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*From Our . . .*

# KITCHEN

*. . . To Yours*



**UKRAINIAN CATHOLIC LADIES AID**

**Foam Lake, Saskatchewan**

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## **THANK YOU**

**We want to express our appreciation to all the merchants whose fine spirit of cooperation made it possible for us to publish this cook book.**

**We also want to thank all those people who gave their time and energy in collecting and submitting recipes and assisted in the sale. Without their help this book would not have been possible.**



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**LITHO IN CANADA**

## TAKE TIME

### FOR 10 THINGS

1. TAKE TIME TO WORK -  
it is the price 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 HELP AND ENJOY FRIENDS -  
it is the source of happiness.
7. TAKE TIME TO LOVE -  
it is the one sacrament of life.
8. TAKE TIME TO DREAM -  
it hitches the soul to the stars.
9. TAKE TIME TO LAUGH -  
it is the singing that helps with life's loads.
10. TAKE TIME TO PLAN -  
it is the secret of being able to have time  
to take time for the first nine things.

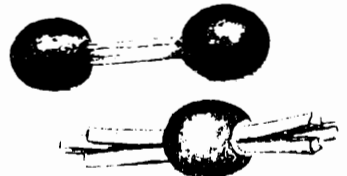


*Hors d'oeuvres,*



*Pickles*

*& Relishes*





### BEATITUDES FOR THE HOUSEWIVES



Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.



Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.



Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.



Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.



Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.



Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.



Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusions; for her faith will triumph over all adversity.



Blessed is she who preserves the sanctity of the Christian home; for hers is a sacred trust that crowns her with dignity.



## HORS D'OEUVRES, PICKLES & RELISHES

### CHILI SAUCE

5 med. onions	3 c. sugar
5 lg. ripe tomatoes	1½ tsp. salt
4 apples	

Chop fine the first 3 ingredients. Add the sugar and salt and cover with vinegar. Cook until tender (about 3 hours). Add 2 tsp. cinnamon, put into jars and seal.

Mrs. T. Halyk

### SLICED PICKLES

Soak cucumbers in cold water overnight. Slice thinly lengthwise and pack tight in jars. Make following syrup.

5 c. vinegar	1/3 c. salt
5 c. sugar	1 tsp. celery seed

Bring to a hard boil and pour over cucumbers and seal. Onions may be added to cukes for flavor. Makes 4 qt. of cukes.

Mrs. J. Kozak

### BRITTLE SWEET PICKLES

2 gal. cukes	16 c. boiling water
2 c. salt	

Cut cucumbers in fairly large pieces. Make a brine of water and salt. Pour over cucumbers and let stand for 1 week. Drain and pour boiling water over cukes. Let stand overnight, then repeat again. Do this once more and on 3rd day, put 1 tsp. alum. In the morning drain well. Boil 5 c. vinegar and 8 c. white sugar and pour over them. Drain

(continued)

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and boil the syrup for 3 mornings and on 3rd morning pack in jars and seal ,

Mrs. Olga Koropatwa

### YUM YUM PICKLES

6 qt. cucumbers, thickly sliced	1 tsp. mustard seed
4 green peppers, sweet	1 qt. onions
$\frac{1}{2}$ c. salt	2 red peppers, sweet
6 c. sugar	4 qt. cold water
1 tbsp. tumeric	6 c. vinegar
	1 tsp. celery seed

Wipe cucumbers and slice without peeling, slice onions, cut up peppers, not fine, dissolve salt in water and pour over vegetables. Let stand 3 hours and drain. Then combine vinegar, sugar, tumeric and mustard seed and bring to boiling. Add vegetables and bring to a boil. Put in sterilized jars and seal.

Mrs. Pauline Woychchesko

### CUCUMBER CREAMS

14 cukes, peeled, chopped remove large seed	3 tbsp. mustard
6 lg. onions, chopped fine	1 tsp. tumeric
$2\frac{1}{2}$ c. vinegar - if too strong add $\frac{1}{3}$ c. water	$\frac{1}{4}$ tsp. red pepper
3 c. granulated sugar	1 tsp. ginger and 1 tbsp. salt

Boil all this together for 10 minutes or until tender. Then mix 1 cup flour with water and add. Boil 5 minutes, then add 1 cup sweet cream, and tablespoon butter, Simmer 5 minutes more. Put in jars and seal while hot.

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## DELICIOUS PICKLE RELISH

4 c. large cukes peeled and chopped fine  
2 c. cooking onions peeled and chopped fine  
1 qt. small onions, left whole  
1 medium cauliflower, cut fine  
1 head celery, cut fine  
6 large apples, grated  
2 red peppers cut in strips

Cover with the following hot brine

3/4 c. coarse pickling salt  
5 c. water

Leave overnight.

Drain, rinse, add following. Bring to boiling point only. Mix 2 tbsp. corn starch, in water to thin paste. Add to 6 c. vinegar, 3 tbsp. tumeric, 2 tbsp. mustard seed and 8 c. granulated sugar.

## MILLION DOLLAR PICKLES

3 qt. sm. cucumbers,            2 tsp. tumeric  
sliced thinly                    6 c. white sugar  
1 qt. small onions              2 tsp. mustard seed  
3 green, sweet peppers,  
diced  
Let stand in hot brine of  
1/3 c. salt & 1½ qt. water

Pour over while hot. Leave overnight. Drain and add vinegar to almost cover. Do not boil but heat thoroughly. Stir continuously. Just before sealing add 1 can of pimento.



## PICKLED EGGS

For 10 to 12 eggs or 1 quart. Hard boil eggs, drain and place in cold water about 30 minutes. Peel, place in sterile jars. Cover with pickling vinegar and seal. Do not dilute or heat vinegar. Good in about 3 weeks.

## SALAD BEETS

Boil beets, dice enough for 6 pints and place in the following sauce.

1 pt. vinegar	1 tbsp. mustard
1 c. water	2 tsp. salt
2 c. white sugar	$\frac{1}{2}$ c. flour

Heat beets and sauce well, but don't boil. Bottle.

## CUCUMBER RINGS

4 qt. cukes, sliced with peeling on

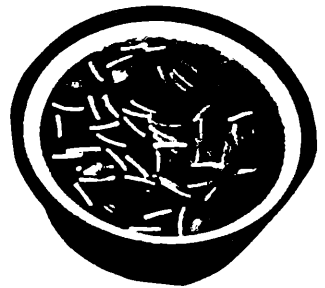
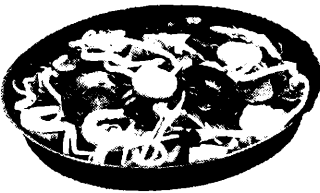
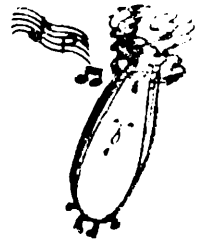
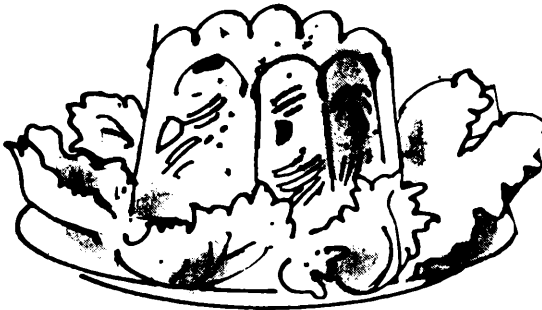
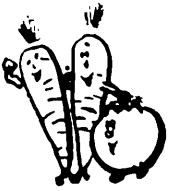
Soak in water and add  $\frac{2}{3}$  c. salt overnight. In the morning drain and cover with boiling water. Drain immediately and cover with

1 qt. vinegar	1 c. sugar
4 tbsp. salt	2 tbsp. pickling
1 qt. water	spice in bag

Then add 1 c. sugar every day for six days. On sixth day pack cukes in sealers and bring brine to boil. Pour brine over cucumbers and seal.



# *Salads, Vegetables & Soup*



## OVEN TEMPERATURE CHART

Slow .....	250 degrees - 325 degrees F.
Moderate .....	325 degrees - 375 degrees F.
Moderate hot .....	375 degrees - 425 degrees F.
Hot .....	425 degrees - 450 degrees F.
Very hot .....	450 degrees - 475 degrees F.

