



# Pionneer

# Cook

# Book

*edited by:*

THE UKRAINIAN CATHOLIC WOMEN

*Bruno, Sask.*



Із книгозбірні Наталії Чапленко  
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*А. Кравчук*

## A Tribute To Citizenship



IVAN PILLIPIW  
*A Man in Sheepskin With a Vision*

### *Dedication*

O pioneer, out of the land, Ukraine,  
When vested Night took down the lamp of day,  
Did not stark homesickness and pain,  
Beset you at the heart?

And, Mother of the babe, in the thatched hut,  
Did you not hear the sob break in your throat  
As the small sleeper's eyelids shut?

Yet now behold the fruited acres stand  
Where the water of your tears fell on the land!



**Agnes Louise Hovda**

## FOREWORD.

Gathering historical data from our Pioneers has given me great pleasure. I have enjoyed immensely talking with people who have made Bruno what it is to day: a community which is a symbol and an inspiration in this fast progressing world.

It was felt that recalling the memory of our pioneers, including their picture in a souvenir book was doing too little. We were however confronted with a dilemma to publish either a souvenir book that would have little or no appeal outside our region or a book that would gather some of our traditional treasures and would be of interest and use to a greater public.

A RECIPE BOOK appeared a plausible solution. Among the traditional customs that our ancestors have brought to this land, handicrafts, folksongs, etc... the very tasty and wholesome recipes developed in central Europe and enjoyed by so many in this country count as some of the most treasurable ones that we have the duty to upkeep.

Some of our songs may go into oblivion, the cross-tich embroideries may become unfamiliar to the younger generations, but people will always eat and what dishes are better than the good ones mother used to prepare? Why did we take so much pleasure in visiting GRAND'MA if not to some extent for most palatable confections of her table?

In fact the table has always been the centre where relatives and friends rally in most solemn occasions. Around the table the family discusses its problems in a friendly and amiable way, friends are invited and hospitality establishes new bounds that, so to speak, are never to be forgotten. It is significant that our Lord chose the LAST SUPPER to give us his great gift of love: THE HOLY EUCHARIST. As long as people sit together to share the same food, the union of hearts is always possible.

Hospitality is a distinctive feature of our Ukrainian ancestors, it was mainly expressed by the setting of the table for the guests. It is in the hope that we could help fostering this quality that we decided to publish this RECIPE BOOK.

May it be an homage to our pioneers who, in the early stages of the settlement, had to content themselves with the daily piece of bread. Recipe books are not lacking, we have endeavored to give here the recipes that are traditional among our Ukrainian people, whether ritual or not. We hope it will prove timely and useful.

If we may express a wish on this occasion of our PIONEER DAY it will be that those ancestors who are still among us may enjoy the blessing of many more years in our midst and, among other things a table remindful of the wonderful days gone by.



*Genno, Sathakowas.*

# Breads, Rolls, Etc.

## DOUGHNUTS

2 eggs	1 tbsp. melted butter
½ cup sugar	¼ tsp. salt
½ cup milk	2 tsp. nutmeg
2 level tsp. baking powder	2 cups flour

Beat eggs until light, adding sugar gradually. Sift together flour, salt, baking powder and nutmeg. Add to beaten eggs and sugar alternately with milk and melted butter. Roll out the soft dough, cut with cutter, drop in boiling fat and fry a golden brown. Roll in sugar if desired.

## BANANA NUT BREAD

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

Sift together the dry ingredients. Add ¾ cup of the nuts. Combine the remaining ingredients and add to dry ingredients. Stir only until the flour is moistened. Pour into a greased 9 x 5 inch loaf pan. Sprinkle the remaining nuts over the top of the loaf. Bake in a moderate oven 350° for 1 hour.

## APRICOT NUT BREAD

20 dried apricots cut into small pieces

Add 1 cup water and let simmer for 8 to 10 min. Remove from heat and add 1 cup white sugar. Cool.

Sift:

2 cup. flour	1 tbsp. sugar
2 tsp. baking powder	⅛ tsp. nutmeg
½ tsp. salt	¾ cup walnuts
½ tsp. soda	

Add:

1 egg	1 tbsp. lemon juice
1 tbsp. melted shortening or salad oil	½ cup milk

Add the apricot mixture. Stir altogether lightly. Grease loaf pan well. Bake in oven 350 degrees for 40 to 50 min.

## DATE MUFFINS

1 cup dates	1 cup boiling water
2 tbsp. butter or shortening	1 cup sugar
1¾ cups flour	1 tsp. baking soda
1 egg, beaten	¾ cup nuts
¼ tsp. salt	1 tsp. vanilla

Pour boiling water over dates and butter, let cool. Then add sugar, egg, vanilla, flour which has been sifted with soda and salt. Bake in muffin tins in a moderate oven about 15 to 20 minutes. Roll in powdered sugar when done.

## DATE AND NUT BREAD

1 cup chopped dates  
 1 tsp. soda  
 $\frac{3}{4}$  cup boiling water  
 1 egg  
 $\frac{3}{4}$  cup light brown sugar  
 $\frac{1}{2}$  tsp. salt

1 tsp. vanilla  
 $1\frac{1}{2}$  cups all purpose flour  
 1 tsp. baking powder  
 $\frac{3}{4}$  cup chopped walnuts  
 (optional)  
 $\frac{1}{4}$  cup melted shortening

Cut dates and place in a bowl. Add soda and pour over boiling water. Mix well and let stand until cool. Beat eggs until light, add sugar gradually, beating between additions. Add salt, and vanilla, combine with date mixture. Add sifted dry ingredients and nuts. Add melted cooled shortening, mix well. Pour into well-greased loaf pan and bake at 300° to 325° F. for one hour or a little longer.

## PEANUT BUTTER BREAD

2 cups all purpose flour  
 3 tsp. baking powder  
 $\frac{1}{2}$  cup sugar  
 2 eggs

$\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  cup peanut butter  
 1 cup milk

Sift dry ingredients together. Rub peanut butter lightly into flour mixture. Add milk and eggs which have been beaten, and mix only enough to combine ingredients. Bake in greased loaf pan at 325° to 350° F. for one hour.



*Question: "Do you believe in clubs for women?"*

*Answer: "Yes, if peaceful means fail."*

"As the lion came charging at me," the famous explorer related, "I turned and made a leap for an overhanging branch 25 feet above the ground."

A listener asked breathlessly: "Did you make it?"

