

Add: $\frac{1}{4}$ cup mild vinegar; dash of Tabasco sauce. Chill till slightly thickened.

Add: 1 can shrimp, $1\frac{1}{2}$ cups chopped celery, stuffed olives, pickles, green pepper or any other chopped vegetables. Chill.

Mrs. E. Ambrock

TUNA SALAD

1 cup tuna	$1\frac{1}{2}$ cups hot water
1 cup celery	1 cup salad dressing
1 cup almonds, chopped	1 tsp. vinegar
1 cup mushrooms	1 tsp. salt
1 pkg. lime jello	

Dissolve jello in hot water and let cool. Cut up tuna, nuts, celery and mushrooms. Mix all ingredients together when jello is a thick syrup. Pour in mold and chill. Add $\frac{1}{2}$ tsp. dressing on top of salad when ready to serve. (Tuna may be replaced with chicken).

Mrs. J. Pyrch

DESSERTS

APPLE CRISP

Peel and slice 4 cups of apples. Place in buttered pan and add $\frac{1}{2}$ cup cold water and 1 teaspoon cinnamon.

Mix together:

1 cup brown sugar $\frac{1}{2}$ cup butter $\frac{3}{4}$ cup flour

Sprinkle like crumbs over apples and bake in a moderate oven until brown (300° F. for about 30 minutes).

Mrs. D. Skubieny

APPLE TAPIOCA FLUFF

1 tbsp. quick cooking tapioca	$\frac{1}{4}$ tsp. grated lemon rind
$\frac{1}{3}$ cup boiling water	1 egg white (small)
1 cup apple sauce (sweetened)	2 tbsp. sugar
1 tsp. lemon juice	$\frac{1}{4}$ tsp. cinnamon

Cook tapioca in the boiling water until clear. Stir in the apple sauce and beat until bubbly. Remove from heat and stir in lemon juice and rind. Cool. Beat egg white until stiff and add sugar gradually. Continue beating until firm. Fold in the apple mixture with the cinnamon. Serves 2.

Mrs. O. Stosky

BANANA BAKED IN ORANGE JUICE

6 to 8 medium bananas	2 tbsp. lemon juice
1 medium orange peeled and cut in chunks	$\frac{1}{2}$ cup sugar
2 tbsp. orange juice	Dash of cinnamon
	Dash of nutmeg

Preheat oven to 325° F. Peel bananas, arrange in shallow baking dish. Add remaining ingredients. Bake 25 to 30 minutes or until bananas are golden and tender. Serve hot. Yield 6 to 8 servings.

Use slightly underripe bananas.

Mrs. Sophie Zaharko

BANANA FLAME

4 ripe bananas	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup rum	$\frac{1}{2}$ tsp. cinnamon
Juice and grated peel of one lemon	Whipping cream

Peel bananas. Half them lengthwise. Marinate in $\frac{1}{2}$ cup rum, and lemon juice for 30 min. Sprinkle with brown sugar, cinnamon and lemon peel. Broil for 2 min. or until sugar starts to bubble. Remove from broiler. Pour $\frac{1}{2}$ cup rum and ignite. Serve with whipping cream. 4 servings.

Mrs. Wm. Muzyka

BLUEBERRY DESSERT

12 graham wafers crushed, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup margarine; combine, then press into 9" pan. 2 eggs, 1 tsp. vanilla, 8 oz. cream cheese, $\frac{1}{2}$ cup sugar, 1 can blueberry pie filling. Beat eggs well, add vanilla, cheese, sugar; beat until smooth. Pour over crust and bake at 350° F. for about 15 minutes. Allow to cool. Pour blueberry pie filling over custard and chill overnight.

Mrs. M. Gulayets

BROKEN STAR TORTE

1 pkg. lemon, lime & cherry jelly powder each dissolved in 1 cup of boiling water.

1 envelope gelatine	1 tsp. vanilla
$\frac{1}{2}$ cup cold water	2 dozen graham wafers crushed
1 cup hot pineapple juice	$\frac{1}{2}$ cup melted butter
2 cups whipping cream	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup sugar	

Mix together wafer crumbs, melted butter and sugar. Dissolve each package of jelly in 1 cup boiling water, chill in separate 8" x 8" pans which have been brushed with salad oil. When firm cut in $\frac{1}{2}$ inch cubes.

Soften gelatine in $\frac{1}{2}$ cup cold water, dissolve in hot pineapple juice, cool, fold in whipped cream into which has been beaten sugar and vanilla.

Blend colored jelly cubes carefully into pineapple-whipped cream mixture.

Pour into large spring form pan lined with $\frac{3}{4}$ graham wafers and top with remaining crumbs. Chill 6-12 hours. Slice to serve. Also may be placed in a bowl to set and served in sherbets.

Mrs. J. Wynnyk

CHOCOLATE DELIGHT

1 pkg. Dad's cookies (rolled), $\frac{1}{4}$ cup melted butter. Combine and bake 1 minute at 350° F. Put half of the mixture in pan.

Filling:

$\frac{1}{2}$ cup butter	1 tsp. vanilla
1 egg	2 oz. semi-sweet chocolate
$1\frac{1}{2}$ cup icing sugar	Pinch of salt

Melt butter, icing sugar, and chocolate. Cool. Add egg, vanilla and salt. Spread filling over cookie crumbs and top with remaining crumbs. Put in fridge or freeze. Out just before serving.

Mrs. M. Pichonsky

CHERRY DELIGHT

1 pie recipe of Graham wafers	1 tsp. vanilla
8 oz. creamed cheese	1 pkg. Dream Whip
1 cup sugar	1 can cherry pie filling

Cream the creamed cheese. Then add the sugar and vanilla. Whip till fluffy. Add the pkg. of Dream Whip to the cream cheese, and follow the directions of the pkg. Whip all this till stiff. Then pour over the crumb mixture. On top pour a can of pie rilling. Put in fridge over night. Cut in squares and serve. A large cake pan can be used.

Mrs. O. Ostawsky

HEAVENLY RICE (DESSERT)

$1\frac{1}{2}$ cups cold cooked rice	$\frac{1}{2}$ cup well-drained chopped marashino cherries
$1\frac{1}{2}$ cups marshmallows or 1 cup cocoanut	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup well-drained crushed pineapple	$\frac{3}{4}$ cup undiluted evaporated milk
	2 tbsp. lemon juice
	$\frac{1}{2}$ cup sifted icing sugar

Mix rice, marshmallows or cocoanut, pineapple, cherries and nuts in a large bowl. Chill evaporated milk in a refrigerator tray until soft ice crystals form at tray edges. Whip until stiff (about 1 minute). Add lemon juice and whip until very stiff (about 2 minutes longer). Beat in sifted icing sugar and fold milk mixture into rice and fruit. Spoon into serving dishes and garnish with fruit or nut meats, and place in the refrigerator until serving time.

Tillie Werbitsky
Innisfree, Alberta

JELLY WHIP

Prepare jelly according to package directions, but instead of 2 cups of water, use 1½ cups. This will make your jelly firmer, but you are going to add whipped cream and fruit.

Chill the jelly until it just begins to set. Whip ½ cup of whipping cream until almost stiff.

Beat the partially set jelly until foamy, then add the whipped cream a little at a time, beating after each addition. Turn into a large mold and chill until set, preferably overnight. Decorate with whipped cream, sprinkle with chopped nuts.

Variations:

1. Instead of using whipping cream, use a pint of ice cream.
2. Jell 2 boxes of Jello different colors. Prepare them separately step by step as above, then turn into mold, first the lighter colored jelly, then the darker, so that when you invert the mold the lighter color will be on top.
3. You may also add fresh or cooked but drained fruit to jelly after you have added the cream.

Mrs. M. Matishak

JEWEL DESSERT SQUARES

1 can crushed pineapple (9 oz.)	½ cup chopped walnuts
1 pkg. strawberry jello	2 tbsp. sugar
1½ cups hot water	½ tsp. vanilla
18 graham wafers	1 cup whipped cream

Drain pineapple, reserving ½ cup of syrup. Dissolve jello in hot water. Stir in pineapple syrup and chill till partially set. Line pan with graham wafers. Fold pineapple and nuts into cream. Spread over crackers. Top with another layer of crackers. Pour partially set jello mixture over. Chill till firm

Mrs. Joyce Smulski

LEMON SHERBET

3 cups whole milk	2 tbs. lemon extract
½ pint heavy cream	2 beaten egg whites
1 cup sugar	½ cup sugar
Juice of 1½ lemons	

Mix the milk, cream, sugar, juice and lemon extract together and pour into freezer pan. Freeze until mushy. Remove to a cold dish and beat until smooth and fluffy with electric or hand beater. Fold in the egg whites, which have been beaten with the remaining ½ cup sugar. Return to freezer pan and freeze firm.

Mrs. J. Zaharko

MARSHMALLOW CHEESE DELIGHT

- 1 3-oz. pkg. lemon flavored gelatin
- 1 3-oz. pkg. orange flavored gelatin
- 2 cups boiling water
- 1 cup cold water
- 1 cup syrup from apricots
- 2 cups drained apricots, quartered
- 1 cup drained pineapple tidbits
- 3 cups Craft Miniature Marshmallows
- Lettuce
- Fruit Cheese Dressing
- $\frac{3}{4}$ cup shredded Cracker Barrel Cheese (Sharp)

Dissolve lemon and orange gelatin in boiling water; add cold water and syrup. Chill until almost firm; fold in fruit and marshmallows. Pour into 2 $\frac{1}{2}$ quart mold. Chill until firm. Unmold on lettuce. Top with Fruit Cheese Dressing; sprinkle with cheese. Fruit Cheese Dressing: Gradually add $\frac{3}{4}$ cup syrup from pineapple. 1 tbsp. flour; stir in 1 beaten egg. Cook over low heat until thickened; chill. Fold in 1 cup of heavy cream, whipped. Makes 12 servings.

Mrs. L. Holowaty

MARSHMALLOW ICE CREAM

- | | |
|---|----------------------|
| 2 $\frac{1}{2}$ cups Kraft miniature marshmallows | 2 tsp. vanilla |
| 1 cup milk | 1 cup whipping cream |

Combine miniature marshmallows and milk in saucepan and heat over low flame, folding over and over until marshmallows are almost melted. Remove from heat and continue folding until smooth. Add vanilla. Cool until mixture begins to thicken. Beat whipping cream in a bowl until stiff. Fold into marshmallow mixture. Pour into refrigerator ice tray and freeze.

VARIATIONS: Banana — Mallow Ice Cream — When mixture is partially frozen, fold in 1 cup mashed banana and 1 tsp. lemon juice. Omit vanilla.

Cherry-Mallow Ice Cream — When partially frozen, fold in 1 cup canned sweetened cherries (well drained and chopped) and 1 tsp. lemon juice. Omit vanilla.

Mrs. H. A. Hnatyshyn

MOLDED AMBROSIA

- | | |
|--|----------------------------------|
| 1 cup graham-cracker crumbs | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup butter or margarine melted | 1 cup hot water |
| 1 9-oz. can (1 cup) crushed pineapple | 1 cup sour cream |
| 1 3-oz. pkg. orange-flavored gelatine | $\frac{1}{2}$ tsp. vanilla |
| | 1 cup diced orange sections |
| | $\frac{1}{2}$ cup flaked coconut |

Combine crumbs and butter, reserve $\frac{1}{2}$ cup for topping. Press remaining crumb mixture into a 8 x 8 x 2 inch baking dish.

Drain pineapple, reserving syrup. Dissolve gelatine and sugar in hot water. Stir in syrup. Chill till partially set. Add sour cream and vanilla, orange, coconut, pour over crumbs in a dish. Sprinkle the top with reserved crumbs. Chill till firm. Cut in squares. Trim with maraschino cherries. Makes 9 servings.

Mrs. O. Balko

PEACH MACARON CUSTARD

1 doz. almond macaroons	¼ tsp. salt
1 can no. 2½) cling peaches	1¾ cups scalded milk
2 eggs	¾ tsp. vanilla
½ cup sugar	

Crumble macaroons into small pieces. Drain peaches thoroughly. Arrange macaroon crumbs and peach slices in large custard cups. Beat eggs, sugar and salt together thoroughly. Stir in hot milk and vanilla. Pour over peaches and macaroons. Set pan in hot water and bake in moderate oven about 350° F. for 45 minutes until set.

Mrs. J. Zaharko

PINEAPPLE DELIGHT

Make crumb mixture of:

18 double graham wafers (rolled)	½ cup melted margarine
	½ cup brown sugar.

Filling:

½ cup milk	1 cup cream (whipped)
35 marshmallows	1 can pineapple (drained)

Melt marshmallows and milk in double boiler. Whip cream and add drained pineapple to the whipped cream. Blend the marshmallow mixture (while still warm) together with pineapple-cream mixture.

Place one-half of the crumb mixture into a 9" x 9" square pan. Add the pineapple-cream filling, and top with remaining crumbs. Bake in bridge to set.

Mrs. Maxine Pichonsky

RASPBERRY DELIGHT

Base:	8 double graham wafers	½ cup melted butter
		½ cup brown sugar

Roll wafers to fine crumbs. Mix with sugar and butter. Save ½ of crumbs. Spread rest in shallow dish 6" x 9". Flatten. Bake 15 minutes at 300° F.

Marshmallow Layer:

½ lb. marshmallows	½ cup milk	1 cup whipping cream
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Place in top of double boiler and cook until melted. Leave until cold. Fold in 1 cup cream — whipped. Spread ½ of this on crumb crust. Spread raspberry filling, then rest of marshmallow.

Raspberry Filling:

1 pkg. frozen raspberries $\frac{1}{2}$ cup sugar
2 tbsp. cornstarch

Pour the juice from the raspberries. Mix sugar, cornstarch. Add juice gradually. Place over low heat. Cook until thick. Stir in raspberries. Cool. Spread on marshmallow layer. Cover with rest of marshmallow. Sprinkle with reserved crumbs. Refrigerate.

Mrs. J. Wynnyk

PINEAPPLE CHIFFON MOLD

1. Soften 1 envelope gelatine in $\frac{1}{2}$ cup cold water.
2. Combine 3 slightly beaten egg yolks, 1 cup crushed pineapple and syrup, 1 tbsp. lemon juice and $\frac{1}{2}$ tsp. salt.
3. Cook over low heat or over hot water stirring constantly until of custard consistency; stir in softened gelatine until thoroughly dissolved. Cool.
4. Slowly beat $\frac{1}{2}$ cup sugar into 3 stiffly beaten egg whites; fold in.
5. Whip $\frac{3}{4}$ cup ice cold evaporated milk until triple in volume; add 1 tbsp. lemon juice and beat until very thick; fold in.
6. Spoon $\frac{1}{2}$ of mixture into waxed paper-lined loaf pan. Add a layer of large thin chocolate cookies; repeat 3 times, adding remaining chiffon as last layer.
7. Chill overnight; unmold. Serves 8-10.

Mrs. V. S. Daciuk

RHUBARB CRISP

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp. vanilla
1 cup sugar	1 $\frac{1}{2}$ cups dry bread crumbs
2 eggs	2 cups rice krispies or corn flakes
1 tsp. nutmeg	6 cups rhubarb

Blend butter and half cup sugar. Add eggs and beat well. Add nutmeg, flavoring, bread crumbs and rice krispies. Place half the mixture in baking dish. Add diced rhubarb and sprinkle with $\frac{1}{2}$ cup sugar. Cover with remainder of creamed mixture. Bake in 350° F. oven about 35 mins. or until rhubarb is done.

Mrs. Jean Kobitowich

RHUBARB UPSIDE DOWN CAKE

Preheat oven to 350° F. Melt in an 8" square pan: 3 tbsp. butter or margarine. Sprinkle with: $\frac{3}{4}$ cup slightly packed brown sugar. Cover with 2 cups rhubarb (diced).

Prepare batter for cottage pudding and pour over fruit. Bake in preheated oven 350° F. Bake for 40-50 minutes. Invert at once on a serving plate. Serve warm with cream or a sauce, if desired. Yield: About 9 servings.

COTTAGE PUDDING

Preheat oven to 350° F. Cream thoroughly $\frac{1}{2}$ cup shortening, $\frac{3}{4}$ cup sugar. Add: 1 egg, 1 tsp. vanilla. Beat until light and fluffy. Blend or sift together: 1 cup flour, 3 tsp. baking powder, $\frac{1}{2}$ tsp. salt. Add to creamed mixture alternately with $\frac{3}{4}$ cup milk. Beat well after each addition. Pour batter into a greased 8" or 9" square cake pan. Bake in a preheated oven 350° F. 35-45 min. Serve warm with a sauce. Yield about 9 servings.

Mrs. E. Witiuk

RICE PUDDING

$\frac{1}{2}$ cup rice	$\frac{1}{2}$ tsp. salt
1 cup water	1 tbsp. butter or margarine
1 $\frac{1}{2}$ cups scalded milk	2 egg yolks
1 $\frac{1}{2}$ cups scalded cream	$\frac{1}{2}$ cup heavy cream
$\frac{1}{2}$ tsp. Blue Ribbon Mace	$\frac{1}{2}$ cup seedless raisins
1 tsp. grated orange peel	1 tsp. Blue Ribbon Vanilla Extract
$\frac{1}{2}$ cup sugar	

Put the rice and water in a saucepan. Bring to a boil and cover; boil 5 minutes, stirring occasionally. Drain rice and put in the top of a double boiler. Add and stir in the milk, light cream, mace, orange peel, sugar, salt, and butter. Cook, covered, over boiling water 45 minutes, or until rice is tender. Stir occasionally. Beat the egg yolks slightly; add and stir in the heavy cream. Gradually add a little of the hot mixture to the yolks, while stirring constantly. Then add yolk mixture to the hot mixture, with the raisins and vanilla. Stir to blend. Cover and chill thoroughly. Spoon pudding into serving dishes.

Mrs. A. Lickocz
Calmar, Alberta

SPICY APPLE PUFFS

1 cup water	1 cup sugar
$\frac{1}{2}$ tsp. vanilla	1 $\frac{1}{2}$ cups sifted all-purpose flour
2 tsp. baking powder	$\frac{1}{2}$ tsp. salt
2 tbsp. melted butter	$\frac{3}{4}$ cup milk
2 tbsp. sugar	$\frac{1}{2}$ tsp. cinnamon
5 cooking apples	

METHOD: Combine sugar, water in a saucepan and simmer for 5 min. Remove from heat. Add vanilla.

Sift together the flour, baking powder and salt. Put in butter or shortening to make a coarse meal. Stir in milk to make a soft dough. In separate bowl combine sugar with butter and spices. Slice apples into a greased 9" squares pan. Pour hot syrup over apples. Drop dough by a tbsp. into round mounds on sliced apples, making about 9 mounds in all. With a spoon make a depression in each drop biscuit and put some of the spice mixture in each. Bake at 425° F. for 30-35 min. or until the puffs are golden brown and the apples are tender. Serve with whipped or table cream. Yield 9 servings.

A. Padlesky
Bonnyville, Alberta

STEAMED CARROT PUDDING

1 cup seedless raisins	$\frac{1}{2}$ tsp. ground cinnamon
1 cup currants	$\frac{1}{2}$ tsp. ground nutmeg
$\frac{1}{2}$ cup mixed candied fruits and peels	$\frac{1}{2}$ cup shortening
$\frac{1}{4}$ cup blanched slivered almonds	1 cup firmly packed brown sugar
1 cup sifted all purpose flour	1 egg
1 tsp. baking soda	1 cup finely grated raw carrots
$\frac{1}{2}$ tsp. ground cloves	1 cup finely grated raw potatoes

Grease a $1\frac{1}{2}$ to 2 quart mould. Prepare the steamer as directed below, in best way to steam puddings and breads.

Combine the raisins, currants, fruits and peels, and almonds in a mixing bowl. Sift together the flour, soda, cloves, cinnamon and nutmeg over the fruit; stir to coat fruit evenly with the flour mixture.

Cream the shortening until smooth. Gradually add the sugar and continue creaming until light. Add the egg and beat until fluffy. Add and stir in the carrot and half the potato, blending thoroughly. Gradually add and blend in the flour-fruit mixture. Add the remaining potatoes and stir just to blend. Spoon batter into the mould. Cover the mould tightly with buttered heavy-duty aluminum foil. Put mould in the steamer; cover and steam for 3 hours.

Remove the mould from steamer and place it on a wire rack for 10 min. Unmould pudding onto a serving plate. Serve hot with hard sauce snow balls.

HARD SAUCE SNOW BALLS

$\frac{3}{4}$ cup softened butter or margarine	1 tsp. vanilla
2 cups sifted icing sugar	1 tsp. rum extract

Cream the butter with the sugar until light and smooth. Beat in the vanilla and rum extract. Store, covered, in the refrigerator until serving time. Divide the chilled sauce into 8 portions and form into balls. Roll each in shredded coconut until generously coated. Store, chilled, until serving time.

Mrs. N. Kowal

SUPREME CHERRY DESSERT

2 cups graham wafers, crushed $\frac{1}{2}$ cup melted butter,
4 tbsp. white sugar

Mix and save about $\frac{1}{4}$ cup for topping. Press remainder into large pan (9 x 13 x 2).

Whip 2 cups cream, add: 4 tbsp. sugar, 3 cups miniature marshmallows. Spread half of cream mixture on wafers. Then spread 1 to $1\frac{1}{2}$ cans cherry pie filling over cream. Spread remaining cream mixture over cherry filling and sprinkle wafer crumbs over. Chill several hours before cutting.

Mrs. Mary Zolner

SAUCES

BARBEQUE SAUCE

1 can tomato juice	1 cup vinegar or $\frac{1}{2}$ cup lemon juice
2 or 3 cloves garlic	2 bottles ketchup (use the cheapest kind, because it is the sharpest) or
$\frac{1}{2}$ bottle Worcestershire sauce	1 bottle ketchup and 1 bottle
$\frac{1}{2}$ pint vegetable oil	Chili sauce
Salt and pepper to taste	

Combine all ingredients into a large pot and bring to a boil. Let simmer for a little while, then put in large jar and store in the refrigerator. Will keep all summer.

This sauce is good for barbecued meats, flavoring soup, gravies, beans, meat and spareribs.

B. Blakey

LIPTONS BARBECUE SAUCE

1 envelope liptons onion soup	2 tsp. salt
1 $\frac{1}{2}$ cups water	1 tsp. pepper
$\frac{1}{2}$ cup vinegar	2 tsp. prepared mustard
$\frac{1}{2}$ cup butter or margarine	1 cup ketchup
$\frac{1}{4}$ cup sugar	

Combine all ingredients except ketchup. Simmer 10 mins. Then add ketchup. Stir, over low heat. Makes 4 cups sauce.

Mrs. H. Panchyshyn

BLUEBERRY SAUCE

2 tbsp. lemon juice	$\frac{3}{4}$ cup water
1 tbsp. cornstarch	$\frac{1}{2}$ tsp. salt
2 cups fresh blueberries	1 tbsp. butter or margarine
2 tbsp. apple jelly	

Combine lemon juice and cornstarch, mixing until smooth. Add remaining ingredients and cook over low heat for 5 min. or until berries are slightly tender. Makes 2 cups.

Mrs. M. Moroz

BRANDY SAUCE

2 eggs 1 cup powdered sugar 3 tbsp. brandy

Beat egg yolks until thick and lemon color. Add one half the sugar gradually while beating between additions. Beat egg whites until stiff. Add remaining sugar a little at a time, beating between additions. Fold the egg whites mixture into the yolks mixture. Add brandy, sherry or vanilla, grated nutmeg may be substituted for the brandy.

Mrs. Nellie L. Maslak
Mundare, Alberta

CALIFORNIA SAUCE

1½ cup brown sugar	Juice of 1 orange
3 heaping tbsp. corn starch	Juice of ½ lemon
3 cups water	1 tbsp. butter
½ tsp. vanilla	

Mix well the brown sugar and cornstarch. Add 3 cups water and ½ tsp. vanilla. Bring this mixture to a boil. Add the juice of orange and lemon and butter stirring well. Pour over cake and serve.

Mrs. Joan Broda

CHEESE SAUCE

6 tbsp. flour 3 tbsp. butter
Cook together till thickened in top of double boiler.
3 cups milk 3 cups grated cheese

Add milk and cook till just starting to boil. Add cheese and continue boiling. Add sauce to boiled macaroni and put in a 375° F. oven for one hour.

Mrs. N. Kowal

JIFFY BARBECUE SAUCE

½ cup vegetable oil	3 tbsp. sugar
¾ cup chopped onion	3 tbsp. Worcestershire Sauce
¾ cup tomato ketchup	2 tbsp. prepared mustard
¾ cup water	2 tbsp. salt
½ cup lemon juice	½ tsp. pepper

Cook onions until soft in hot vegetable oil. Add remaining ingredients. Simmer for 15 minutes.

Mrs. R. C. Bayduza

SALAD DRESSING

1 tsp. mustard	½ tsp. salt
1 cup sugar	1 tbsp. cornstarch
Mix above together and add:	
2 eggs well beaten	2 cups sweet cream
	½ cup vinegar

Add this slowly last and cook until thick. Cook this salad dressing in double boiler.

Mrs. B. Tyrkalo

SAUCE FOR BROCCOLI

2 tbsp. butter	1 cup milk
2 tbsp. flour	1 cup grated cheese

Put broccoli in salted water with heads down before boiling. Boil in little salted water 7 to 8 minutes.

Melt butter in saucepan, add flour and let bubble up. Gradually add milk stirring briskly. Add cheese. Pour over broccoli.

STANDARD RECIPE FOR WHITE SAUCE

Thin White Sauce

For cream soups

1 tbsp. butter or other fat	$\frac{1}{4}$ tsp. salt
1 tbsp. flour	$\frac{1}{8}$ tsp. pepper
1 cup milk	

Medium White Sauce

For gravies, sauce, creamed and scalloped dishes

2 tbsp. butter or other fat	$\frac{1}{4}$ tsp. salt
2 tbsp. flour	$\frac{1}{8}$ tsp. pepper
1 cup milk	

Thick White Sauce

For cutlets, croquettes and souffies

4 tbsp. butter or other fat	$\frac{1}{4}$ tsp. salt
4 tbsp. flour	$\frac{1}{8}$ tsp. pepper
1 cup milk	

METHOD 1: Melt butter in a sauce pan, blend flour until smooth. Cook for 1 min. Then add milk stirring constantly till nice and emooth.

METHOD 2: Heat milk. Blend butter or other fat and flour together and add to hot milk, stirring constantly until mixture thickens. Cook for 3 min. longer, add seasonings and blend.

METHOD 3: When less butter than flour is used, heat $\frac{3}{4}$ of the milk; mix remaining milk with flour to make a smooth paste; stir into milk, heat to boiling and cook until thickened, stirring constantly. Add butter or other fat and seasonings and cook for 3 min.

Variations of White Sauce

Use 1 cup medium white sauce as the basic for each sauce.

Caper Sauce — Add 2 to 4 tbsp. chopped capers.

Cheese Sauce — Add 2 to 4 ounces grated cheese. Set over hot water and stir until the cheese is blended with sauce. Season to taste with mustard and paprika.

Cream Gravy — Use 2 tbsp. meat drippings for butter in white sauce recipe.

Cream Sauce — Use cream instead of milk in white sauce.

Egg Sauce — No. 1 — Add hard-cooked egg, chopped.

Lobster Sauce — Add $\frac{1}{2}$ cup finely flaked cooked lobster.

Mock Hollandaise Sauce — Pour sauce over 2 slightly beaten egg yolks, 2 tbsp. each of butter and lemon juice, beat thoroughly and serve immediately.

Mushroom Sauce — Add $\frac{1}{2}$ to $\frac{3}{4}$ cup chopped or sliced cooked mushrooms to sauce.

Olive Sauce — Add $\frac{1}{2}$ cup chopped ripe or stuffed olives.

Oyster Sauce — Heat 1 pint small oysters in their own liquid to boiling point. Remove from heat after they have cooked 1 min. and combine with sauce. Season to taste.