	Minutes	Temperature
<b>BREADS</b>		
Loaf .....	50-60 .....	400
Rolls .....	20-30 .....	400
Biscuits .....	12-15 .....	450
Muffins .....	20-25 .....	400
Popovers .....	30-40 .....	425
Corn bread .....	25-30 .....	400
Nut .....	50-60 .....	350
Gingerbread .....	30-40 .....	325
 <b>PIES</b>		
Pumpkin .....	35-45 .....	400
Two-crust .....	25-40 .....	400
Shells .....	10-12 .....	450
Meringue .....	10-15 .....	300
 <b>COOKIES</b>		
Drop .....	10-15 .....	400
Rolled .....	8-12 .....	400
Ice box .....	8-12 .....	400
Molasses .....	10-15 .....	350
 <b>CAKES</b>		
Angel .....	60 .....	325
Sponge .....	60 .....	325
Cup .....	25 .....	350
Layer .....	25-30 .....	375
Loaf .....	45-60 .....	350
Sheet .....	20-30 .....	375
Pound .....	60-90 .....	325
 <b>MEAT AND POULTRY</b>		
Beef, rare .....	20 min. to lb. ....	300
Beef, medium .....	25 min. to lb. ....	300
Beef, done .....	30 min. to lb. ....	300
Pork .....	40 min. to lb. ....	350
Ham, smoked .....	30 min. to lb. ....	300
Mutton .....	35 min. to lb. ....	300
Veal .....	35 min. to lb. ....	325
Chicken .....	25 min. to lb. ....	350
Duck .....	25 min. to lb. ....	350
Turkey, large .....	20 min. to lb. ....	275
Turkey, small .....	25 min. to lb. ....	300
Fish.....	20 min. to lb. ....	375

## SALADS, VEGETABLES & SOUP

### MACARONI SALAD

1-3/4 c. elbow macaroni	1 or 2 tomatoes, for color
1 c. ham or chicken pieces, cut up	1/2 c. celery, cut up
1/4 c. green onion	3/4 c. salad dressing
	Salt

Cook macaroni in boiling water until tender. Drain, rinse, well. Chill. Combine all ingredients. Chill and serve with lettuce.

Emily Oleksuik

### SALMON MACARONI SALAD

1 c. elbow macaroni	1 tsp. prepared mustard
1 - 8 oz. can salmon	1 c. fresh frozen peas
1/3 c. mayonnaise salad dressing	1 hard cooked egg

Cook macaroni in boiling water (salted) for 10 minutes. Drain. Add all other ingredients to the hot macaroni and mix well. Serve on crisp leaf of lettuce.

Mrs. Julia Kozak

### GOLDEN SALAD

Dissolve in 1 c. boiling water, 1 lemon jelly powder. Add 1 c. pineapple juice or water. When partially set, add 1 c. grated carrots, and 1 c. pineapple, drained. Chill until set. In place of 1 c. grated carrots use 1/2 c. grated carrots and 1/2 c. diced celery.

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## PINEAPPLE SALAD

1 - 20 oz. tin crushed pineapple, drained well	2 c. boiling water 2/3 c. sugar
2 pkg. lemon jello	1/2 tsp. lemon juice
	1 1/2 c. finely grated carrots

Add boiling water to jello, sugar, salt and lemon juice. Let it cool but not too firm. Whip 1/2 pint cream and add jello and whip again. Mix in pineapple and the carrots and let chill for at least 2 hours before serving.

## CANNED VEGETABLE SOUP

1 qt. carrots, diced	1 qt. green beans, chopped
1 qt. peas	1/2 pt. onions, diced
1 qt. corn	1 pt. celery, diced
2 qt. tomatoes, canned	2 tbsp. salt
1 qt. potatoes, diced	1 tsp. pepper
	1 green pepper, minced

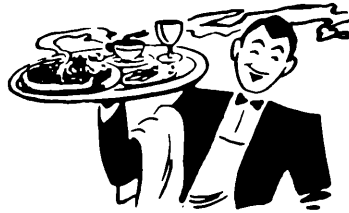
Wash vegetables and peel the carrots and potatoes. Dice and slice, chop onions fine, cut the corn off the cobs. Put all vegetables in a large kettle and cover with boiling water. Add salt and pepper and bring to a boil. Boil for 5 minutes. Then pour immediately in hot sterilized jars filling them within 1/2 inch from top. Bring this to a boil, then boil steadily for three hours. When this is opened for use a little butter or soup stock gives added flavor.

You can use any combination of vegetables that you prefer, but corn, tomatoes and onions are most important.

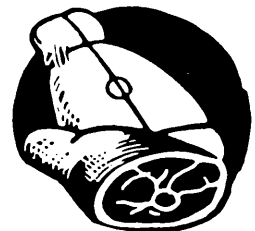
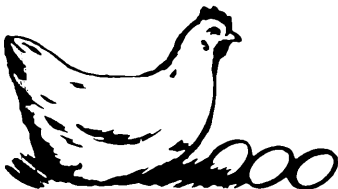
Justine Sereda



# *Meat, Fish*



# *& Poultry*



## OVEN TEMPERATURE CHART

### MISCELLANEOUS

Custard Cup .....	20-30 .....	300
Custard Casserole .....	45-60 .....	300
Souffle .....	50-60 .....	325
Baked potato .....	60-90 .....	400
Baked beans .....	6 hours .....	350
Timbales .....	35-45 .....	300
Rice Pudding .....	50-60 .....	325
Scalloped potato .....	60-90 .....	375

### TIME CHART FOR ROASTS

Kind:	Minutes per lb. after searing:
Beef - rare .....	10-16
medium .....	17-22
well done .....	23-30
Veal, pork, lamb - well done ..	30
Cured pork - well done .....	40-55

**Broiling:** Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

**Pan broiling:** Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

### TIME TABLE FOR BROILING AND PAN BROILING

Put a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F., baste occasionally until done. Add hot water if necessary for basting.

**Sauteing or pan frying:** Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other.

**Example:** breaded veal chops.

## MEAT, FISH AND POULTRY

### SWISS STEAK

Mix flour and salt and pepper. Dredge in flour mixture:  
2 onions, sliced                       $\frac{1}{2}$  c. celery, diced

Brown in a little hot fat in a frying pan. Cover with:  
2 onions, sliced                       $\frac{1}{2}$  c. celery, diced  
 $2\frac{1}{2}$  c. canned tomatoes

Cover closely and simmer gently until meat is tender, (about 2 hours). Season during cooking with salt and pepper. Add water, if necessary. When meat is cooked make a gravy of the liquid and pour over the steak. Serves 4 to 6.

### CHOP SUEY

Cut in pieces about 1" long,  $\frac{1}{2}$ " wide -  $\frac{1}{2}$  lb. beef, pork or veal. Add:

1 tsp. salt                                      1 tbsp. soya sauce  
1 sm. garlic section,  
chopped very fine

Fry this meat mixture quickly in  $\frac{1}{4}$  c. oil. Keep covered. Remove meat. Place in the hot pan and allow to cook covered a few minutes;

1 can bean sprouts,                      1 onion, chopped  
drained                                      1 c. celery, chopped  
1 can mushrooms,  
drained

Add meat and thicken with 1 tbsp. corn starch mixed with bean sprout liquid. Serve on large hot platter. For variety top with noodles.

Eleine Hopko

7 - Foam Lake, Sask.



## TURKEY DEVAN

1/4 c. chopped onion	1/2 c. milk
1/2 tsp. oregano	1 1/2 c. sliced or cubed cooked turkey
2 tbsp. butter	1/4 c. shredded mild cheese
1 can tomato soup	

Cook the onion with oregano in butter until tender. Add the soup and milk. In a shallow 10 x 6 1/2" baking dish spread the prepared bread stuffing. Top with the cooked turkey. Spread with soup. Sprinkle with cheese and walnuts (if desired). Bake in a 450 degree oven for 15 minutes.

## HUNGARIAN MEAT LOAF

2 lb. beef hamburger	1 tsp. salt
5 eggs	1/2 tsp. pepper
1 lg. onion	2 c. milk
5 celery lengths put thru chopper	1/2 tsp. poultry seasoning
20 cracker crumbs	5 tbsp. rice, wash rice first

Mix altogether and put in greased loaf pan and bake in slow oven.

Mrs. Rose Balabuk

## SWEET & SOUR SPARERIBS

Put in fry pan about 1 1/2 to 2 lb. spareribs, brown on all sides. When cooked pour off lard, then add:

1 c. brown sugar	1 tsp. corn starch
1 c. vinegar	1/2 bottle catsup
1 c. water	

Bake in a moderate oven about 1 hour.

Emily Oledsuik

8 - Foam Lake, Sask.



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FOAM LAKE, SASK

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SUPPER DISH  
PORCUPINE MEATBALLS

1 lb. minced beef	2 tsp. finely chopped onions
1/3 c. rice	1 tin tomato soup
1/2 tsp. salt and pepper	1/2 c. water
1 tbsp. fat	1 egg

Wash the rice, mix meat, onion, rice, seasoning and egg in a bowl. Form into small balls, roll in flour. Place in fry pan, and brown in the fat. Add the soup and water. Cover and braise 25 to 30 minutes. Adding water if necessary.

BAKED PORK CHOPS

4 pork chops	3 med. potatoes, peeled and sliced
2 tbsp. fat	1 lb. shredded cabbage
1/4 c. diced onion	1/4 c. flour
1 c. condensed cream of celery soup	1 1/2 tsp. salt
1/2 c. milk	1/8 tsp. pepper

Brown chops in hot fat, remove when done. To the fat in pan add onions, soup and milk. Simmer for a minute and set aside. Starting with potatoes, put alternate layers of potatoes, cabbage into a two quart casserole or 8 x 8 x 2 cake pan. Sprinkle each layer with flour, pour soup sauce over each layer. Place chops on top. Cover casserole and bake 1-1/4 hours in 350 degree oven.