Explorer: "Not on the way up, but fortunately I caught it on the way down."

A wife caught her husband reading the card from a fortunetelling machine:

"H'm! So you're to have a beautiful and charming wife, are you? Not while I'm alive, Horace — not while I'm alive."

"It was so cold where we were," said the Arctic explorer, "that the flame of the candle froze and we couldn't blow it out."

"That's nothing," said his rival. "Where we were the words came out of our mouths in pieces of ice and we had to fry them to hear what we were talking about."

"What happened to that girl you used to saw in half in your magic act?"

"She's living in New York and Chicago."

**POPPY SEED ROLL**

1 pint milk	1 fresh yeast cake
$\frac{1}{4}$ lb. butter	6 egg yolks
1 cup sugar	3 egg whites
1 tsp. salt	Grated rind of 1 lemon

Scald the milk and cool to lukewarm. Dissolve yeast in this and then add enough flour to make a thick batter. Beat hard and let rise until light, about 2 hours. Then add sugar, salt, melted butter, lemon rind, and the well-beaten eggs. Work in enough flour to make a medium stiff dough. Let rise until double in size. Divide in 2 parts, roll about  $\frac{1}{2}$  inch thick, and spread with filling. Roll like jelly roll.

**Filling**

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

Scald the poppy seeds with boiling water and let stand for 1 hour. Then put through the finest blade of your food chopper. Add sugar, lemon rind and beaten egg whites. Mix well. Spread on your dough and roll like jelly roll.

**DANISH COFFEE ROLLS**

$\frac{3}{4}$ cake compressed yeast	$3\frac{1}{2}$ cups sifted flour
$\frac{3}{4}$ cup cream	$\frac{3}{4}$ cup granulated sugar
$\frac{3}{4}$ cup shortening	$1\frac{1}{2}$ teaspoons cinnamon
3 eggs, beaten thick	Sliced blanched almonds
$\frac{1}{2}$ teaspoon salt	

Crumble yeast into cream. Let stand until soft. Stir. Cream shortening, add eggs and combine well. Add to yeast mixture with salt. Mix in sufficient flour to make a soft dough. Knead lightly on slightly floured board or canvas, until smooth. Place in bowl, cover and chill 3 hours. Sprinkle half of sugar on canvas and turn out dough. Roll out and fold from top to bottom and left to right; repeat folding and rolling 3 times. Roll  $\frac{1}{2}$  inch thick and cut in narrow strips, roll in remaining sugar mixed with cinnamon. Twist and shape. Let rise on greased pan at room temperature,  $\frac{1}{2}$  hour. Sprinkle with almonds. Bake in moderate oven  $350^{\circ}$ . Garnish with jam or jelly. The rolled out dough may be folded lengthwise — then shaped as one large roll if preferred.

**POP OVERS**

Beat 3 eggs well. Then add 1 cup cold milk. Beat together with eggs, 1 tsp. salt and  $1\frac{1}{4}$  cups flour beaten with egg beater for 3 minutes. Pour into well greased muffin-tins and bake in hot oven.

Muriel Maciborsky, Falun, Alberta.

**CINNAMON BUN BASE**

1 cup brown sugar	$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup syrup	Juice of $\frac{1}{2}$ orange

Mix above ingredients well. Pour amount desired into a well greased pan and set unbaked buns into this mixture.

## Traditional Easter Babka-1,

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Babka or baba is a rich yeast-raised cake bread traditionally served at Easter. It is one of the most distinctive Ukrainian breads. A successful babka-rich, tender, fine textured, spongy and very light - is a great triumph of a Ukrainian homemaker. Additional information on babka (for variations) can be obtained from oldtimers. In the following recipe the sponge is made with a base of a hot milk-flour paste. This method gives a finer texture to babka and helps to retain its freshness longer. It is popularly used for fine textured cake breads and yeast-raised pastries. For a cake-like crumb of the finished product, the egg yolks and the whole eggs may be beaten with the sugar over hot water until the mixture is thick.

1 cup milk	1 teaspoon salt.
1/3 cup flour	1 cup sugar, scant.
2 cup lukewarm water	1 cup melted butter, scant
3 packages dry granular yeast.	2 teaspoons vanilla
10 to 12 egg yolks	Grated rind of 1 lemon
2 whole eggs	5 1/2 to 6 cups sifted flour
	1 cup or more raisins, if desired.

Bring the milk to a boil and remove from the range. Add the hot milk gradually to the flour and beat thoroughly until smooth and free of lumps. If necessary, strain or press the mixture through a sieve. Cool it to lukewarm. Dissolve the sugar in the lukewarm water sprinkle the yeast over it, and let stand until every yeast granule is softened. Combine with the lukewarm milk-flour paste, beat well, cover, and let it rise in a warm place until light and bubbly. Beat the egg yolks and the whole eggs together along with the salt; add the the sugar gradually and continue beating until light. Beat in the butter, vanilla, and lemon rind. Combine this mixture with the sponge and mix well. Stir in enough flour to make a very soft dough and knead it in the bowl by working the dough over and up continually for about 10 minutes. The usual method of kneading does not apply to babka. This dough is soft. Thorough kneading is essential to develop its elasticity. When raisins are used. They should be added after the dough is kneaded. Cover and let it rise in a warm place until double in bulk. Punch down, knead a few times, and let it rise again. Bake in round baking (buttered) pans, filling the pan one third. Let dough rise triple in bulk before putting in oven. Brush the loaves with a beaten egg diluted with 2 tablespoons of milk or water. Bake in a moderate oven at 375 F. for about 10 minutes, then lower temperature to 325 F. and bake for 30 minutes; then again lower temperature to 275 F. and bake for 15 to 20 min. The baking period depends on the size of the loaves. If needed to prevent scorching, cover with foil paper.

Babka dough is very delicate and temperamental. It should be baked with great care to puff up and form a firm yet tender crust. Remove from oven, let loaf stand in the pan for 5 to 10 min. Tip over a cloth covered pillow. Change position often for 1 hr to prevent settling. Always slice in rounds across the loaf. Keep crust to cover.



Follow the recipe for Traditional Easter Babka\*1, but omit the hot milk-flour paste. Scald 1 cup of milk and cool it to lukewarm. Soften the yeast as directed. Make a sponge by combining the lukewarm milk with the softened yeast and 1 cup of flour. Proceed as directed in the recipe. Juice of 1 medium orange may be added to the dough mixture for a richer flavor. Add enough flour to give a soft dough.