Shrimp Sauce — Add $\frac{1}{2}$ cup chopped cooked shrimp.

Soubise Sauce — Rub 4 boiled onions and 2 springs parsley through a coarse sieve. Combine with sauce.

Tomato Cream Sauce — Cook 1 cup fresh or canned tomatoes, 1 stalk celery, 1 slice onion, $\frac{1}{2}$ tsp. salt and a few grains cayenne together for 20 min. Rub through a sieve. Add gradually, stirring constantly, to white sauce.

Yellow Sauce — Add hot sauce to 1 or 2 slightly beaten egg yolks and beat thoroughly.

Mrs. Wm. Muzyka

SWEET AND SOUR SAUCE

1 cup brown sugar
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup catsup
1 tsp. salt

1 medium onion chopped
Juice of 1 lemon (optional)
1 cup water
 $\frac{1}{2}$ tsp. chilli powder

Mix all together and pour over spare ribs and bake in oven until ribs are done. Basting occasionally.

Mrs. Peter Winters

VANILLA SAUCE

$\frac{1}{2}$ cup sugar
1 tbsp. cornstarch
 $\frac{1}{2}$ tsp. salt
1 cup boiling water

1 egg yolk
2 tsp. vanilla
2 tbsp. butter or margarine
1 egg white

Mix sugar, cornstarch and salt. Gradually add hot water. Cook over moderate heat in saucepan until thick, stirring constantly, 6 to 7 min. Add egg yolk. Cook 1 to 2 min., then add flavoring and butter. Cool slightly. Fold in beaten egg white. Makes about $1\frac{1}{2}$ cups sauce.

Chocolate Sauce: Add 1 square 1 ounce grated chocolate with hot water.

Lemon Sauce: Add 2 tbsp. lemon juice and 1 tsp. grated lemon rind to sauce. Omit vanilla.

Marshmallow Sauce: Cut up 6 marshmallows. Fold in last, leaving sauce somewhat lumpy.

Nutmeg Sauce: Add $\frac{1}{2}$ to $\frac{3}{4}$ tsp. nutmeg to sauce.

Raisin Nut Sauce: Add $\frac{1}{2}$ cup raisin and nuts, diced, and 1 tsp. grated orange rind to sauce.

Mrs. A. Hlynski
Toronto, Ont.

SIDE DISH

CABBAGE ROLLS

Cabbage	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup rice	1 tbsp. onion chopped fine
$1\frac{1}{2}$ lb. ground beef	1 can tomato soup
1 tsp. salt	1 soup can water

Cut off outer leaves of cabbage at the core. Steam leaves in hot water for a few minutes. Mix together rice, beef, salt, pepper and onions. Put a tbsp. of mixture on steamed cabbage leaf and roll up. Place in a casserole side by side. Pour tomato soup diluted with water over the rolls. Cover and cook slowly for $1\frac{1}{2}$ to 2 hours.

Mrs. S. M. Zaharko

BEET LEAF HOLUBTSI

2 cups cold water 1 tsp. salt 1 cup rice

Bring the water, salt and rice to a boil; cover and steam for 10 minutes on low heat.

Fry $\frac{1}{2}$ cup chopped onions in $\frac{1}{2}$ cup butter until the onions are transparent. Add $\frac{1}{2}$ cup chopped dill and add to the rice. Add salt and pepper to taste, and mix very well.

Pick young fresh beet leaves, wash them very clean and wilt them in the hot sun, or in an oven at 200° F. for a few minutes. Place a tablespoon of rice on the beet leaf; fold sides over filling and roll bottom on top. Place in layers in casserole. Pour $\frac{1}{2}$ cup warm water over the holubtsi; cover and bake in an oven at 300° F. for $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.

Serve with Dill Sauce.

Dill Sauce:

1 cup sour thick cream	1 tbsp. onion chopped fine
$\frac{1}{2}$ tsp. chopped dill	Salt and pepper to taste

Simmer onion in the sour cream, uncovered, very slowly for about 10 minutes. If the cream is too thin add 1 tsp. of flour diluted in cream. Add chopped dill, salt and pepper to taste; pour over holubtsi.

Mrs. L. Holowaty

LAZY HOLUBCHI

1 cup rice	3 small onions
2 cups cold water	$\frac{3}{4}$ cup butter
1 tsp. salt	Salt and pepper
$1\frac{1}{2}$ - 2 lbs. cabbage	

Wash the rice well and boil vigorously for 5 minutes in 2 cups cold water. Cover and turn the heat off for 5 minutes. Cook coarsely shredded cabbage in salted boiling water for 5 minutes. Do not cover. Drain well.

Fry onion in butter. Add half of the onion to rice and the other half to cabbage. Season and mix well. Butter a casserole; put a layer of cabbage and layer of rice. Repeat till all is used up. Cover and bake at 275° F. for 40 minutes.

Mrs. M. Korbyl

HOLUBCHI (CABBAGE ROLLS)

1 large head sweet or sour cabbage	1 medium onion chopped fine
1 can tomato soup or sour cream	5 tbsp. butter or other fat
2 cups rice	$\frac{1}{2}$ lb. cubed bacon (optional)
3 cups boiling water	Salt and pepper to taste
2 tsp. salt	

METHOD: Take a head of cabbage, cut out centre and place in a container. Pour boiling water over it. Cover and after a few minutes remove softened leaves and return remainder of cabbage to hot water to soften. From each leaf cut away hard centre so it will be easy to roll. Split large leaves into smaller sections.

FILLING: Wash the rice till the water comes out clean. Add boiling water, stir in salt, bring to a boil and let cook for 1 minute. Cover, turn heat to low and cook until all water is absorbed. The rice will be only partially cooked. Dice bacon, fry, add chopped onion and cook until golden brown. Mix with rice and season to taste. Cool. Place a spoonful of mixture on a section of cabbage leaf and roll, folding in edges so rice will not fall out. Place each holubchi side by side in a casserole. When full, cover with cabbage leaf. Pour tomato soup or sour cream diluted with hot water over all. A small amount of vinegar or lemon juice diluted with water may be used instead of tomato soup or sour cream. Bake in 325° F. oven for 1½ to 2 hours.

NOTE: Do not use tomato soup when using sour cabbage.

BUCKWHEAT FILLING

2 cups medium buckwheat groats	2 tsp. salt
5 tbsp. butter or other fat	6 cup boiling water or soup stock

Pick over the groats and put in a shallow pan. Dry in a 350° F. oven, stirring frequently until kernels are very dry. Put the groats in the pot. Add fat, salt and boiling water or soup stock. Bring to a brisk boil and boil until surface water is absorbed. Season to taste. Cover and bake in 350° F. oven for about 30 minutes. Cool before filling leaves. Beet leaves may also be used instead of cabbage. Bake at 375° F. for 1 hour.

Mrs. M. Kruhlak

NACHYNKA (CORN MEAL CASSEROLE)

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup shortening	2½ cups boiling water
1 medium-sized onion	1 egg
1 cup cornmeal	1 cup milk
1½ tsp. salt	

Put butter and shortening into a thick pan and add chopped onions. Sauté until tender, but not brown. Remove the onions from the fat. Add the cornmeal, salt and pepper and mix well. Fry for 5 minutes, carefully so as not to brown, stirring constantly.

Add water gradually, $\frac{1}{2}$ cup at a time while stirring over the heat. Beat the egg and add milk, then beat slightly. Add egg and milk mixture, a little at a time, to the cornmeal stirring constantly to prevent the egg from cooking separately. Add onions and stir.

Pour into a saucepan or casserole and bake for $\frac{1}{2}$ an hour at 350° F. Serve hot. Four servings.

NOTE: Mazola oil may be used instead of butter and shortening.

Mrs. J. Lazarenko

MUSHROOMS IN CREAM

Use either fresh mushrooms or canned.

Fry mushrooms in butter until mushrooms are slightly brown.

Fry $\frac{1}{2}$ cup chopped onions or 1 cup — depending on the amount of mushrooms you have.

Add onions to mushrooms — add 2 heaping tablespoons flour — brown slightly then add the liquid saved from the canned mushrooms and about 1 cup cream (do not use the commercial sour cream) if no cream available — milk will be a fairly good substitute.

Add 2 tbsp. soya bean sauce, 1 tsp. salt, 1 tbsp. chicken base.

N. B. — If using fresh mushrooms do not boil them at any time.

Mrs. Phyllis Moro
Smoky Lake, Alberta

NALYSNYKY

2 eggs
 $\frac{1}{2}$ cup milk
3 tbsp. water

Salad oil for greasing the
frying pan
 $\frac{1}{2}$ cup sifted flour
 $\frac{1}{4}$ tsp. salt

Beat the eggs with a rotary beater until light, add milk, water and beat again. Gradually add the flour, salt, continuing to beat with an egg beater as you add the flour. Beat until smooth. The batter will be very thin.

To Fry Nalysnyky:

Pour a few tablespoons of the batter into the centre of heated greased very slightly, small frying pan. Tilt the pan to distribute batter evenly across the bottom. Cook the cakes over moderate heat. When lightly browned on the bottom and firm to touch on top, remove cakes to a warm plate. Continue frying in this manner until all batter is used up.

Final Step In Making Nalysnyky:

Butter the sides and bottom of a casserole. Place a tablespoon of the filling in the center of the light side of each cake and roll like a jelly roll. The browned side should be on the outside. Flatten the roll slightly with the palm of the hand so the filling would not be just in the centre.

Arrange cakes in the buttered casserole, in layers. Butter each layer and pour $\frac{1}{2}$ to $\frac{3}{4}$ cup slightly soured cream over the cakes. Cover the casserole and bake in a moderate oven, 325° F. for about $\frac{1}{2}$ an hour. They are ready when they 'puff up'. Serve immediately.

Pointers on Frying the Cakes:

1. The temperature of the pan must be just right. Preheat the pan to about 340-350° F. It must be hot enough to cook the cakes quickly; otherwise they will be pale and heavy. At the same time, if the pan is too hot you will get a brown crust and the top does not have a chance to set.

2. When the first few air bubbles appear on the cake, the bottom should be light brown and the cake is ready to be taken out of the pan. The top side of the cake should be firm, but on the pale side.

FILLINGS FOR NALYSNYKY

Cottage Cheese Filling (This is the most popular filling):

- 2 cups fresh country cottage cheese, well-drained
- 2 egg yolks
- 2 tbsp. rich cream (or more)
- $\frac{1}{2}$ tsp. salt

Combine ingredients with cheese and mix until you get a smooth mixture. More cream may be added if cheese mixture appears to be too thick. If too thin, add more cottage cheese, or a tablespoon of dry bread crumbs. Spread filling on nalysnyky and roll.

A teaspoon of chopped green dill may be added, if desired.

Mushroom Filling:

- | | |
|-------------------------------|-------------------------------|
| 2 cups chopped mushrooms | 2 tbsp. sour cream |
| 1 tsp. onion juice or | Butter for sauteing mushrooms |
| 1 small onion, finely chopped | Salt and pepper |

Saute mushrooms in butter; add onions. Add cream, cook awhile to blend the flavours. Spread filling on nalysnyky and roll.

Mrs. M. Kruhlak

NACHYNKA or KULESHA

- | | |
|---------------------------|--------------------------|
| $\frac{1}{2}$ cup butter | 1 cup cornmeal |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ tsp. sugar |
| 3 $\frac{1}{2}$ cups milk | 3 eggs (beaten) |

Melt butter in a skillet. Then add cornmeal and cook on low heat, stirring continually until it is quite hot to touch, do not brown. Add salt, sugar and cold milk. Cook stirring again until it thickens. Separately mix beaten eggs with a little cornmeal and add to mixture. If desired add a bit of grated cheddar cheese may be added. Now put the whole mixture into a buttered casserole and brush with melted butter over top of cornmeal. Bake at 325° F. for $\frac{3}{4}$ of an hour. Serve it hot.

Mrs. S. Nimchuk

BUCKWHEAT KASHA

$\frac{1}{2}$ tsp. salt
2 cups buckwheat groats

1 tbsp. butter
5 cups water

Spread buckwheat groats in a pan and place in a slow oven (250 to 275° F.). Heat, stirring occasionally, until the groats feel dry to the hand and are very lightly toasted. This gives Kasha a pleasant nutty flavour.

Combine buckwheat with water, salt and butter. Boil for 15 minutes, then put in the pot at 350° F. oven. Bake for 30 minutes, lower to 300° F. and bake 30 minutes more.

Kasha may be served with scalded milk as a cereal, or served with a sauce; fried diced bacon and onions or with bread crumbs browned in butter.

Mrs. J. Moroz
Vegreville, Alberta

PUFFY KULESHA (SPOON BREAD)

3 cups milk
 $\frac{1}{2}$ cup butter
1 cup cornmeal
2 eggs

1 tsp. salt
 $\frac{1}{2}$ tsp. sugar
1 tsp. baking powder

Scald the milk and keep it boiling hot. Melt the butter in a heavy frying pan, mix in the cornmeal, and heat it over a medium heat stirring constantly, until the cornmeal gets very hot and begins to bubble. Set it aside. Beat the eggs with the salt, sugar and baking powder. Gradually add scalded milk. Combine this mixture with the cornmeal stirring quickly and lightly. Do not over mix. Spoon kulesha into a buttered loaf pan and bake in a moderate oven, 350 degrees, for 30 minutes. Serve it like Yorkshire Pudding with a meat course or as a luncheon with sour cream and cottage cheese.

NOTE: Run a knife around the edge before putting in the oven and make a few slits towards the centre to make it puff higher. Should be served immediately.

FISH

BAKED SALMON

1 salmon steak, frozen or
thawed
Salt and pepper

$\frac{1}{2}$ cup thick sour cream
4 thin slices lemon
1 tsp. minced parsley

Place salmon in buttered baking dish and sprinkle with salt and pepper. Top with cream and lemon slices. Sprinkle with parsley. Bake in 350° F. oven for 35 to 40 minutes. Serves 2.

Mrs. S. M. Zaharko

BATTER FOR SHRIMP OR CHICKEN

1½ cups flour	4 tsp. baking powder
2 eggs	1 cup water and ½ cup milk
½ tsp. salt	

Beat eggs, water and milk; add flour and salt.

Mrs. Jean Ozubko

BATTER FOR DEEP FRIED SHRIMPS

2 cups flour	1 egg slightly beaten
½ cup corn starch	3 cups water
¼ cup corn meal	½ cup milk
½ tsp. baking powder	

This is enough for five pounds shrimps. Mix all thoroughly and dip shrimps, fry at 400° F.

Mrs. S. Kurylo

BEST-EVER MACARONI AND CHEESE

8 ounces (about two cups) of elbow macaroni	½ tsp. of salt
3 tbsps. of butter or margarine	Dash of pepper
3 tbsps. of enriched flour	2 cups of shredded process cheese
2 cups of milk	Tomato slices

Cook macaroni in boiling, salted water till tender; drain. Melt butter; blend in flour; add milk. Cook and stir till thick. Add seasonings. Add 1½ cups of cheese; stir till melted. Place cooked macaroni in greased 10 x 6 x 1½ - inch baking dish.

Pour sauce over macaroni. Salt tomato slices and arrange on top, pushing edge of each slice into macaroni. Top with the remaining cheese.

Bake in moderate oven (350° F.) about thirty minutes, or till bubbly. Sprinkle with paprika. Makes 6 or 8 servings.

Mrs. M. Koska

CORN OYSTERS (DEEP FAT FRYING)

1 cup cream corn	½ tsp. baking powder
1 beaten egg	½ tsp. salt
¼ cup cracker crumbs	¼ tsp. pepper
¼ cup flour	

Add eggs to corn then cracker crumbs. Sift flour with baking powder, salt and pepper. Mix well. Drop with tablespoon into hot fat until brown. Turn and let brown. Drain on paper towel.

Mrs. Nelsie Dudak

EXTRA-SPECIAL MACARONI

½ lb. raw shrimp or tuna (canned)	1 cup shell macaroni
2 tbsp. cooking oil	2 tbsp. butter
1 cup chopped onion	1 clove garlic, crushed
2 cups slivered cooked ham	½ cup chopped parsley
¼ cup diced sweet pickles	½ cup seedless raisins or apple
2 8-oz. pkg. crem cheese, diced	3 eggs
¾ cup milk	1 tsp. curry powder
¼ tsp. Tabasco	

Heat oven to 300° F. Butter a 1½-qt. casserole. Peel shrimp, clean and cut in half lengthwise. Cook and drain macaroni. Heat oil and butter in large sauce pan. Add onion and garlic and cook gently 3 min. Add ham and shrimp and cook gently, stirring until shrimp is bright pink. Remove from heat. Blend in cooked macaroni, parsley, pickles, raisins and cheese. Beat eggs, milk, curry powder and Tabasco together. Add to macaroni mixture and blend lightly. Put in prepared casserole and cover with aluminum foil. Set casserole in a pan of hot water (1 inch) in oven and bake 1 hour. Serve immediately. Serves 6.

Mrs. Wm. Muzyka

FISH AND CHIPS

2 lb. haddock fillets	1 cup milk
2 cups flour	2 tbsp. cooking oil
3 tsp. salt	Fat for deep frying
2 tsp. baking powder	French Fried Potatoes
2 eggs	

Heat fat to 375° F. Cut fish into serving-size pieces. Sift flour, salt and baking powder together and roll fish in mixture. Beat eggs lightly and stir in milk and oil. Add flour mixture left from coating fish and stir until smooth. Dip fish pieces in this batter and fry one or two pieces at a time in hot fat. Cook until dark golden brown and drain on paper towelling. Serve very hot with French Fried Potatoes. Serves 6-8.

FINNAN HADDIE CASSEROLE

1½ lb. finnan haddie 1 tin mushrooms 1 tin mushroom soup
Boil finnan haddie for about 3 minutes. Drain and place in casserole. Add sliced mushrooms soup slightly diluted with milk. Bake in 350° F. oven for 40 minutes. Serve with boiled whole potatoes. Serves 4.

O. Koroluk

FISH CASSEROLE

2 tins of tuna fish or	1½ cups soda cracker crumbs,
1 can salmon (well drained)	save ½ cup for top
1 cup celery chopped	2 eggs
2 large onions chopped	½ cup butter-little parsley
1 green pepper	little garlic (optional)

Put in casserole, sprinkle top with ½ cup crackers and with melted butter. Bake at 1 hr. 375° F. or less.

Mrs. E. Skwarok

FISH FILLET

(Thaw fish just before use)

1 lb. fillet (serves 5 people). Cut into individual pieces. Use buttered or oiled baking dish. Arrange pieces side by side. Do not stack. Sprinkle with the following:

$\frac{1}{4}$ tsp. salt	Dash of pepper
$\frac{1}{4}$ tsp. paprika	Juice of one lemon

Sauce:

2 tbsp. butter or margarine. Melt slowly and add:

2 tbsp. flour	Dash of pepper
$\frac{1}{4}$ tsp. salt	1 tbsp. dry mustard

When you have thick paste, pour in 1 cup of hot milk. Cook this for a few minutes, when sauce has thickened, pour it over the fish. Prepare 2 tsp. melted butter and $\frac{1}{2}$ cup bread crumbs. Sprinkle this over the top. Dot with butter. Bake for 35 minutes at 350° F.

Mrs. M. Sawchuk

FILLETS IN BARBECUE SAUCE

2 lb. salmon fillets	$\frac{1}{2}$ cup vinegar
2 tbsp. chopped onion	1 tbsp. Worcestershire sauce
1 tbsp. fat	2 tbsp. brown sugar
$\frac{3}{4}$ cup Ketchup	$\frac{1}{2}$ tsp. salt

Place the fish in a greased baking pan. Brown the onion in the fat. Add the Ketchup, vinegar, Worcestershire sauce, brown sugar and salt. Simmer for 5 minutes. Pour over the fish and bake in a hot oven (450° F.) allowing 10 minutes per inch thickness of fresh fish and 20 minutes per inch thickness of frozen fish.

NB. — Whitefish or Halibut fillets may be used.

Mrs. Pearl Olesek

HALIBUT PAYSANNE

2 lbs. halibut steaks (1 inch thick)	$\frac{1}{2}$ cup Tomato Ketchup
$\frac{1}{2}$ tsp. salt	1 can sliced mushrooms
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ cup sliced green onions

Place fish in a greased baking dish and season with salt and pepper. Brush top of each steak with Ketchup. Top with mushrooms and sprinkle with green onion. Bake in hot oven 450° F. for 10-15 minutes.

Mrs. Pearl Olesek

HALIBUT IN SOUR CREAM

2 pounds halibut steaks	1 tbsp. chopped pimento
salt	$\frac{1}{2}$ tsp. dry mustard
2 tbsp. finely chopped onions	1 cup sour cream
2 tbsp. minced dill pickle	paprika
1 tbsp. chopped parsley	

Have steaks cut 1 inch thick. Dust lightly with satl, and place in shallow greased baking dish. Combine onion, dill pickles, parsley, pimento, mustard and sour cream to make a sauce. Spread evenly over the steaks. Sprinkle lightly with paprika. Bake uncovered (350° F.) for 30 minutes.

Mrs. Pearl Olesek

ITALIAN SALMON BAKE

2 cups cooked noodles	2 hard cooked eggs, sliced
1 can cream of mushroom soup	1 can pink salmon
1 tbsp. grated onion	$\frac{1}{2}$ cup milk
Bread crumbs or grated cheese for topping	1 cup cooked peas Salt and pepper to taste

Put half the noodles in a buttered baking dish. Add flaked salmon, peas, and seasonings. Cover with the rest of the noodles. Combine milk, soup and salmon juice, and pour over noodles. Top with cheese or bread crumbs. Bake uncovered about 30 min. at 350° F. Serve 4 - 6.

Mrs. P. Baron

JELLIED SALMON

1 tsp. gelatine	1 cup salmon
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup chopped stuffed olives
$\frac{1}{2}$ cup celery	Green onions
$\frac{1}{4}$ cup salad dressing	

METHOD: Soak gelatine in cold water, dissolve over heat or hot water, add dressing, fold in salmon and remaining ingredients and mold.

Mrs. S. Okurily

STEAMED FISH BALLS

Put through the food chopped:

1-2 lbs. white fish fillets
1 onion
4-5 stalks celery including the tender green leaves.

Add:

2 tsp. salt	$\frac{1}{2}$ to $\frac{3}{4}$ cup bread crumbs
$\frac{1}{2}$ tsp. pepper	2 eggs
2 tsp. sage or poultry seasoning	$\frac{1}{2}$ cup cold water

Mix well. In heavy pot place 1 layer sliced potatoes (raw).

Top with: 1 layer sliced carrots (raw), 1 layer sliced onions (raw), 1 layer sliced celery (raw).

Then make balls out of fish mixture and place over the layers of vegetables. Cover everything with lukewarm water. Add 2 tsp. salt. Cover tightly. Simmer 2-3 hours.

Mrs. Phyllis Moroz
Smoky Lake, Alberta

MACARONI AND CHEESE

1½ cups elbow macaroni	Dash of pepper
3 tbsp. butter or margarine	½ cup minced onion (optional)
3 tbsp. all-purpose flour	2 cups shredded sharp process cheese
2 cups milk	
½ tsp. salt	

Cook macaroni in boiling salted water till tender; drain. Melt butter; blend in flour. Add milk. Cook and stir till thick. Add salt, pepper, onion and cheese; stir till cheese is melted.

Mix sauce with macaroni. Turn into 1½ quart casserole. If you like, sprinkle tomato slices with salt; arrange on top, pushing edge of each slice into macaroni. Bake in moderate oven (350° F.) about 45 minutes, or till bubbly and browned. Makes 6 to 8 servings.

Mrs. Katharine Harapniuk

MACARONI AND CHEESE CASSEROLE

8 oz. macaroni	½ cup chopped onion
½ cup cheese diced	1 cup tomatoes
1 cup milk	Salt and pepper to taste

Cook macaroni according to package. Put into greased casserole. Add cheese and milk. Bake for ¾ hour at 350 degrees.

NOTE: Instead of cheese add chopped onions and tomatoes and bake for ¾ hr. at 350° F.

Mrs. N. M. Purvis

MACARONI SALMON CASSEROLE

8 oz. macaroni	1 med. size can salmon
3 tbsp. butter	¾ tsp. salt
1½ tbsp. flour	¼ tsp. paprika
1½ cups evaporated milk	½ cup grated cheese

Cook macaroni according to package directions; drain well. Meanwhile, make sauce by melting butter over low heat, adding flour, salt and paprika and mixing well. Stir in milk gradually and cook slowly to make a smooth cream sauce. Remove from heat and add cheese (save a little for the top). Mix well and add the salmon chunks. Combine with the macaroni and mix well. Pour into a greased casserole; garnish with remaining cheese. Place under broiler for a few minutes until golden brown.

Mrs. M. Gulayets

MUSHROOM PIE

2 cups flour	½ lb. fresh mushrooms (sliced)
3 tbsp. baking powder	2 or 3 medium onions (finely chopped)
1 tsp. salt	2 eggs beaten
½ cup butter and lard mixed	¾ cup commercial sour cream
1 egg beaten	Salt and pepper
½ cup milk or more	
Butter (as much as you want)	

METHOD: Sift flour, baking powder and salt, and cut in the shortening. Combine beaten egg with milk and then with flour mixture, adding just enough additional milk to soften the dough. Knead gently a few times and roll out to fit into a pie plate. Melt butter and cook mushrooms gently for 2 minutes. Remove them from pan with a slotted spoon and put aside. Then add onions to the pan, adding more butter if needed. Cook until golden, combine with mushrooms and pour into pie crust.

Beat the 2 eggs, add sour cream, salt and pepper and pour over mushrooms. Stretch a few strips of dough across top of pie and bake at 350° F. for 25 minutes or until set.

Serves 6-8 as a vegetable — 3-4 as a main course.

Anne Padlesky,
Bonnyville, Alberta

RICE CASSEROLE

Place in a casserole:

1 cup uncooked long grain rice	1 tsp. salt
1 chopped onion	¼ tsp. pepper
¼ tsp. summer savory	2½ cups hot water
2 tbsp. butter (in little pieces)	3 tbsp. chili sauce or ketchup

Mix with a fork. Top with 4 cups finely shredded cabbage. Do not mix it. Cover and bake at 350° F. for 40 minutes or until the rice has absorbed the water. Uncover and top with 1 cup mild grated cheese. Brown under the broiler or cook 10 minutes longer.

Mrs. M. Shenduk

RICE'N TUNA PIE

1 tbsp. chopped onion	¼ tsp. marjoram, crushed
2 tbsp. butter or margarine	1 9½-ounce can tuna, drained
1 slightly beaten egg	1 cup shredded process Swiss cheese
3 beaten eggs	¼ tsp. salt
1 cup milk	1 tbsp. chopped onion
Dash pepper	
2 cups cooked rice	

For rice shell, combine first 5 ingredients; press into bottom and sides of lightly buttered 10-inch pie plate or 10 x 6 x 1½ inch baking dish. Sprinkle tuna evenly over rice shell. Combine remaining ingredients. Pour over tuna. Bake in a moderate oven (350° F.) 50 to 55 mins., or till knife inserted just off centre comes out clean. Garnish with pimento if desired. Makes 6 servings. Swiss cheese-tuna filling bakes in flavourful rice shell.

Mrs. A. Hlynski
Toronto, Ont.

SALMON CASSEROLE

1 large can salmon with liquid	Dash of pepper
½ cup uncooked rice	1 can mushroom soup or
½ cup grated carrot and onion	“Cream of Celery soup”
1 egg beaten	1 cup water
Dash of salt	

Mix ingredients in order given except soup and water. Make into balls and place into buttered casserole dish.

Pour over 1 can mushroom soup with 1 cup water added. Bake for 1 hour at 350° F.

Mrs. Peter Winters

SALMON LOAF

3 eggs	1 tsp. prepared mustard
1 can pink or red salmon	1 tsp. grated onion
2 cups milk	½ tsp. salt
1½ cup bread crumbs	

Bring milk to boil. Add crumbs, onions, and cook over low heat for 10 min. Add flaked salmon and mustard. Beat eggs and add. Mix well. Place in greased casserole and bake 40 minutes in moderate oven. Serve with white sauce. Garnish with parsley and hard boiled eggs.