DEEP FRIED FISH

Mix together:

1 c. flour	1/4 tsp. salt
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(continued)

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Add gradually:

2/3 c. milk

Add: 2 egg yolks, beaten

Fold in 2 egg whites stiffly beaten. Wipe 1 lb. cod fillets with damp cloth. Cut in serving pieces, dip in batter. Deep fry in oil at 365 degrees F. for a few minutes. Drain on brown paper. Serve with potato chips. Serves 4.

Mrs. F. Maycher

### BUSY DAY CASSEROLE

2 med. potatoes, sliced	1 c. cooked rice
2 med. onions, sliced	1 can tomatoes
1 lb. minced onions	Salt & pepper to taste

Grease a fairly large casserole. Slice potatoes and onions rather thinly. Put potatoes in bottom of casserole. Then onions. Cover with minced steak, then rice and finally spoon some of the tomatoes over all. Bake in moderate oven at 350 degrees for 1½ hours or until potatoes are done.

### CASSEROLE

2 c. minute rice	6 slices bacon, cut up
1 - 15 oz. tin pineapple tidbits	½ green pepper, cut up
1 tin mushroom pieces	1 med. onion, cut up
	2 tbsp. soya sauce

Drain pineapple and use the juice and water to cook minute rice, according to directions on box. Fry the bacon until crisp, add pepper, onion, rice, add 2 tbsp. soya sauce. When using with fried chicken, add about 1 tbsp. chicken fat. Place in casserole and bake ½ to ¾ hour in a medium oven 350 degrees.

Corky Davison  
10 - Foam Lake, Sask.

## HOME MADE MACARONI

5 c. flour  
4 eggs

2 tsp. salt

Add enough warm water to make a firm dough. Roll out a piece of dough about 12 inches in diameter and quite thin. Drip it in a pan on low heat or electric 350 deg. turning it over once. Take out, cut into strips, pile about 6 strips high and cut thinly or put them through macaroni making machine.

Gena Honeywich

## PYROHY (Dumplings)

3 c. flour  
3/4 c. warm water  
1 egg, well beaten

1/2 tsp. salt  
2 tbsp. Mazola  
1 tbsp. vinegar

Mix water, mazola, eggs, and vinegar. Sift flour, salt in a bowl and add the liquid to flour and mix well. Knead on a board until smooth and let stand 15 minutes. Roll out thin, cut in squares or two inch circles and put filling in each. Drop into boiling salted water and boil 10 minutes. Drain and grease with melted butter. Serve with sour cream.

Gena Honeywich

## BUCKWHEAT CABBAGE ROLLS

2 c. buckwheat  
1/2 c. rice  
4 c. water

2 tsp. salt  
1 medium onion  
1/2 c. lard or margarine  
Pepper to taste

Cook buckwheat and rice for 10 minutes in salted water. Sauté onions in lard until tender, add to buckwheat and mix well. Make as rice cabbage rolls. Put 2 tbsp. lard over each layer of cabbage rolls and add 1 1/2 c. water to a roaster of rolls.

Mrs. Ann Roscicki  
11 - Foam Lake, Sask.

## HOLOOBTSI CABBAGE ROLLS

1 lg. head cabbage

Remove core with sharp knife placing cabbage in hot water to cover head. Let stand until leaves fall apart. Wash thoroughly 2 cups rice.

Add 2 c. boiling water and 1 tsp. salt. Bring to boil. Cover and turn the heat off. Allow the rice to absorb all the water. The rice will only be partly cooked.

Sauté:

1 lg. onion minced in 4 tbsp. butter or bacon fat

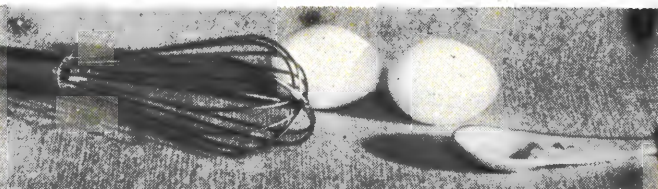
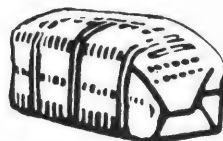
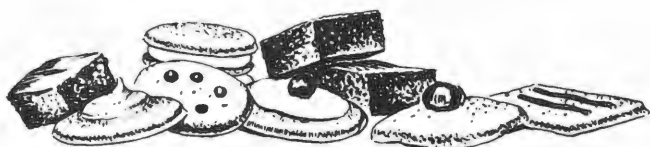
Add 1 c. cooked hamburger or bacon pieces. Cook a few minutes. Combine with rice. Season to taste with salt and pepper. Place a spoonful of rice mixture on small cabbage leaf, and roll. Place in pan in layers. Sprinkle each layer with salt.

Some tomato juice may be added with about 1 c. water before placing in oven. Cook until done in moderate oven. About 2 hours.

## SAUERKRAUT AND RIBS

Prepare about 1 lb. chopped ribs and fill with water to cover, adding salt, pepper and onions to taste. Boil one hour. Add 2 cups sauerkraut and boil one hour more. Add  $\frac{1}{2}$  c. rinsed rice and again boil about 45 minutes or until rice is cooked. Adding water if necessary. As this must be quite thick. Serve with potatoes.

# *Bread, Rolls & Cookies*





## TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit .	450 degrees to 460 degrees	12-15
Bread .....	350 degrees to 400 degrees	45-60
Butter cake, loaf .....	360 degrees to 400 degrees	40-60
Butter cake, layer ....	380 degrees to 400 degrees	20-40
Cake, angel .....	300 degrees to 360 degrees	50-60
Cake, sponge .....	300 degrees to 350 degrees	40-60
Cake, fruit .....	275 degrees to 325 degrees	3-4 hours
Cookies, thin .....	380 degrees to 390 degrees	10-12
Cookies, molasses ....	350 degrees to 375 degrees	18-20
Cream puffs .....	300 degrees to 350 degrees	45-60
Meringues .....	250 degrees to 300 degrees	40-60
Muffins (b. p.) .....	400 degrees to 425 degrees	20-25
Pie crust .....	400 degrees to 500 degrees	20-40
Popovers .....	350 degrees to 450 degrees	35-40
Rolls.....	400 degrees to 425 degrees	25-30

## TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup .	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup .....	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup .....	1 tsp.	3 c.	40 minutes
Hominy (coarse) .....	1 tsp.	5 c.	3 hours
(fine) .....	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup.....	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup..	1 tsp.	4 c.	4 to 6 hours

## TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots .....	About 40 minutes	1/4 c. for each c. fruit
Figs .....	About 30 minutes	1 Tbsp. for each c. fruit.
Peaches .....	About 45 minutes	1/4 c. for each c. fr.
Prunes .....	About 45 minutes	2 Tbsp. for each c. f

## BREAD, ROLLS AND COOKIES

### YEAST RAISED DOUGHNUTS

Rub together like pie crust -

4 c. flour	$\frac{1}{2}$ c. shortening
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt

Dissolve 1 pkg. yeast in lukewarm water to which 1 tsp. sugar had been added, adding the yeast to the cooled 1 c. boiled milk. Add 2 eggs well beaten, mixing the egg mixture into the flour sugar and shortening working it well to form soft dough. Let stand overnight.

Next day roll out on floured board and cut with doughnut cutter and let rise about 1 hour. Fry in deep fat until golden brown.

Mrs. S. Nesar

### FRUIT FILLED BRAIDS

$\frac{3}{4}$ c. warm water	2 tsp. sugar
2 pkg. yeast	

Mix and let rise few minutes.

2 eggs, well beaten	$\frac{2}{3}$ tsp. salt
$\frac{1}{3}$ c. sugar	1- $\frac{1}{3}$ c. chilled margarine
$4\frac{1}{2}$ c. flour	

Chill dough for 2 hours. Divide dough in four. Roll each piece 9 x 14. Spread filling 3" wide down centre. Cut 4" strips on each side and braid over cover and let rise 30 to 40 minutes. Bake about 30 minutes. Brush with corn syrup and drizzle with thin icing, and nuts or coconut.

Filling:

Mix $\frac{3}{4}$ c. chopped cooked prunes	$\frac{2}{3}$ c. brown sugar
1- $\frac{1}{3}$ c. chopped apples, peeled	1 tbsp. vinegar
	$\frac{1}{2}$ tsp. cinnamon

Cook until thick 8 minutes. Cool then spread.

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## SURPRISE MUFFINS

2 c. flour	1/4 c. sugar
3 tsp. baking powder	1/4 tsp. salt
1/4 c. soft margarine	1 egg, slightly beaten
1 c. milk	

Sift dry ingredients into bowl. Add other ingredients. Mix with fork or pastry blender, until shortening is divided and flour is moistened. Batter will be lumpy. Fill well-greased muffin tins half full with batter. Drop a teaspoon of jelly or jam in centre of batter. Add more batter until cups are 2/3 full. Bake 20 to 25 minutes in 375 degree oven.