### Country Babka \*3.

2 tspns sugar.	$\frac{3}{4}$ cup or more sugar
$\frac{1}{2}$ cup lukewarm water.	$\frac{1}{2}$ cup melted butter
2 packages dry gran.yeast.	2 tblepns grated lemon rind.
1 cup scalded milk, lukewarm	5 cups sifted flour,
1 cup flour	1 cup (or more) raisins.
6 eggs.	

1 tspn salt. PROCESS: Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let stand until softened. Combine with the lukewarm milk and 1 cup of flour. Beat well cover, and allow the sponge to rise in a warm place until light and bubbly. Beat in the butter and lemon rind. Combine this mixture with the sponge. Stir in the flour and knead in the bowl for about 10 minutes. This dough should be slightly thicker than for the usual babka mixture. Knead in the raisins. Cover and let rise in a warm place until double in bulk. Punch down, knead a few minutes, and let it rise again. Butter tall, round baking pans with soft butter and fill them one-third full. Cover and let rise in a warm place until the dough reaches the brim of the pan. Bake as directed in the recipe for Traditional Easter Babka \*1.

### Babka \*4. (Easter sweet bread.)

2 cups pasteurized milk.	$\frac{3}{4}$ cup butter,
$\frac{1}{2}$ cup lukewarm water.	1 tspn vanilla.
2 yeasts.	Rind of 2 oranges.
1 cup sugar,	$\frac{1}{2}$ lb. raisins.
1 tspn salt.	Flour for soft dough.
6 eggs yolks.	

PROCESS: as for ordinary BABKA, let rise, punch down, let rise again, form into round loaves, let rise 1 hour, bake at 350 F. degree for 45 minutes.

### HONEY COOKIES.

1 Cup shortening,	6 tblepns melted honey.
1 Cup brown sugar,	$\frac{4}{4}$ cups flour.
2 eggs, 1 tspn vanilla,	2 tspn Baking soda.

Set them overnight, roll about 1/8th inch thick, then put two together with jam inside. Bake at 350° F. for 15 min.

**EASTER BREAD (BABKA)**

3 packages yeast  
 2 cups milk  
 15 egg yolks  
 1½ cup icing sugar  
 1 teaspoon salt  
 8 cups flour (or more)

1 cup melted butter  
 ¼ cup blanched and ground almonds  
 ¼ pound white raisins  
 1 tablespoon grated orange rind.

Dissolve yeast in luke warm milk according to the direction on the package. Add one cup of flour, beat with a wooden spoon until smooth. Set in a warm place to rise until double in bulk. Beat egg yolks till light adding sugar gradually while beating. Add to the yeast mixture. Mix in the rest of the flour, first with a spoon, then with hand. Knead the dough until smooth, add melted butter gradually while kneading. Lastly add mashed and dried raisins, ground almond, and grated orange rind. Mix until the fruit is well blended with the dough. Place in greased bowl, turning once to bring grease side up. Cover and let rise in warm, draft-free spot, until double. Divide dough into two equal portions. Round up into well rounded bun-like shapes. Place in 2 well greased tall tin cans. Put top of dough even. Cans should be half full. Cover and let rise until double. (30 to 40 minutes). Bake in 325° oven for 45 min. or until done.

**EXCELLENT BREAD****High and fluffy Buns and Doughnuts**

2 cups sweet cream  
 3 cups boiling water (pour over cream)  
 1 cup sugar  
 6 eggs beaten  
 1 tbsp. salt  
 Mix the above.

Dissolve 2 fast rising yeasts in half a cup of water (10 minutes). Sift and measure 13 cups flour. Add to liquid mixture and knead all together for half an hour. Let rise double in size. Ready in 3 hours. This dough is thin.

Mrs. M. Sawchukewich.

**SOUR CREAM TWISTS**

1 package of dry yeast  
 ¾ cup lukewarm water  
 1 cup butter or margarine  
 4 cups unsifted all-purpose flour  
 1 teaspoon salt  
 ¾ cup sour cream  
 2 eggs well beaten  
 1 teaspoon vanilla  
 ½ teaspoon grated lemon rind  
 1¾ cups granulated sugar

Dissolve yeast in water. Cut butter into flour and salt with blender. Add dissolved yeast, sour cream, eggs, vanilla and lemon rind. Combine thoroughly. Cover with a damp cloth and refrigerate for two hours or overnight. Roll half the dough out on a well-sugared board (use ¾ cup) into a rectangle 8 x 16 inches. Fold ends toward centre and sprinkle with a tablespoon of sugar. Repeat rolling and sprinkling twice. Roll about ¼ inch thick and cut into strips 1 x 4 inches. Twist ends in opposite directions, stretching dough slightly. Place in shape of horse-shoes on greased cookie sheets. Repeat with remaining dough. Cover and let rise until doubled in bulk. Bake at 400 deg. F. about 15 minutes. Remove from pans immediately. Makes 5 dozen twists.

## Kolach (Christmas Bread)

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Kolach comes from the Ukrainian word KOLO, meaning circle a symbol of eternity and general welfare which is put around the bread in the form of a braid. Ingredients:

1 tspn sugar.	1 tblspn salt.
1 cup lukewarm water	1 " sugar.
1 package dry granular yeast.	2 " cooking oil or fat
2 cups warm scalded milk.	3 cups sifted flour.
2 eggs beaten.	5 to 6 cups sifted flour.

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 min. Combine the softened yeast with the lukewarm milk, eggs, salt, sugar, cooking oil and flour. Beat until smooth. Cover & let rise in warm place for one hour. Knead until smooth and elastic. The dough should be somewhat stiffer than for bread, so that it will hold its ornamental form. Not too stiff, though. Cover and let rise in warm place until double in bulk. Punch down and let rise again. This recipe will make two medium size kolach. Divide the dough into 2 portions. Shape as follow: (this process may seem tedious and complicated at first, but is really simple:

1-Shape one portion into a long roll. Cut into 6 equal parts. Roll each into a long roll about 20 inches in length. Take 2 of these rolls and entwine them from left to right, starting at the center. Turn the roll around and entwine the other half in the same manner. Repeat this operation with the remaining 4 rolls. There will be 3 entwined rolls.

2-Braid the 3 entwined rolls very neatly and evenly, starting at the center. Then turn the partly braided roll and finish braiding the other half.