Mrs. Nellie Dudak

SALMON LOAF

1 cup cracker crumbs	1 can salmon, 15 oz.
1 small onion minced	1 egg
Salt and pepper	½ cup sweet cream

Mix the above ingredients well. Bake in 350° F. oven for ¾ hour.

TOMATO SAUCE

1 tbsp. butter	1 tbsp. flour
1 small onion	1 cup tomato juice

Slice and brown onion in butter and flour. pour tomato juice on and let simmer. If too thick add boiling water. Strain and pour over baked salmon loaf.

Mrs. Alice Kurylo

SCALLOPED SALMON AND CARROTS

8 carrots, scraped (about 3 cups sliced)	2 tbsp. chopped parsley
1 chicken bouillion cube, crumbled	½ cup mayonnaise
5 tbsp. margarine	½ cup dry mustard
½ cup chopped onion	2 tsp. lemon juice
5 tbsp. flour	1 (7-8-oz.) can pink salmon or tuna
2 cups milk	6 slices toast, diced

Slice carrots into a saucepan and add 1½ cups boiling water, the crumbled bouillion cube and ½ tsp. salt. Cover and cook 10 min. or until just tender. Drain and save juice. Melt the margarine in a saucepan and add the onion. Stir, fry until onion is tender. Stir in the flour, then the carrot juice and milk. Cook and stir until smoothly thickened. Add parsley, mayonnaise, mustard, lemon juice and salmon juice. Taste for seasoning, then fold in salmon and carrots. Spread toast cubes in a greased 2 quart

casserole and cover with salmon mixture. Sprinkle with paprika or Parmesan and bake at 350° F. until bubbly, about 25 to 30 min. Serves 6. Calories per serving: 408.

Quick Method: Use frozen sliced carrots or mixed vegetables in place of fresh.

Mrs. A. Komarnisky
Saskatoon, Sask.

SALMON DINNER

3 medium potatoes	1 cup milk
Boiling water	1½ tsp. salt
15½ oz. can salmon	½ tsp. pepper
12 oz. pkg. frozen peas	2 tbsp. butter
1 cup coarsely grated carrots	½ cup bread crumbs or crushed
¼ cup finely chopped onion	corn flakes
1 egg	

Blend into pieces discarding skin and bones. Break peas apart and combine with carrots and onion. Put half of potatoes in casserole, top with half of salmon and half of vegetables. Repeat layers. Combine salmon liquid, egg,

Use a buttered casserole. Peel potatoes, slice thinly and cover with boiling water. Let stand 5 minutes and drain. Drain salmon, saving liquid. milk, salt, and pepper. Pour over salmon and vegetables. Top with buttered crumbs. Bake covered 1 hour at 350° F.

Recipe is easily halved using one 7½ oz. can salmon.

Mrs. G. Wysocki

STUFFED WHITE FISH

1 medium white fish	½ tsp. pepper
2 unbeaten eggs	1 medium onion
1 cup dried bread crumbs	4 tbsp. melted butter
2 tsp. lemon juice	1 cup hot water
1 tsp. salt	

METHOD: Scale and clean fish, leaving head and tail. Carefully remove skin off meat. Place skin aside. Scrape meat off bones and put meat in a bowl. Add eggs, bread crumbs, lemon juice, salt, pepper, onion and 2 tbsp. melted butter in bowl. Mix all ingredients together. Lay skin flat on the table, and place the meat back into the skin. Sew the skin using needle and thread. Put foil at the bottom of a roaster. Lay fish carefully on top foil. Add the remaining 2 tbsp. of butter into the fish. Pour hot water into bottom of roaster. Cover it and bake fish at 350° F. or slow oven about 1½ hours or until top skin of fish is golden brown.

Mrs. K. Baron
Bonnyville, Alberta

TUNA BALLS

2 6½-ounce cans tuna	½ tsp. salt
1 tbsp. flour	Pinch of pepper
¼ cup milk	Few grains of cayenne
1 tsp. minced onion	1 beaten egg

Drain and shred tuna, saving the oil. Heat 1 tbsp. of the tuna oil in a saucepan. Blend in flour until smooth. Remove from heat and slowly add milk, stirring until well blended. Add onion, salt, pepper and cayenne. Return to heat and stirring constantly, cook until smooth and thick. Remove from heat; add beaten egg and tuna. Chill until firm then form into $\frac{3}{4}$ inch balls. Roll in flour. Fry in hot deep fat 375° until golden brown. Serve on picks with a dipping sauce.

Mrs. P. Moroz

TUNA NOODLE CASSEROLE

6 ounces (3 $\frac{1}{2}$ cups medium noodles	1 tsp. salt
1 6 $\frac{1}{2}$, 7 or 9 $\frac{1}{2}$ -ounce can tuna	1 can cream of celery soup
$\frac{1}{2}$ cup mayonnaise	$\frac{1}{2}$ cup milk
1 cup sliced celery	1 cup shredded sharp process cheese
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ cup slivered blanched almonds, toasted (optional)
$\frac{1}{2}$ cup diced green pepper	
$\frac{1}{4}$ cup chopped pimento	

Cook noodles in boiling salted water till tender; drain. Combine noodles, drained tuna, mayonnaise, vegetables and salt. Blend soup and milk. Add cheese; heat and stir till cheese melts. Add to noodle mixture. Turn into 1 $\frac{1}{2}$ quart casserole. Top with almonds. Bake in hot oven (425° F.) about 20 minutes. Makes 6 servings.

Mrs. M. Komarnisky
Saskatoon, Sask.

TUNA FISH CASSEROLE

1 7-oz. can tuna fish	$\frac{1}{2}$ tsp. salt
1 can cream of mushroom soup	$\frac{3}{4}$ cup crushed potato chips (10¢ bag)
1 can canned peas, drained	
$\frac{1}{2}$ cup milk	

Combine the first five ingredients being careful to leave the tuna fish in little size pieces. Place in a greased 1 $\frac{1}{2}$ qt. casserole. Over the top scatter the crushed potato chips. Temperature 375° F. Bake 25 minutes. Yield 4 servings.

Mrs. M. Korbyl

TUNA PIE

1 (3 $\frac{3}{4}$ oz.) can tuna fish	2 tbsp. chili sauce
1 egg, beaten	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup dry bread crumbs	$\frac{1}{2}$ tsp. pepper
1 tbsp. grated onion	2 tbsp. butter

Mix together above ingredients and press on bottom of a 7-inch baking dish. Fill with the following mixtures:

1 $\frac{1}{2}$ cups cooked noodles	$\frac{1}{2}$ tsp. Worcestershire sauce
1 (10 oz.) can celery soup	$\frac{1}{2}$ cup crushed potato chips

Combine noodles, soup and sauce. Fill tuna shell and top with the potato chips. Dot with butter and bake at 350° F. for 35 mins. Serve with chili sauce. 2 generous servings.

Mrs. O. Stosky

TUNA SCALLOP (CASSEROLE)

4 tbsp. butter	2 cups milk
1 tsp. salt	5 tbsp. flour
$\frac{3}{4}$ tsp. sugar	$\frac{1}{2}$ tsp. pepper

Mix all ingredients together and make like a cream sauce. Then add:

2 eggs beaten	1 tbsp. lemon juice or less
1 tbsp. minced parsley	1 cup flaked tuna
$\frac{1}{2}$ cup minced onion	1 can mushrooms (optional)

and mix well. Put in a buttered casserole and cover with buttered crumbs. Bake at 350° F. for 45 min.

Tillie Werbitsky
Innisfree, Alberta

TUNA VEGETABLE STEW

2 cups chicken bouillon	3 medium tomatoes, cut in wedges
3 cups diced turnips	
3 cups diced potatoes	1 $\frac{1}{2}$ tsp. celery seed
3 7-oz. cans chunk-style tuna, drained	$\frac{1}{2}$ cup flour
	$\frac{1}{2}$ cup water
	Pinch of salt and pepper

Bring bouillon to a boil. Add turnips and potatoes. Cover and cook over low heat for 15 minutes, adding water if necessary. Break tuna into pieces. Add to stew with tomatoes, salt, pepper and celery seed. Cover and cook for 5 minutes. Blend flour and water, gradually add to stew and simmer, stirring constantly, until slightly thickened.

NOTE: If desired, 1 (14 $\frac{1}{2}$ -oz.) can whole tomatoes may be substituted for fresh tomatoes. Serves 8.

Mrs. O. Stosky

FRITTERS, OMELET

APPLE FRITTERS

Peel and core 6 firm, medium-size apples and cut into $\frac{1}{2}$ " slices. Sprinkle with 3 tbsp. icing sugar and 2 tbsp. lemon juice. Dip into Fritters Batter and coat pieces completely. Fry nice and crisp. Sprinkle with icing sugar, if desired, and serve immediately. Delicious with Maple Syrup. Makes about 2 dozen.

BANANA FRITTERS

Peel and cut 6 bananas into rounds, about $\frac{1}{2}$ " thick. Sprinkle with 2 tbsp. sugar and 1 tbsp. orange juice; let stand 20 min. Dip banana rounds

into Fritter Batter and entirely coat each piece. Drop one by one into hot fat and fry. Sprinkle with icing sugar and serve immediately. Makes about 2 dozen.

CORN FRITTERS

2 eggs	1 cup milk
$\frac{1}{2}$ cup sugar	1 tsp. salt
2 tsp. baking powder	1 cup corn
1 tbsp. melted margarine	1 cup flour

Beat yolks and whites separately. To yolks add milk, sugar, salt, flour, baking powder and mix well. Add margarine. Fold in whites. Last of all add corn. Drop a spoonful in hot fat. Fry nice and crisp, then turn over and fry the other side. Place corn fritters on a paper towelling. Delicious with fried chicken.

Mrs. H. Popil
Calgary, Alberta

FRITTER DOUGH

Combine:

5 eggs well beaten	2 tbsp. cooking oil
$\frac{1}{2}$ package yeast	Pinch of salt
(soak 10 min. in $\frac{1}{2}$ cup water)	Flour to your own judgment
2 cups milk	Shortening for deep frying
2 tsp. sugar	

Peel four apples and cut into four slices. Cut out centres with small cutter. Flour each slice and dip into batter and deep fry for a minute. Drain on paper towel.

Mrs. Vicky S. Daciuk

PUFFY (SOUFFLE) OMELET

4 eggs, separated	4 tbsp. milk
$\frac{1}{2}$ tsp. salt	1 tbsp. butter or margarine
Pinch of pepper	

Beat egg yolks until thick. Add salt, pepper, and milk. Beat egg whites until they form peaks. Fold whites into yolks. Pour into well buttered hot skillet, spreading mixture evenly and cooking slowly until omelet puffs up and is firm on the bottom. Bake in moderate oven 350° F. until top is slightly dry, about 5 min., and springs back when pressed lightly with fingertips. Cut about halfway through omelet at the center, fold over with a spatula. Serve immediately on hot platter. Serves 2 or 3.

PUFFY OMELET VARIATIONS

Puffy Bacon or ham omelet: Add $\frac{1}{2}$ cup minced cooked ham or diced crisp bacon to egg yolk mixture, or sprinkle over omelet before folding.

Puffy Cheese Omelet: Add 2 tbsp. grated cheese to egg yolk mixture.

Puffy Omelet with Chicken: Sprinkle 1 cup diced cooked chicken over omelet just before folding.

Puffy Onion Omelet: Sauté minced onion in butter. Fold in before cooking omelet.

Puffy Parsley Omelet: Add 2 tbsp. minced parsley when folding in egg whites.

Puffy Potato Omelet: Add $\frac{1}{2}$ cup seasoned mashed potatoes to egg yolk mixture.

Puffy Rice Omelet: Add $\frac{1}{3}$ cup cooked rice and $\frac{1}{2}$ tsp. tomato ketchup to egg yolk mixture.

Puffy Spanish Omelet: Sauté 1 tbsp. each finely chopped onion and green pepper in 2 tbsp. butter until tender. Add $1\frac{1}{2}$ cups canned tomatoes and cook until moisture is almost evaporated. Add 1 to 2 tbsp. salt, a few grains cayenne pepper, and 2 tsp. capers. Serve in fold and around omelet.

Puffy Tomato Omelet: Cover half of omelet with slices of broiled or grilled tomato before folding, or serve omelet with hot tomato sauce.

Puffy Omelet with Sauce: Pour cheese, tomato, or mushroom sauce over omelet after folding.

Puffy Omelet with Seafood: Sauté canned or cooked whole shrimp chunks of canned or cooked crabmeat or lobster in butter and serve around omelet. Garnish with lemon wedges. Or, pour creamed seafood over omelet before serving.

Puffy Omelet with Chicken Livers: Dice chicken livers and sauté in butter. Season with salt and pepper and worcestershire sauce. Pour over omelet just before serving.

Puffy Jelly Omelet: Spread jelly on omelet before folding.

ONION COTTAGE CHEESE OMELET

2 tbsp. soft bread crumbs	$\frac{1}{2}$ cup finely chopped onion
$\frac{1}{2}$ cup light cream	1 tsp. salt
4 eggs whites	$\frac{1}{4}$ tsp. pepper
4 egg yolks	Dash cayenne
$\frac{1}{2}$ cup cream style cottage cheese	2 tbsp. butter

Heat oven to 350° F. Have ready heavy 10 inch skillet that can go into oven. Add bread crumbs to cream and let stand. Beat egg whites until stiff but not dry, set aside. Beat egg yolks until thick and lemon colored. Add cottage cheese and beat until smooth. Stir in cream mixture, onion, salt, pepper and cayenne. Fold in egg whites. Heat butter in skillet. Pour in egg mixture and cook slowly until bottom is set and edges are beginning to brown, about 10 min. Put skillet in preheated oven and bake until light brown on top and set.

Mrs. B. Tyrkalo

SCRAMBLED EGGS WITH BEAN SPROUTS

2 tbsp. butter or margarine	2 tsp. soy sauce
2 tbsp. green onions and tops	6 eggs
1 can bean sprouts, drained well	Dash of pepper
1 tsp. salt	Toast

Melt butter in a large skillet and sauté onions 1 minute. Add well drained bean sprouts and mix lightly. Combine salt, soy sauce, pepper and eggs and beat slightly. Pour over bean sprouts in skillet. Scramble and cook over low heat until eggs are set. Serve on hot buttered toast. Garnish with cocktail pork sausages, or serve plain. Serves 4.

PANCAKES AND WAFFLES

PANCAKES

3 eggs, separated	1 tsp. soda
3 tbsp. melted butter	1 tsp. baking powder
1 tbsp. sugar	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ cups sifted flour	$1\frac{3}{4}$ cups buttermilk or sour milk

Sift the flour, soda, baking powder and salt.

Beat the egg yolks lightly and blend in the melted butter and sugar. Add flour mixture alternately with buttermilk or sour milk. Beat until smooth. Fold in the stiffly beaten egg whites and cook pancakes on griddle. No fat is necessary on griddle.

This method of making pancakes differs from other recipes in that the whites of the eggs are beaten alone and folded into the batter. The result is an extremely light and porous pancake that browns easily and well.

Mrs. M. M. Sereda

BLUEBERRY PANCAKES

$1\frac{1}{2}$ cups sifted enriched flour	1 cup milk
$2\frac{1}{2}$ tsp. baking powder	3 tbsp. melted shortening
3 tbsp. granulated sugar	1 cup blueberries
$\frac{3}{4}$ tsp. salt	Melted butter
2 eggs, separated	Brown sugar

Sift dry ingredients together. Beat egg yolks with rotary beater; combine with milk and shortening. Add to dry ingredients and mix until smooth. Stir in blueberries. Then fold in stiffly beaten egg whites. Bake on hot, greased griddle. Serve with melted butter, and sprinkle with brown sugar. Makes 12 3-inch pancakes.

Mrs. L. Holowaty

BRAN GRIDDLECAKES WITH BLUEBERRY SAUCE

$\frac{3}{4}$ cup milk	1 tbsp. butter or margarine
$\frac{3}{4}$ cup whole bran	1 egg well beaten
$\frac{1}{2}$ cup sifted enriched flour	2 tsp. baking powder
$\frac{1}{4}$ tsp. salt	2 tsp. sugar

Scald milk, pour over butter and whole bran; let stand until whole bran is soft, stirring occasionally. Add egg and mix thoroughly. Sift to-

gether flour, baking powder, salt and sugar; add to liquid mixture and stir only enough to moisten dry ingredients. Bake on a hot, lightly greased griddle. Serve with hot Blueberry sauce. Makes 18 small cakes.

FEATHER LIGHT PANCAKES

1 egg slightly beaten	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ to 1 cup milk	2 tbsp. baking powder
2 tbsp. salad oil	2 tbsp. sugar
1 cup all purpose flour	

Combine egg and milk (use smaller amount of milk for fat fluffy pancakes). Add shortening. Sift dry ingredients together into mixing bowl. Make a well in center and gradually stir in milk mixture, blending until smooth. Pour batter on hot griddle.

Mrs. Jean Kobitowich

POTATO PANCAKES

12 large grated potatoes	1 tsp. salt
2 tbsp. fine bread crumbs	4 eggs

Peel and grate the potatoes. Add salt, bread crumbs and yolks well beaten. Beat well together. Fold in stiffly beaten egg whites. Put into a frying pan 1 tbsp. of butter and lard mixed. When hot drop from a spoon enough of the mixture to make cakes the desired size (the size of ordinary griddle cakes). Brown on both sides and serve hot with bacon, or with cottage cheese.

Mrs. M. Letawsky

POTATO PANCAKES

6 medium raw potatoes (grated)	$\frac{1}{2}$ cup flour
1 tsp. salt	1 tsp. baking powder
2 eggs	

Grate potatoes, add salad and eggs. Mix well. Sift together flour and baking powder and add to potatoes. Fry in greased frying pan till well browned on both sides.

Mrs. Agnes Wolinski

BUTTERMILK WAFFLES

1 cup sifted enriched flour	3 eggs, separated
2 tsp. baking powder	$1\frac{1}{2}$ cups buttermilk or sour milk
1 tsp. baking soda	$\frac{1}{2}$ cup melted butter or
$\frac{1}{2}$ tsp. salt	shortening

Mix and sift dry ingredients. Mix to a light batter with the egg yolks, which have been well beaten, and the milk. Stir in melted butter. Fold in egg whites which have been stiffly beaten. Bake in hot waffles iron. Makes 3 waffles.

Mrs. M. Moroz

APPLE WAFFLES

2 cups sifted cake flour	1 cup milk
3 tsp. baking powder	$\frac{1}{2}$ cup melted butter
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup grated raw apples
2 eggs, separated	2 tbsp. sugar

Mix and sift flour, baking powder, and salt. Beat egg yolks. Add milk and stir until mixed. Add flour all at once and beat until smooth. Add butter and apple. Mix until smooth. Beat egg whites until frothy. Add sugar and beat until stiff. Fold into batter. Bake in hot waffle iron until brown and crisp. Makes 6-7 waffles.

E. Korbyl

PLAIN WAFFLES

2 cups flour	2 eggs (separated)
3 tsp. baking powder	1 cup milk
$\frac{1}{2}$ tsp. salt	6 tbsp. melted shortening or salad oil
1 tbsp. sugar	

Sift together dry ingredients, beat egg yolks, add milk and mix with dry ingredients, add melted shortening. Fold in stiffly beaten egg whites. Preheat waffle iron. Pour enough batter in centre of each section to make a thick waffle. Close quickly and bake until waffles stop steaming, this takes about 4 min.

Mrs. H. Popil

RICE WAFFLES

1 cup sifted flour	1 cup milk
$\frac{1}{2}$ tsp. salt	1 cup cold cooked rice
2 tsp. baking powder	4 tbsp. melted butter
1 tbsp. sugar	2 egg whites, stiffly beaten
2 egg yolks	

Sift dry ingredients. Add egg yolks beaten with the milk. Beat until smooth. Add rice and melted butter. Fold in stiffly beaten egg whites. Bake in hot waffle iron. Serve at once. Makes 4 waffles.

Mrs. N. Perrina

WAISTLINE WAFFLES

$\frac{3}{4}$ cup flour	2 tsp. baking powder
$\frac{3}{4}$ tsp. salt	1 tsp. sugar
1 cup liquidified non-fat Alpha Powdered Milk	2 eggs, separated
	1 tbsp. salad oil

Beat the eggs well. Into a large bowl sift flour, baking powder, salt and sugar. Slowly stir in oil and milk, then stir in the dry ingredients and mix well. Preheat waffle iron. Pour enough batter in centre of each section to make a thick waffle. Close quickly and bake until waffle stops steaming, it takes about 4 min.

Mrs. N. Kowal

MUFFIN CUPCAKES

APPLE MUFFINS

2 cups flour	1 egg
4 tsp. baking powder	1 cup milk
$\frac{1}{2}$ tsp. salt	4 tbsp. oil or melted butter
$\frac{1}{2}$ cup sugar	1 cup chopped apple

Sift together dry ingredients and add the chopped apple. Beat egg until light; add milk and melted butter or oil. Add liquid to dry ingredients all at once and mix only until all flour is dampened. Fill well greased muffin pans $\frac{2}{3}$ full. Sprinkle $\frac{1}{2}$ tsp. cinnamon mixed with 2 tbsp. sugar on top. Bake 25 min. at 400° F.

Mrs. P. Baron

BANANA CUP CAKES

2 $\frac{1}{4}$ cups sifted cake flour	1 tsp. vanilla
2 $\frac{1}{2}$ tsp. baking powder	1 cup mashed bananas
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ cup buttermilk
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ tsp. nutmeg
1 cup sugar	$\frac{1}{2}$ cup chopped nuts
2 eggs	

Heat oven to 375° F. Sift dry ingredients together. Cream shortening, sugar, add eggs, beat until light and fluffy. Stir in vanilla. Add dry ingredients alternately with bananas and milk, beating well after each addition. Spoon into well greased medium muffin tins, or paper baking cups. Mix brown sugar, nutmeg and nuts and sprinkle on top of unbaked cakes. Bake 18 to 20 minutes. Makes 24 cupsakes. This recipe may be made in a loaf pan too.

Mrs. Vicky S. Daciuk

COCONUT PINEAPPLE CUPCAKES

1 $\frac{3}{4}$ cups sifted cake flour (enriched)	2 eggs unbeaten
1 $\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ cup water
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup canned crushed pineapple
$\frac{1}{2}$ cup shortening	1 tsp. vanilla
1 cup sugar	1 cup shredded coconut

Measure sifted flour. Add baking powder and salt, sift together 3 times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well. Combine water, crushed pineapple and vanilla; add to egg mixture, alternately with flour, beating after each addition until smooth. Add $\frac{1}{2}$ of the coconut. Spoon batter into paper baking cups (set in muffin pans) filling each only half full. Sprinkle batter with remaining coconut. Bake in moderate oven 375° F. 20-25 min. Makes about 24 cupsakes.

Mrs. L. Holowaty

CHOCOLATE CHIP CUP CAKES

2 cups flour 1 cup white sugar $\frac{3}{4}$ cup margarine
Sift and blend as for pastry. Reserve $\frac{1}{2}$ cup for the top.

Add: 1 cup sour milk (if sweet milk is used, add 2 tsp. vinegar), 1 tsp. baking soda, 1 unbeaten egg, $\frac{1}{2}$ cup chocolate chips, $\frac{1}{2}$ cup chopped walnuts. — Sprinkle $\frac{1}{2}$ cup remaining pastry on top. Bake at 375° F. for 15 - 20 min.

Mrs. P. Stosky

CRANBERRY CUPCAKES

$\frac{1}{2}$ cup shortening	1 tsp. nutmeg
1 cup firmly packed brown sugar	1 tsp. cinnamon
2 eggs unbeaten	$\frac{1}{2}$ cup sour cream
1 $\frac{1}{2}$ cups sifted enriched flour	$\frac{1}{2}$ cup canned jellied cranberry sauce
$\frac{1}{2}$ tsp. salt	
$\frac{1}{2}$ tsp. baking soda	1 cup chopped walnuts

Cream shortening and sugar together until light. Add eggs and beat well. Sift dry ingredients together; add to creamed mixture alternately with sour cream and cranberry sauce. Stir in nuts. Place paper cups in muffin pans and fill $\frac{3}{4}$ full. Bake in moderate oven 350° F. 25 min. Frost with luster frosting. Decorate with cubes of jellied cranberry sauce. Makes about 24 cupcakes.

Mrs. P. Moroz

LOW CALORIE CUPCAKES

1 cup sifted enriched flour	3 tbsps. soft shortening
1 tsp. baking soda	2 eggs unbeaten
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ cup buttermilk
$\frac{1}{2}$ tsp. nutmeg	1 cup rolled oats uncooked
1 tsp. cinnamon	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup firmly packed brown sugar	

Mix and sift flour, soda, salt, and spices into a bowl. Add sugar, shortening, eggs and about half the buttermilk. Beat until smooth; about 2 min. Fold in remaining buttermilk, rolled oats and raisins. Fill small paper baking cups or small greased muffin cups $\frac{1}{2}$ full. Bake in moderate oven at 375° F. for 12 to 15 minutes. Makes about 20 cupcakes, about 82 calories in each.

Mrs. P. Moroz
Vegreville, Alberta

ORANGE CUPCAKES

1 cup sifted cake flour (enriched)	1 tsp. grated orange rind
2 tsp. baking powder	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ tsp. salt	1 egg unbeaten
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup orange juice
	$\frac{1}{2}$ cup evaporated milk

Mix and sift flour, baking powder, and salt. Cream shortening with orange rind. Add sugar gradually and cream until fluffy. Add egg and beat

until well blended. Mix the orange juice and evaporated milk. Add flour mixture alternately with juice-milk mixture, beginning and ending with flour. Fill well greased muffin pans $\frac{1}{2}$ full. Bake in moderate oven 375° F. until golden brown, about 20 min. Makes about 15 medium-sized cupcakes.

Mrs. L. Holowaty

STRAWBERRY SUNDAE CUPCAKES

1 $\frac{1}{2}$ cups sifted cake flour	$\frac{1}{2}$ cup milk
$\frac{2}{3}$ cup granulated sugar	1 tsp. strawberry extract
3 tsp. baking powder	1 egg
$\frac{1}{4}$ tsp. salt	1 pkg. strawberry jello powder
$\frac{1}{2}$ cup shortening	

Frosting:

7 tbsp. boiling water $\frac{1}{4}$ cup butter or margarine
3 cups sifted icing sugar

Sift flour, sugar, baking powder and salt together. Add softened shortening and beat 2 minutes at medium speed. Add egg and beat 1 minute longer. Grease one dozen muffin tins and fill $\frac{2}{3}$ full with batter. Sprinkle $\frac{1}{4}$ teaspoon jello powder on each cupcake and cut with a knife to give rippled effect. Bake in a 375° F. oven for 15 to 20 minutes or until cupcakes spring back when lightly touched. Turn out on pan and cool.

Icing:

Dissolve remaining jello powder in boiling water. Cream butter, add icing sugar. Gradually add sufficient hot jello to give a smooth frosting. Ice each cake and sprinkle with chopped walnuts. Garnish with maraschino cherry half, if desired.

Mrs. M. Semchishen
Mundare, Alberta

CINNAMON RAISIN MUFFINS

Bakingtime: 400° F. for 20 minutes

1 $\frac{1}{2}$ cups flour	$\frac{3}{4}$ cup raisins
6 tbsp. sugar	$\frac{3}{4}$ cup milk
2 tsp. baking powder	$\frac{1}{4}$ cup salad oil
1 $\frac{1}{2}$ tsp. cinnamon	1 egg
$\frac{3}{4}$ tsp. salt	

Combine ingredients in order given and fill muffin tins, making one dozen.

1 tbsp. sugar $\frac{1}{4}$ tsp. cinnamon

Mix sugar and cinnamon and sprinkle on top of each muffin before putting in oven.