Mrs. Joyce Lazeski

## DOUGHNUTS

Measure into a bowl  $\frac{1}{2}$  c. sugar. Cream in 5 tbsp. butter  
Stir in: 1 egg, unbeaten                      1 c. buttermilk or  
 $\frac{1}{2}$  tsp. vanilla                                      sour milk  
1 tsp. salt

Sift together and stir in flour about 4 cups sifted, 1 tsp. baking powder,  $\frac{1}{2}$  tsp. soda. Turn on a lightly floured board. Roll  $\frac{1}{2}$ " thick, cut with floured doughnut cutter. Deep fry until golden brown, turning over once. Drain on absorbent paper. Cool. Dust with confectioner's sugar. Makes 3 dozen.

## RISE DOUGHNUTS

2 env. fast rising yeast	2 tsp. sugar
1 c. lukewarm water	1 c. milk
6 tbsp. shortening	$\frac{1}{2}$ c. sugar
1 tsp. salt	7 c. flour
3 eggs, beaten	

(continued)

Add yeast and 2 tsp. sugar to lukewarm water. Let stand 10 minutes. Add milk, shortening, sugar, salt and 2 cups flour to make batter. Add yeast and eggs. Beat well and add remaining flour or enough to make a soft dough. Knead lightly and place in greased bowl and cover. Set in warm place, free from draft. Rise double in bulk, knead, rise again. Roll out and cut as desired.

### PORTER'S BUNS

1 c. milk	$1\frac{1}{2}$ c. cold water
8 c. sifted flour	2 pkg. dehydrated yeast
2 tsp. salt	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. shortening	2 eggs, well beaten

Scald milk; sift flour and measure into large bowl. Add cold water to milk. Take  $\frac{1}{4}$  cup of the liquid (lukewarm) and add yeast. Add 1 tsp. sugar to this and let stand 10 minutes. Add salt and sugar to flour, and make a well in the centre. When the yeast is ready, add it with the beaten eggs and the rest of the liquid to flour mixture. Beat until smooth with a spoon, then with the hands and place in a large, greased bowl to rise. Let it stand 2 hours. Knead down once. Let rise until double in bulk, then shape and set to rise. When risen, bake in hot oven for 20 minutes.

Mrs. Winnie Raina

### ORANGE BOWKNOTS

1 pkg. active dry yeast	5 to $5\frac{1}{2}$ c. sifted all purpose flour
$\frac{1}{4}$ c. water	2 beaten eggs
1 c. milk, scalded	2 tbsp. grated orange peel
$\frac{1}{2}$ c. shortening	$\frac{1}{4}$ c. orange juice
$\frac{1}{3}$ c. sugar	Orange Icing
1 tsp. salt	

(continued)

Soften yeast in warm water. Combine milk, shortening, sugar, and salt in a large mixing bowl, cool to lukewarm. Stir in, about 2 cups of the flour, beat well. Add orange peel, juice and enough of remaining flour to make soft dough. Cover and let rest 10 minutes. Knead dough 8 to 10 minutes on lightly floured surface until smooth. Place in greased bowl. Cover; let rise in warm place (about 2 hours). Punch down, cover and let rest 10 minutes.

Roll dough in 18 x 10 rectangle,  $\frac{1}{2}$ " thick. Cut strips 10" long and  $\frac{3}{4}$ " wide. Roll each strip lightly under your finger, loosely tie in knot. Arrange on greased baking sheets and tuck ends under. Cover. Let rise until almost double (about 45 minutes). Bake in hot oven (400) 12 minutes or until done. Frost with orange icing.

#### Orange Icing:

Blend 1 tsp. grated orange peel, 2 tbsp. orange juice and 1 cup confectioners' sugar. Brush icing on with a pastry brush for a smooth even glaze.

### WALNUT ROLLS

3 c. flour

$\frac{3}{4}$  c. lard or shortening

Mix above as for pie.

Soak  $\frac{1}{2}$  pkg. yeast in  $\frac{1}{4}$  c. lukewarm water. Let stand 10 minutes.

To flour and lard mixture, add 4 egg yolks and enough canned milk, about  $\frac{3}{4}$  cup, to make a soft dough. Work until smooth about 5 minutes. Wrap the dough in a damp cloth and put in fridge for about 3 hours to rise.

When ready, roll fairly thin. Cut in small pieces, put in a little filling in each piece and roll up like a crescent. Bake about 10 to 12 minutes or until golden brown in oven at 375 deg. When rolling the dough, use icing sugar, instead of flour.

Mrs. Skakun

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## SUGAR TWISTS

1 c. sweet cream	1 pkg. yeast, dissolved
3 eggs, beaten	in 1/4 c. water
4 c. flour	1 c. shortening or marg.

Mix flour and shortening as for pie crust. Add cream, beaten eggs, softened yeast. Mix well, let stand for 3 hours in the fridge. Roll out in sugar, folding twice, cut in strips, 1" wide and 3' long. Twist in the middle and bake until light brown. You will need one cup of sugar for rolling. Roll half the dough at a time.

## SCUFFLES

Soak 1 pkg. yeast in 1/4 c. lukewarm water for 15 to 20 minutes. Mix the following ingredients as you would for pie crust,

3 c. flour	1/2 tsp. salt
3 tbsp. sugar	1 c. butter, part marg.
Add 1/2 c. milk	if desired
2 eggs	1 tsp. vanilla
Yeast	

Knead dough until soft. Place in bowl and let stand overnight in refrigerator. Divide dough into 4 parts. Roll out as you would pie crust. Then sprinkle a mixture of 1 cup sugar and 2 tbsp. cinnamon on both sides of dough. Cut in wedges, as you would a pie and roll from the wide end to the narrow end. Bake for 15 minutes at 375 degree oven.

## COCONUT COOKIES

Cream	1/2 c. butter	1 1/2 c. flour
	1/2 c. lard	1 c. coconut
Add	1 egg	1 tsp. baking powder
	1 1/2 c. rolled oats	1/2 c. brown sugar
	1 tsp. soda	1/2 c. white sugar
	1/2 tsp. salt	

(continued)

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Roll dough into balls, dip in sugar and press down with fork.  
Bake in moderate oven until brown, Recipe can be doubled.

Mrs. Regina Cruckshank

### PEANUT COOKIES

1½ c. butter	1 c. brown sugar
2 eggs	1 c. white sugar
1 c. corn flakes	2 c. oatmeal
1 tsp. vanilla	2 c. flour
1 c. chopped peanuts	1 tsp. soda
1 tsp. baking powder	

Mix as any other cookie and drop by spoonfuls onto greased  
baking sheet. Bake until brown.

Mrs. Regina Cruckshank

### CHINESE CRUNCHIES

1 pkg. chocolate chipits	1 pkg. butterscotch chipits
1 c. shelled peanuts	1 can chow mein noodles
½ c. peanut butter can be used instead of choc. chipits	

Melt the chipits and mix with the rest of the ingredients. Drop  
by spoonful onto a cookie sheet and put to cool into the fridge.

Dianne Slowski

### CARAMEL CHIP SQUARES

½ c. butter	1 c. peanut butter
2 pkg. caramel chips	1 pkg. colored miniature marshmallows
Melt these two ingred- ients and cool, then add	
1 c. fine coconut and 1 c, chopped walnuts	(continued)

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Mix and press into a greased pyrex pan. Put in refrigerator to chill. Cut in squares.

Mrs. Olga Koropatwa

### NEOPOLITAN SQUARES

1 lb, unsweetened	1 tsp. almond
fine coconut	1 can sweet Eagle
2 c. icing sugar	Brand milk
1 tsp. vanilla	Pinch of salt

Stir well and divide into 3 parts. Leave one part white, green and pink by adding food coloring. Add peppermint flavoring to the green part. Pack into an empty wax paper carton and keep in fridge or freezer. To serve, cut into slices.

Dianne Slowski

### CORN FLAKE MACAROONS

2 egg whites	1 c. fine sugar
2 c. corn flakes	1 c. coconut
1 tsp. vanilla	

Add corn flakes and coconut to stiffly beaten egg whites, into which the sugar was folded. Bake in moderate oven 15 to 20 minutes.

### COCONUT DELIGHTS

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. sugar
2 egg yolks	1 c. sifted flour
1 tsp. baking powder	1 tsp salt

Cream together butter and sugar. Add and beat in egg yolks then sift in flour, baking powder and salt. Roll thin and cut into rounds.

(continued)

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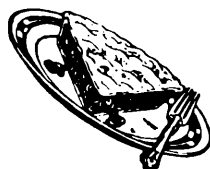
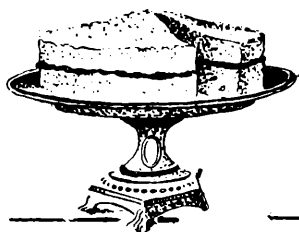
Topping.

2 egg whites , stiffly beaten. Mix in 1 c. icing sugar,  
1 tbsp. melted butter, 2 c. coconut. Put a spoonful of top-  
ping mixture on each cookie before baking. Top with a  
cherry or dash of jelly. Bake in moderate oven.

Mrs. Sophie Borynuik

--- EXTRA RECIPES ---

# *Cake & Pastry*



## SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin . . . . .	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium . . . . .	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3 . . . . .	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick . . . . .	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.

Use No. 2 sauce for creamed or scalloped dishes or gravy.