3-Trim the ends neatly, bring them together, and join by pressing gently. This will form a circle with an opening in the center. Be sure that the opening is large enough to remain open when the loaf is baked. The baked loaf should look like a wreath.

4-Roll the trimmed off dough into 2 thin rolls about 30 inches or more in length. Entwine them together as in step 1. Encircle the whole loaf with this entwined roll, joining the ends very neatly.

5-Place in a greased, shallow pan of a suitable size. Cover and set the loaves in a warm place to rise until almost double in size. Take care not to let the loaves rise longer than necessary as the ornamental finish may lose shape. Brush with a beaten egg diluted with 2 tablespoons of water. Bake in a moderately hot oven (400F.) for about 15 min., then lower the temperature to 350 F. for 15 min., lower to 325F. for 30 to 40 minutes, until done.

Household hint: When you spill lard on a hot stove, sprinkle with salt, it will prevent it from smoking. To remove ink spots from garments, use pure vinegar, then rinse in water and soap.

Kolach \*2 (simpler recipe)

Sift 4 cups warm flour, 1 quart scalded milk, 2 packages yeast, mix this, let stand for 2 hrs. Then beat 4 eggs to which add 2 tspns salt &  $\frac{1}{2}$  cup sugar; mix this to the batter, add  $\frac{1}{2}$  cup melted butter and enough flour to make nice soft bread dough knead for  $\frac{1}{2}$  hr. let rise till double in size. Then divide dough into as many parts as you want braids; braid it; let rise again. and bake as bread at 350 F. for 45 minutes.

*Banepukh*  
Pyrohy. (Dumplings)

$2\frac{1}{2}$  cups flour.  $\frac{1}{2}$  tspn salt.  
 $\frac{3}{4}$  cup warm water 2 tspn mazola oil.  
1 egg well beaten.

Mix water, oil and eggs. Sift in 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 warm place. Roll out thin. Cut into squares 2 inches 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 eight to 10 minutes. Drain and grease with melted butter, Serve with sourcream.

Filling for Pyrohy (potato and cheese)

Boil 6 medium sized potatoes. Drain and mash. Add one tspn butter and dash of pepper, and salt to taste. While still warm add half grated yellow cheese or  $\frac{1}{2}$  pound cottage cheese. Mix well and cook.

Holubtsi (Cabbage rolls)

1 cup rice Pepper to taste.  
 $1\frac{1}{2}$  cup water, 1 medium sized head of cabbage.  
1 medium diced onion 1 can tomatoe soup.  
 $1\frac{1}{2}$  tblsp. salt level.  $\frac{1}{4}$  cup water.  
 $1\frac{1}{2}$  heaping tspn lard.

Method: Put rice water onion, salt, lard and pepper in pot to cook. Cook until almost done, pull the cabbage leaves apart, if too hard, scald until soft; don't cook, scald all leaves until soft. Cut leaves approximately 4 inches square. Roll one (heaping) tspn of rice in each leaf, roll. and lay side by side into a roaster lined with foil paper, lay as many layers as necessary; Put two heaping tspn lard on top; add tomato soup & water cover with cabbage leaves. Put lid on and roast for one hr. at 325 F.

Buckwheat cabbage rolls.

Scald your buckwheat with hot water; salt, peper, onion as for rice; don't boil; put it in oven for about 15 min. at 350 F. use the cabbage the same way as for rice except for baking the rolls use water instead of tomato soup.

Fruit cabbage rools.

Use same dough as previous rolls, filling varies: prunes, cherries, raisins, apricots, dried apples boiled thick in sugar and water may be used.

## CHRISTMAS SUPPER MENU

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The following dishes are ritual ones for the menu of Easter; we are listing them here for the benefit of the younger generation:

- 1-Paska
- 2-Sausage
- 3-eggs
- 4-ham
- 5-pork rib filling.
- 6-chicken filling & chicken
- 7-horse radish plain.
- 8-horse radish in beet relish
- 9-cottage cheese.
- 10-Easter Syrnyk:(cheese cake)
- 11-Drihli:(head cheese)
- 12-Poppy rolls.

Note: in the Easter basket to be blessed it is important to add: BUTTER and SALT. Many also add PYSANKY (decorated eggs) chocolate eggs and cream.

### Ukrainian ritual Christmas Eve Supper.

The following dishes are ritual ones for the menu of Christmas:

- 1-Kootia
- 2-fish
- 3-borsch & ooshka (dough in borsch)
- 4-Pyrohy
- 5-Holubtsi
- 6-Mushrooms
- 7-Picled herring.
- 8-Cooked dried peas.
- 9- Cooked dried fruit
- 10-Kolachi.
- 11-Poppy seed roll
- 12-Pampushky.

Note: Before sitting at the table for the Holy Christmas Supper to which at least one guest (a neighbor or a poor man) has been invited to personify Christ (Christ being present in our neighbor) the landlord dips a piece of bread in honey (with the means of a fork) and puts in on the tongue of his guest expressing at the same time his wishes to him. He does likewise for all the guests and a CAROI precedes the supper.

#### KOOTIA:

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

Pick out foreign grains from wheat kernels. Wash well. Put in pan and dry in oven  $\frac{3}{4}$  hour at 250F. Stir occasionally. When dry put in sugar sack and beat with rolling pin to loosen skin off wheat. Wash thoroughly. Cook until tender, about 2 to 4 hours. Wash  $\frac{3}{4}$  cup poppy seed. Then pour boiling water over seeds to cover and let stand 15 minutes. Drain. Grind poppy seed in food chopper using fine plate. Combine cooled wheat, poppy seed and nuts. Add honey to taste; half sugar half honey may be used if preferred.

HINTS: To mend glove fingers: use marbles in the tips of the fingers. To remove paint from clothes: use floor clear wax. For hands To prevent bottom pie crust to become saggy, grease pie pans with butter. The crust will be soft and flaky.

When your husband comes home grouchy or drunk looking for an argument: take a mouthful of water quickly, don't swallow it, for  $\frac{1}{2}$  hr. hold it in your mouth...he'll quiet down.

# Pioneers



MR. + MRS KOWSENIAK



MR. PH. EWANISHEN.



MR. BILL SMOOD.



MR. & MRS. HARRY KISIL.



MR. & MRS. HARRY WASHUTA



ALEC. YAROSHKO - Mrs. Bill Thoms - Mrs. A. Chukrowski - Mrs. S. Siermach.