Mrs. E. Huk

PUMPKIN MUFFINS

1 cup canned pumpkin	2½ tsp. baking powder
¼ tsp. soda	½ tsp. salt
½ cup shortening	½ tsp. nutmeg
1¼ cup sugar	½ tsp. ginger
2 eggs	½ tsp. cinnamon
2¼ cups flour	

Stir soda into canned pumpkin. Cream together sugar and shortening. Add eggs. Sift together dry ingredients and add alternately with pumpkin to the shortening. Grease muffin tins. Dust with flour. Fill $\frac{3}{4}$ full. Bake at 375° F. for 20 - 25 minutes. Yield: About 18 medium muffins.

Mrs. L. Proznik,
Hinton, Alberta

RAISIN BRAN MUFFINS

¾ cup light or dark raisins	2 cups all bran cereal
or dates	1 cup sifted flour
1 egg	1 tsp. soda
1 cup milk	¾ tsp. salt
½ cup golden molasses	

Rinse and drain raisins. Beat egg lightly and add milk, molasses and all bran cereal. Let stand a few minutes until bran takes up most of the moisture and is moist. Sift flour, soda and salt into bran mixture. Add raisins and stir only until all of the flour is moistened. Spoon into greased muffin pan, filling about $\frac{3}{4}$ full. Bake in a hot oven 400° F. about 20 minutes. Let stand 5 minutes then remove from pan. Serve hot.

Mrs. Janet Koroluk

PASTRY, PIES, TARTS

BUTTER TARTS

2 eggs	½ cup melted butter
2 cups brown sugar	1 cup currants
2 tbsp. vinegar	½ cup chopped walnuts
½ tsp. vanilla	

Beat eggs well. Add vanilla and vinegar. Stir in melted butter and fruit. Line tins with pastry. Fill $\frac{3}{4}$ full with mixture. Bake 350° F. for 15 - 20 min. Fills 2 doz. tarts or more.

Mrs. P. Stosky

CHERRY CREAM TARTS

6 baked tart shells	½ cup heavy cream, whipped
1 3 oz.) pkg. cream cheese	1 can (2½ cups) sour red pitted cherries, well drained
2 tbsp. sugar	3 tbsp. cornstarch
¼ tsp. lemon juice	¾ cup cherry juice
½ tsp. grated lemon rind	

Have cheese at room temperature. Cream until smooth. Gradually add sugar and beat until fluffy. Add lemon juice and rind. Fold in whipped cream. Put 2½ tbsp. cream cheese mixture into each baked tart shell. Chill 1 hour.

Combine 3 tbsp. sugar and cornstarch in saucepan. Gradually stir in cherry juice. Cook over medium heat until thick and clear. Cool slightly. Spoon cherries over cream cheese mixture. Cover with cherry-cornstarch mixture.

COTTAGE CHEESE AND CHERRY TARTS

Heat canned red cherries, add sugar to taste, and thicken to desired consistency with cornstarch. Cool. Fill cooled baked tart shells with creamed cottage cheese and top each with the cooked and sweetened cherries.

E. Korbyl

CRANBERRY TARTS

½ lb. fresh cranberries	½ cup walnuts
1 cup sugar	½ orange (grated rind and chopped pulp)
½ cup water	
1 cup chopped dates	

Boil water and sugar together for 5 minutes. Add dates, nuts, and orange. Fill shells and bake 20 minutes at 400° F. Makes 3 doz. tarts.

Mrs. Agnes Wolinski

GLAZED GRAPE TARTS

4 cups concord grapes	1 to 2 tbsp. lemon juice
¾ cup sugar	5 to 6 unbaked shells
1 tbsp. cornstarch	¼ cup currant or apple jelly

Slip pulp out of skins. Reserve skins. Cook pulp until seeds loosen, put through sieve to remove seeds. Mix sugar and cornstarch. Add to pulp. Add skins and lemon juice, pour into tart shells.

Bake in very hot oven (450° F.) 10 min. Lower heat to moderate (350° F.) and bake 20 min. longer. Heat jelly with 1 to 2 tsp. water, stirring until thin and smooth. Pour over grapes to glaze. Cool. Serve with whipped cream.

PASTRY FOR TARTS

1 cup flour	½ cup butter
Pinch of salt	1 tsp. baking powder

Moisten with 1 egg well beaten and 1 tbsp. milk. Makes 3 dozen very small tarts.

Mrs. J. Pyrch

RASPBERRY TARTS

2 tbsp. sugar	1 tsp. lemon juice
1 tbsp. cornstarch	4-6 tart shells
$\frac{1}{2}$ tsp. salt	1 pint fresh raspberries
$\frac{3}{4}$ cup fruit juice	

Blend together the sugar, cornstarch, and salt in saucepan. Stir in fruit juice and cook over low heat until thick and clear. Cool. Add lemon juice. Fill tart shells with raspberries. Pour fruit sauce over berries. Chill. Top with whipped cream, if desired.

Mrs. M. Perrino

RUM AND BUTTER TARTS

1 cup brown sugar	raisin
2 tbsp. cream	3 tbsp. butter
1 tsp. rum	1 egg

Stir the butter and cream into the sugar. Heat it very gently just until the butter melts. Remove from heat and add the well beaten egg and 1 tsp. rum. Put a few raisins in the bottom of each tart and pour over the mixture in each tart. Bake in moderate oven until the pastry is nice and brown.

Mrs. J. Pyrch

EXCELLENT PIE CRUST

5 cups flour, 1 lb. lard, 1 egg
1 tbsp. vinegar, plus enough water to make 1 cup.

Mix the flour and lard using your finger tips. Add the rest of the ingredients and gradually mix. When the pastry is moist, just enough to roll a ball when patted together. Some housewives like to chill the pastry dough before they roll it out.

Mrs. S. Topechka

FLAKY PIE CRUST

5 cups flour	4 tbsp. vinegar
2 cups lard	$\frac{1}{2}$ cup water
2 eggs	

Beat eggs well. Add water and vinegar. Mix well with pastry blender, your flour and lard. Pour egg mixture into it just mixing enough to hold together. Chill well before using.

Mrs. Agnes Wolinski

FLAKY PIE CRUST

5 cups flour	1 egg
2 cups lard	Milk
3 tbsp. sugar	1 tsp. salt

Sift flour, sugar and salt into mixing bowl. Add lard and cut with a pastry blender or finger tips until mixture is real fine. Beat egg well and pour into a measuring cup, then add enough milk to make 1 full cup. Add liquid gradually to the pastry and mix together. Avoid overmixing and handle dough as little as possible. Chill dough before rolling out.

L. Zurawell

GRAHAM WAFER PIE CRUST

14 graham wafers	$\frac{1}{2}$ cup sugar
1 tsp. cinnamon	Dash of salt
1 tsp. flour	$\frac{1}{2}$ cup soft butter

Crush the graham wafers mixing well with the rest of the ingredients. Mix all together well. Take out 3 tbsp. of the mixture and reserve for the top of the pie. Press the crumb mixture over the bottom and sides of a greased pie pan and bake in a moderate oven (400° F.) for ten minutes. Cool the crust before putting the filling in.

Mrs. M. Letawsky

APPLELESS APPLE PIE

8 I.B.C. soda crackers	$1\frac{1}{2}$ tsp. cream of tartar
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ tsp. cinnamon
$1\frac{1}{2}$ cups water	

Combine sugar, cream of tartar in a saucepan. Add water and boil the mixture for 2 minutes. Let cool. In the meantime, line pie plate with pastry. Arrange the soda crackers to cover the bottom crust. Pour the cold syrup over the soda crackers. Sprinkle cinnamon over the syrup. Cover with top pastry. Bake in hot oven (450° F.) for 15 minutes, reduce heat to 350° F, and bake another 30 minutes.

Mrs. P. Baron

APPLE NUTMEG PUFF PIE

Pie:

4 cups canned apple sauce	$\frac{1}{2}$ cup orange juice
$\frac{1}{2}$ cup sugar	2 tbsp. quick-cooking tapioca
2 tbsp. grated orange rind	

Puffs:

$1\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup sugar
2 tsp. baking powder	$1\frac{1}{2}$ tsp. nutmeg
$\frac{1}{2}$ tsp. salt	Melted butter
$\frac{1}{2}$ cup lard	Light cream
$\frac{3}{4}$ cup milk	

1. Combine all pie ingredients and pour into 9" pie plate. Combine flour, baking powder and salt and cut in lard with a pastry blender. Add milk to make a soft dough. Form into 16 small balls.

2. Combine sugar and nutmeg. Roll puffs in melted butter then in

sugar mixture and place around edge of pie and center. Bake in 400° F. for 25 to 30 minutes or until puffs are brown. Serve hot or cold with or without cream. Makes 6-8 servings.

Anne Padlesky
Bonnyville, Alberta

APPLE-ORANGE PIE

¾ cup granulated sugar	1 tbsp. lemon juice
2 tbsp. corn starch	1 tbsp. melted margarine
1 egg separated	¼ cup hot water
2 tbsp. grated orange rind	2 cups pared and sliced apples

Line a deep 9" pie plate with pastry. Make filling; mix sugar and corn starch together. Beat egg yolk and orange rind, lemon juice, margarine and hot water. Blend in sugar and corn starch and add to apples. Fold in stiffly beaten egg white. Pour into pastry lined pie plate. Cover with top crust. Seal and flute edge. Bake in hot oven for 40 minutes or until pie tests done.

Mrs. M. Semchishen
Mundare, Alberta

CARROT PIE

1 cup finely grated raw carrots (cooked and mashed)	½ tsp. cinnamon
½ cup brown sugar	½ tsp. nutmeg
½ tsp. ginger	1 tbsp. cornstarch
½ tbsp. butter	1½ cups milk
½ tsp. salt	1 egg well beaten

Prepare pastry and line a pie plate. Mix together all ingredients. Pour into unbaked shell, and bake in an oven at 400° F. for 30 minutes. Top with whipped cream.

Mrs. M. Pichonsky

CHRISTMAS CLOUD EGGNOG PIE

Prepare and bake one 9 or 10 inch pastry shell

2 tsp. unflavored gelatine	1½ tsp. vanilla
½ cup sugar	¼ tsp. almond extract
2 tbsp. cornstarch	Dash of nutmeg
¼ tsp. salt	1 cup whipping cream
1 cup milk	4 marachino cherries (optional)
3 egg yolks slightly beaten	sliced

Blend thoroughly in saucepan, gelatine, sugar, cornstarch and salt. Stir in gradually 1 cup of milk. Cook over medium heat, stirring constantly until mixture thickens and comes to a boil. Boil one minute. Remove from heat. Stir hot mixture into slightly beaten egg yolks. Return mixture to saucepan and bring again to a boil, stirring constantly. Remove from heat and add vanilla and almond extract. Cool mixture in refrigerator until it

mounds slightly when dropped from a spoon. Fold in the whipped cream and cherries. Pour into baked pie shell. Top with whipped cream in center. Garnish with marachino cherries and holly leaves.

Mrs. Joyce Boon

CHOCOLATE CHIFFON PIE

Soften: 1 envelop Knox gelatine in $\frac{1}{2}$ cup cold water.

In top of double boiler combine:

$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup sugar
6 tbsp. Fry's Breakfast Cocoa	$\frac{1}{4}$ tsp. salt

Place over boiling water and stir until chocolate and sugar is thoroughly dissolved. Beat 3 egg yolks. Pour chocolate mixture slowly over egg yolks and return to double boiler. Cook over hot, not boiling water, stirring constantly, until thickens. Remove from heat. Add 1 tsp. vanilla. Chill. Beat until stiff 3 egg whites gradually adding $\frac{1}{2}$ cup sugar. Fold gelatine mixture into egg whites. Pour into baked pastry shell or graham cracker crust. Chill until firm. Garnish with whipped cream and shaved chocolate, if desired.

Mrs. P. Stosky

CREAM PIE FILLING

2 tbsp. cornstarch	3 egg yolks
$\frac{1}{4}$ cup sugar	1 tsp. vanilla
Pinch of salt	3 egg whites
2 cups scalded milk	6 tbsp. sugar

Mix together the cornstarch, sugar and salt, gradually add the scalded milk. Blend thoroughly and cook in a double boiler for 15 minutes stirring frequently. Beat the egg yolks slightly and blend in some of the cooked mixture. Continue cooking for 2 minutes longer. Add the vanilla and cool slightly. Pour into the baked and cooled crust. Beat the egg whites and gradually beat in the 6 tbsp. sugar. Continue beating until the meringue will stand up in stiff peaks. Spread over the cream filling. Top with 3 tbsp. crumb mixture reserved from the crust. Bake in a slow oven (300° F.) for about 20 minutes or until nicely brown.

HONEY APRICOT CHIFFON PIE

1 tbsp. unflavored gelatine	3 tbsp. honey
2 tbsp. cold water	$\frac{1}{2}$ pint heavy cream
1 cup apricot pulp	Baked pie shell
$\frac{1}{2}$ cup apricot juice	

Soak gelatine in cold water. Combine with hot apricot juice and stir until dissolved. Add to apricot pulp and honey, mixing well and chill until slightly thickened. Whip cream, fold into apricot mixture and pour into baked pie shell. Put in cool place until set.

NOTE: You could use your home canned fruit.

Mrs. M. Letawsky

LIME SWIRL PIE

30 chocolate wafers	5 drops green food coloring (if desired)
3 tbsp. melted butter	1 tsp. grated lemon rind
1 3 oz.) pkg. lime jello powder	3 tbsp. lemon juice
1 cup boiling water	1 pint or 1½ cups whipping cream

Crush all but 12 chocolate wafers. Mix chocolate crumbs and butter. Reserve ¼ cup for topping. Press remaining crumbs in the bottom of a 9" pie pan. Line sides of pan with 12 whole wafers. Dissolve jello powder and sugar in boiling water. Add food coloring, lemon rind, and 2 tbsp. lemon juice. Chill until slightly thickened. Whip cream until very stiff. Add remaining 1 tbsp. of lemon juice. Reserve ½ cup of whipping cream for garnish. Pour whipped cream into jello mixture and spoon over cookie crumbs. Swirl remaining crumbs and cream over the top. Refrigerate 1 to 2 hours.

Mrs. M. Korbyl

LEMON VELVET PIE

¾ cup sugar	½ cup lemon juice
4 tbsp. corn starch	1 tbsp. plain gelatine
¼ tsp. salt	2 cups cold water
¾ cup boiling water	1 cup coffee cream
2 eggs separated	1 tsp. grated lemon shell
2 tbsp. butter	1 9-inch baked pastry shell

Mix sugar, cornstarch, and salt in saucepan. Add boiling water, stirring constantly. Cook until thick and smooth. Remove from stove and mix in beaten egg yolks and butter. Cook over low heat, stirring constantly for 5 minutes. Remove from heat. Add lemon juice and peel. Stir gelatine that has been dissolved in cold water. Blend in cream. Let set until mixture begins to thicken. Fold in stiffly beaten egg whites. Pour into 9-inch pie shell and let stand in cool place until thick. Decorate with ice cream or whipped cream when served.

Mrs. M. Semchishen
Mundare, Alberta

XMAS MINCEMEAT

1 lbs. seedless raisins	1 lb. ground suet
1 lb. currants	4 lemons juice and rind
1 lb. sultana raisins	2 lbs. sugar
½ lb. mixed cut peel	A little spice to taste
4 lbs. apples	

Peel and shred the apples. Combine all the ingredients together and put in crock. Cover and let stand for about 2 weeks, mixing every second day with a wooden spoon.

Mrs. Doris Malowany

APPLE-SAUCE CHIFFON PIE

$\frac{2}{3}$ cup sugar	$\frac{1}{4}$ tsp. salt
1 envelope unflavored gelatin	$\frac{1}{3}$ cup sugar
1 cup thick unsweetened apple sauce	$\frac{1}{2}$ cup whipping cream
3 egg whites	2 tbsps. finely chopped candied ginger
$\frac{1}{4}$ tsp. cream of tartar	

Combine $\frac{2}{3}$ cup sugar and gelatine in saucepan. Stir in applesauce. Bring to a full boil over medium heat, stirring constantly. Chill until mixture begins to mound when dropped from a spoon.

Beat egg whites, cream of tartar, and salt until frothy. Add $\frac{1}{3}$ cup sugar gradually, beating constantly until stiff and glossy. Fold into applesauce mixture. Whip cream until stiff. Fold into applesauce mixture along with ginger. Spoon into prepared shell. Sprinkle with ginger water crumbs and chill.

GINGER CRUMB CRUST

1 $\frac{1}{2}$ cups ginger wafer crumbs 3 tbsps. butter

Heat oven 350° F., mix crumbs and butter. Reserve $\frac{1}{4}$ cup mixture for topping. Press remaining firmly and evenly in the 9" pie plate. Bake 10 minutes. Cool.

Mrs. Kay N. Skubleny

PUMPKIN PIE

2 cups cooked or canned pumpkin	$\frac{1}{2}$ tsp. cinnamon
Pinch of salt	$\frac{1}{2}$ tsp. ginger
1 cup sugar	2 eggs, well-beaten
	1 cup milk

Mix ingredients in order given. Prepare pastry and line a 9-inch pie plate. Pour mixture into the unbaked shell and bake at 350° F. for 1 hour or until done.

Mrs. L. Zurawell

PUMPKIN CHIFFON PIE

1 envelope Knox unflavored gelatine	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ cup brown sugar	$\frac{1}{4}$ cup water
$\frac{1}{2}$ tsp. salt	3 eggs separated
$\frac{1}{2}$ tsp. nutmeg	1 $\frac{1}{2}$ cups canned pumpkin
1 tsp. cinnamon	$\frac{1}{2}$ cup sugar

Mix gelatine, brown sugar, salt and spices in a saucepan. Stir in milk, water, egg yolks and pumpkin. Mix well. Cook over medium heat, stirring constantly until gelatine is dissolved about 10 minutes. Remove from heat and chill, stirring occasionally until mixture moulds slightly. Beat egg whites

stiff. Beat in sugar. Fold gelatine mixture into stiffly beaten egg whites. Turn into a baked pie shell (graham wafer crust can also be used). Chill until firm. Serve with whipped cream.

Mrs. Elizabeth Ambroch

RHUBARB STRAWBERRY PIE

1½ cup sugar	6 cups rhubarb
1½ cup water	1 cup strawberries
6 tbsp. cornstarch or minute tapioca	2 baked pie shells

Cook first three ingredients. Add rhubarb being careful not to over cook it. Add strawberries. Cool.

Fill 2 baked pie crusts. Fill with cream.

Mrs. Anne Daciuk

SOUR CREAM APPLE PIE

1 9-inch unbaked pie shell	1 beaten egg
8 apples, peeled and sliced	1 cup sour cream
2 tbsp. flour	1 tsp. vanilla
1 cup sugar	½ tsp. nutmeg
½ tsp. salt	

Blend well, add apples, spoon into shell, bake at 400° F. for 15 minutes, reduce heat to 350° F. Bake 30 minutes longer and then have crumb topping.

½ cup sugar	½ cup butter
½ cup flour	1 tsp. cinnamon

Blend the four ingredients until crumbly, sprinkle over top of pie, bake 10 minutes more at 400° F. Serve either hot or cold.

Loretta Nichols
Detroit, Michigan

SOUR CREAM RAISIN PIE

3 eggs	2½ tsp. cinnamon
1½ tsp. flour	¾ tsp. cloves
¾ cup sugar	1½ cup sour cream
½ tsp. salt	1½ cup raisins

Beat eggs until very fluffy. Blend dry ingredients with eggs. To mixture fold in cream and raisins. Pour into 9" pastry shell and bake at 350° F. for 50 - 60 mins.

Mrs. H. Panchyshyn

HINTS ON MAKING MERINGUE

Measure the sugar accurately and follow the instructions carefully. Beat in sugar after each addition until thoroughly dissolved. To prevent shrinkage, spread meringue so it touches and is sealed to edge of pastry.

Leave meringue in uneven mounds for attractive finished pie. To help keep meringue from weeping, cool at room temperature, away from draft.

FIRST PRIZE MERINGUE

4 egg whites	Dash of salt
$\frac{2}{3}$ cup sugar	$\frac{1}{4}$ tsp. cream of tartar

Beat egg whites until bubbly; add salt and cream of tartar and beat until they form slight mounds when beater is raised. Add sugar gradually and beat until mixture stands in moist peaks. Pile on filled pie, sealing edges. Brown at 375° F. Let cool at room temperature. To serve, dip knife in water after making each cut.

Mrs. P. Baron

FLUFFY MERINGUE

This does not stick to the knife when cutting.

2 egg whites	1 tsp. corn starch
1 tbsp. cold water	$\frac{1}{2}$ tsp. baking powder
2 tbsp. sugar	

Beat together 2 egg whites and water until it holds shape. Mix together sugar, cornstarch and baking powder. Stir into egg whites until blended. Cover the pie and bake 15 minutes. This recipe will cover 2 small or 1 large pie.

Mrs. M. Letawsky

TEA DAINTIES

APPLE BARS

1 cup flour	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ tsp. salt	2 $\frac{1}{2}$ cups sliced tart apples
$\frac{1}{2}$ tsp. soda	2 tbsp. butter
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup white sugar
1 cup oatmeal	$\frac{1}{2}$ tsp. cinnamon

Sift the flour with the cinnamon, salt and soda and add the brown sugar. Mix this with the oatmeal and cut in the butter until crumbly.

Spread half the mixture in a greased baking dish (7 x 11) inches. Dot it with butter and add sliced apples. Sprinkle the quarter cup white sugar and cover with remaining crumb mixture.

Bake this in a moderate oven (350° F.) for 40 to 50 minutes. Cut in bars or squares and serve either hot with a sauce or cold as a cookie.

Mrs. M. Letawsky

CHERRY NUT BARS

Preparation time: 30 min. Ingredients:

1 cup brown sugar	1 cup chopped nuts
$\frac{1}{2}$ cup butter or margarine	1 cup coconut
$\frac{1}{2}$ cup milk	8 maraschino cherries
1 cup graham cracker crumb	18 whole graham crackers

Icing:

2 tbsp. butter or margarine	$\frac{1}{2}$ tsp. vanilla
1 cup sifted icing sugar	$\frac{1}{2}$ oz. unsweetened chocolate
1 tbsp. milk	(melted), optional

METHOD: In a saucepan, combine sugar, butter and milk. Bring to boiling point. Remove from heat. Add crumbs, nuts, cocoanut, chopped cherries. Blend well. Arrange 9 crackers in bottom of 8" cake pan. Top with above mixture, then remaining 9 crackers; press down slightly. Blend icing ingredients, except chocolate, beat thoroughly. Spread on cake. Drizzle with chocolate or cracker crumbs. Cool and cut in bars.

Mrs. H. A. Hnatyshyn

CHERRY SQUARES

3 eggs	3 tsp. baking powder
1 cup sugar	Rind of 1 orange
$\frac{3}{4}$ cup mazola oil	Pinch of salt
4 tbsp. orange juice	1 can cherry pie filling
2 cups flour sifted	

Beat eggs till light and fluffy. Add sugar gradually. Blend in oil and juice. Add flour sifted with baking powder. Dough will be soft. Spread half of the dough in an ungreased pan 13" x 9", then cherry pie filling. To remainder dough add a little more orange juice to spread on top. Bake at 350° F. for 45 minutes.

Mrs. L. J. Chichak

COCOA BARS

$\frac{1}{2}$ cup butter or margarine	2 eggs
1 cup sifted flour	$\frac{1}{2}$ cup milk
1 cup sugar	$\frac{1}{4}$ tsp. salt
2 tbsp. cocoa	$\frac{1}{2}$ cup chopped walnuts
1 tsp. vanilla	

Cream butter until soft. Gradually add sugar and vanilla, creaming well. Beat in eggs one at a time. Stir in milk. Sift together dry ingredients; stir into creamed mixture. Add nuts. Spread into a greased 9" x 9" x 2" pan. Bake in moderate oven at 350° F. until done. 25 mins.

Frost bars with cocoa icing.

Mrs. N. Gulayets

CONGO BARS

1 box light brown sugar 3 eggs $\frac{2}{3}$ cups melted shortening (Crisco)

Beat at high speed:

2 $\frac{1}{4}$ cups flour 2 $\frac{1}{2}$ tsp. baking powder $\frac{1}{2}$ tsp. salt, sift together.

Add dry ingredients to first mixture. Add one 12 oz. pkg. of Chocolate Chips and $\frac{3}{4}$ cups chopped nut meats. Grease a pan 13 x 9 x 2 inches. Bake at 350° F. for 30 minutes. If above batter seems too thick, thin a little with milk.

Loretta Nichols
Detroit, Michigan

COTTAGE CHEESE SLICE

1 cup flour	$\frac{1}{2}$ cup sugar
1 tsp. baking powder	4 tbsp. sweet cream
3 egg yolks	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup butter	

Sift dry ingredients, add butter and mix as for pie crust. Beat egg yolks with cream and combine with the flour mixture. Spread in a slightly greased pan 13" by 9".

Filling:

1 lb. dry cottage cheese	2 egg yolks beaten
$\frac{1}{2}$ cup cocoanut	$\frac{1}{2}$ cup sultana raisins
$\frac{1}{2}$ cup sugar	(wash and dry)
1 tsp. vanilla	

Combine all ingredients together. Mix well and spread over the top dough. Bake 30 minutes in moderate oven. Cool.

Topping:

4 egg whites	2 tbsp. sugar
$\frac{1}{2}$ tsp. baking powder	Maraschino cherries
$\frac{1}{4}$ cup crushed walnuts	

Beat egg whites, gradually adding sugar sifted with baking powder. Spread over cake. Sprinkle with walnuts and chopped cherries. Brown in oven. Cool. Cut in squares.

Mrs. Ruth Wosney

COTTAGE CHEESE SQUARES

2 lb. dry cottage cheese	3 tbsp. flour
$\frac{1}{2}$ pint sweet cream	$\frac{1}{2}$ cup sugar
7 eggs	Pinch salt
2 tbsp. lemon juice	

Beat with mixer until mixture is creamy smooth.

2 cups graham wafer crackers (about 28 crackers)
$\frac{1}{2}$ lb. butter
1 tsp. cinnamon

Roll crackers with a rolling pin until they are a very fine crumb. Add butter and cinnamon and rub with your hands until the crumbs are sticky and well blended. Pat about $\frac{3}{4}$ of the mixture into a 9" x 12" ungreased pan. Pour the cheese mixture evenly on top, and cover with remaining crumbs. Bake at 350° F. for 40-45 min. Cool and cut into squares.

Mrs. E. Pshyk

DADS COOKIE SQUARES

1 package dads cocoanut cookies
 $\frac{1}{4}$ cup melted butter

Roll cookies fine and add melted butter. Press $\frac{1}{2}$ of this mixture into a pan and bake 5 minutes. Melt 2 squares semi-sweet chocolate and $\frac{1}{2}$ cup butter, stir $1\frac{1}{2}$ cups sifted icing sugar, 1 cup chopped walnuts, 1 tsp. vanilla and 1 well beaten egg. Spread on baked crumbs, put rest of crumbs on top. Put in refrigerator till firm and cut in squares.

Mrs. E. Kitz

DATE COFFEE BARS

1 $\frac{1}{2}$ cups sifted flour	$\frac{3}{4}$ cup brown sugar, packed
$\frac{1}{4}$ tsp. baking soda	1 egg
$\frac{1}{2}$ tsp. baking powder	1 tsp. pure vanilla extract
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup dairy sour cream
$\frac{1}{4}$ tsp. cinnamon	$\frac{2}{3}$ cup chopped dates
$\frac{1}{4}$ tsp. nutmeg	$\frac{1}{2}$ cup chopped nuts
1 tbs. instant coffee	Confectioners sugar
$\frac{1}{4}$ cup butter	

Sift flour with soda, baking powder, salt, spices and coffee. Cream butter with brown sugar; add egg and vanilla; beat well. Add sifted dry ingredients alternately with sour cream. Stir in dates and nuts. Turn into greased 13" x 9" x 2" baking dish. Bake in 375° F. oven 25 min., or until done. Cool in pan, sift confectioners sugar over top then cut. Makes approx. 32 bars.