Use No. 3 sauce for souffles.

Use No. 4 sauce for croquettes.

## VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes</u>	
		<u>Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles . . . . .	30		
Artichokes, French . . . . .	40	45-60	
Beans, Lima, depending on age . . . . .	20-40	60	
Beans, string . . . . .	15-45	60	
Beets, young with skins on . . . . .	45	60	70-90
Cabbage, chopped, cut sectional . . . . .	10-20	25	
Cauliflower, stem down . . . . .	20-30		
Carrots, cut across . . . . .	20-30	40	
Chard . . . . .	60-90	90	
Celery, cut in lengths 1/2 inch . . . . .	30	45	
Corn, green, tender . . . . .	5-10	15	20
Cucumbers, peeled and cut . . . . .	20	30	40
Eggplant, whole . . . . .	30	40	45
Onions . . . . .	45	60	60
Parsnips . . . . .	60	75	75
Peas, green . . . . .	20-40	35-50	
Peppers . . . . .	20-30	30	30
Potatoes, depending on size . . . . .	20-40	60	45-60
Pumpkin, in cubes . . . . .	30	45	60
Potatoes, sweet . . . . .	40	40	45-60
Salsify . . . . .	25	45	
Spinach . . . . .	20	30	
Squash in cubes . . . . .	20-40	50	60
Tomatoes, depending on size . . . . .	5-15	50	15-20
Turnips, depending on size . . . . .	30-60		

## CAKE AND PASTRY

### RHUBARB CAKE

$\frac{1}{2}$ c. butter	Pinch of salt
$1\frac{1}{2}$ c. sugar	4 c. rhubarb, cut to $\frac{1}{2}$ "
3 c. flour	pieces
2 eggs, well beaten	$\frac{1}{2}$ c. sugar
4 tsp. baking powder	1 pkg. strawberry gelatin,
1 tsp. vanilla	3 oz. size
$\frac{1}{4}$ c. flour	$\frac{1}{2}$ c. sugar
3 tbsp. butter	

Mix first eight ingredients as for cake batter, should be stiff. Smooth batter into large size buttered baking pan 9 x 13, mix rhubarb with half sugar and gelatin. Place this mixture over batter, crumble the last three ingredients together and sprinkle over rhubarb mixture. Bake at 375 degrees and bake for 35 to 40 minutes.

Mrs. Joyce Lazeski

### JELLY ROLL

3 large eggs	1 c. fine sugar
$\frac{1}{2}$ tsp. lemon extract	1 tsp. baking powder
1 c. pastry flour	$\frac{1}{4}$ tsp. salt
2 tbsp. cold water	

Separate eggs, beating yolks and sugar together until thick. Add extract then add lightly, stiffly beaten egg whites. Sift together four times flour, baking powder, salt. Fold very lightly into egg mixture, alternately with the cold water. Turn into jelly roll tin which has been lined with well greased paper. Bake in moderate oven for about 10 to 12 minutes. Turn out on a clean slightly damp cloth.

(continued)

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Remove paper, cut crisp edges from sponge, spread with preserve and roll quickly while the sponge is still warm. Sift fine sugar on top,

Mrs. Pearl Kozar

### FAVORITE CHEESE CAKE

1-1/4 c. graham wafer crumbs	1/4 c. softened butter 1/4 c. white sugar
---------------------------------	--

Combine crumbs, sugar, add softened butter. Press into an 8" square pan, building up sides.

Filling:

8 oz. pkg. cream cheese	1/2 c. white sugar
1 tbsp. lemon juice	1/2 tsp. vanilla
Pinch of salt	2 eggs

Beat the softened cream cheese until light and fluffy, gradually blending in the sugar, lemon juice, vanilla and salt. Add eggs, beating well. Pour filling into crust and bake at 325 degrees for 25 minutes.

Combine:

1 c. sour cream	2 tbsp. sugar
1/2 tsp. vanilla	

Spoon over baked cheese cake, bake another 10 minutes. Chill several hours before serving. May be served with fresh or frozen strawberries as dessert.

Mrs. Mary Stan

### CHEESE CAKE

30 graham wafers, rolled fine	1/4 tsp. salt
1 tbsp. sugar	1/2 c. butter

(continued)

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### Filling:

$\frac{1}{2}$ lb. cream cheese	$\frac{1}{3}$ c. glazed cherries
$\frac{1}{4}$ tsp. salt	cut in quarters
Juice and rind of half a lemon	$\frac{1}{2}$ c. sugar
	2 eggs, separated

To the graham wafers add salt, sugar and butter, blending the butter in as for pastry.

### Filling

Combine cheese with sugar and blend well together. Add salt, beaten egg yolks, juice and rind of lemon and cherries. Mix together then fold in the beaten egg whites. Place  $\frac{2}{3}$  of the graham wafer crumbs into a buttered 8 x 8 pan. Spread filling over and top with remaining graham wafer crumbs. Bake in a moderate oven for about 40 minutes. When cool, cut into squares.

Mrs. Sophie Stan

## APRICOT DREAM SQUARES

1 c. crushed graham wafers	1 c. dried apricots
1 c. sifted all purpose flour	$\frac{1}{4}$ tsp. salt
1 c. brown sugar, packed	2 eggs
$\frac{1}{2}$ tsp. salt	1 c. brown sugar, packed
1 c. shredded coconut	1 tbsp. lemon juice
$\frac{1}{2}$ c. melted butter	$\frac{1}{3}$ c. sifted all purpose flour
	$\frac{1}{2}$ tsp. baking powder

Combine first 5 ingredients. Add melted butter and mix well. Reserve one cup for topping. Pack remainder in bottom of 9 x 9 cake pan. Bake for 10 minutes at 350 degrees. Cover apricots with water. Simmer until tender, about 15 minutes. Drain, chop. Beat eggs until light and fluffy and add brown sugar and lemon juice. Stir in sifted dry ingredients and apricots. Spread over bottom layer. Sprinkle with topping. Bake 30 to 35 minutes at 350 degrees. Cool, cut in squares. Yield: 20

Mrs. Sophie Stan

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## FUDGE CAKE

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. sugar
1 c. sour milk or butter- milk	3 eggs
$2\frac{1}{2}$ c. all purpose flour	1 tsp. baking soda
1 tsp. baking powder	$\frac{1}{4}$ tsp. salt
	$\frac{1}{2}$ c. cocoa mixed with $\frac{1}{2}$ c. boiling water (set aside to cool)

Cream butter, sugar, well. Add well beaten eggs. Add cocoa and water that has been cooled. Sift flour, baking powder and salt. Dissolve soda in milk and add the dry ingredients alternately with the milk. Pour into large greased pan and bake in a moderate oven at 350 degrees for about 35 minutes.

Mrs. Kay Sereda

## MARBLE CAKE

### Dark Part:

Butter the size of egg	$\frac{1}{2}$ c. brown sugar
2 egg yolks	$\frac{1}{3}$ c. molasses
$\frac{1}{3}$ c. water	Spice to taste
1 tsp. soda	$\frac{1}{2}$ c. flour

### Light Part:

$\frac{1}{2}$ c. white sugar	Butter the size of an egg
2 egg whites	$\frac{1}{4}$ c. milk
1 c. flour	1 tsp. baking powder
$\frac{1}{2}$ tsp. lemon extract	

Mix in two separate bowls in order given and bake in pan, mixing into one another slightly. Bake in moderate oven until done.

Mrs. M. Raina

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## APPLE PIE CAKE

3 c. flour	3 tbsp. sugar
3 tsp. baking powder	1/4 tsp. salt
1 c. lard or shortening	3 eggs, beaten
3 tbsp. milk	

Sift dry ingredients together and add shortening, mixing like pie crust. Beat eggs in separate bowl and add milk to eggs. Pour into flour mixture and mix to a soft dough, adding more milk, if necessary. Roll a bottom and top for a 9 x 13 greased pan. Put apple pie filling between as for pie. Bake at 350 degrees for 45 minutes until nicely browned. Frost with a thin powdered sugar icing.

## VINARTARTA

1 c. butter	5 c. flour
2 c. sugar	1/2 c. sour cream
4 eggs	1 tbsp. almond flavoring
1 tsp. baking powder	1 tsp. cardoman seed
1 tsp. soda	1 tsp. vanilla

### Filling

1 lb. prunes	3/4 c. sugar
3/4 c. prune juice	1 tbsp. cinnamon
1 tbsp. vanilla	

Mix cake in usual way, baking the cake in about 4 layers.

Boil filling and spread between cakes and store a day or two before serving. ▶

Mrs. Putko

## WHITE FRUIT CAKE

1 c. butter	1½ c. sugar, creamed
6 eggs, well beaten	½ c. sweet cream
3½ c. flour	1 tsp. baking powder
Pinch of salt	1/4 lb. citron, pineapple and cherries
4 tsp. lemon extract	
4 c. seedless raisins (flour raisins)	

Mix well together and bake in 325 degree oven until done, about 2 hours.

Mrs. Putko

## JOHNNY CAKE

1 c. cornmeal	1 c. sifted flour
½ c. sugar	1 c. milk
3 tbsp. shortening	1 egg, well beaten
3 tsp. baking powder	

Bake in fairly hot oven about 30 minutes.