MRS. B. STADNYK. - MRS. M. SIERMACH. - MRS. L. TARNOWSKI - MRS. A. SIERMACH.



MRS. P. INDZEOWSKI - Mrs. John Siemach. - Mrs. Kat. Krysa.

### Historical dates

JOHN BORYSKO: came to Bruno in 1910, married Mary Thoms in 1911. Has 3 children of the 1st marriage. In 1931 married Anna Sophian. Has 5 children of the 2nd marriage. Secretary of Holy Trinity church in Bruno for 11 years.

WILLIAM SMOOD: came to Canada in 1902, to Bruno in 1906. Married Caroline Ivaniuk in 1906. Has 5 children. On church board at start.

IENA TARNOWSKI: Came to Canada in spring of 1914. Married in the fall of same year. Eleven children, 3 of which still in the parish. Mrs. Tarnowski was sacristan for 18 years.

Harry Washuta: Came to Bruno in 1913. Married in 1915 to Anna Skyba. Family of 8 children. Church chanter for 24 years.

Peter Kozak: Came to Canada 1907. To Bruno 1918. Married Mary Thoms in 1919. Outstanding usher for many years. Has family of 12.

Nick J. Thoms: Came to Bruno in 1907; married Maria Kamianets in 1914. Has family of 6 children.

Anna J. Siermachewski: Came to Canada in 1913, to Bruno in 1915. Has family of 11 children. One boy is a Basilian (the first priest of Holy Trinity Church in Bruno) Rev. Father Gregory.

Anastasia Chuchrowski: Came to Canada in 1908. Married first time to Ignats Solar who with Kasper Borysko built the first church in 1908.

Hrynko Hryciw: comes to Canada in 1904, to Bruno 1908. Got married in 1907. Has 5 children.

Fred Kushnir: Came to Canada in 1913, to Bruno 1913. Had 5 children.

Joe Hnatiw: Came to Canada 1899, to Bruno 1906. Has 5 children.

Was Church Secretary 3 yrs; President 4 years. On Schoolboard: 9 yrs.

Fred Stadnyk: came to Canada 1903, to Bruno 1906; has family of seven boys and as many daughters. On the school board for 16 yrs.

Peter Indzeoski: came to Canada in 1899, to Bruno 1902. Had a family of 4 daughters and 7 boys.

Bill Thoms: came to Canada in 1899, to Bruno in 1902, had a family of 5 daughters and 7 boys. His wife, now 92, still lives and is in fairly good health in Smuts, at her daughter's place, Mrs Hyshka. We have made a special trip to snap the enclosed picture and were happy to hear, how, at her age, she can recite all the prayers, including the ten commandments, the 7 capital sins, etc..

Alec Krysa: Came to Canada in 1913, to Bruno in 1918. Had 2 children.

Alec Remenda: came to Canada in 1899, to Bruno 1906; Family: 6.

Matt Kowseniak: came to Canada in 1925, to Bruno 1929; children: 2.

Bill Stadnyk: came to Canada in 1908, to Bruno in 1910; children: 8

Anastasia Salewich (Chomoway) born in Pidvervets, DISTRICT: Harasym in 1885, married to Ilko Salevich in 1905, came to Canada in 1906.

Note: We are sorry that information was not available for other pioneers. To all a HAPPY PIONEER DAY!

# Cakes

## RASPBERRY JAM CAKE

- |                           |                           |
|---------------------------|---------------------------|
| 2½ cups sifted cake flour | ½ cup oil (Mazola)        |
| 1 tsp. baking powder      | 2/3 cup buttermilk        |
| ¾ tsp. soda               | 2/3 cup red raspberry jam |
| 1 tsp. salt               | 1 tbsp. lemon juice       |
| ½ tsp. cinnamon           | 1 cup sugar               |

Sift all dry ingredients and add oil, buttermilk, jam, and lemon juice. Beat until it forms a very smooth batter. In separate bowl, beat eggs until thick and foamy. Gradually add the sugar and continue beating until well blended. Fold this egg and sugar mixture thoroughly into batter. Pour into two waxed paper lined 9" layer pans. Bake in moderate oven, 350°, for 30 to 35 minutes.

Frost with:

- |  |                             |
|--|-----------------------------|
| 1 3-oz. pkg. Philadelphia cream cheese | 2½ cups confectioners sugar |
| 1 tsp. lemon juice                     | 1 tbsp. cream               |

Beat until smooth. With spoon, make swirls on icing with jam.

## DATE AND APPLE TORTE

- |                      |                     |
|----------------------|---------------------|
| 4 cups sliced apples | 1 tsp. butter       |
| 1 cup sugar          | 1 egg               |
| ½ cup sifted flour   | ½ cup chopped nuts  |
| 2 tsp. baking powder | ½ cup chopped dates |
- Mix dry ingredients. Last add apples and nuts, and dates.  
Bake till apples are done. 350° oven.

## CHOCOLATE ICING

- |                        |                               |
|------------------------|-------------------------------|
| 1 cup granulated sugar | 2 unbeaten egg whites         |
| ¼ tsp. salt            | 3 tbsp. water, 1 tsp vanilla. |
| ½ tsp. cream of tartar |                               |
- Put all ingredients in a double boiler, except vanilla, and beat for 3 or 4 min. or till right consistency.

## DEVILS FOOD CAKE

- |                             |                        |
|-----------------------------|------------------------|
| 1 cup Mayonaise             | level tsp. soda        |
| 1 cup sugar (mix and cream) | 2 squares of chocolate |
| Pinch of salt               | 2 cups sifted flour    |
| 1 cup warm water with 2"    | 1 tsp. vanilla         |
- Bake in layers and ice. 325 or 350° oven.

## MAYONNAISE SPICE CAKE

- |                              |                              |
|------------------------------|------------------------------|
| 1 cup quartered pitted dates | 1 cup sugar                  |
| 1 cup chopped walnuts        | ½ cup sifted flour           |
| 1 cup mayonaise              | 1 tsp. baking soda           |
| 1¼ cup boiling water         | 1 tsp. cinnamon, ½ tsp. salt |

Put dates and walnuts in a bowl. Pour water over them, set to one side. Cream mayonnaise and sugar. Blend in chocolate and vanilla. Sift flour, soda, cinnamon, and salt. Drain water from dates and nuts. Add water and flour to cream mixture. Bake loaf 45 minutes. Layer 35 minutes 350° oven.