Mrs. H. A. Hnatyshyn

DELUXE FRUIT NUT SQUARES

Base: $\frac{1}{2}$ cup butter, 1 cup sifted flour, 2 tbs. icing sugar.

Topping:

2 eggs	$\frac{1}{4}$ tsp. salt
1 cup brown sugar	1 cup chopped walnuts
$\frac{1}{4}$ cup flour	1 cup halved maraschino cherries
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ tsp. vanilla

Whipped Cream Frosting:

8 tbs. butter	2 tbs. boiling water
12 tbs. icing sugar	Vanilla
2 tbs. milk	

Base: Cream butter and icing sugar, work in flour. Spread into buttered pan. Bake at 350° F. for 5 minutes. Cool.

Topping: Beat eggs. Add rest of ingredients and spread over base. Bake at 350° F. for about 45 minutes. Cool.

Frosting: Beat butter and icing sugar thoroughly. Add milk and keep beating. Add boiling water slowly, beat all the time until stiff (5 minutes). Flavour with vanilla. Spread on squares. Cut.

Mrs. R. C. Bayduza

DREAM SQUARES

18 whole graham wafers	½ cup chopped candied cherries
1 cup brown sugar	1½ cups icing sugar
½ cup butter	2 tbsp. butter
½ cup milk	½ tsp. almond extract
1 cup graham wafer crumbs	½ tsp. vanilla
1 cup chopped walnuts	1 tbsp. cream (approx.)
1 cup flaked coconut	Finely chopped walnuts

Lightly butter an 8-inch square cake pan. Line the bottom with half of the graham wafers, cutting an extra wafer to fill in spaces if necessary.

Combine brown sugar, ½ cup butter and milk in saucepan. Bring to a full boil. Remove from heat and add graham wafer crumbs, nuts, coconut and cherries immediately. Spoon over graham wafers in pan while hot. Top with remaining graham wafers, cutting an extra wafer to fill spaces if necessary. Press them down firmly.

Combine icing sugar, 2 tbsp. butter, almond extract, vanilla and enough cream to make a thick icing that is easy to spread. Ice top of squares and sprinkle with finely-chopped walnuts. Let cool. Cut in squares to serve.

Mrs. Maxine Pichonsky

FIG BARS

Dough:

1 cup shortening	1 tsp. cream of tartar
1 cup brown sugar	1 tsp. vanilla
2 eggs	½ tsp. soda
3 cups flour	1 tbsp. hot water
¾ tsp. salt	

Filling:

2 cups dried figs	½ cup sugar
1½ cups water	Cook until fairly thick.

Cream the shortening and gradually cream in the sugar. Beat the eggs and add to the creamed mixture and continue beating until the mixture is light and fluffy.

Sift the flour then measure it and sift again with the salt and cream of tartar. Add about half of this to the creamed mixture, then add the vanilla and the soda which has been dissolved in the hot water. Add the remaining dry ingredients. Mix until well blended. Chill the dough, then roll out on a lightly floured board. Spread filling, fold over and cut. Bake in moderate oven until done.

Mrs. V. Holowach

FRUIT FILLED PLIATSOK

3 eggs	Rind of one orange
$\frac{3}{4}$ cup corn oil	1 tin fruit (pie filling, fresh
8 tbsp. orange juice	fruit cut up or drained
2 cups flour	canned fruit
3 tsp. baking powder	

Beat eggs well. Add sugar gradually, beating well after each addition. Add corn oil slowly, and continue beating. Add 4 tbsp. orange juice, fold in flour and baking powder, adding orange rind. Use 10" x 14" pan ungreased, spread evenly $\frac{3}{4}$ batter in pan, cover with fruit. To rest of batter add 4 tbsp. orange juice and drop by spoonful over fruit. Bake 45 mins. at 350° F.

Mrs. A. Andruchow

FRUIT SQUARES

2 $\frac{1}{2}$ cup sifted flour, all-purpose	1 cup chopped dates
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup chopped walnuts
$\frac{3}{4}$ cup butter or margarine	1 6-oz. bottle maraschino cherries,
1 cup raisins	drained and cut in small pieces
$\frac{1}{2}$ cup currants	1 can sweetened condensed milk

METHOD: Heat oven to 325° F. Lightly grease a 9 x 12 inch cake pan. Measure flour into mixing bowl. Add brown sugar and cut in butter or margarine finely.

Mix with fingers until crumbly. Press into bottom of prepared pan. Combine raisins, currants, dates, walnuts and cherries and sprinkle over mixture in pan.

Pour can of condensed milk over all, spreading evenly. Bake $\frac{3}{4}$ hour. Condensed milk will caramelize and turn quite dark brown on top.

Mrs. M. Letawsky

FRUIT HONEY SQUARES (MEDIWNYKY)

4 eggs	$\frac{1}{2}$ tsp. cinnamon
1 cup liquid honey	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup cooking oil	1 lbs. fruit (raisins, dates and figs)
1 $\frac{1}{2}$ cup sifted flour	chopped or grind these up
$\frac{1}{4}$ tsp. soda	1 cup crushed walnuts

Beat eggs until light. Add honey a little at a time, until all blended. Then add the oil a little at a time until all blended. Next add the sifted dry ingredients then the fruit and nuts.

Pour into a greased and floured pan (9 x 12). Bake at 325°-350° F. oven for 35 minutes. Cool and cut into squares. Wrap in wax paper and let stand for several days.

Mrs. A. Shulsky

MAJORETTE SQUARE

2 eggs. Beat for 2 min and add 1 tsp. vanilla, 1 $\frac{1}{4}$ cups light brown sugar. Mix well. Blend together, then mix into egg mixture: 1 $\frac{1}{4}$ cups flour,

1 tsp. baking powder, $\frac{1}{2}$ tsp. salt. Stir in $\frac{1}{2}$ to $\frac{3}{4}$ cups chocolate chips, $\frac{1}{2}$ cup chopped walnuts. Pour into well greased 9" sq. pan. Bake at 350° for about 25 min. Do not over bake.

Mrs. T. Caruk

MARSHMALLOW ROLL

2 squares Bakers Chocolate	1 can Eagle brand condensed
1 cup cocoanut	milk
1 cup walnuts	$\frac{1}{2}$ lb. colored marshmallows
1 $\frac{1}{2}$ cup graham wafers	

Melt chocolate, add 1 cup rolled grahams, cocoanut and walnuts. Spread $\frac{1}{2}$ cup grahams on board. Roll all the mixture on a board. Spread marshmallows close together along on side. Roll like jelly roll. Chill till firm.

Mrs. Joyce Smuski

MARSHMALLOW SQUARES

1 cup butter	1 tsp. vanilla
1 cup sugar	12 Marshmallows halved
4 tsp. cocoa	$\frac{3}{4}$ cup walnuts chopped
2 eggs slightly beaten	$\frac{1}{2}$ pk., 15 double graham wafers

Melt butter, add sugar, cocoa and slightly beaten eggs. Stir well, bring to a bubbling point. Simmer one minute. Add vanilla. Coarsely break graham wafers. Mix with marshmallows in large bowl. Add cocoa mixture to marshmallow and graham wafers. Blend well. Press in a 9 inch square cake pan. Chill well then cut in squares.

Mrs. V. Holowach

MARZIPAN BARS

1 cup flour $\frac{1}{2}$ cup margarine 2 tbsps. white sugar
 Mix well. Press in pan 8" square. Spread with raspberry jam. Cover with mixture of:

$\frac{1}{2}$ cup margarine	$\frac{3}{4}$ cup rice flour
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ tsp. salt
2 eggs	

Color $\frac{1}{2}$ mixture red (pink) and $\frac{1}{2}$ green and put in alternative spoonful spreading with knife. Bake at 350° F. for 35 to 45 minutes.

Ice with 1 $\frac{1}{2}$ cup icing sugar, 2 tbsps. butter, 1 tsp. almond flavoring and 2 tbsps. warm milk.

Mrs. L. J. Chichak

MINCE MEAT SQUARES

$\frac{1}{2}$ cup sifted all-purpose flour	$\frac{1}{4}$ cup corn syrup
1 tsp. baking soda	$\frac{3}{4}$ cup brown sugar
1 tsp. salt	2 cups rolled oats
$\frac{1}{2}$ cup mazola	1 $\frac{1}{2}$ cups (15 oz.) mincemeat

Sift together first 3 ingredients. Place mazola oil in bowl. Blend in sugar then syrup. Add sifted ingredients to mazola mixture; blend well.

Mix in rolled oats; blend with fingers until dry and crumbly. Sprinkle half of the mixture over bottom of greased 9 inch square pan. Press with fingers spread with mincemeat. Sprinkle remaining mixture over mincemeat; press down lightly.

Bake in 350° F. oven 40 to 45 minutes or until browned. Cool; cut into squares while warm. Yields 16 squares.

Mrs. M. Dackiw

NANAIMO BARS

½ cup butter	½ cup sugar
5 tbsp. cocoa	1 tsp. vanilla
1 egg	2 cups crushed graham wafers
1 cup shredded coconut	½ cup chopped nuts

Combine butter, sugar, cocoa, vanilla and egg in a pyrex bowl. Mix well and set bowl in a pot of boiling water. Cook, stirring constantly until the butter has melted and the mixture resembles thin custard.

In a separate bowl, combine graham wafer crumbs, coconut and nuts. Add the cooked mixture and blend thoroughly. Pack evenly into a 9 inch square pan. Spread with the following icing.

Icing:

Cream ½ cup butter: Add 3 tbsp. milk which has been combined with 2 tbsp. vanilla custard powder. Then blend in 1 cup sifted icing sugar (adding more icing sugar, if necessary). Spread over bars and let stand at least 15 minutes, to harden and set.

Melt 3 squares semi-sweet chocolate with 1 tbsp. butter and spread over above icing. Cut into bars.

Mrs. Fred Hanans, Leduc, Alberta

OATMEAL SQUARES

2 cups brown sugar	1 cup rolled oats
½ cup butter or margarine	1 cup boiling water

Mix these and let stand 20 minutes. Then add 2 beaten eggs, 1 cup flour, 1 tsp. soda, ¼ tsp. cloves, 1 tsp. cinnamon. Add ½ cup dates, cut up, and ½ cup walnuts and ½ cup chopped cherries.

Bake in shallow pan or cooky sheet for squares or maybe baked in cake pan.

Mrs. Sophie Kurylo

O'HENRY BARS

1 cup brown sugar ½ cup butter ½ cup milk
Put on stove and boil 2 minutes. Take off quickly then add:

1 cup graham wafers cruhed	1 cup cocoanut
1 cup walnuts	½ cup chopped cherries

Line pan with graham wafers and put in above filling, then cover with graham wafers and ice with butter icing.

Mrs. Elizabeth Ambroch

PEANUT BUTTER SLICE

$\frac{1}{2}$ cup white sugar 9 oz. jar crunchy peanut butter
 $\frac{1}{2}$ cup corn syrup $\frac{1}{2}$ tsp. vanilla
Salt

Put sugar and syrup in double boiler. Let sugar dissolve only barely. Take off. Add salt and vanilla. Stir in peanut butter then add:

2 cups cornflakes 1 cup rice krispies

Press in buttered pan.

Icing:

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

Melt butter, stir in brown sugar. Cook 2 minutes. Add cream, bring to a boil. Beat in icing sugar.

Mrs. Peter Yacyshyn
Sherwood Park

PINEAPPLE SLICE

1 cup flour 1 tsp. baking powder
 $\frac{1}{2}$ cup butter 1 egg
 $\frac{1}{2}$ cup brown sugar 1 tsp. vanilla

Filling:

1 can crushed pineapple 4 tbsp. cornstarch
 $\frac{1}{2}$ cup sugar (white)

Topping:

1 egg $\frac{1}{4}$ cup sugar $\frac{3}{4}$ cup coconut

For Bottom Mixture, mix like cake. Pack firmly into the bottom of a shallow buttered pan. Cook pineapple filling over low heat until mixture thickens. Spread over crumb mixture in the pan. For topping, beat the egg, add sugar and continue beating. Then stir in the coconut. Spread over pineapple. Bake at 325° F. for 45 minutes.

Mrs. J. Yoniec

PINEAPPLE SQUARES

4 cups sifted flour 1 cup sugar
 $\frac{1}{2}$ tsp. salt $\frac{1}{2}$ cup corn starch
1 cup sugar 20 oz. crushed pineapple
2 eggs 1 egg
1 cup sour cream 1 tbsp. cold water
2 tsp. soda 1 cup chopped pecan or walnuts

Mix flour, salt, sugar in bowl. Add butter and cut in finely. Beat eggs and cream together lightly with a fork. Stir in soda, add to dry ingredients and mix thoroughly to make a soft dough. Chill thoroughly.

Mix sugar and cornstarch in top of double boiler. Add enough of the juice from pineapple gradually stirring constantly until a smooth paste is formed. Add remaining juice and fruit. Set over boiling water and cook stirring occasionally until thick and clear. About 15 minutes. Cool thoroughly. Oven 350° F.

ROLL

Cut $\frac{3}{4}$ of the chilled dough to fit a jelly roll pan. Fit the dough into the pan pressing it well into the corners and up the side to form an edge to hold the filling spread with pineapple filling. Roll remaining dough about $\frac{1}{4}$ inch thick and cut in narrow strips. Because the dough is rich and soft, it may break a little but any patches will disappear during baking. Beat the remaining egg and 1 tsp. of water together with a fork and brush over the top. Sprinkle with nuts. Bake about 30 minutes or until golden brown.

Pauline Skubleny

PINEAPPLE MERINGUE BARS

$\frac{1}{2}$ cup soft butter	Pineapple filling (recipe follows)
$\frac{1}{2}$ cup sifted icing sugar	2 egg whites
2 egg yolks	$\frac{1}{2}$ cup sugar
1 cup all-purpose flour	$\frac{1}{2}$ tsp. almond extract
$\frac{1}{2}$ cup finely chopped pecans	

METHOD: Heat oven to 350° F. Grease 13" x 9 $\frac{1}{2}$ " x 2" baking pan. Cream together butter, icing sugar and egg yolks. Stir in flour and mix thoroughly. Press firmly into bottom of prepared pan. Bake 10 minutes. Remove from oven and spread with cooled pineapple filling.

Beat egg whites until foamy. Add sugar gradually and beat well after each addition. Continue beating until stiff and glossy. Fold in almond extract and pecans and quickly spread over pineapple filling. Bake about 25 minutes or until meringue is golden.

Pineapple Filling:

$\frac{1}{2}$ cup sugar	1 $\frac{1}{2}$ tbsp. cornstarch
1 $\frac{1}{2}$ cup crushed pineapple (not drained)	1 tbsp. lemon juice
	Yellow food coloring (optional)

METHOD: Combine sugar and cornstarch thoroughly in saucepan. Stir in pineapple and lemon juice and set over moderate heat. Cook, stirring constantly until thickened and clear. Add a few drops of yellow food coloring if desired. Cool to lukewarm.

Mrs. S. Topechko

PRUNE SQUARES

Dough:

2 cups all-purpose flour	2 well beaten eggs
$\frac{1}{2}$ cup sugar	2 tbsp. sour cream
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp. salt
2tsp. baking powder	

Filling: Mix together 1 lb. dried prunes cooked, diced and pitted. 2 apples peeled and sliced, 1 tsp. vanilla, 1 tsp. cinnamon.

METHOD: Prepare filling, make crumbles as for pie crust of flour, sugar, butter, baking powder, salt. Then add eggs and sour cream. Mix well and knead. Divide into two equal portions. Roll out one portion and put in greased 9" x 11" cake pan. Spread dough with filling, cover with remaining rolled out dough. Sprinkle with sugar. Bake at 350° F. oven for about 30 minutes.

RAINBOW SQUARES

1 cup butter 3 tbsp. sugar 2 cups flour

Mix as for pie. Press into a pan about 8" x 10". Bake at 425° F. oven about 20 minutes. When baked add the following mixture (after it's cooked):

1 can crushed pineapple (15 oz.)	½ cup sugar
Small jar maraschino cherries cut in ¼'s)	3 tbsp. cornstarch 1 tsp. vanilla

Mix all this in a pot and bring to a boil. Stir quite often. Boil until starch is clear. Beat 5 egg whites stiff, adding ½ cup sugar and 1 tbsp. cold water. Then spread over pineapple mixture, sprinkle coconut (if desired) on meringue. Bake in 375° F. oven till golden brown.

Mrs. Joan Broda

RAISINS SQUARES

Filling:

1½ cups raisins	2 tsp. flour
½ cup sugar	1 cup boiling water

Mix and cook until thick.

Dough:

1 cup butter	2 cups flour
1 egg	2 tsp. baking powder
1 tsp. vanilla	

Mix like shortbread. Do not roll. Pat one-half of dough into bottom of square pan. Put on filling. Cover with remaining dough. Bake at 350° F. oven 30 to 35 minutes.

Mrs. Jennie Kucy
St. Michael, Alberta

RIBBON SQUARES

½ cup butter	5 tbsp. cocoa
½ cup chopped dates	1 tsp. vanilla
5 tbsp. sugar	1 egg unbeaten

Place above ingredients in a bowl in hot water. Stir until batter melts and mixture is like custard. Mix 1 cup coconut, 2 cups rolled wafers (20), $\frac{1}{2}$ cup walnuts. Pack into 9" square pan.

Filling: Cream 4 tbsp. butter, combine 3 tbsp. milk and 2 tbsp. vanilla, custard powder, add to butter. Mix in 2 cups icing sugar. Spread over top mixture, allow to harden.

Icing: Cover with four squares of melted semi-sweet chocolate and 1 tbsp. butter.

A. Stotyn

SEVEN LAYER SQUARES

$\frac{1}{2}$ cup butter, in pan (12 x 8). Add heaping $1\frac{1}{2}$ cup graham wafers crumbled (do not mix). Then add in layers: 1 cup flaked cocoanut, 1 6 oz. pkg. chocolate chips, 1 6 oz. butterscotch chips. Drizzle 1 can Eagle Brand condensed milk on top. Then add 1 cup walnuts or pecans (chopped not too fine). Bake at 350° F. oven for 30 minutes.

VARIATIONS: Dads Cookies (cocoanut). — Instead of butterscotch chips, use 2 10-cents bars McIntosh Toffee (chilled and crushed). This is rather expensive square, so perhaps you will just make it for special occasions.

Mrs. L. J. Chichak

THREE LAYER SHADOW SQUARE

First Mixture:

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ cup flour
2 tbsp. sugar	1 egg

Mix together and pat in bottom of greased 9" x 12" pan.

2nd Mixture:

2 cups raisins	1 heaping tsp. corn starch
2 cup water	1 tbsp. vinegar
1 cup brown sugar	1 tsp. vanilla

Boil together until thick and pour on first mixture.

3rd Mixture:

2 eggs	1 tsp. baking powder
$1\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup crushed walnuts
$\frac{1}{2}$ cup flour	

Spread on second mixture. Bake in 375° F. oven for 30 minutes.

Mrs. Rose Chmilar

WALNUT SQUARES

1 cup all-purpose flour	$\frac{1}{2}$ tsp. salt
2 tsp. baking powder	1 egg
$\frac{1}{2}$ cup shortening or butter	1 tsp. vanilla
1 tbsp. sugar	3 tbsp. milk

Sift flour, salt, baking powder; rub in the shortening; add the egg, milk and vanilla. Mix until thoroughly blended. The dough will be quite soft. Pat the dough into a greased 8 x 8 inch pan. Bake in 325° F. oven about 10 minutes or until light golden brown. DO NOT OVERBAKE at this stage because you will have a crumbly base. In the meantime prepare the following topping:

1½ cups brown sugar	½ cup shredded coconut
2 eggs	1 cup walnuts
4 tbsp. flour	1 tsp. baking powder

Beat the eggs and the brown sugar until fluffy. Add the flour and baking powder. Finally stir in the coconut and nuts. Pour the topping on the partially baked crust and put back into the oven (325° F. and bake until the topping is light brown, this takes about 20 minutes. Cut into squares when cool and before removing from pan.

Mrs. L. Sloboda

LEMON SQUARES

1 can eagle brand sweetened condensed milk
 1 cup shredded coconut
 Juice of 2 fresh lemons, plus 2 tsp. lemon rind
 Graham wafers

Place whole graham wafers in bottom of slightly greased 10 x 15 inch pan. Mix well condensed milk, lemon juice, rind, coconut. Spread over wafers. Cover mixture with more whole wafers. Now spread with the following butter icing:

3 cups icing sugar 3 tbsp. soft butter
 2 tbsp. milk

Add several drops of red food coloring for pink icing. Refrigerate over-nite.

Mrs. S. Ausford

CHINESE DISHES

FRIED CHICKEN CANTONESE

1 frying chicken cut into frying size pieces	2 tbsp. minced green onions
2 tsp. salt	1 cup flour
¼ tsp. pepper	½ cup white wine
¼ cup soy sauce	¼ tsp. powdered ginger
½ cup fat	1 cup hot water or stock made from giblets

Sprinkle chicken with salt and pepper. Dip in soy sauce. Rub sauce well into chicken. Let stand 5 min. to marinate. Heat fat in skillet. Roll chicken in flour and fry to golden brown. Mix wine, ginger, and hot water and pour over chicken. Sprinkle green onions over top. Cover and cook over low heat 45 min. or until chicken is tender. Remove to hot platter and make Chinese brown gravy. Pour over chicken and garnish with toasted almonds and ripe olives. Serves 4.

FRIED NOODLES

1 lb. fine egg noodles (vermicelli)
Peanut oil for deep frying

Add noodles to boiling salted water and boil 3 to 5 min. Drain and dry. Drop noodles one quarter of amount at a time, into hot deep fat (375° F.) separating them so they will brown on all sides. Drain on absorbent paper.

CHINESE MUSTARD

Stir 6 tbsp. boiling water into 2 tbsp. dry mustard. Add $\frac{1}{2}$ tsp. salt and 2 tsp. salad oil. For additional yellow coloring, add tumeric.

Mrs. M. Perrino

HAMBURGER CHOP SUEY

Fry together in butter till brown: 1 lb. hamburger, 1 medium onion. Add 4 to 6 stalks celery (2 cups diced) and cook a few minutes. Add 1 tin sliced mushrooms (with juice if you like), 1 tin mushroom soup, 1 tin bean sprouts with juice.

Simmer $\frac{1}{2}$ hour after you have seasoned with salt, pepper, accent and soy sauce to taste. Thicken with cornstarch and cook a few minutes more.

Mrs. Rose Storoshinko

CHICKEN WITH PINEAPPLE

2 tbsp. peanut oil	1 cup chicken broth
$\frac{1}{2}$ cup sliced water chesnuts	1 $\frac{1}{2}$ tbsp. cornstarch
$\frac{1}{2}$ cup bamboo shoots	3 tbsp. water
$\frac{1}{2}$ cup finely chopped spinach	1 cooked breast of chicken thinly sliced
1 tsp. sugar	$\frac{1}{2}$ cup pineapple tidbits, drained
1 tsp. Ac'cent	3 to 4 cups cooked rice
1 tbsp. soy sauce	

Cook vegetables in oil 3 to 5 min. Add seasoning and broth and bring to boil. Blend cornstarch and water until free of lumps. Add slowly to a simmering broth, stirring constantly until thickened. Add chicken and pineapple and heat to serving temperature. Serve hot with fluffy rice. Serves 4.

CHICKEN CHOP SUEY

4 tbsp. butter, margarine, shortening or salad oil	$\frac{1}{2}$ tsp. pepper
2 medium onions, chopped	2 cups cooked chicken
4 outside stalks celery, sliced	1 can bean sprouts, drained
$\frac{1}{2}$ lb. fresh mushrooms, sliced through stems	2 tbsp. cornstarch
$\frac{1}{2}$ cup boiling chicken stock or	1 tsp. sugar
$\frac{1}{2}$ cup boiling bean sprout liquid	$\frac{1}{2}$ cup cold bean sprout liquid
$\frac{1}{2}$ tsp. salt	2 tbsp. soy sauce
	Hot boiled rice

Heat fat or oil over low heat in large heavy saucepan or Dutch Oven. Add onions, celery, and mushrooms. Cover and cook over low heat until celery is almost tender, about 10 minutes. Add $\frac{1}{2}$ cup boiling stock, salt and pepper: simmer 5 minutes. Add chicken, cut into match-like slivers, and drained sprouts. Mix cornstarch and sugar with $\frac{1}{2}$ cup cold liquid and add soy sauce. Add $\frac{1}{2}$ cup of hot chicken mixture and mix well. Then pour back into remaining chicken mixture. Cook stirring constantly, until mixture thickens. Serve with additional soy sauce and hot boiled rice. Serves six.

CHICKEN CHOP SUEY VARIATIONS

Lobster chop suey: Substitute cooked or canned lobster, cut into thin strips, for cooked chicken. Add lobster meat just before serving and heat through. Over cooking toughens lobster meat.

Crabmeat Chop Suey: Substitute flaked cooked or canned crabmeat for chicken.

Pork Chop: Substitute cooked pork for chicken.

Mrs. M. Moroz

CHINESE FRIED RICE

Fry $\frac{1}{2}$ cup finely diced cooked ham, chicken or pork lightly in 2 tbsp. hot oil. Add 3 finely sliced fresh mushrooms, 1 quart cold cooked rice, 1 finely chopped green onion, and 2 tablespoons soya sauce.

Fry over low heat 10 minutes. Add 1 well beaten egg; cook and stir 5 minutes more. If color isn't dark enough, add a little more soy sauce. Makes 6 to 8 servings.

Mrs. Katharine Harapniuk

EGG FOO YONG

1 can chop suey vegetables, drained	6 eggs, beaten
2 tbsp. soya sauce	Salt and pepper to taste
	Oil for frying

Add vegetables and soya sauce, salt and pepper to beaten eggs. Heat heavy pan to 350° F. and drop large tablespoon of mixture into hot oil. Fry on both sides as for pancakes. Serve hot with following sauce:

Juice from vegetables	1 tsp. sugar
1 tbsp. corn starch	2 tbsp. soya sauce

Blend ingredients together. Bring to boil and cook until transparent.

Mrs. L. Proznik,
Hinton, Alberta

CHINESE MARINADE

$\frac{1}{2}$ cup soya bean sauce	1 tsp. dry mustard
3 cloves garlic, finely cut	2 tbsp. molasses
$\frac{1}{4}$ cup mazola oil	2 tbsp. yellow sugar
1 tsp. ginger	

Mix well, let stand a few hours. It may be kept for several days in a jar, in the refrigerator.

N. B. Soak your uncooked pork roast in this marinade overnight and bake the following day — delicious!

Mrs. Phyllis Moroz
Smoky Lake, Alberta

CHINESE SALAD BOWL

- | | |
|---------------------------------------|---|
| 1 pkg. (1½ cups) precooked rice | ½ cup mayonnaise |
| 2 cups cooked peas | ½ cup sour cream |
| 1 can water chestnuts | 1 tsp. celery seed |
| 1 can bean sprouts | ½ tsp. Ac'cent |
| 1 head chinese cabbage or
escarole | 1 cup roast pork, cut in
thin strips |

Cook rice according to directions on package. Chill; place in salad bowl. Add peas, drained and sliced water chestnuts, drained bean sprouts, torn into small pieces cabbage or escarole leaves. Combine mayonnaise, sour cream, celery seed, and ac'cent. Beat well; pour into salad bowl. Toss until all ingredients are well mixed. Scatter strips of pork on top. Serves 6 to 8.