Mrs. M. Raina

## PRUNE SPICE COFFEE CAKE

½ c. shortening	½ c. white sugar
1½ tsp. baking powder	1½ c. flour
1 egg	½ tsp. vanilla
½ tsp. salt	¾ c. milk

Cream shortening, add sugar with vanilla, add egg, beat well. Add sifted dry ingredients alternately with milk. Spread ½ of the batter in greased 8 x 8 square pan. Cover with filling as follows:

1 tin baby food prunes	1 tbsp. cinnamon
1/4 c. melted butter	1/4 c. chopped walnuts

Top with remaining batter. Bake at 350 degrees for 45 min.

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## DATE LOAF

1 c. chopped dates                      1 tsp. soda  
3/4 c. boiling water

Sprinkle soda over chopped dates. Pour boiling water, let stand until cold.

### Cream:

3/4 c. white sugar                      2 tbsp. butter  
1 egg                                      1-3/4 c. flour  
1/2 c. chopped nuts

Pour into cold mixture and mix well. Bake in slow oven for 1 hour.

## PINEAPPLE UPSIDE DOWN CAKE

1/3 c. liquid honey                      3 tbsp. margarine  
9 slices canned pineapple      9 cherries  
1 - 9 oz. or 10 oz. pkg.  
"Gold Cake Mix"

Preheat oven to 350 deg. Grease a 9" pan (square). Melt honey and margarine together. Pour into pan. Arrange pineapple slices and cherries over honey mixture. Prepare cake mix as directed on package. Spoon batter over fruit. Bake for 50 to 55 minutes or until cake springs back when lightly touched. Invert on serving plate. Let stand 5 minutes before removing from pan. Cool. Serve with whipped cream.  
Yield: 6 to 9 servings.

Mrs. Sophie Schebel

## MARSHMALLOW SLICE

30 graham wafers, rolled      30 marshmallows, cut up  
fine

(continued)

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Add: 1 can Eagle Brand milk  
1/2 c. walnuts 1/2 c. cherries

Spread coconut on bottom of fairly large pan. Pat in above mixture and sprinkle with coconuts, about 1/2 c. coconut,  
Mrs. A. Yaremko

### SUNBEAMS

2 egg whites 1 c. coconut  
1 c. sugar 1 c. walnuts  
1/2 tsp. baking powder 1/2 c. dates

Mix all ingredients together. Beat egg whites stiff and add. Drop by teaspoonsful and roll in Rice Krispies. Bake in 375 degree oven for 10 to 12 minutes.

Mrs. Liz Huluska

### RAISIN SQUARES

1-1/4 c. flour 1/4 tsp. salt  
1/2 tsp. soda 1 c. butter  
1 tsp. baking powder 1 c. brown sugar  
1-3/4 c. oatmeal

Mix all ingredients and rub in with butter. Spread one half mixture in greased pan. Cover with following when cooled.

2 c. raisins 1 c. water  
1/4 c. brown sugar

Cook 5 minutes. Add 1 tbsp. of each following:

Corn starch lemon juice  
Cinnamon

Add one teaspoon of vanilla. Cover with remaining mixture. Bake in moderate oven.

Mrs. Natalie Federko  
28 - Foam Lake, Sask.

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## OTTMANN MEATS

CHOICE MEATS  
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## RAISIN TARTS

1 c. ground raisins	1/3 c. milk
1 tbsp. melted butter	1/2 c. sugar
2 eggs	1 tsp. vanilla

Mix all together and fill your favorite unbaked tart shells and bake for 20 minutes.

Justine Sereda

## COCONUT TARTS

1 c. white sugar	1 tsp. butter
2 eggs	1 tsp. vanilla
1 c. coconut	

Beat eggs until light. Fold in other ingredients which have been blended. Line tart tins with pastry, put a teaspoon of jelly in each, then cover with the mixture, bake in oven at 350 to 375 degrees for 15 to 20 minutes.

## NEVER FAIL PASTRY

Mix together:

6 c. flour sifted	1 tsp. baking powder
3 tbsp. brown sugar	1 tsp. salt

Rub or cut in (one half at a time)

1 lb. shortening or lard

Mix together in measuring cup in this order:

1 egg, beaten

2 tbsp. vinegar

Enough water to make up 3/4 cup liquid

(continued)

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Sprinkle onto flour lard mixture tossing with fork. This may be chilled, then used at once, or formed into a roll (enough for a pie crust) and stored in a tightly covered container in the refrigerator.

### SOUR CREAM PIE

3/4 c. sugar	1 tsp. soda
1 c. raisins	2 egg yolks
1 c. sour cream	2 tsp. cinnamon

Put all ingredients in saucepan and mix well. Boil slowly for at least  $\frac{1}{2}$  hour until the filling is dark and thick. Put in cooked pie shell. Top with meringue and bake until light brown.

Mrs. Regina Cruckshank

### CARMAL CHIP CAKE

$\frac{1}{2}$ c. butter	1 pkg. colored miniature marshmallows
2 pkg. carmel chips	
1 c. fine coconut	1 c. peanut butter
1 c. chopped walnuts	

Melt and cool first two ingredients. Add rest of ingredients. Mix and press into greased pan and refrigerate. Cut into squares while warm.

Mrs. Natalie Federko

### TUTTI FRUTTI CAKE

1 tsp. soda	1 tsp. cloves
1 c. boiling water	Pinch of salt
$1\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. butter
$\frac{1}{2}$ c. currants	1 c. sugar
1 c. raisins	1 egg
1-1/4 c. chopped walnuts	1 tsp. cinnamon

(continued)

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Mix soda in water and let stand while mixing rest of ingredients. Cream butter, sugar and egg. Add fruit, then dry ingredients alternately with soda water. Bake in moderate oven,

Mrs. Regina Cruckshank

### CARMEL SQUARES

$\frac{1}{2}$ c. butter or shortening	2 c. flour
1 c. brown sugar	1 tsp. baking powder
2 egg yolks, beaten	2 egg whites, stiffly beaten
$\frac{1}{4}$ c. milk	1 c. brown sugar
1 tsp. vanilla	$\frac{1}{2}$ c. shredded coconut
	$\frac{1}{2}$ c. walnuts, finely chopped

Cream together butter, brown sugar, egg yolks, milk, vanilla, flour. Spread thinly on shallow pan and press down. Spread over first mixture the egg whites and sprinkle with 1 c. brown sugar, coconut and walnuts.

Mrs. Pauline Woychesko

### SOUR CREAM COCOA CAKE

2 c. brown sugar	1 c. thick sour cream
2 eggs	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. cocoa dissolved in	2 c. flour
$\frac{1}{2}$ c. boiling water (set aside to cool)	1 tsp. baking soda

Mix the sugar and eggs well. Add the cooled cocoa mixture. Dissolve the baking soda in the cream and add alternately with the dry ingredients. Pour into greased pan and bake about 35 to 40 minutes in a moderate oven.

Mrs. T. Halyk

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## CARROT CRUMB CAKE

$\frac{1}{2}$ c. soft margarine or butter	2 tsp. baking powder
1 c. sugar	1 tsp. salt
1 egg	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ tsp. baking soda
1 c. shredded raw carrots	$\frac{2}{3}$ c. milk
2 c. unsifted pastry flour	Crumb topping

Beat the margarine, sugar and egg together until fluffy, then stir in the vanilla and shredded carrot. Sift dry ingredients together and add alternately with sour milk. Spread into a greased 9" x 9" pan. Sprinkle with the crumb topping and bake at 350 degrees for 45 minutes.

### Crumb Topping:

Mix 2 tbsp. flour,  $\frac{1}{3}$  c. brown sugar, 1 tsp. cinnamon and  $\frac{1}{3}$  c. chopped pecans. Stir in 3 tbsp. melted margarine to form crumbly mixture.

Mrs. Marion Stachyshyn

## WALNUT SLICE

1 c. flour

1 c. butter

Mix for pie crust. Moisten with cream. Spread in pan 9" x 5". Bake until golden brown.

### Filling:

$\frac{1}{2}$  c. brown sugar

2 tbsp. flour

$\frac{1}{2}$  c. cocoanut

2 eggs, beaten

1 c. chopped walnuts

$\frac{1}{2}$  tsp. baking powder

Mix in order given. Pour filling over baked crust. Bake slowly until medium brown. Ice when cool, if desired.

Mrs. Lucy Popik

32 Foam Lake, Sask.



## CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread .....	230 degrees to 234 degrees
Soft ball .....	234 degrees to 238 degrees
Medium ball....	238 degrees to 244 degrees
Firm ball .....	244 degrees to 248 degrees
Hard ball .....	248 degrees to 254 degrees
Very hard ball..	254 degrees to 265 degrees
Light crack ....	265 degrees to 285 degrees
Hard crack ....	290 degrees to 300 degrees

## TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	234-236 degrees, soft ball
Fondants (mints, etc.).....	234-236 degrees, soft ball
Marshmallows .....	238-240 degrees, soft ball
Caramel mixtures.....	246-252 degrees, firm ball
Taffies .....	254-270 degrees, hard ball
Butterscotch.....	280-300 degrees, crack
Brittles .....	290-310 degrees, hard crack
Boiled frostings:	
1 egg white to 1 c. sugar	- 238-242 degrees, soft ball or thread
2 egg whites to 1 c. sugar	- 244-248 degrees, soft ball or thread
3 egg whites to 1 c. sugar	- 254-260 degrees, firm ball or long thread.

## TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake .	275-325 degrees - 40 minutes to 1 hour
Loaf cake ...	325-350 degrees - 40 minutes to 1 hour
Cup cakes ...	350-375 degrees - 15 to 25 minutes
Layer cake ..	375-400 degrees - 20-30 minutes

## FOR THE COOKY JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

## DESSERTS

### PHILADELPHIA CHEESE DESSERT

1/4 c. sugar                      1 c. boiling water  
1 pkg. lemon jello

Mix and let stand a while.

Whip one tall tin of evaporated milk, which has been thoroughly chilled. Add jello mixture, beating as you add. Soften one 8 oz. pkg. Philadelphia cheese. Add  $\frac{1}{2}$  c. sugar and  $\frac{1}{2}$  c. concentrated lemonade and beat into jello mixture. Pour into pan 13" x 9" covered with a layer of 24 crumbled graham wafers.

3 tbsp. butter                      4 tbsp. sugar

Rub into crumbs. Sprinkle few crumbs on top. Refrigerate.

Mrs. Kay Zinkowski

### PINEAPPLE DESSERT

28 graham wafers,                      1/4 c. white sugar  
crushed                                       $\frac{1}{2}$  c. melted butter

Mix well. Take out  $\frac{3}{4}$  c. of the mixture and pack the rest in a pan about 14" x 8". Drain a 20 oz. can of crushed pineapple. Heat juice and add 1 pkg. of pineapple jelly powder. Chill jello until it gets thick but not solid. Whip 2 cups cream and 1 tsp. orange juice. Beat in 1 c. white sugar. Beat thickened jello and add whipped cream. Fold in crushed pineapple. Spread this mixture evenly over crumbs and sprinkle the  $\frac{3}{4}$  c. crumbs on top. Let stand overnight in fridge.

## CHERRY DESSERT

50 single graham wafers,  $\frac{1}{2}$  c. melted butter  
rolled fine - 4 cups  $\frac{1}{2}$  c. brown sugar

### Filling:

1 pt. whipping cream      1 pkg. miniature marsh-  
1 can cherry pie filling      mallows

Mix crushed wafers with butter and sugar and press  $\frac{3}{4}$  of this in a pan 8" x 12". Whip cream until real stiff. Add marshmallows and mix well. Spread half of this mixture over the graham wafer mixture. Then spread the pie filling over it. Spread the remainder of crumbs on top. Cover with foil and chill for 24 hours.

## DARK STEAMED PUDDING

Cream:  $\frac{1}{4}$  c. butter  
Blend:  $\frac{1}{4}$  c. brown sugar  
Add: 1 beaten egg

Combine thoroughly.

Sift, then measure:

$1\frac{1}{2}$ c. flour	1 tsp. cinnamon
$2\frac{1}{2}$ tsp. baking powder	$\frac{1}{4}$ tsp. each cloves, mace, ginger, allspice
$\frac{1}{2}$ tsp. salt	
2 tbsp. molasses	6 tbsp. milk

Add dry ingredients to egg mixture. Combine milk and molasses. Stir until smooth and thick. Fill a greased container, cover tight. Steam over rapidly boiling water. 2 hours. Serve with sauce.

## LIGHT STEAMED PUDDING

Cream until soft:

1/4 c. butter

Blend: 1/4 c. sugar

Add: 1 beaten egg

Sift then measure:

1½ c. flour

1 tsp. baking powder

½ tsp. salt

Add dry ingredients to mixture with ½ c. milk. Fill a tightly covered container and steam 1½ to 2 hours. Serve with butter sauce.

## CARROT PUDDING

½ c. butter

1 c. bread crumbs

1 c. brown sugar

1/4 c. chopped nuts

1 c. grated carrots

½ c. flour

1 c. grated potatoes

1 tbsp. soda

1 c. chopped raisins

1 tbsp. cinnamon

1 c. chopped apples

½ tbsp. salt

½ c. chopped currants

½ tbsp. cloves

Cream butter and sugar. Add carrots, potatoes, raisins, fruits and nuts. Sift flour, soda and spices. Add to the first mixture. Fill double boiler 2/3 full. Cover and steam 3 hours. Serve hot with pudding sauce.

## APPLE CRISP

6 med. sized apples

1/4 c. butter

1/4 c. sugar

½ c. flour

3/4 c. brown sugar

Cinnamon

(continued)

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Slice apples into buttered dish. Sprinkle with 1/4 c. sugar, and cinnamon. Combine butter, flour, brown sugar, and spread on top of apples. Bake 30 minutes until golden brown. Serves 6.

### LEMON CHIFFON PIE

Mix together in saucepan

3 egg yolks	1/4 tsp. salt
6 tbsp. sugar	1/4 c. lemon juice

Cook over low heat, stirring until it boils. Remove from heat.

Stir:

1/2 c. boiling water	1 tbsp. grated lemon rind
4 tbsp. lemon gelatin	

Then with rotary beater, beat in the hot custard. Cool when mixture is partially set, beat until smooth. Carefully fold into meringue of:

3 egg whites	6 tbsp. sugar
1/4 tsp. cream of tartar	

Pile into cooled, baked pie shell or graham wafer shell. Chill until set. Serve cold.

### RHUBARB BUTTERSCOTCH PIE

2 c. diced rhubarb	2 tbs p. butter
1 egg	2 tbsp. flour
1 c. brown sugar	1 tbsp. cream

Line a deep pie plate with a good rich pastry and fill it with the rhubarb which has been cut into small pieces. Beat the egg with the sugar, melted butter, flour and cream. Stir this mixture until it is well blended then pour over the

(continued)

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rhubarb. Bake in a hot oven for 10 minutes. To set the crust lower the heat and bake until the filling is firm. Serve warm or cold and whip a cup of cream. Spread over top before serving.

Mrs. Putko

### PINEAPPLE SQUARES

1 c. flour	2 egg yolks
1 tsp. baking powder	1 tbsp. milk
$\frac{1}{2}$ c. butter	

Filling:

$\frac{1}{2}$ c. crushed pineapple	2 tbsp. corn starch
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. grated lemon rind
	1 tsp. butter

Sift flour, baking powder, then cut in the butter. Add the beaten egg yolks and the milk. Mix well. Press into bottom of a well greased pan and spread with filling.

Topping:

2 egg whites	$\frac{1}{2}$ c. coconut
$\frac{1}{2}$ c. white sugar	1 tsp. vanilla
1 tbsp. butter	

Beat egg whites stiffly. Add sugar and continue beating. Fold in other ingredients and spread over pineapple filling. Bake in moderate oven for 30 minutes.

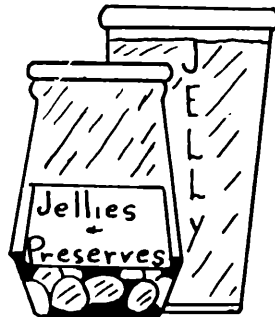
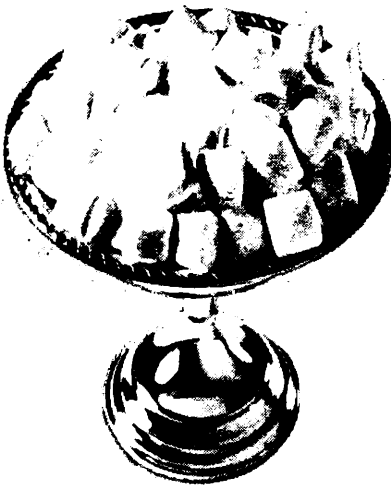
Mrs. Winney Raina

--- EXTRA RECIPES ---



# Candy, Jelly

# & Preserves



# USEFUL HINTS



(a) Sprinkle popcorn with grated parmesan cheese and stir well for a different flavor.

(b) To chop hard-boiled eggs quickly, use the potato masher.

(c) Before handling berries, put lemon juice on your hands and let it dry. The hands will not stain as much.

(d) Boil cauliflower in a cloth and it can be lifted out unbroken. To serve, cover with cheese sauce and sprinkle with paprika.

(e) Add lemon juice to water in which rice is to be boiled. The whiteness will be increased and the grains will remain whole.

(f) When canning some of your tomatoes, put onions and peppers in with them. This is tasty with rice or macaroni and it all ready to use.

(g) I drop two or three kernels of popcorn into the oil when I am going to fry potatoes, chops, chicken, etc. When the corn pops, the oil is hot enough.

(h) Freeze corn on the cob in a large paper bag lined with a plastic bag the same size. You can pack more quickly and take out just what you need.

(i) Par-boil sausages for 8 to 10 minutes before frying or boiling.

(j) Hot honey poured over fried chicken is just delicious.