**SELF-ICED DATE CAKE**

1½ cups boiling water	2 eggs
½ cup raisins	1 cup all-purpose flour
¾ cup chopped dates	½ cup Swans Down cake flour (sifted)
1 tsp. baking soda	1 tsp. salt
1 cup berry sugar	1 tsp. vanilla
½ cup butter	

1. Boil raisins in 1½ cups water for about 5 min., take off stove and add chopped dates, and soda — let stand. 2. Cream butter and sugar until smooth, add eggs, one at a time, beat well. 3. Blend ingredients and put in well greased cake pan. 4. Bake at 350° oven for 45 min. in the meantime, mix icing as follows:

4 tbsp. butter (melted)	2 tbsp. cream (top milk)
½ cup brown sugar	chopped nuts

Blend ingredients and spread evenly over cake. Put cake under broiler. Broil icing until lightly browned and cool cake before serving. (Watch carefully not to burn).

(This is a very moist cake and will keep for several days. Do not remove from pan).

**POPPY SEED TORTE**

12 eggs, separated	3 tbsp. flour
2 cups fine, granulated sugar	1 tsp. baking powder
2 lb. poppy seed	Grated rind of one lemon.

Boil poppy seed in five cups water. Drain through a fine piece of cloth. Put through food grinder. Beat egg yolks until foamy, add sugar gradually, beat until light and fluffy. Add ground poppy seed, and flour, sifted with Baking Powder. Blend well. Beat egg whites with rotary beater until stiff enough to hold a peak. Pour egg yolk mixture in thin stream over entire surface of beaten egg whites, carefully folding with rubber spatula until completely blended. Bake in three layer pans for 30 minutes in 350° F. oven.

**Filling:**

1 cup butter	3 tbsp. hot milk
1 cup icing sugar	1 tsp. vanilla
1 cup ground walnuts	

Pour boiling milk over ground walnuts, mix until blended. Set aside to cool. Cream butter, add sugar gradually and beat until light and fluffy. Add walnut mixture and blend well. Spread first layer with apricot marmalade. Place next layer over it, now spread with butter walnut mixture. Place the third layer on this and ice with the remainder of the butter icing.

**CHOCOLATE TORTE FILLING**

¼ lb. salt free butter	(or semi-sweet chocolate)
1 cup icing sugar	2 egg yolks
2 squares unsweetened chocolate	1 cup ground walnuts

Beat butter very well. Melt chocolate and cool. Add sugar and egg yolks and beat. Add chocolate and beat again, then add walnuts.

This filling could be used for any torte.

**POPPY SEED TORTE**

8 eggs	1 cup poppy seed
1 cup sugar	1 cup walnuts
½ lemon	¼ cup sifted dry bread crumbs
pinch of salt	

1. Steam poppy seed, then grind on meat chopper the poppy seed and walnuts. 2. Cream the egg yolks with sugar; add juice of half a lemon, add salt. Add ground poppy seed, walnuts, and bread crumbs. 3. Beat egg whites very stiff and fold in. Pour into a tube pan (do not grease). Bake at 300° oven for 1 hour.

**BOILED FROSTING**

¾ cup brown sugar	1 tsp. vanilla
⅓ cup water	

Boil till it spins a thread. Then pour over 2 stiffly beaten egg whites. Beat till it stands in peaks.

**ALMOND TORTE**

½ lb. of blanched almonds	5 egg whites
2 cups icing sugar	juice of ½ lemon

Grind almonds in nut chopper. Beat egg whites and add sugar gradually, beating well. Add almonds and lemon juice. Bake in an 8"x8"x2" greased and floured round layer tin for ½ hour in 350° oven.

**Second Part**

½ lb. unblanched almonds (ground)	2 cups icing sugar
6 egg yolks	2 tbsp. bread crumbs
	1 tsp. vanilla

Beat egg yolks with sugar until lemon in color. Mix ground almonds with bread crumbs. Beat egg whites stiff but not dry. Pour egg yolk mixture over the beaten whites and mix gently. Add ground almonds, bread crumbs, vanilla and mix lightly. Bake in 2 greased and floured round layer cake tins in 350° oven for 30 minutes.

**Coffee Filling:**

½ lb. salt free butter	½ cup very strong black
2 cups icing sugar	coffee (cold)

Beat butter and sugar and coffee gradually until nice and smooth. Spread between layers and ice with favorite icing.

**NAPOLEON TORTE**

3 egg yolks	½ tsp. baking soda
4 tbsp. sugar	1 tsp. lemon extract
3 tbsp. salt free butter	flour to make soft dough
3 tbsp. milk, or cream	

Combine the above ingredients and mix well. Bake in four layers in 325° oven until brown.

**Filling:**

3 egg yolks	3 tbsp. flour
7 tbsp. sugar	1 tsp. vanilla
3 tbsp. sour cream	

Beat the above ingredients well and spread between the layers of torte. Ice with your favorite icing.

**PROWANSKI TORTE**

- |                      |                    |
|----------------------|--------------------|
| 9 egg whites         | 1 cup bread crumbs |
| 1 cup icing sugar    | 1 tsp. vanilla     |
| 1 cup ground almonds |                    |

Beat egg whites until stiff, add icing sugar and beat. Fold in ground almonds and bread crumbs and vanilla. Bake in greased and floured two-layer pans for 30 minutes in 350° oven.

**Filling:**

- |               |                          |
|---------------|--------------------------|
| 1 cup milk    | 1 tbsp. butter           |
| ½ cup sugar   | = 1½ cups ground almonds |
| 2 tbsp. flour | 2 tbsp. sugar            |
| 2 egg yolks   | 1 tsp. vanilla           |

Boil milk, sugar, and flour until thick. Add two beaten egg yolks, ground almonds, sugar and vanilla. Then add butter and mix well. Cool and spread between layers of torte. Ice with favorite icing.

**TORTE PROWANSKI**

- |                    |                      |
|--------------------|----------------------|
| 12 egg whites      | ½ lb. almonds ground |
| 2 cups icing sugar |                      |

Beat egg whites until stiff, adding icing sugar and beat until shiny. Add ground almonds. Mix lightly. Bake in three greased and floured layer pans in 325° oven about ½ hour, until done.

**Filling:**

- |                                |                             |
|--------------------------------|-----------------------------|
| ½ lb. salt free butter (fresh) | and roasted.                |
| ½ lb. icing sugar              | ¼ cup cherry liquor         |
| ¼ lb. blanched almonds, ground | 3 or 4 tbsp. whipping cream |

Cream butter, adding icing sugar, and ground almonds. Add liquor and beat, then add cream gradually, watching so that the filling will stand up. Spread between the three layers of torte. Ice and decorate.