CHOW MEIN

- 2 cups cooked chicken, pork, beef or shrimp, shredded coarsely
- 3 tbsp. oil
- ½ tsp. garlic salt or ½ clove garlic crushed
- 2 cups thinly sliced celery
- 2 cups thinly sliced onions
- ½ to ¾ tsp. accent
- ½ cup chicken broth or vegetable stock (mild flavor)
- 1 can (1 lb.) chinese vegetables, drained
- 2 tbsp. soy sauce
- 1 can (5 oz.) chinese noodles
- Hot, flaky long grain rice
- 1 or 2 green onions (scallions) slivered lengthwise

Lightly toss and brown meat or shrimp in a very hot oil. Add garlic, celery, onions and accent. Toss and turn lightly; add broth. Cover; steam until vegetables are tender but still crisp. Uncover; add vegetables and a little liquid if mixture seems too thick. Blend cornstarch with soy sauce and add to the combined mixture. Cook till starchy taste disappears. Serve very hot over chinese noodles, accompanied by hot cooked rice. Garnish with slivered scallions (spring or green onions). Makes about 1 quart or 4 servings.

E. Korbyl

CHOP SUEY SPECIAL

- | | |
|------------------------|----------------------------|
| 1½ lbs. pork shoulder | Dash of pepper |
| 1 cup sliced mushrooms | 1½ cups water or bouillon |
| 1 cup sliced onions | 3 tbsp. soy sauce |
| 1½ cups sliced celery | 1 can bean sprouts |
| 1 tsp. ginger | 2-3 tbsp. cornstarch |
| 1 tsp. salt | Toasted almonds (optional) |

Cut pork in small cubes and cook with mushrooms in a little hot lard or drippings until lightly browned. Add vegetables, seasonings and water or bouillon (make bouillon with bouillon cubes or meat extract). Cover and cook slowly until meat is tender about half an hour. Add soy sauce, well drained, bean sprouts and additional seasonings if necessary. Thicken with cornstarch mixed to a paste with a little water, cook slowly for about 10 minutes. Serve on hot rice or fried noodles and sprinkle with whole toasted almonds.

Mrs. S. Ostawsky

FRIED RICE

4 cups cooked rice	1 egg, slightly beaten
$\frac{1}{2}$ cup chopped green onion	$\frac{1}{2}$ cup cooking oil
$\frac{1}{2}$ cup cooked peas (optional)	Soya sauce ($\frac{1}{4}$ to $\frac{1}{2}$ cup)

Heat oil in heavy pan. Add beaten egg and stir constantly until done (as a scrambled egg). Remove from oil and set aside. Add green onions and brown slightly. Then add rice and peas, mixing thoroughly to coat with oil. Stir for about 10-15 minutes more then add enough Soya Sauce for a medium brown color. Add salt and pepper to taste.

(Rice should be cooked a day in advance as it should be cold and dry. Do not overcook rice).

Mrs. L. Proznik,
Hinton, Alberta

FRIED RICE

Cut a few slices of bacon or ham into small pieces and fry until brown. Remove the pieces and fry two cups of cold cooked rice in the grease about 5 minutes.

Add three eggs to the rice, replace the bacon or ham, mix well and fry all together until eggs are well cooked, turning constantly. Season with 3 tbsp. of Chinese sauce and a little pepper. Chicken, beef, pork, lobster, crab, or any left over meats cut in small pieces can be utilized in the same manner and will make a very appetizing dish.

Mrs. Tilly Chichak

MEATLESS CHOP SUEY OR CHOW MEIN

$\frac{1}{2}$ cup butter or margarine	1 can bean sprouts (drained well)
2 large green peppers, cut in strips	or 1 can mixed Chinese vegetables (drained well)
1 cup onions, cut fine	1 tsp. salt
2 cups celery, cut fine	Dash of pepper
1 $\frac{1}{4}$ cups hot water	

Flavoring and thickening:

2 tbsp. cold water	1 tsp. sugar
2 tbsp. cornstarch	1 tbsp. Chinese brown gravy
1 tbsp. soy sauce	sauce if chop suey is desired

Melt butter in large skillet. Add green peppers, onions, and celery;

sauté for 2 min. Add hot water. Cover and cook 7 min. Add drained bean sprouts or mixed Chinese vegetables and seasonings. Bring to a boil. Combine and add thickening and flavoring mixture. Stir lightly and cook for 1 min. Serve piping hot over cooked rice for chop suey or noodles for chow mein. Flavor individual portions to taste with soy sauce. Garnish with lettuce, sliced green onions, and sliced cold hard-cooked egg, or slender strips of fried beaten egg. Whole or chopped nuts may be added. Serves 4 to 5.

PINEAPPLE CHICKEN CHOW MEIN

3 tsp. salt	¼ cup oil
½ tsp. pepper	1 cup thinly sliced onions
2 tbsp. brown sugar	3 cups thinly sliced celery
2 tbsp. cornstarch	1 can (no. 2) bean sprouts, undrained
¼ cup soy sauce	1 can (14 oz.) pineapple tidbits, drained
2 cups slivered, cooked or canned chicken	2 chicken bouillon cubes, dissolved in ½ cup hot water
Chow mein noodles	

Heat oil in dutch oven or large heavy saucepan. Add onion, bean sprouts, celery, pineapple, bouillon dissolved in water, salt, pepper and brown sugar. Cover and bring to a boil. Blend cornstarch with soy sauce and stir into vegetable mixture. Add chicken. Cook, stirring constantly until thickened, 3 to 5 minutes. Serve with crisp chow mein noodles. Serves 4-5.

Mrs. M. Korbyl

SHRIMP CHOW MEIN

½ lb. fresh or frozen shrimp	Dash of pepper
1½ tbsp. butter or peanut oil	1 no. 2 can bean sprouts, drained
¼ cup chopped onion	2 tbsp. cold water
½ green pepper, cut in 2 inch strips	2 tbsp. cornstarch
1 cup hot water	2 tsp. soy sauce
1 cup celery, cut in 2 inch strips	1 tsp. sugar
¾ tsp. salt	Chow mein noodles
	Hot boiled rice

Remove shells and black veins from shrimp. Rinse in cold water and cut in half, then again in half lengthwise. Melt butter in large heavy skillet over medium heat. Add onions and green pepper and cook 5 min. Add hot water, celery, salt, pepper, bean sprouts, and shrimp. Cover and simmer 5 min., or until celery is tender but still slightly crisp. Combine cold water, cornstarch, soy sauce, and sugar; stir lightly into hot mixture and cook uncovered 4 min. longer. Serve on chow mein noodles with rice. Serves 4 to 5.

NOTE: You can use 1 (5 ounce) can shrimp or 1 package frozen cooked shrimp (first thawed). Add these with cornstarch mixture at the end.

Mrs. A. Mackalyk

SWEET AND SOUR RED CABBAGE

1 large red cabbage	1 tsp. salt
3 tbsp. butter	$\frac{1}{2}$ cup boiling water
2 tbsp. chopped onions	$\frac{1}{4}$ cup sugar
2 apples peeled, cored and sliced thin	2 tbsp. vinegar

Remove center core from cabbage, shred and soak in cold water. Melt butter and onion and sauté over medium heat three minutes. Drain cabbage and add to saucepan. Cover and simmer 10 minutes. Add apple slices, salt and boiling water.

Cover and simmer until cabbage is tender and water absorbed. Add sugar and vinegar: simmer 10 minutes. Serves six to eight.

Mrs. Mary Fedechko

SWEET AND SOUR BEEF

2 cups diced cooked left over beef (roast)	1 tsp. dry mustard
2 tbsp. butter	$\frac{1}{2}$ cup vinegar
2 tbsp. flour	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup brown sugar	$1\frac{1}{2}$ cups hot water
	1 envelope onion soup mix

Brown the beef in butter, stir in flour and salt. Combine remaining ingredients, stir into beef mixture. Simmer 20 min. Serve over hot cooked rice, or noodles.

Mrs. M. Lysay

RICE

In a small saucepan with a cover melt 2 oz. butter. Chop one onion fine. Add the onion to the butter and sauté. Add 2 cups of rice, 1 tsp. salt, $\frac{1}{4}$ tsp. pepper. Mix all this well and add 4 cups of hot water, bring to a boil cover. Then put the pan in the oven at 350° F. for 25 min.

Mrs. M. Lysay

SWEET AND SOUR MEAT BALLS

1 lb. ground beef	$\frac{1}{4}$ cup chopped onion
1 tsp. salt	$\frac{1}{2}$ cup milk
	1 egg

Sauce:

1 cup consomme soup dash salt $\frac{1}{4}$ cup sugar (brown or white)

Mix ground beef with onion, egg, milk and salt. Form in small balls dip in $\frac{1}{2}$ cup corn starch and brown them. Pour sauce over meat balls and simmer 10 min. Serve with rice or salad.

SWEET AND SOUR PORK

$\frac{1}{2}$ lb. frozen pork cutlets (lean shoulder pork may be used)	$\frac{1}{2}$ cup pineapple juice
$\frac{1}{2}$ tsp. flavor salt	1 tbsp. vinegar
$\frac{1}{2}$ sliced onion	$1\frac{1}{2}$ tsp. soya sauce
$\frac{1}{2}$ can consomme	$\frac{1}{2}$ sliced green pepper
$\frac{1}{2}$ can mushroom pieces	$\frac{1}{2}$ cup pineapple tidbits

Cut pork into strips $\frac{1}{4}$ " wide and $1\frac{1}{2}$ " in length. Fry quickly in 1 tbsp. hot fat until pink color fades. Add the next 7 ingredients and cover. Simmer about 5 min. Stir in a smooth mixture of 1 tbsp. cornstarch and $2\frac{1}{2}$ tbsp. water. Cook until clear. Add green pepper and pineapple. Simmer 2 mins. Keep hot. Serve over chow mein noodles.

Mrs. O. Stosky

SWEET AND SOURS

2 lbs. spareribs (1" pieces). To this add following and mix well:
 $1\frac{1}{2}$ tsp. salt, $1\frac{1}{2}$ tsp. sugar, 2 tsp Lea Pedrins Sauce (Worcestershire Sauce). Then add: 4 tbsp. flour, 1 tbsp. corn starch (remix).
Fry in deep fat till golden brown. Drain ribs and add to following sauce:

Sauce:

$1\frac{1}{2}$ cups brown sugar	$\frac{1}{2}$ cup vinegar
$1\frac{1}{2}$ cups water	2 tbsp. Soya Sauce

Bring to boil and thicken with 2 tbsp. corn starch. Add ready ribs and boil slowly for 10 minutes.

Mrs. Jennie Kucy,
St. Michael, Alberta

SWEET AND SOUR SPARERIBS

10 lbs. spareribs	3 tbsp. Soya Sauce
2 cups vinegar	1 tbsp. salt
2 cups water	2 cloves garlic
2 cups brown sugar	3 tbsp. corn starch
1 bottle Heinz (57) Sauce	

Brown spareribs in oven until nice and brown. Drain all grease off. In a sauce pan put your vinegar, water, sugar, Heinz 57, Soya Sauce, salt, garlic and cornstarch. Bring to a boil, then pour over your spareribs. Simmer until done.

Mrs. M. Koska

CHICKEN DISHES AND STUFFING

CHICKEN AND RICE CASSEROLE

1 pkg. minute rice 1 can cream of celery soup
1 can mushroom soup 2 cups milk

Mix all ingredients together. Put in bottom of casserole. Wash well and cut in pieces 1 chicken. Lay pieces on top of rice mixture. Spread 1 envelope dry onion soup on top of meat and cover with foil very well. Do not salt mixture. Bake 2½ to 3 hours at low heat of 250° F.

Mrs. A. Wolinski

CHICKEN AND RICE

¼ cup cooking oil 1 cup long-grain rice
1 broiling chicken ½ tsp. salt
 (about 3 lbs.) cut up ½ cup toasted salted almonds
2 cups pineapple juice ½ cup sultana raisins
1 tbsp. cornstarch 1 green pepper, slivered
2 tbsp. soy sauce 1 medium onion, sliced thin
1 tbsp. vinegar and separated into rings
2 tbsp. brown sugar

Heat oil in large heavy skillet. Add chicken pieces and cook gently until golden on both sides. Pour off any excess oil.

Combine a little of the pineapple juice and the cornstarch, stirring until smooth. Add remaining pineapple juice, soy sauce, vinegar and sugar to chicken. Heat to boiling and stir in cornstarch-pineapple juice mixture gradually. Cook until it thickens slightly. Cover and simmer 10 minutes.

Add rice and salt, cover tightly and simmer 20 minutes or until chicken is tender and rice is done.

Add almonds, raisins, green pepper and onion. Bring back to a boil, turn to low heat. Cover and simmer 5 minutes. Serve immediately. (Serves 4 generously).

Mrs. S. Okurily

CHICKEN BREASTS IN GRAVY

4 chicken breasts 1 tsp. each sage, parsley, dill
1 tin of mushroom soup seed (dry or fresh)
1 pkg. Liptons onion soup Dash of pepper — no salt
½ cup ketchup — 2 cups water

Split chicken breasts into 2 pieces and wash and wipe dry. Brown in butter or bacon fat in heavy skillet. Remove browned meat to a roaster. Four the remaining ingredients into the skillet and bring to a boil. Pour the gravy over the meat, cover and bake in a 350° F. oven for ½ hour or until nicely done.

Mrs. Wm. Burko

CHICKEN CACCIATORE

2 lbs. chicken parts	1 tin mushrooms
2 lbs. shortening	2 cloves garlic, minced
1 can tomato soup	1 tsp. oregano
$\frac{1}{4}$ cup water	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ cup dry red wine or 1 tbsp. vinegar	$\frac{1}{2}$ medium green pepper, cut into strips
$\frac{1}{2}$ tsp. thyme	$\frac{1}{2}$ cup chopped onion
1 tbsp. worcestershire sauce	

Brown chicken in shortening; pour off fat. Add remaining ingredients. Cover; cook over low heat 45 minutes; stir now and then. Uncover; cook until sauce thickens to desired consistency. 4-6 servings.

Mrs. Peter Yacyshyn,
Sherwood Park, Alberta

CHICKEN AND CRANBERRY BUFFET SPECIAL

1 small pkg. apple or lemon jello powder	1 envelope unflavoured gelatine
$\frac{3}{4}$ cup boiling water	1 can chicken and rice soup
1 tbsp. lemon juice	2 (7 oz.) cans boneless chicken or turkey
$\frac{1}{2}$ can whole cranberry sauce	$\frac{1}{2}$ cup diced celery
$\frac{1}{2}$ cup diced apples	$\frac{1}{2}$ cup mayonnaise or salad dressing
$\frac{1}{4}$ cup chopped walnuts	

Dissolve apple jello powder in boiling water and stir in the cranberry sauce and lemon juice. Chill until thickened and add the apples and walnuts. Pour into 9" x 5" loaf pan. Chill until set. Meanwhile combine the unflavoured gelatine and soup and bring to a boil. Remove from heat, and stir in the chicken and chicken juice. Chill until thickened and fold in celery and mayonnaise. Pour over cranberry mixture. Chill until set and unmold on crisp lettuce. Makes 8 servings.

Mrs. E. Kotylak

CHICKEN FRICASSEE WITH PARSLEY DUMPLINGS

5 lb. chicken cut up	$1\frac{1}{2}$ cups liquid and water if needed
1 cup flour	$\frac{1}{2}$ cup light cream
1 tsp. salt	1 carrot sliced
$\frac{1}{4}$ tsp. pepper	celery
$\frac{1}{4}$ tsp. paprika	6 peppercorns
2 tbsp. butter	2 tsp. salt
2 tbsp. oil	1 tbsp. butter
$1\frac{1}{2}$ cups water	1 egg yolk
$\frac{1}{4}$ cup chopped onion	1 tbsp. cream
2 tbsp. fat	
3 tbsp. flour	

Roll chicken pieces in flour mixture and brown well, drain and save fat. Add water, onion, carrot, celery and 2 tsp. salt and cover tightly and simmer $2\frac{1}{2}$ hours.

DUMPLINGS

1 cup flour	2 tbsp. oil
2 tbsp. oil	1 egg
1½ tsp. baking powder	6 tbsp. milk
½ tsp. salt	

Drop by spoonfuls on top of chicken and boiling stock (no in liquid). Cook slowly 10 minutes uncovered, then cover tightly, cook 10 minutes more. Lift chicken and dumpling on platter. (Measure out all ingredients for gravy while dumplings are cooking to it can be prepared quickly.)

Gravy. — Combine 2 tbsp. fat left from browning chicken, with 3 tbsp. flour in saucepan strain juices left from cooking chicken and measure adding water to make 1½ cups. Stir into fat-flour mixture.

Beat egg yolk with 1 tbsp. cream and stir some of hot gravy into mixture a little at a time. Return to pan and cook and stir until thick and hot but not boiling. Pour gravy over chicken on platter and serve immediately.

Mrs. N. Kowal

CHICKEN IN ORANGE RICE

2 lbs. chicken	Few celery leaves
Seasoned cornstarch	Few peppercorn
2 chicken bouillon cubes	2 tbsp. orange marmalade
3 lbs. margarine or chicken fat	½ tsp. garlic powder
1½ cups regular rice	1 cup frozen peas
½ tsp. rosemary or thyme	2 peeled, diced oranges
2 small onions, thinly sliced	½ tsp. salt

Cut chicken into pieces. Cover the chicken with 4 cups of water. Add ½ tsp. salt, a few peppercorns, celery leaves, a slice of onion and the bouillon cubes. Cover and simmer 10 min. Lift out the chicken and continue to simmer the broth for 10 minutes, uncovered. Strain and save. Sprinkle chicken with seasoned cornstarch and sauté in hot margarine until golden on both sides. Spread rice in a greased 2-quart casserole. Cover with the chicken. Rinse the frying pan with 1 cup of the broth and pour over the chicken. Add rosemary, onions, marmalade, garlic powder and remaining broth. Cover and bake at 350° F. for 40 minutes, uncover and stir in peas and oranges. Cover again and bake 10 min. or until rice is tender. Makes 6 servings.

Mrs. H. Popil
Calgary, Alberta

CHICKEN LIVER RICE DINNER

1½ cups pkg. precooked rice	2 tbsp. Burgundy
½ lb. chicken liver, cut in pieces	½ tsp. salt
1 10-ounce pkg. frozen chopped spinach, thawed	Dash pepper
2 tbsp. butter or margarine	1 4-ounce pkg. (1 cup) shredded sharp cheddar cheese

Cook rice according to pkg. directions. Brown liver in a small amount of butter or margarine. Combine rice, spinach, chicken liver, 2 tbsp. butter,

Burgundy, salt, pepper and cheese. Spoon into a 1½ quart casserole. Bake, covered, at 350° F. for 25 mins. Garnish with additional cheese if desired. Makes 5 to 6 servings.

Mrs. A. Komarnisky
Saskatoon, Sask.

CHICKEN SMOTHERED IN CREAM

4 chicken breasts	½ cup butter
½ cup flour	1 cup sliced mushrooms
1 tsp. salt	1½ cups thick sour cream
½ tsp. pepper	1 cup water
½ tsp. paprika	¼ tsp. thyme

Split breasts in half; bone if desired. Combine flour, salt, pepper and paprika. Dredge breasts in flour; brown in ¼ cup butter. Transfer to oven-ware dish. Add mushrooms and 1 cup sour cream mixed with 1 cup water. Sprinkle with thyme, cover closely and bake at 325° F. for 1 hour. Stir in the remaining cream. Return to oven for 5 minutes. Serve immediately. Serves 8.

Mrs. P. Baron

CHICKEN OR FISH PIE

1 cup cooked chicken (or salmon, tuna)	½ tsp. onion juice
½ cup celery and green pepper	2 tbsps. gravy or juice from fish if fish is used

Make your pie crust as for pie. Roll out the dough and put into well greased muffin tins. Mix your ingredients well, and put the mixture in the muffin tins or pie crust. Cover and bake at 450° F. till it is baked golden brown.

Mrs. E. Skwarok

CHICKEN WITH MUSHROOM SAUCE

1 fryer, cut up	½ cup fat or salad oil
½ cup flour	1 can condensed cream of mushrooms soup
2 tsp. salt	½ cup milk
1 tsp. paprika	1 sliced peeled medium onion
½ tsp. thyme	
½ tsp. pepper	

Wash and dry fryer. Combine flour, salt, paprika and pepper in paper bag. Add chicken, a few pieces at a time, shake until coated. Brown chicken in hot fat in skillet, on all sides. Pour on combined soup and milk. Top with onions, paprika and thyme, cover; simmer 30 minutes, or until tender, basting often.

Mrs. T. Caruk

CHICKEN SALAD HAWAIIAN

1 pineapple	½ cup chopped walnuts
1½ cups cubed cooked chicken	Mayonnaise
1 cup chopped celery	Salt and pepper
1 cup halved green grapes	

Cut pineapple lengthwise into 4 slices. Remove center of each slice, leaving 1-inch shell around outside edge. Discard core. Cube pineapple removed from center; combine with chicken, celery, grapes, nuts and enough Mayonnaise to moisten. Season to taste. Serve on pineapple slice. Garnish with maraschino cherry, if desired. Makes 4 servings.

Mrs. L. Holowaty

CHICKEN STEW 'N DUMPLINGS

- | | |
|-----------------------------|--|
| 2 to 3 lbs. chicken, cut up | 1 package (10 oz.) frozen mixed vegetables |
| 2 tbsp. butter or margarine | 1 cup pkg. biscuit mix |
| ½ cup water | ½ cup milk |
| 1 cup sliced onion | ½ tsp. salt |
| ½ tsp. poultry seasoning | Dash pepper |
| 1 can Cream of Chicken Soup | |

Sprinkle chicken with ½ tsp. salt, dash pepper; brown in butter in large heavy pan. Add water, onion, poultry seasoning. Cover; simmer 30 minutes. Stir in soup, vegetable. Bring to boil; cover; simmer 10 minutes more. Stir now and then. Combine biscuit mix and milk; spoon dumplings onto stew. Cook uncovered 10 minutes. Cover; cook 10 minutes longer. Stew may be done in oven if desired.

Mrs. J. Ozubko

DRUMSTICKS

- | | |
|-----------------------------------|------------------------|
| 1 lb. veal steak (diced or cubed) | ½ tsp. sage |
| 1 lb. pork steak | Salt and pepper |
| 1 egg beaten | Flour and bread crumbs |
| 1 onion | |

Alternate pieces of veal and pork on drumsticks, about 4 or 5 pieces. Dip in flour, the egg then bread crumbs. Brown in quite a bit of fat. Drain fat off and put water in pan ½ way up drumsticks. Add onion, salt, pepper and sage and simmer covered for 1½ hours. Wild meat is good used in this recipe. Drumsticks may be bought at your butchers.

Mrs. P. Stosky

MEXICALI CHICKEN

- | | |
|-----------------------------------|-----------------------------------|
| 2½ to 3 lb. broiler-fryer, cut up | 1 tbsp. vinegar |
| 2 tbsp. butter or margarine | ½ tsp. chili powder |
| ½ cup chopped onion | Pinch of salt |
| 1 med. clove garlic, minced | ½ cup light raisins |
| 1 8-oz. can tomato sauce | ½ cup sliced stuffed green olives |
| ¾ cup chicken broth | 1 green pepper, cut in stripes |

In skillet brown chicken in butter or margarine, remove chicken. Add onion and garlic to skillet, cook till lightly browned. Add remaining ingredients except green pepper. Return chicken to skillet, spoon sauce over all. Add green peppers. Cover and cook 10 min. more. Serve with rice. Makes 4 to 5 servings.

Mrs. A. Hlynski
Toronto, Ont.

QUICK TURKEY PIE

2 cups pkg. biscuit mix	2 cups diced cooked turkey
1 tbsp. instant minced onion	$\frac{1}{4}$ cup chopped green pepper
$\frac{3}{8}$ cup milk	$\frac{1}{2}$ cup shredded sharp process American cheese
4 tbsp. butter or margarine, melted	$\frac{1}{4}$ cup all-purpose flour
1 tsp. salt	$\frac{1}{2}$ tsp. dry mustard
Dash pepper	2 cups milk
1 tsp. Worcestershire sauce	$\frac{1}{2}$ cup shredded carrot

Combine biscuit mix and onion; stir in the $\frac{3}{8}$ cup milk till mixture is moistened. Pat into greased 9-inch pie plate. Sprinkle with green pepper and cheese. Bake in hot oven (400° F.) for 18 to 20 mins., or till golden. Meanwhile, blend butter or margarine, flour, salt, mustard, and pepper. Add the 2 cups milk and Worcestershire sauce all at once. Cook and stir till mixture thickens and bubbles. Stir in carrot and turkey; heat through. Cut biscuit pie in wedges; top with turkey sauce. Makes 6 servings.

Mrs. M. Komarnisky
Saskatoon, Sask.

OVEN-CRISP CHICKEN

Preheat oven to 350° F. Cut a 2½ pound broiler-fryer chicken into serving pieces or use 6 leg or breast pieces. Dredge chicken pieces in $\frac{1}{2}$ cup of flour. Dip in $\frac{1}{2}$ cup evaporated milk. Finally coat with mixture of 1 cup fine dry bread crumbs, 1 tsp. salt, few grains of pepper. Lay chicken pieces, skin side up, in greased roast pan. Bake in preheated oven 350° F. uncovered, for 1 hour or until chicken is tender. Do not add water or turn the chicken pieces. For easier clean-up, line pan with foil. Yield: 6 servings.

Mrs. E. Witiuk

OVEN FRIED CHICKEN

$\frac{1}{2}$ cup butter or margarine
1 4-oz. pkg. potatoe chips
1 2½ or 3 lb. ready cook broiler-fryer chicken cut up
$\frac{1}{4}$ tsp. garlic salt

Set oven at 375° F. Melt butter in a small skillet. Crush potato chips with rolling pin before opening. Mix crushed potato chips with garlic salt and pepper. Dip chicken in melted butter, then roll in potato chip crumbs. Place pieces in pan skin side up, so they do not touch. Pour rest of butter, crumbs over chicken. Bake 1 hour (do not turn).

Mrs. O. Balko

STEWED CHICKEN WITH DUMPLINGS

4 lbs. stewing chicken cut up	1 tbsp. salt
1 cup milk	4 pepper corns
4 cups water	1 carrot cut up
2 bunches celery leaves	$\frac{1}{3}$ cup flour
1 medium onion sliced	

Heat water with salt in heavy kettle. Add onion, carrot, celery leaves and peppercorns. Then add chicken pieces and giblets. Cover and simmer 2 to 2½ hours or until chicken is tender. Skim off any fat that appears on top of the broth. Make sage dumplings. Drop dough by large spoonful on to chicken (not into broth). Cook slowly 10 min. with kettle uncovered, then cover tightly and cook 10 more min. Remove dumplings. Serve chicken on a hot platter and keep hot.

SAGE DUMPLINGS

1½ cups sifted all purpose flour	¾ tsp. salt
½ tsp. sage	3 tbsps. shortening
2 tsp. baking powder	¾ cup milk

Sift flour, baking powder and salt together. Stir with fork. Cut in shortening finely, then add milk and stir with fork just until blended. Cook as directed in recipe.

Mrs. P. Baron

STEWED COUNTRY STYLE CHICKEN DINNER

1 cup uncooked rice (Precooked rice)	2 - 2½ cups boiling water
18-oz. tin tomato sauce or soup	1 tsp. chili powder
1 tin mushrooms	1 tsp. salt
1 cut up chicken fryer — fry in salad oil	1 tsp. pepper
	Little onion

Precook rice, add sauce, mushrooms and seasonings. Alternate rice and chicken in casserole. Bake in oven for 1 to 1½ hrs.

1 cup diced celery, ½ cup diced onion. Fry together in margarine.