(k) We still pep up meat with Pete's Mustard—equal parts of dry mustard, sugar and flour, mixed to a paste with white vinegar.

(l) Always put bacon on to fry in a cold frying pan.

(m) To separate refrigerated bacon, run hot water over a rubber pot scraper and slide it between the slices.

(n) Grate a little lemon rind into mayonnaise when making a fruit salad. It gives it a tart taste.

(o) To add a different flavor to salad dressing, substitute the liquid off sweet pickles (strained) for part of the vinegar in your recipe.

(p) Clean rusty sink stains by using cream of tartar and a few drops of hydrogen peroxide.

(q) Clean wax off tiles with ammonia, wash clean with water then rewax.



## CANDY JELLY & PRESERVES

### JELLO PUDDING FUDGE

1 pkg. (4 oz.) choco- late pudding & pie filling	1/4 c. milk
2 tbsp. butter	1½ c. sifted icing sugar
	1/4 c. chopped nuts

Combine pudding mix, butter and milk. Bring to a full boil and boil gently for 1 minute, stirring constantly. Remove from heat quickly blend in icing sugar. Add nuts. Press into buttered pan.

### SEVEN MINUTE FROSTING

Combine in top of double boiler:

2 egg whites	1/4 c. water
1 c. sugar	1 tsp. syrup
1/8 tsp. cream of tartar	

Place over boiling water and beat with beater until mixture holds its shape. Fold in 1 tsp. vanilla. Fluffy and so pretty!

### LEMON CHEESE

1 lb. sugar	Juice of 3 lemons
1/4 lb. butter	4 eggs, beaten

Put sugar, butter and lemon juice into a double boiler, then add the beaten eggs. And stir until thickened. This will keep for several weeks in refrigerator.

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## RASPBERRY JAM

8 c. raspberries

6 c. sugar

Wash, crush and measure 8 cups berries. Bring to boil and precook uncovered 10 minutes, stirring often. Add sugar and boil to jam stage. About 15 minutes, until thick and clear. Pack in jars and seal.

## STRAWBERRY & RHUBARB JAM

6 c. strawberries,  
crushed

4 c. rhubarb,  $\frac{1}{2}$ " pieces  
6 c. sugar

Wash, hull, crush and measure strawberries. Wash, trim stalks and cut rhubarb in  $\frac{1}{2}$ " pieces. Combine fruit, bring to boil and precook, uncovered 15 minutes. Add sugar, bring to boil and boil uncovered to jam stage. Pour into sterilized containers and seal. Approximately  $6\frac{1}{2}$  cups of jam.

Sharon Pell

## STRAWBERRY JAM (FROZEN)

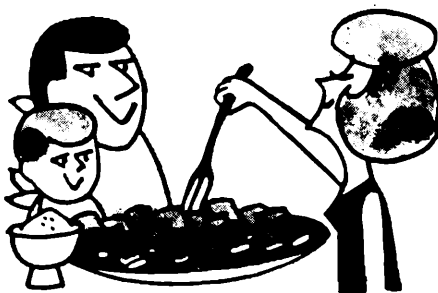
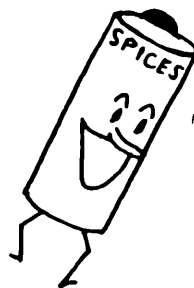
3 c. mashed strawberries 1 pkg. Certo  
5 c. sugar 1 c. water

Mix berries and sugar together. Let stand 20 minutes mixing occasionally. Mix Certo and water together, bring to a boil and boil for 1 minute. Mix constantly. Mix Certo and water mixture into berries and mix for 2 minutes. Pour into jars and let stand 24 to 48 hours at room temperature. Seal. Freeze.

Mrs. Sophie Schebel

# Miscellaneous

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TEN COMMANDMENTS OF  
GOOD HUMAN RELATIONS

HOW TO GET ALONG WITH PEOPLE

1. Speak to people - There is nothing as nice as a cheerful word of greeting.
2. Smile at people - It takes 72 muscles to frown, only 14 to smile.
3. Call people by name - The sweetest music to anyone's ear is the sound of their name.
4. Be friendly and helpful - If you would have friends, be friendly.
5. Be cordial - Speak and act if everything you do was a genuine pleasure.
6. Be genuinely interested in people - You can like everyone if you try.
7. Be generous with praise - cautious with criticism.
8. Be considerate of the feelings of others - It will be appreciated.
9. Be thoughtful of the opinions of others - There are three sides to a controversy: Yours, the other fellow's and the right one.
10. Be alert to give service. What counts most in life is what we do for others.

TWO THINGS ARE BAD FOR THE  
HEART - Running upstairs  
- Running down people.

## MISCELLANEOUS

### NALYSNYKI

2 eggs, well beaten	1½ tsp. baking powder
1½ c. milk	1/4 tsp. vanilla
1 tbsp. sugar	1/4 tsp. salt
1 1/4 c. flour	

Mix above ingredients together and beat until batter is smooth.

#### Cheese Filling:

2 c. cottage cheese	1 tbsp. sweet cream
2 eggs, well beaten	1/4 tsp. sugar

Mix all filling ingredients together.

Heat a small frying pan, brush with butter and pour in just enough batter to cover pan, when tilted from side to side. Brown both sides, spread with filling and roll like jelly roll. Arrange in casserole. Cover with sweet cream. Bake at 275 degrees for 35 minutes. Uncover last while to brown. Serve hot with meat and salad.

These would be served with the main coarse meal, often instead of cabbage rolls.

Mrs. Stella Buryniuk

### MOM'S PANCAKES

3 eggs	1 tbsp. sugar
3 level tsp. baking powder	Pinch of salt
1 c. milk	Flour enough to make soft cake dough

Fry on hot pan with lard in pan, turning over once.

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## PANCAKES

Mix and sift together:

1 1/8 c. sifted flour	3/4 tsp. salt
1 1/2 tsp. baking powder	2 tbsp. sugar

Combine:

1 egg, well beaten	1 c. milk
3/4 tsp. salt	3 tbsp. melted butter

Make a well in the dry ingredients and add liquid ingredients. combine. Brown on hot, slightly greased griddle or frying pan. Serve with butter and syrup.

## FROSTING BROWN SUGAR ICING

1 c. brown sugar	1 tsp. butter
1 tbsp. butter	

Mix smooth with cream. Add vanilla or lemon for flavoring.

## NALYSNYKI

2 eggs, well beaten	1 1/4 c. flour
1 1/2 c. milk	1 1/2 tsp. vanilla
1 tbsp. sugar	1/4 tsp. salt

Cheese filling:

2 c. cottage cheese	1/4 tsp. salt
2 eggs, well beaten	1 tbsp. sugar
1 tbsp. sweet cream	

Mix above ingredients together and beat together.

Mrs. Sophie Buryniuk

TEA REFRESHMENTS for 300 people.

12 large sandwich loaves. sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES - Ribbon & rolled.

4 doz. eggs - hard boil, make filling with salad dressing and seasoning.

4 tins Klik or 1 lb. of ham or bologna - Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

1½ lbs. white cream cheese - Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. <sup>Make</sup> in rolls. Takes 1 - 12 oz. jar red cherries and 1 - 6 oz. green.

1½ lb. Velveeta - Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp - Mix with salad dressing. Roll.

2 large tins salmon - Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people.

3 per person usually allowed. 25 persons suppling 3 dozen each should be sufficient if a group project.

Also required:

2 lbs. tea  
3 lbs. sugar cubes  
3 qts creamilk  
½ gallon sweet pickles  
½ gallon dills

## SUPPER QUANTITY COOKING

### BAKED BEANS FOR 100:

8 qt. dry beans	4 lb. salt pork
20 qt. salad	20 doz. rolls
4 lb. butter	20 pies
4 qt. cream	2 lb. coffee

### HASH SUPPER FOR 100:

40 lb. corned beef	5 qt. salad dressing
32 qt. potatoes	5 lb. butter
20 doz. rolls	2 lb. coffee
20 qt. chopped cabbage	4 qt. cream

### CABBAGE SALAD FOR 175:

20 lb. cabbage	4 large cans crushed pineapple
1 1/2 qt. Miracle Whip	2 bunches carrots

### HAM SUPPER FOR 225:

48 lb. canned ham	2 qt. milk
24 potato salads (solicited)	1 lb. Crisco
5 lb. coffee	5 to 6 c. water
1 pt. cream	48 pkg. peas
45 qt. strawberries	8 qt. milk
6 pkg. Bisquick equals 3/4-inch biscuits	6 qt. heavy cream
	1 pkg. Starlac
	1 c. sugar, add to Bisquick

### BRAISED BEEF FOR 200:

65 lb. stew beef	Harvard beets
60 lb. potatoes	Cabbage salad
36 pies	40 lb. turnip
	2 lb. cheese

### TURKEY DINNER FOR 250:

7 turkeys	75 lb. potato
75 lb. butternut squash	10 bunches celery
20 large cranberry rings	44 pies

### CHICKEN SHORTCAKE FOR 135:

60 lb. chicken	3 large pkg. Bisquick
30 pkg. frozen peas	17 pkg. Flakon corn mix
12 cans cranberry sauce	2 bunches celery