**PLEASANTRIES**

"It seems to me I've seen your face somewhere before."

"That's right, Judge. I once gave singing lessons to your daughter."

"Fifteen years!"

"Dad, what do we mean by a good listener?"

"A good listener, my son, is a man to whom it is possible to tell a funny story without reminding him of one of his own."



**FRENCH ORANGE CAKE .**

$\frac{3}{4}$ cup butter	2 cups flour
1 cup sugar	1 tsp. baking powder
2 eggs	1 tsp. soda
1 cup sour milk	1 lb. dates
2 oranges	$\frac{1}{4}$ lb. walnuts

Cream butter, add sugar. Add eggs beaten separately. Add flour with soda and baking powder alternately with sour milk. Add rind of two oranges. Mix in dates and walnuts. Bake 40—50 minutes in moderate oven at 325 degrees.

To Ice: Mix juice of two oranges with  $\frac{1}{2}$  cup sugar. Pour over cake while still warm.

**CHOCOLATE ROLL CAKE**

5 eggs (separate)	3 tbsp. cocoa
Beat whites and put aside.	1 tbsp. flour
Add to yolks:	$1\frac{1}{2}$ tsp. vanilla
$\frac{3}{4}$ cup icing sugar	

Mix with beater until well blended and fold in egg whites. Bake in large waxed paper lined pan 15 to 25 min. at 400 deg. F. Remove from oven, strip paper off, and turn on icing floured cloth and roll. Cool before using. Whip 1 cup cream and spread. Roll and keep in Frig. and cut when ready to use.

**SOUR CREAM COCOA CAKE**

3 large eggs	$1\frac{1}{2}$ tsp. baking soda
$1\frac{1}{2}$ cups sugar	$2\frac{1}{4}$ cups sifted cake flour
4 tbsp. cocoa	1 tsp. baking powder
1 tsp. instant coffee	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. red food coloring.
$1\frac{1}{2}$ cups thick sour cream	

Beat eggs well, add sugar, salt, cocoa, and coffee sifted together. Add soda dissolved in two tsp. of hot water. Sift flour, add alternately with cream. Add vanilla and food coloring. Mix thoroughly and bake in a 350° oven for 30 to 35 minutes.

**MEDIWNYK****(Ukrainian Honey Cake)**

1 pint honey	1 tsp. cloves
$\frac{1}{4}$ lb. butter	1 tsp. cinnamon
1 package quick yeast	$\frac{1}{2}$ lb. walnuts
4 eggs	4 cups flour
1 tsp. soda	

Bring honey to a boil, add butter and set aside to cool. Dissolve yeast in a little warm water and add to it a beaten egg, then add to the cooled honey. Sift dry ingredients together and add to honey, add nuts. Mix well and turn into a well greased pan. Bake in a moderate oven for one hour. Allow to ripen for several days before cutting.

**CHEESE CAKE**

- |   |                              |
|---|------------------------------|
| 3 egg yolks   | 1 tsp. vanilla               |
| ½ cup milk  | 3 egg whites                 |
| 1 cup fine sugar                                    | ½ pint whipping cream        |
| 2 envelopes gelatine (dis-<br>solved in cold water) | 1 bottle maraschino cherries |
| 1 lb. Philadelphia cream cheese                     | 36 Graham wafers             |
|   | 7 tbsp. butter               |

Combine rolled wafers with melted butter and spread on bottom of rectangular pan, leaving ½ cup crumbs for top. Mix egg yolk with sugar and add milk. Cook in top of double-boiler for 10 minutes. Add dissolved gelatine to hot mixture. Mix and allow to cool. Cream cheese and add above mixture to cheese, slowly mixing well. Beat the egg whites stiff and fold into the cheese mixture. Finally whip the cream and fold into mixture, adding vanilla.

Pour mixture over Graham wafer crust. Halve the cherries and place into top of mixture. Cover with remaining crumbs. Chill in refrigerator 3 to 4 hours. Cut into squares and serve.

**FAVORITE CHOCOLATE CAKE**

- |  |                     |
|--|---------------------|
| 2 cups sugar                                 | 2 tsp. baking soda  |
| 1 cup butter                                 | 1½ tbsp. vinegar    |
| 3 eggs                                       | 5 tbsp. cocoa       |
| 1 cup milk                                   | 1 cup boiling water |
| 3 cups cake flour or 2¾ cups<br>pastry flour | pinch of salt       |
|  | 2 tsp. vanilla      |

Place cocoa in small bowl, add boiling water and mix together. Sift dry ingredients together. Add vinegar to milk, then beat into dry ingredients. Cream butter in mixing bowl, beat in sugar and eggs. Next beat in milk, and dry ingredients. Add vanilla and last, the cocoa mixture. Bake in a 375 degree oven for 35 to 40 min. This can be baked as a loaf or as a layer cake.

**UNBAKED FRUIT CAKE**

Line with waxed paper bottom and sides of a 5-cup loaf or tube pan. Put into a bowl and let stand until needed:

- |  |  |
|--|--|
| ½ cup evaporated milk  | 3 tbsp. orange juice or<br>alcoholic flavoring |
| 16 marshmallows, finely cut  |  |
| Put into a large bowl:   |  |
| 4 doz. 2½" graham crackers<br>rolled into fine crumbs                  | ½ cup dates, finely cut                        |
| 1 cup seedless raisins, pre-<br>ferable, ½ cup dark and<br>½ cup light | ¾ cup walnuts, broken                          |
| ¼ tsp. cinnamon  | ⅓ cup candied pineapple,<br>finely cut         |
| ¼ tsp. nutmeg  | ½ cup candied cherries,<br>finely cut          |
| ⅛ tsp. cloves  | 2 tbsp. candied orange peel,<br>finely cut.    |

Add milk mixture. Mix with spoon, then with hands till crumbs are moistened. Press firmly into pan. Top with fruit and nuts. Cover tightly. Chill 2 days before slicing. Keep in cool place. Makes one 2¼ pound cake.

**POPPY SEED ICING**

- 2 cups poppy seed
- $\frac{2}{3}$  cup butter
- 8 tbsp. sugar
- $\frac{2}{3}$  cup whipping cream

Pour boiling water over poppy seed and let stand until cool. Drain and grind poppy seed or roll poppy seed on bread board. Add above ingredients gradually and mix with mix master.