Mrs. N. Kowal

STUPENDOUS CHICKEN STEW 'N DUMPLINGS

2-3 lbs. chicken, cut up	1 can Campbell's Cream of Chicken Soup
2 tbsps. butter or margarine	1 pkg. (10 oz.) frozen mixed vegetables
½ cup water	1 cup packaged biscuit mix
1 cup sliced onion	⅓ cup milk
¼ tsp. poultry seasoning	

METHOD: Sprinkle chicken with ½ tsp. salt, dash pepper; brown in butter in large heavy pan. Add water, onion, poultry seasoning. Cover; simmer 30 minutes. Stir in soup, vegetables. Bring to a boil; cover; simmer 10 minutes more. Stir now and then. Combine biscuit mix and milk; spoon dumplings onto stew. Cook uncovered 10 minutes. Cover; cook 10 minutes longer. (4 servings)

Mrs. N. Dudak

TOMATO CHICKEN SWIRL

2 cups diced cooked chicken	Kraft Mayonnaise
$\frac{1}{2}$ cup sliced celery	Salt and pepper to taste
$\frac{1}{4}$ cup sliced green onion	6 tomatoes, unpeeled
$\frac{1}{2}$ cup shredded Cracker Barrel Cheese (mellow)	Lettuce

Combine chicken, celery, onion, cheese and enough Kraft Mayonnaise to moisten; season to taste. Cut each tomato diagonally around to form a spiral; fill with chicken salad. Top with mayonnaise; serve on lettuce.

Mrs. L. Holowaty

BRAZIL NUT STUFFING

Melt 1 cup butter in the skillet. Add $\frac{1}{2}$ cup chopped onion and $\frac{1}{2}$ cup chopped celery. Cook until soft but not brown. Mix thoroughly 4 qts. stale bread cubes, $1\frac{1}{2}$ tsp. poultry seasoning, 1 tbsp. salt, $\frac{1}{4}$ tsp. pepper and 2 cups thinly sliced brazil nuts. Combine altogether and toss lightly. Enough for 12-18 lb. turkey.

Mrs. Kay Skubleny

CELERY ALMOND STUFFING

2 cups diced celery	1 tsp. salt
1 cup boiling water	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup diced onions	$1\frac{1}{2}$ tsp. poultry seasoning
$\frac{1}{2}$ cup margarine	$\frac{1}{2}$ cups almonds (optional)
8-9 cups day old bread crumbs	

Cook celery in boiling water 15 minutes. Drain. Reserve liquid. Cook onion butter over low heat until golden. Add to bread crumbs, seasonings, celery and about 1 cup liquid when cooled. Mix lightly. Pack into turkey.

Mrs. Kay N. Skubleny

CORNMEAL DRESSING

1 cup cornmeal	1 tsp. salt
2 cups cold water or chicken stock	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ tsp. poultry seasoning
1 cup chopped celery	5 cups bread cubes
$\frac{1}{2}$ cup chopped green pepper	2 eggs beaten

Combine cornmeal and water in saucepan. Add butter and cook until mixture thickens stirring constantly. Combine hot mash with remaining ingredients (use an additional $\frac{1}{2}$ cup water for more moist stuffing). Stuff lightly into neck region and body cavity of turkey or bake in a greased casserole for 50 - 60 minutes.

Mrs. Joan Broda

POTATO STUFFING FOR TURKEY

6 cups fluffy mashed potatoes	½ tsp. pepper
½ cup melted butter	1½ fine soft bread crumbs
2 tbsp. minced celery leaves	2 tbsp. cream
½ cup finely chopped onions	1-2 tsp. poultry seasoning
1 tsp. salt	2 egg yolks

Combine potatoes, butter, celery, onions, egg yolks, crumbs and cream. Add seasoning, to taste. Pile stuffing lightly into neck and body. Do not pack firmly or stuffing will not have room to expand and will not be fluffy. Enough for 6 lb. bird.

Mrs. Kay N. Skubleny

TURKEY DRESSING

4-5 cups rolled dry bread crumbs	1 tsp. pepper
1½ cups butter	1 tsp. parsley
1 big onion chopped	1 tsp. sage
4 sticks celery diced	1½ cups boiling water
1 tsp. salt	

Melt butter. Add onion and celery and fry until soft but not dry. Combine with bread crumbs. Add salt, pepper, parsley and sage. Add boiling water and toss lightly. Makes enough dressing to stuff from 12-16 lb. turkey.

Mrs. Jean Kobitowich

GAME

MOOSE OR CARIBOU YUKON

2 lbs. moose or caribou	½ cup flour
2 tbsp. lemon juice	2 tbsp. fat
1 tsp. salt	½ cup chopped olives
1 tsp. chili powder	

N. B. To take wild game taste out, cut bones and fat off meat, before baking.

1. Cube the meat as for stew; sprinkle with lemon juice; stir well.
2. Season with salt and chili powder; roll in flour.
3. Brown well on all sides in the fat; add hot water to cover.
4. Simmer covered about 2 hours; 20 minutes before serving, remove the lid and allow the liquid to cook down to a rich gravy.
5. Add the olives. (Pimento may be substituted if desired.) Serve with noodles, hominy or rice.

Mrs. P. Ozubko

MOOSE STEW

3 lbs. meat, cut into 1 inch cubes	$\frac{1}{2}$ tsp. thyme
2 large onions, sliced	12 small carrots
2 garlic cloves, chopped	6 medium potatoes (quartered)
1 cup chopped celery	$\frac{1}{2}$ cup flour
1 bay leaf	Salt and pepper to taste

Soak beef moose meat for 2 hours. Rinse the meat, drain water from the meat. Brown meat in an oiled pan. Add sliced onions, garlic, celery, bay leaf, salt, thyme and pepper and $2\frac{1}{2}$ cups of water. Bring to a boil, reduce heat, cover and simmer for 2 hours.

Add remaining vegetables and simmer for 1 hour. Blend flour with 1 cup cold water and stir into stew; simmer for 5 minutes longer. Serves 6.

Mrs. P. Baron

SPANISH MOOSE STEAK

2 lbs. moose or cariboo steak	Pepper
6 small onions, sliced	$\frac{1}{2}$ cup flour
1 green pepper, chopped	1 clove garlic, chopped
2 tbsp. fat	1 cup tomatoes
$\frac{1}{2}$ tsp. salt	1 cup peas

1. Dredge the meat with the seasoned flour; brown on both sides in hot fat; remove from the pan.

2. Sauté the pepper and garlic in the same fat until tender.

3. Place the pepper and garlic on the meat; replace it in the pan; add the onions and tomatoes; simmer until tender, about 2 hours.

4. Shortly before the meat is cooked add the peas and more seasoning if necessary.

5. Arrange on a platter with the vegetables on top; surround with a border of potato puffs.

Mrs. P. Ozubko

WILD GAME MEAT

MOOSE, CARIBOU, VENISON

5 to $5\frac{1}{2}$ lbs. rolled rump roast. (Soak meat overnight in oil and vinegar mixture).

2 onions, chopped	$1\frac{1}{2}$ cups of water
1 cup chopped celery	Garlic salt
$\frac{1}{2}$ cup bacon drippings also bacon slices	Salt and pepper

When ready to put roast to cook, wash with water; put in pressure cooker, sprinkle with salt, pepper, and garlic salt. Add chopped onions, celery, bacon drippings and bacon slices which are placed on top of the roast. Add water. Cover. Place over high heat. When pressure rises, reduce to yower heat. Cook for $1\frac{1}{2}$ to 2 hours. Place in oven until done. (Approximately 4 hours.)

Mrs. P. Baron

WILD DUCK

To pluck wild duck: Dissolve $\frac{3}{8}$ lb. or $1\frac{1}{2}$ slabs paraffin in 7 quarts boiling water. Dip duck in and out of boiling mixture 4 or 5 times. Take out and let duck cool until paraffin has coated the feathers (3 to 5 minutes). Then pluck and draw.

To remove the wild flavour:

1. Soak the ducks in water, salt and baking soda. To each quart of water add 2 tbsp. salt and 2 tsp. baking soda. Soak for 3 to 4 hours, or overnight. Rinse the fowl with fresh water and wipe dry.

2. Ducks that live in the marshes have a "fishy" flavour which is objectionable. By adding 1 tsp. baking soda add 1 tsp. black pepper, to enough water to cover two medium sized ducks, and then parboiling fifteen or twenty minutes, the "fishy" flavour will be eliminated. The ducks can then be drained and cooked in any of the ways recommended.

ROAST WILD DUCK WITH DRESSING

Prepare wild duck for roasting (soak or parboil). Season duck with salt and pepper. Mash 1 clove of garlic. Rub in well, outside and inside. Stuff with either rice or bread stuffing. Rub the duck with butter and place a couple of strips of bacon over the breast. Roast in moderate oven (350° F.) until well done.

RICE STUFFING FOR WILD DUCK

Measure $\frac{3}{4}$ cup rice. Wash until clear water is obtained. Place in saucepan and cover with water $1\frac{1}{2}$ inches above the rice. Bring to a quick boil, then turn the heat down to simmer. Cook until rice is almost done. Drain, rinse with fresh water, and add salt and pepper and a little butter. Stuff the duck.

BREAD STUFFING FOR WILD DUCK OR OTHER GAME

1 slice stale bread soaked in milk	Small piece orange or lemon rind
1 onion, chopped fine	3 eggs, beaten
4 slices bacon	3 apples, cubed
1 tbsp. butter, melted	2 stale bread rolls, grated or use soda crackers

Mix altogether, season, and stuff the bird.

ROAST WILD DUCK

Prepare wild duck for roasting (soak in water, baking soda and salt). Wipe dry and cut into individual serving pieces. Dip each piece in bread crumbs and flour. Brown in mazola oil or lard. Place in roasting pan. add chopped onion, 1 clove of garlic, mashed, $\frac{1}{2}$ cup wine and $\frac{1}{2}$ cup cream. Bake in 350° F. oven for 60 minutes, then reduce heat to 300° F. and continue baking for at least an hour or until tender.

NOTE: It is not necessary to dip the pieces of meat in bread crumbs and flour. Just brown the pieces in oil or fat — if you prefer.

O. Kostyniuk

WILD DUCK WITH SAUERKRAUT (1)

Prepare duck for roasting. Soak in baking soda solution or parboil the duck, rinse and drain well. Sprinkle inside and outside with salt. Rub with butter. Sauté $\frac{3}{4}$ cup chopped onions in a little butter until lightly browned. Wash and drain thoroughly a quart of sauerkraut. Add to the onions along with $\frac{1}{2}$ cup chopped celery and 2 apples, diced. Blend well. Fill cavity of duck and truss. Place any remaining stuffing in roasting pan around the duck. Place a couple of strips of bacon over the duck, cover and bake in moderate oven (350° F.) for 2 hours. Uncover last hour of cooking to brown the duck.

WILD DUCK WITH SAUERKRAUT (2)

Prepare duck. Cover the bird with cold water and to it add $\frac{3}{4}$ cup vinegar and 1 tsp. salt. After 2 hours, drain, wipe dry, sprinkle inside and out with salt and pepper and set in refrigerator or cool place for 24 hours.

Stuffing: To stuff an average size wild duck. To $\frac{1}{2}$ quart sauerkraut add a little water, 1 small chopped apple, $\frac{1}{2}$ chopped onion, and about $\frac{1}{4}$ lb. of cut-up spareribs. Cook for 60 minutes. Drain stuffing and fill the cavity of duck. Place birds in hot oven 400° F. for 30 minutes, then reduce heat to 350° F. and roast until tender. Spoon out grease that accumulates in the pan occasionally, this eliminates much of the strong flavour present in the grease.

PHEASANT CASSEROLE

A good way to cook the older birds that might be tough and strong in flavour. Dress, cut in serving pieces, cover with hot water and simmer for 20 minutes. Drain the pieces, season with salt and pepper and roll in flour. Put meat into skillet with $\frac{1}{2}$ cup butter and brown on all sides. Add 1 cup thick sour cream and $\frac{1}{4}$ cup hot water; cover skillet, put in oven and bake 1½ hours to 2 hours, or until done, at 350° F.

BROILING OF MEATS

The time of broiling meats will depend upon the condition of meat as well as the thickness of the portion to be broiled. For nice, juicy, tender meats, select portion to be broiled at least 1 inch thick. Turn only once (see broiling directions).

Steaks

Porterhouse — 1 inch, 2 lbs. — Rare: 8 min. on each side; Medium: 10 min. on each side; Well done: 12-15 min. on each side.

Chicken — 1½ - 2 lb. size — 15 minutes per lb.

Fish — 12 to 15 minutes

Chops — 1 inch thick — 15 to 20 minutes.

Bacon — 8 to 10 minutes.

Sausage — 12 to 15 minutes.

BUTTERMILK, YOGURT

HOW TO MAKE BUTTERMILK AT HOME

Follow the recipe to make a quart of skim milk but use one less cup of water than it calls for. Then add one cup of store bought buttermilk, a dash of salt and stir 'til blended. Let this set in your kitchen for at least 24 hours. You'll have clabber. Stir again and you have buttermilk.

The greatest thing about this is that once you get a quart of your home made stuff going you can make more. When you have only one cup of it left, use it as the base for your next batch.

To make cottage cheese, let the original buttermilk recipe stand without restirring for 48 hours or until the bottom third of your jar contains one third clear liquid (whey). The curds and whey must separate. Without stirring, pour all of it into a cloth lined collander or big tea strainer and let drain. Wonderful inexpensive cottage cheese.

HOW TO MAKE FORTIFIED YOGURT AT HOME

Add $\frac{1}{2}$ cup powdered skimmed milk to one quart of skimmed or whole milk and shake well in a jar or mix in an electric mixer. Place it in the top of a double boiler and heat till it is hot but do not let it boil. If you have a dairy thermometer it should register 120° F. Add 3-4 tbsp. prepared yogurt at room temperature, and mix well. This is available at health stores or from your dairy. Cool the mixture slightly and set it, still in the top of the boiler, over not in, hot water. Keep the water hot enough so that the thermometer registers between 90 and 105° F. Continue at this heat between 2 and 3 hours until mixture becomes as thick as custard. Chill the yogurt at once and refrigerate. Yogurt will keep from 2 to 5 days. Keep 2 to 4 tbsp. of this batch covered and refrigerated as a starter for the next batch. Allow it to stand covered at room temperature for 2 to 3 hours before adding it to the new quart of milk.

Mrs. Mary Muzyka

CHRUSTIKY, VARENYKY

CHRUSTIKY (EARS)

Ukrainian pastry.

3 egg yolks	1 tbsp. sugar
2 whole eggs	$\frac{1}{2}$ tsp. salt
1 tbsp. rich cream	1 tsp. vanilla
Flour to make a soft dough	

Beat the eggs and yolks until light. Add sugar, cream, vanilla, salt and beat again. Stir in the flour; add just enough flour to make a soft dough. Knead on a floured board until smooth. Cover and let rest for 10 minutes. You are now ready to shape Chrustiky.

Katie Morris, Ericson, Manitoba

To shape Chrustiky:

Roll out the dough very thin, as for a pie crust, about $\frac{1}{8}$ inch thick. Cut the rolled dough into strips about one-inch wide, then cut dough 3 inches long forming diamond shapes. With the point of a paring knife slit a $\frac{3}{4}$ inch slit in centre of "diamond". Put one point of diamond through the slit to form a bowknot or a figure eight, pulling out the two opposite ends. Cover the shaped dough as it dries up quickly. Fry in deep hot shortening or mazola oil. Drain on absorbent paper and dust with icing sugar.

Mrs. M. Maksymec

VARENYKY (BOILED DUMPLINGS)

Dough (1)	1 tsp. salt
2 cups flour	$\frac{3}{4}$ cup real warm water

Sift flour and salt into a mixing bowl. Make a well in the flour and gradually pour into it the warm water, mixing with a wooden spoon, then turn out on lightly floured board and knead until dough is smooth, knead at least 5 minutes. Cover and let dough rest about 15 minutes.

To Make Varenyky:

On a very lightly floured board, roll out quite thin ($\frac{3}{8}$ inch thick). Cut with a cookie cutter in 2-inch rounds or cut dough into squares. Take a tsp. of the filling (recipes for fillings on page) and put in the centre of the round. Fold the round with the filling in half (you now have the shape of a half moon), and seal by pinching the edges together. Make sure the edges are sealed tightly or the filling will be washed away during cooking. Repeat the process until you have used up all the dough.

To Cook Varenyky:

Drop varenyky into a lot of rapidly boiling salted water. (Salt to taste). Do not reduce the heat as rapid cooking is essential for varenyky. After you have dropped all the varenyky into the boiling water, the water will stop boiling for a few seconds. Now stir them carefully with a wooden spoon just to loosen any varenyky that might have stuck to the bottom of the pot when they were dropped in. Be careful not to break them. When the water comes back to a boil the varenyky will float to the top, now boil them 3 to 4 minutes. Remove them with a perforated spoon to a colander and rinse them slightly with cold water.

Place varenyky in a serving dish and sprinkle them generously with melted butter and toss lightly to coat them evenly. Serve hot with rich sour cream or with finely chopped onions sautéed in butter.

Varenyky Dough (2)

This recipe differs from Dough (1) in that it includes an egg. While an egg adds nutritive value, it also increases the firmness of the dough to some degree. This recipe is used by many cooks.

$\frac{2}{3}$ cups flour	1 egg
1 tsp. salt	$\frac{3}{4}$ cup cold water

Follow the method given for Doug (1).

BAKING TEMPERATURES

(Preheat the oven to desired temperature, then turn switch to BAKE at least 5 minutes before placing mixture in oven. This allows upper element to cool and baking to be done by bottom element only.)

Foods	Temperature	Time Per Lb.
Breads		
Biscuits (rolled $\frac{1}{2}$ " thick)	475	12 min.
White Bread (1 $\frac{1}{2}$ lb. loaves)	400	60 min.
Nut Bread	375	60 min.
Corn Bread	450	30 min.
Corn Muffins	425	25 to 30 min.
Muffins	425	25 to 30 min.
Pop-Overs	425	30 to 35 min.
Cinnamon Rolls	425	20 min.
Yeast Rolls	400	20 to 30 min.
Coffee Cake	425	30 min.
Cakes		
Angel (cold oven to start, switch on BAKE) ...	325	1 to 1 $\frac{1}{4}$ hrs.
Sponge	325	50 to 60 min.
Layer (white or yellow)	375	25 to 30 min.
Layer — chocolate	350	30 min.
Loaf Cake — white	350	50 to 60 min.
Loaf Cake — pound	325	1 to 1 $\frac{1}{4}$ hrs.
Cup Cakes	375	25 min.
Fruit Cakes — large	275	3 to 4 hrs.
Fruit Cakes — small	325	1 $\frac{1}{2}$ to 2 hrs.
Cookies		
Refrigerator	425	10 to 12 min.
Brownies	350	20 to 30 min.
Drop	400	12 to 15 min.
Thin Rolled	400	8 to 10 min.
Macaroons	300	15 to 20 min.
Gingerbread	350	30 min.
Pasteries		
Pie Shell	475	10 to 12 min.
Custard, 450 for 10 min. then	325	20 to 30 min.
Pies — Fruit, 475 for 10 min., then	350	20 to 30 min.
Pumpkin, 450 for 10 min., then	325	30 min.
Cheese Straws	475	8 to 10 min.
Cream Puffs	400	30 to 45 min.
Miscellaneous		
Custards (place dish in shallow pan with small amount of water)	300	30 to 60 min.
Souffles (place dish in shallow pan with small amount of water)	325	30 to 45 min.
Puddings — Rice, etc.	325	50 min.
Scalloped Dishes	400	12 to 30 min.
Meringues	300	30 min.

TEMPERATURES

Very hot oven is an oven of temperature from 450 to 500° F.

Slow oven is an oven temperature from 250 do 325° F.

Moderate oven is an oven temperature from 325 to 375° F.

Hot oven is an oven of temperature from 375 to 450° F.

TIME AND TEMPERATURE CHART MEAT COOKERY

(Place meat in cold oven, in shallow uncovered pan, with switch on PREHEAT. Leave in preheat position during the entire roasting period.)

Foods	Temperature	Time per Lb.
Standing Rib of Beef	400	Rare, 25 min.
Rolled Rib of Beef — Add 5 min. per lb. to the above time		Med., 30 min. Well done, 35-40
Lamb	350	35 minutes
Pork	350	35 to 40 min.
Veal	350	35 minutes
Chicken	350	30 minutes
Duck	350	30 minutes
Goose	350	30 minutes
Fish — large	400	15-20 minutes
Fish — small	400	10 minutes
Less Tender Cuts of Meat		
Beef	325	45 minutes
Veal, Pork or Chicken	325	45 minutes
Large Roast of Meat		
Ham, Turkey or Beef		
10 to 12 lbs.	325	25 minutes
12 to 15 lbs.	300	25 minutes
Over 15 lbs.	300	15 to 18 min.

In cooking large roasts of meat there is more surface for the heat to penetrate, therefore the cooking time per lb. is reduced. The roast is placed in cold oven and the oven switch turned to BAKE. It is also advisable to use BAKE position for large turkey after 300° F. has been reached.

TIME-TABLE FOR TURKEY

Place stuffed turkey, breast side up on rack in shallow open roasting pan. Brush with oil and rub a little dry mustard over the breast and legs. Cover the turkey loosely with a "tent" of aluminum foil, shiny side next to the bird. Roast in a slow oven of 325 degrees according to time table.

Ready to cook weight	Approximate oven time
6 to 8 lbs.	3½ to 4 hours
8 to 12 lbs.	4 to 5 hours
12 to 16 lbs.	5 to 6 hours
16 to 20 lbs.	6 to 7 hours
20 to 24 lbs.	7 to 9 hours

Allow ½ hour for turkey to rest in a warm place before placing it on the dinner table — carving it will be easier.

Mrs. P. Baron

HOUSEHOLD HINTS

When baking a cake and find yourself without eggs, use 1 tsp. vinegar and 1 tsp. baking soda.

For Hobnail effect ice cake thickly, then twist tip of small measuring spoon into icing all over cake.

To make meat balls of even size. Spread mixture in an ice cube tray, and press the divider down to separate meat into uniform squares. Take out divider, and shape squares lightly into balls.

The juice of a lemon is usually about 3 tbsp. full. For neat lining of cake pans use two sheets of paper; one for length, and one for width.

Making tomato soup, then stir the hot juice gradually into the soda to prevent curdling.

Add a few drops of vinegar or lemon juice when canning blueberries or making a blueberry pie. Gives the flavor a nice lift.

The trick of melting chocolate on a piece of waxed paper in the double boiler. Lift out the paper, scrape it off, and you will save both chocolate and dishwashing.

If cream fails to whip, add an egg white, put it back in the refrigerator for a while and then whip again.

To prevent pancakes from sticking to your pan, rub the pan with a raw potato, first, before you put your grease in.

To prevent your top pie crust from breaking, roll it around your rolling pin, then unroll it as you put it over your fruit fillings.

Add icing sugar instead of ordinary sugar to whipping cream for a smoother texture.

Use a tablespoon for scaling fish to prevent flying scales.

To keep fruit cake moist, and prevent molding, dip several thicknesses of chesecloth in sherry or spirits (not table wine) then squeeze out excess and wrap the cake in cloth and aluminum foil.

To keep scalding milk from scorching, rinse the pan with hot water before using.

To keep cut fruits from discolouring (such as bananas, peaches, pears or apples) sprinkle with lemon or pineapple juice.

To remove odours from jars and bottles, pour a solution of water and baking soda into them and let stand for several hours.

To make dish washing easier, rinse egg or flour coated utensils with cold water before washing.

To divide an egg, beat slightly and measure with a tablespoon.

To moisten brown sugar which has already hardened, place apple slices in container with sugar and cover tightly.

To coat chicken or meat, measure flour and seasonings into plastic bag. Add a few pieces at a time and shake to coat. Use remaining seasoned flour to thicken gravy.

To tint coconut, place a small amount of shredded coconut in a glass jar. Add a few drops of food colouring. Cover jar and shake until coconut is coloured.

If short of chicken for chicken salad, use a can of tuna fish well drained, may be used.

Do not grease sides of cake pan: How would you like to climb a greased pole.

QUANTITIES FOR SERVING 100 PEOPLE

Meats

Beef — Cuck roast	36-40 lbs.
Rib roast	40-45 lbs.
Pork	36-40 lbs.
Turkey or Chicken (roast)	50-60 lbs.
Ham	36-40 lbs.

Vegetables

Canned vegetables, a No. 2 (20-oz.) can will serve 5 people.

Carrots (3-oz. serving)	26 lbs.
Turnips (3-oz. serving)	30 lbs.
Potatoes — Mashed	25-30 lbs.
For scallop	25 lbs.
Baking — allow 1 per guest	

Salads

Cole slaw	16 lbs.
Lettuce (shredded for salad)	15-20 heads
Tomatoes for slicing — allow about 1 lb. for 5 to 6 servings.	

Desserts

Ice Cream (using No. 20 scooper) — 2½ gallons
Sponge Cake — 8 x 8-inch pan cuts — 16 servings
Pie — one 8 or 9-inch pie will yield 6 servings
Whipping Cream — 1 qt. whipped is sufficient for 25 toppings.

Miscellaneous

Rolls — Allow 1½ per person.
Butter — 3 pounds
Sugar — Allow 2 lumps per person. There are approximately 120 lumps in a pound, therefore, buy 2 lbs. lump sugar.
Coffee — 1 lb. coffee plus 2½ gallons water yields 50 cups coffee.
Cream — Allow ¾ oz. per person — 2½ quarts.

SERVING TEA FOR 100 PEOPLE

½ lb. tea, 5 gallons of boiling water; or: Tea Essence — 2½ cup tea, 10 cups boiling water.

Pour boiling water over tea and let stand 10 minutes. Drain off the concentrated tea. This essence can be made a few hours ahead of time. To make the tea, place about ¾ cup essence in an 8 cup tea pot and fill with boiling water. Serve at once.

Sandwiches — 10 loafs (1 loaf gives 46 (¾ inch) slices.

Squares — 16 square pans; cube sugar — 3 lbs.; cream — 3 quarts; pickles — 6 quarts; olives — 1-2 quarts; mints — 3 lbs.; lemon — 6 only.

**TABLE OF EQUIVALENTS, MEASUREMENTS, SUBSTITUTIONS
AND WEIGHTS**

Equivalents:

A few grains	$\frac{1}{8}$ tsp.
3 teaspoons	1 tbsp.
2 tablespoons liquid	1 fluid ounce
16 tablespoons	1 cup
2 $\frac{1}{2}$ cups	1 Imperial pint
$\frac{1}{2}$ cup	1 gill
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
1 pound shelled almonds	3 cups
1 pound bread crumbs	4 cups
1 pound butter	2 cups
1 pound granulated sugar	2 cups
1 pound brown sugar	2 $\frac{3}{4}$ cups
1 pound icing sugar	3 $\frac{1}{2}$ cups
8 egg whites	1 cup
12 egg yolks	1 cup
1 pound all-purpose flour	4 cups (approx.)
$\frac{1}{2}$ pound rice 1 cup)	3 cups cooked
1 pound raisins	3 cups
Juice 1 lemon	3 tbsp.
1 ounce ground spice	4 tbsp.

Substitutions:

1 ounce baking chocolate	3 level tbsp. cocoa plus 1 level tbsp. butter
1 cup sweet milk plus 1 tbsp. vinegar	1 cup sour milk
1 tsp. baking powder	$\frac{1}{2}$ tsp. baking soda plus 1 level tsp. Cream of Tartar
1 tbsp. cornstarch	2 level tbsp. flour
1 egg	$\frac{1}{2}$ tsp. baking powder plus 2 tbsp. milk
1 cup sweet milk	4 tbsp. powdered milk plus 1 cup water
1 cup pastry flour	1 cup, less 2 level tbsp. all-purpose flour
1 cup butter	$\frac{3}{4}$ cup shortening plus 2 tbsp. liquid plus $\frac{1}{2}$ tsp. salt
1 cup meat stock	1 bouillon cube dissolved in 1 cup boiling water
1 tbsp. flour	$\frac{1}{2}$ tbsp. corn starch for thickening
1 level tsp. cream of tartar, mixed with $\frac{1}{2}$ tsp. baking soda	2 level tsp. baking powder

I N D E X

APPETIZERS

Canned Grapefruit Crabmeat Cocktail	9
Cocktail Sauce I	9
Cocktail Sauce II	9
Cream Cocktail Sauce	9
Fresh Pineapple-Strawberry Fruit Cocktail	9
Ham, Cheese, Fish	10
Lobster Cocktail	10
Lobster or Oyster Cocktail Sauce	10
Normandy Fruit Cocktail	10
Peach Cocktail	10
Shrimp Cocktail with Sherry	11

DIPS

Cheese Bacon Dip	11
Cheese and Tuna Dip	11
Curried Cottage Cheese Dip	11
Hawaiian Tuna Dip	11
Sardine Dip	12
Shrimp Dip	12
Special Party Dip	12
Vegetable Cottage Cheese Dip	12

DRINKS

Apples in Brandy	13
Around the World Punch	13
Brandy Alexander Frosted	13
Chocolate Cognac Soda	13
Cointreau Frosted	13
Drambuie Soda	13
Grand Marnier Frosted	14
Grasshopper Frosted	14
Soda Fraises Au Kirsch	14
Punch	14

BEVERAGES

Chocolate Milk Shake	14
Chocolate Syrup	15

SNACKS

French Toast	15
Cheese French Toast	15
Ham French Toast	16
Shrimp Skillet Sandwich	16
Club Sandwiches	16

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Cocktail Sauce I	9
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Ham, Cheese, Fish	10
Lobster Cocktail	10
Lobster or Oyster Cocktail Sauce	10
Normandy Fruit Cocktail	10
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DIPS

Cheese Bacon Dip	11
Cheese and Tuna Dip	11
Curried Cottage Cheese Dip	11
Hawaiian Tuna Dip	11
Sardine Dip	12
Shrimp Dip	12
Special Party Dip	12
Vegetable Cottage Cheese Dip	12

DRINKS

Apples in Brandy	13
Around the World Punch	13
Brandy Alexander Frosted	13
Chocolate Cognac Soda	13
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Drambuie Soda	13
Grand Marnier Frosted	14
Grasshopper Frosted	14
Soda Fraises Au Kirsch	14
Punch	14

BEVERAGES

Chocolate Milk Shake	14
Chocolate Syrup	15

SNACKS

French Toast	15
Cheese French Toast	15
Ham French Toast	16
Shrimp Skillet Sandwich	16
Club Sandwiches	16

Crab, Lobster Shrimp	17
Cream Cheese	17
Egg Salad	17
Chicken and Mayonnaise	17
Garlic Bread	17
Kraft Bridge Tea Sandwiches	17
Onion-Caraway Rye Loaf	17
Open Face Sandwiches	18
Peanut Butter Sandwiches	18
Pinwheel Sandwiches	18
Ribbon Sandwiches	18
Rolled Sandwiches	18
Toasted Rolled Sandwiches	18
Rules for Making Fancy Sandwiches	19
Salmon or Tuna Sandwiches	19
Storing Filled Sandwiches	19
Stuffed Celery Rings	19

DOUGH'S

Basic Sweet Dough	20
Butterflies	20
Bowknots	20
Brown 'N' Serve Rolls	21
Bubble Loaf	21
Butterflakes	21
Cinnamon Butterfly Buns	21
Cinnamon Twists	21
Clover Leaf Rolls	22
Crescents	22
Crisscross Rolls	22
Curlicues	22
Fan Tans	22
Honey Pecan Rolls	23
Jack Horner Rolls	23
Jam Twirls	23
Lucky Clovers	23
Nut Rolls	24
Pan Rolls	24
Parker House Rolls	24
Poppy Seed Twists	24
Rosettes	24
Sesame Seed Crescents	24
Twirls	24

EDMONTON KLONDIKE SPECIALS

Sourdough Starter	25
Hints for a Good Sourdough Starter	25
French Potato Bread	26
Sourdough Waffles	26
Sourdough Doughnuts	27
Sourdough Pancakes	27

LOAF CAKES

Apple Cheese Bread	28
Apple Sauce Loaf	28

Banana Flake Bread	29
Banana Loaf	29
Blueberry Orange Loaf	30
Carrot Loaf	30
Cherry Nut Loaf	30
Cherry Pineapple Loaf	30
Coconut Orange Loaf	31
Cranberry Tea Loaf	31
Date Loaf	32
Fresh Apple-Pecan Bread	32
Gumdrop Loaf	32
Lemon Loaf	32
Mocha Nut Bread	33
Coffee Frosting	33
Orange Loaf	33
Pineapple-Pecan Loaf	33
Quick Whole Wheat Nut Bread	34
Bread	34
Health Bread	35
Rolled Oats Bread	35
White Bread	35

BUNS PERISHKE — ROLLS

Baked Dumplings	36
Buns	36
Perishke Dough	37
Perishke	37
Perogi	37
Rich Sweet Dough	38

SWEET FILLINGS FOR PYRISHKY, PAMPUSHKY AND ROLLS

Poppy Seed Filling (1)	38
Poppy Seed Filling (2)	38
Prune Filling	39
Apricot Filling	39
Poppy Seed With Raisin Filling	39
Buns — Bulochky	39
Old Fashioned Coffee Cake	40
Apple Strudel	40
Butterflake Rolls	41
Cinnamon Buns	42
Cinnamon Rolls	42
Sweet Cinnamon Rolls	42
Fast Rising Buns	43
Fluffy Light Buns	43
Light Air Buns	43
Honey Brunch	43
Mapleine Nut Rolls	44
Poppy Seed Rolls	44
Puff Pastry	44
Doughnuts	45
Syrup for Honey Dip Donuts	45
Doughnut Drops	45
Lemon Buttermilk Doughnuts	45

Raised Doughnuts	46
Spudnuts	46

CAKES

Bread Dough Sponge Cake	46
Burnt Sugar Cake	47
Burnt Sugar Frosting	47
Carrot Cake	47
Frosting for Carrot Cake	48
Chocolate Roll	48
Chocolate Cake	48
Chocolate Chip Date Cake	48
Chocolate Walnut Banana Cake	49
Cocoa Cake With Sour Cream	49
Coffee Cake	49
Cranberry Carrot Cake	50
Crumb Cake	50
Fluffy Jelly Roll	50
Golden Sponge Cake	51
Graham Cracker Cake	51
Honey Gingercake	52
Hungarian Nut Cake	52
Ice-Box Cracker Cake	52
Mashed Potato Cake	53
Miracle Whip Cake	53
Mrs. Missouri Cake Chocolate	53
Blueberry Coffee Cake	54
Banana Nut Cake	54
Banana Spice Cake	55
Never Fail Chocolate Cake	55
Oatmeal Wonder Cake	55
Orange Date Cake	56
Prune Cake	56
Rum Torte	57
Sauerkraut Chocolate Cake	57
Self-Iced Date Cake	58
Sour Cream Cake	58
Strawberry Cheese Cake	58
Thrifty Pound Cake	59
Tomato Soup Loaf Cake	59
Top Me Twice Cake	59
Walnut Torte	60
Walnut Torte	61
Waldorf Cake	61

CHIFFON CAKES

Holiday Angel Food Cake	61
Cocoa Chiffon Cake	62
Marble Chiffon Cake	62
Toasted Coconut Chiffon Cake	63
Butter Cream Frosting	63
Honey Chiffon Cake	63
Lemon Chiffon Cake	64
Maple Pecan Chiffon Cake	64
Poppy Seed Chiffon Cake	64

Apple Cake	65
Apple Torte	65

FRUIT CAKES

Anniversary Cake	66
Applesauce Fruit Cake	66
Canadian White Fruit Cake	67
Centennial Fruit Cake	67
Christmas Cake	67
Dark Fruit Cake	68
Fruit Cake	69
Gum Drop Cake	69
Mincemeat Christmas Cake	69
Surprise Fruit Cake	70
White Fruit Cake	70

FROSTING

Boiled Icing	70
Butter Icings	71
Chiffon Frosting	71
Chocolate Icing	71
Cocoa Whipped Cream	71
Cream Cheese Frosting	72
Decorating Icing	72
Fresh Lemon Icing	72
Honey-Chocolate Frosting	72
Icing	73
Sea Foam Frosting	73
Swiss Frosting	73

Ukrainian Christmas Tradition	74
-------------------------------------	----

CHRISTMAS DISHES

Ukrainian Christmas Eve Supper	75
Kutya	75
Borsch	75
Ooshka (Vushka)	75
Vooshka for Borsch	76
Baked Fish	76
Pyrohy	76
Holubchi	77
Mushrooms in Sauce	77
Jellied Fish	77
Xmas Eve Fish Dish	78
Pickled Herrings	78
Dried Cooked Peas	78
Sauer Kraut and Peas	79
White Beans	79
Stewed Fruit Dessert	79
Pampushky	79
Poppy Seed Filling	80
Prunes	80
Poppy Seed Roll	80
Kolach	81
Makivnyk	81

After Dinner Mints	82
Chocolate Easter Eggs	82

CANDY

Cocoanut Date Balls	82
Crunchy Mallow Candy	82
Fruit Caramels	83
5 Minute Fudge	83
Fruited Chocolate Fudge	83
Cocoa Fudge	84
Nut Meats Candy	84
Marshmallow Balls	84
Marshmallow Drops	84
Peanut Butter Candy	84
Potato Candy	85
Puffed Wheat Candy	85

UNBAKED COOKIES

Chipits Crunchies	85
Chocolate Marshmallow Clusters	85
Chocolate Marshmallow Haystacks	86
Chocolate Puffs	86
Marshmallow Roll	86
Chocolate Scotcheroots	87
No Bake Cereal Balls	87
Peanut Butter Balls	87
Saucepan Cookies	87
Showballs	88
Toffee Cookies	88

COOKIES

Almond Crisps	88
Bachelor Buttons	88
Butterscotch Cookies	89
Carrot Cookies	89
Cherry Cookies	89
Cherry Winks	90
Chocolate Chip Jumbles	90
Chocolate Cookies	90
Chocolate Cookies	91
Dad's Cookies	91
Date or Raisin Cookies	91
Double Crunchies	91
Sugar and Spice Balls	92
Swedish Ginger Cookies	92
Dream Cookies	92
Grannie's Hermits	93
Honey Peanut Butter Cookies	93
Honey Drops	93
Jam Jam Cookies	94
Jumbo Raisin Cookies	94
Lemon Filled Cookies	94
Maple Puffs	94
Marmalade Carrot Cookies	95
Molasses Filled Cookies	95

Orange Coconut Refrigerator Cookies	96
Peanut Puffs	96
Raspberry Nut Balls	97
Rolled Chocolate Dreams	97
Shortbread Cookies	97
Shortbread	98
Shortbread Cookies	98
Snaps	98
Sugar Cookies	98
Sugar Cut Outs	99
Yeast Cookies	99

CANNING, PRESERVING, PICKLING

Canned Chicken	99
Canned Soup	100
Home Canned Fish	100
Pickled Eggs	100
Pickled Fresh Fish	100
Apricot Jam	101
Beet Jelly	101
Carrot Marmalade	101
Chokecherry Jelly	101
Crabapple & Grape Jelly	102
Grandma's Rhubarb Jam	102
Prune Jelly	102
Saskatoon & Rhubarb Jam	102
Fruit Preserving (Open Kettle)	103
Freezing Vegetables	103
Sunset Jam	104
B.C. Pepper Relish	104
Beet Relish	104
Beet Pickles	105
Best Crisp Pickles	105
Bread and Butter Pickles	105
Colorful Pickles	105
Corn Relish	106
Dill Pickles	106
Dutch Pickles	107
French Pickles	107
Mustard Pickled Beans	107
Nine Day Pickles	107
Pickled Yellow Beans	108
Pork and Beans	108
Red Tomato Relish	108
Ripe Tomato Relish	108
Sandwich Spread	109
Sauerkraut	109
Small Pickled Onions or Cauliflower	109
Sweet Hamburger Relish	110
Sweet Cucumber Relish	110
Thousand Island Pickles	111
Tomato Ketchup	111
Tomatoes	111
Tomato Juice	112
Tomato Relish Pickles	112

Pickled Beets	112
Easter Customs	113

EASTER DISHES

Easter Paska	114
Paska	114
Babka or Paska	115
Baba Au Rum (I)	115
Baba Au Rum (II)	115
Baby Babas	116
Babka	116
Babka	117
Layered Babka	117
Homemade Cheese	118
Home Made Garlic Sausage	118
Hard Cooked Eggs	118
Mustard Glazed Ham	118
Kyshka (Buckwheat Sausage)	119
Jellied Pork Hocks and Feet	119

SOUPS

Apple Strudel and Soup	119
Beet Soup (Borsch)	120
Beef Soup Stock	120
Borsch with Spareribs	121
Cream of Tomato Soup	121
Cream of Corn Soup	121
Cream Soup	122
Creole Soup	122
Homemade Noodles	122
Italian Bean Soup	122
Low Calorie Soup	123
Manhattan Clam Chowder Soup	123
Onion Soup	123
Potato Cream Soup	123
Potato Soup	124
Sauerkraut Soup	124
Seashore Chowder	124
Supper Pea Soup	125
Vegetable Soup	125

MEAT DISHES

Apple Sauce Meat Loaf	125
Baked Macaroni Supreme	126
Baked Pork Chops and Rice	126
Barbecued Chicken	126
Barbecued Hamburgers	127
Barbecued Lima Beans	127
Barbecued Shortribs	127
Barbecued Pork on Buns	127
Barbecued Spareribs	128
Barbecued Steak	128
Beef and Green Beans	128
Beef & Brown Rice Casserole	129
Beef Patties Duo	129

Beef Stroganoff	130
Beef Stroganoff	129
Beef Stew	130
Beef Roll-Ups with Savory Rice	130
Breaded Veal in Celery Sauce	131
Broiled Crisp Spareribs	131
Casserole	131
Chili Con Carne	132
Chili Beef Spaghetti	133
Chili Bean Casserole	133
Delicious Meat Balls	133
Creamy Corned-Beef and Cabbage Casserole	134
Hamburger-Corn Casserole	134
English Brown Stew	134
Flank Steak with Dressing	135
Golden Glaze Ham Steak	135
Frankfurter Quickies	136
Ground Beef in Sour Cream	136
Ham and Potatoes	136
Hamburger Pot Pie	136
Drop Biscuits	137
Hamburger on Toast	137
Ham Rolls Continental	137
Ham 'N Egg Supper	138

CASSEROLE DISHES

Macaroni Wiener Casserole	138
Meat and Potato Pie	138
Meat Balls	139
Meat Loaf	139
Meat Loaf with Dressing	139
Minute-Steak Rolls	140
Old-Time Pot Pie with Thimble Rolls	140
Thimble Rolls	140
Old Fashioned Swiss Steak	141
Carbonated Steak	141
Open Face Beef Pie	141
Oven Barbecued Ribs	142
Peachy Pork Chops	142
Pepper Steak	142
Pork Casserole	143
Pork Chops in Beer	143
Pork Chops Lima Beans	143
Pork Chops Deluxe	144
Quick Noodle Casserole	144
Round Steak Casserole	145
Saturday Night Noodleburg	145
Sauerkraut and Spareribs	145
Sausage Dish	145
Saucy Meat Loaves	146
Savory Hash	146
Shipwreck Casserole	146
Shepherd's Pie	146
Singapore Pork 'N Cabbage	147
Skillet Beef Supreme	147

Snow Capped Meat Loaf	147
South Sea Casserole	148
Spicy Meaty Lima Beans	148
Spanish Tomato Rice	148
Spiced Spareribs	149
Stuffed Spareribs	149
Stupendous Tomato Beef Stew	149
Swiss Steak	149
Swiss Steak	150
Teenager's Favorite Hot Dish	150
Tenderloin-Noodle Casserole	150
Ham Scramble	150
Ham Slices with Rice	151
Liver and Onion Patties	151
Hawaiian Hecka	151
Lemon Smothered Chops	151
Hawaiian Sausage Platter	152
Hot Kobasa	152
Italian Meat Balls	152
Italian Meat Sauce	152
Italian Spaghetti and Meat Balls	153
Lasagne	153
Pizza	153
Pizza	154
Vegetable Meat Loaf	154

VEGETABLES

Brown Buttered Beans	155
Carrots, Toasted	155
Carrots, Toasted	155
Dutch Carrots	155
Corn Scramble	155
Corn Sticks	155
Countryside Casserole	156
Creamed Carrots	156
French Fried Onion Rings	156
Kidney Bean Casserole	157
Kidney Bean Macaroni Casserole	157
Lima Beans	157
Medley of Spring	157
Mushroom Sauce	158
Orange Onions	158
Stuffed Green Peppers	158
Stuffed Green Peppers	159
Vegetable for Cold Plate	159
Skillet Cabbage	159
Candied Sweet Potatoes	160
Favorite Scalloped Potatoes	160
Potato Cakes	160
Potato Lefse	161
Potato Puffs	161
Potato Scones	161
Scalloped Corn	161
Southern Sweet Potatoes	162
Sweet Potato Crisp	162

Scalloped Tomatoes	162
Yams	162

SALADS

Apple Wonder Salad	163
Cesar Salad	163
Celestial Salad Ring	163
Christmas Garland	163
Colesian Soufle Salad	164
Corn Relish Salad	164
Cream Salad	164
Delicious Layer Salad	165
Emerald Isle Mold	165
Frozen Fruit Salad	165
Imperial Ham Salad	166
Hot Potato Salad	166
Jellied Apple and Celery Salad	166
Jewel Salad	167
Jellied Shrimp Salad	167
Lime Velvet Salad	167
Parsley Potato Salad Ring	167
Pineapple Carrot Salad	168
Potato Corned Beef Salad	168
Shamrock Salad	168
Shrimp Patio Salad	168
Shrimp Salad Supreme	169
Tuna Salad	169

DESSERTS

Apple Crisp	169
Apple Tapioca Fluff	169
Banana Baked in Orange Juice	170
Banana Flame	170
Blueberry Dessert	170
Broken Star Torte	170
Chocolate Delight	171
Cherry Delight	171
Heavenly Rice (Dessert)	171
Jelly Whip	172
Jewel Dessert Squares	172
Lemon Sherbet	172
Marshmallow Cheese Delight	173
Marshmallow Ice Cream	173
Molded Ambrosia	173
Peach Macaroon Custard	174
Pineapple Delight	174
Raspberry Delight	174
Pineapple Chiffon Mold	175
Rhubarb Crisp	175
Rhubarb Upside Down Cake	175
Cottage Pudding	176
Rice Pudding	176
Spicy Apple Puffs	176
Steamed Carrot Pudding	177

Hard Sauce Snow Balls	177
Supreme Cherry Dessert	177

SAUCES

Barbecue Sauce	178
Liptons Barbecue Sauce	178
Blueberry Sauce	178
Brandy Sauce	178
California Sauce	179
Cheese Sauce	179
Jiffy Barbecue Sauce	179
Salad Dressing	179
Sauce for Broccoli	179
Standard Recipe for White Sauce	180
Sweet and Sour Sauce	181
Vanilla Sauce	181

SIDE DISH

Cabbage Rolls	182
Beet Leaf Holubtsi	182
Lazy Holubchi	182
Holubchi (Cabbage Rolls)	183
Nachynka (Corn Meal Casserole)	183
Mushrooms in Cream	184
Nalysnyky	184
Fillings for Nalysnyky	185
Nachynka or Kulesha	185
Buckwheat Kasha	186
Puffy Kulesha (Spoon Bread)	186

FISH

Baked Salmon	186
Batter for Shrimp or Chicken	187
Batter for Deep Fried Shrimps	187
Best-Ever Macaroni and Cheese	187
Corn Oysters (Deep Fat Frying)	187
Extra-Special Macaroni	188
Fish and Chips	188
Finnan Haddie Casserole	188
Fish Casserole	188
Fish Fillet	189
Filletts in Barbecue Sauce	189
Halibut Paysanne	189
Halibut in Sour Cream	189
Italian Salmon Bake	190
Jellied Salmon	190
Steamed Fish Balls	190
Macaroni and Cheese	191
Macaroni and Cheese Casserole	191
Macaroni Salmon Casserole	191
Mushroom Pie	191
Rice Casserole	192
Rice 'N Tuna Pie	192
Salmon Casserole	192
Salmon Loaf	193

Scalloped Salmon and Carrots	193
Salmon Dinner	194
Stuffed White Fish	194
Tuna Balls	194
Tuna Noodle Casserole	195
Tuna Fish Casserole	195
Tuna Pie	195
Tuna Scallop (Casserole)	196
Tuna Vegetable Stew	196

FRITTERS, OMELET

Apple Fritters	196
Banana Fritters	196
Corn Fritters	197
Fritter Dough	197
Puffy (Souffle) Omelet	197
Puffy Omelet Variations	197
Onion Cottage Cheese Omelet	198
Scrambled Eggs with Bean Sprouts	198

PANCAKES AND WAFFLES

Pancakes	199
Blueberry Pancakes	199
Bran Griddlecakes with Blueberry Sauce	199
Feather Light Pancakes	200
Potato Pancakes	200
Buttermilk Waffles	200
Apple Waffles	201
Plain Waffles	201
Rice Waffles	201
Waistline Waffles	201

MUFFIN CUPCAKES

Apple Muffins	202
Banana Cup Cakes	202
Coconut Pineapple Cupcakes	202
Chocolate Chip Cup Cakes	203
Cranberry Cup Cakes	203
Low Calorie Cupcakes	203
Orange Cupcakes	203
Strawberry Sundae Cupcakes	204
Pumpkin Muffins	205
Raisin Bran Muffins	205

PASTRY, PIES, TARTS

Butters Tarts	205
Cherry Cream Tarts	205
Cottage Cheese and Cherry Tarts	206
Cranberry Tarts	206
Glazed Grape Tarts	206
Raspberry Tarts	207
Rum and Butter Tarts	207
Excellent Pie Crust	207
Flaky Pie Crust	207
Graham Wafer Pie Crust	208

Appleless Apple Pie	208
Apple Nutmeg Puff Pie	208
Apple-Orange Pie	209
Carrot Pie	209
Christmas Cloud Eggnog Pie	209
Chocolate Chiffon Pie	210
Cream Pie Filling	210
Honey Apricot Chiffon Pie	210
Lime Swirl Pie	211
Lemon Velvet Pie	211
Xmas Mincemeat	211
Apple-Sauce Chiffon Pie	212
Ginger Crumb Crust	212
Pumpkin Pie	212
Pumpkin Chiffon Pie	212
Rhubarb Strawberry Pie	213
Sour Cream Apple Pie	213
Hints on Making Meringue	214
First Prize Meringue	214
Fluffy Meringue	214

TEA DAINTIES

Apple Bars	214
Carmel Nut Squares	215
Carrot Squares	215
Cherry Almonds Squares	215
Cherry Nut Bars	216
Cherry Squares	216
Cocoa Bars	216
Congo Bars	217
Cottage Cheese Slice	217
Cottage Cheese Squares	217
Dads Cookie Squares	218
Date Coffee Bars	218
Deluxe Fruit Square	218
Dream Squares	219
Fig Bars	219
Fruit Filled Pliatsok	220
Fruit Squares	220
Fruit Honey Squares (Mediwnyky)	220
Majorette Square	220
Marshmallow Roll	220
Marshmallow Squares	221
Marzipan Bars	221
Mince Meat Squares	221
Nanaimo Bars	222
Oatmeal Squares	222
O'Henry Bars	222
Peanut Butter Slice	223
Pineapple Slice	223
Pineapple Squares	223
Pineapple Meringue Bars	224
Prune Squares	224
Rainbow Squares	225
Raisin Squares	225

Ribbon Squares	225
Seven Layer Squares	226
Three Layer Shadow Squares	226
Walnut Squares	226
Lemon Squares	227

CHINESE DISHES

Fried Chicken Cantonese	227
Fried Noodles	228
Chinese Mustard	228
Hamburger Chop Suey	228
Chicken with Pineapple	228
Chicken Chop Suey	228
Chicken Chop Suey Variations	229
Chicken Fried Rice	229
Egg Foo Yong	229
Chinese Marinade	229
Chinese Salad Bowl	230
Chow Mein	230
Chop Suey Special	230
Fried Rice	231
Meatless Chop Suey or Chop Mein	231
Pineapple Chicken Chow Mein	232
Shrimp Chow Mein	232
Sweet and Sour Red Cabbage	233
Sweet and Sour Beef	233
Rice	233
Sweet and Sour Meat Balls	233
Sweet and Sour Pork	234
Sweet and Sours	234
Sweet and Sour Spareribs	234

CHICKEN DISHES AND STUFFING

Chicken and Rice Casserole	235
Chicken and Rice	235
Chicken Breasts in Gravy	235
Chicken Cacciatore	236
Chicken and Cranberry Buffet Special	236
Chicken Fricassee with Parsley Dumplings	236
Dumplings	237
Chicken in Orange Rice	237
Chicken Liver Rice Dinner	237
Chicken Smothered in Cream	238
Chicken or Fish Pie	238
Chicken with Mushroom Sauce	238
Chicken Salad Hawaiian	238
Chicken Stew 'N Dumplings	239
Drumsticks	239
Mexicali Chicken	239
Quick Turkey Pie	240
Oven-Crisp Chicken	240
Oven Fried Chicken	240
Stewed Chicken with Dumplings	240
Stewed Country Style Chicken Dinner	241
Stupendous Chicken Stew 'N Dumplings	241

Tomato Chicken Swirl	242
Brazil Nut Stuffing	242
Celery Almond Stuffing	242
Cornmeal Dressing	242
Potato Stuffing for Turkey	243
Turkey Dressing	243
GAME	
Moose or Caribou Yukon	243
Moose Stew	244
Spanish Moose Steak	244
Wild Game Meat	
Moose, Caribou, Venison	244
Wild Duck	245
Roast Wild Duck with Dressing	245
Roast Wild Duck	245
Wild Duck with Sauerkraut (I)	246
Wild Duck with Sauerkraut (II)	246
Pheasant Casserole	246
Broiling of Meats	246
Steaks	246
BUTTERMILK, YOGURT	
How to make Buttermilk at home	247
How to make fortified Yogurt at home	247
CHRUSTIKY, VARENYKY	
Chrustyky (Ears)	247
Varenyky (Boiled Dumplings)	248
Varenyky Dough (2)	248
Cottage Cheese Filling	249
Potato and Cottage Cheese Filling	249
Mushroom Filling	249
Sauerkraut Filling	249
Baking Temperatures	250
Time and Temperature Chart	251
Household Hints	252
Quantities for Serving 100 People	253
Table of Equivalents, Measurements, Substitutions and Weights	254

CORRECTIONS FOR CULINARY TREASURES

- Page 48 Chocolate Roll--Should read 1 tsp. baking powder instead of 1 tbsp.
- Page 61 Walnut Torte--Should be $\frac{1}{2}$ tsp. vanilla instead of $1\frac{1}{2}$ cups.
- Page 69 Fruitcake---6 eggs separated.
- Page 81 Kolach---Instead of 6 tsp. of cooking oil should be 6 tbsp.
- Page 96 Orange Coconut Refrigerator Cookies--Should be $\frac{1}{2}$ tsp. orange extract instead of $\frac{1}{2}$ cup.
- Page 102 Grandma's Rhubarb Jam---Instead of $\frac{1}{4}$ cup sugar should be $\frac{1}{2}$ cup sugar.
- Page 108 Pickled Yellow Beans---Simmer 10-15 min. instead 1-15 min.
- Page 115 Baba Au Rum (1)--- $\frac{1}{3}$ cup flour (for sponge).
- Page 130 Meat Loaf---1 tbsp. Worcestershire Sauce.
- Page 142 Pepper Steak by Mrs. Orest Varbonik---Simmer 45 min. Add:
- 1 cup chopped greenpepper
 - 1 cup chopped onion
 - $\frac{1}{2}$ cup chopped celery
 - Simmer 10 min.
- Page 163 Caesar Salad-- $\frac{1}{2}$ tsp. salt (once).
- Page 236 Chicken Cacciatore--Instead of 2 LBs. shortening use 2 tbsp. shortening.
- Page 237 Chicken in Orange Pie--Instead of 3 lbs. margarine use 3 tbsp. margarine.

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