**MERRY CHRISTMAS CAKE**

Yield: approximately 10 pounds.

- 1 cup shortening
- 2 cups sugar
- $\frac{1}{4}$  cup molasses
- 5 eggs
- $3\frac{1}{2}$  cups all purpose flour or:  
4 cups cake flour
- 1 tsp. soda
- $\frac{1}{2}$  tsp. mace
- 1 tbsp. ground allspice
- 2 lb. seeded raisins
- 1 lb. candied cherries
- 1 lb. pitted dates
- 1 lb. seedless raisins or  
currants
- 1 lb. citron, lemon peel,  
orange peel, chopped
- $\frac{1}{2}$  tbsp. cloves
- $\frac{1}{2}$  tbsp. salt
- 1 lb. blanched almonds
- 1 cup sour milk

Cream together sugar and shortening. Add eggs and molasses and beat well. Sift flour, soda and spices together and combine with fruit and nuts. Stir to coat each piece of fruit with flour. Add the dry ingredients and milk alternately to the creamed mixture, beating, after each addition. Pour into fruit pans that have been lined with 3 layers of waxed paper rubbed with shortening. Place a dish of water in the oven to prevent cakes from drying during baking period. Place cakes in 250 degrees F. oven. Bake 3 to 5 hr. depending on the size of cake pans. After the cakes have been in the oven for one hour, cover with wrapping paper to prevent excess browning. This makes one 8 inch and one 5 inch square cake, or one 10 inch round cake. Cool. Remove from pans. Wrap with waxed paper or foil and store in a cool place.

**LET'S SPLURGE CAKE**

Preparation time — —30 minutes. Bake 27 minutes. 350°.

- 5 tbsp. sifted flour
- 3 eggs separated
- 3 tbsp. Tartrate baking powder
- 1 cup milk
- $\frac{1}{2}$  lb. Graham crackers (16),  
rolled fine and sifted
- $\frac{3}{4}$  cup broken walnuts, or  
crushed
- $\frac{1}{2}$  cup butter
- 1 tsp. vanilla
- 1 cup sugar

Measure flour, baking powder and sift three times. Add sifted graham cracker crumbs and mix well. Cream butter, add sugar and beat until light and fluffy. To this add nuts and egg yolks. Then mix in the dry ingredients alternately with milk. Fold in egg whites beaten until stiff but not dry. Add vanilla. Bake in two pans, greased and lined with wax paper. Bake 27 minutes at 350°. Frost with orange lemon frosting.

**Orange Lemon Frosting**

- 3 tbsp. butter
- $\frac{1}{2}$  tsp. lemon flavoring
- $1\frac{1}{2}$  2 cups confectioners sugar.
- $\frac{1}{4}$  tsp. salt
- 3 tbsp. hot milk
- 1 tbsp. grated orange rind.

Cream butter until light and fluffy. Add sugar, hot milk and flavoring. Beat until creamy and frost cake.

**HONEY COFFEE CAKE**

Sift together into mixing bowl:

3 $\frac{3}{4}$ cups sifted cake flour	1 teaspoon cinnamon
1 teaspoon baking soda	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon nutmeg	

Make a well and add in order:

1 cup Mazola oil	1 cup solid honey (not melted)
1 cup brown sugar	1 cup strong coffee (cold)
7 unbeaten egg yolks	

Beat batter with egg beater or mixmaster until thoroughly blended and smooth.

In large mixing bowl add:

7 egg whites	1 teaspoon cream of tartar.
--------------	-----------------------------

Whip until egg whites form stiff peaks (do not underbeat).

Pour egg yolk mixture gradually over whipped egg whites—gently folding with a spoon just until blended. (do not stir). Pour into ungreased pan 14x8 $\frac{1}{2}$ x2" oblong. Sprinkle 1 cup chopped nuts on top before baking. Tem. 300° for 20 min. increasing heat to 325° for 40 - 50 more minutes.

**COTTAGE CHEESE TORTE**

2 lb. cottage cheese	6 fresh eggs
$\frac{1}{4}$ lb. butter (melted)	2 cups sugar
2 oranges (juice and grated rind)	$\frac{1}{2}$ teaspoon salt
	1 lb. Sunland Graham wafers

Mix butter, sugar and cheese. Cream well. The cheese should be pressed through a fine sieve. Add orange juice and rind. Add well beaten egg yolks and mix well. Beat egg whites dry and add to mixture.

Roll wafers fine and add 2 tablespoons melted butter. Mix well. Butter oblong pan, then add a little more than half of Graham wafers on bottom and sides of pan. Add cheese mixture, sprinkle remainder wafer crumbs and bake in moderate oven for 30 min.

**ALMOND FILLING (For Torte)**

$\frac{1}{2}$ cup whipping cream	3 tbsp. Icing sugar
$\frac{1}{2}$ lb. almonds, ground	1 tsp. vanilla
2 tbsp. bread crumbs	

Whip cream until thick. Add sugar, almonds, and bread crumbs. This filling is good for any torte.

**SUNSHINE CAKE**

8 eggs	1 teaspoon vanilla
1 cup sugar	1 teaspoon baking powder
4 tablespoons water	1 cup flour, pinch salt

Beat egg yolks well and let stand, then beat whites well and add  $\frac{1}{2}$  cup sugar, 2 tablespoons at a time until used up. Pour in water one tablespoon at a time and then add yolks and vanilla. Sift one cup flour, baking powder, salt and  $\frac{1}{2}$  cup sugar 3 times. Blend in dry ingredients 2 tablespoons at a time. Bake 1 hour in slow oven.

**HONEY CAKE**

½ cup butter	2½ cups cake flour
1 cup sugar	½ cup sweet milk
1 cup honey	dash of cinnamon
6 eggs, or 5 if large	pinch salt
1 tsp. soda	

Cream butter, add sugar and cream well. Stir in honey, and then add well beaten egg yolks. Sift the dry ingredients 3 or 4 times and add to mixture alternately with milk. Lastly fold in well beaten egg whites. Bake in slow oven 1 hour, 300°.

**BANANA LAYER CAKE**

½ cup butter or crisco	¼ teaspoon salt
1¼ cups sugar	2½ cups flour
3 eggs	3 teaspoons baking powder
1 teaspoon vanilla	⅔ cup milk

Cream butter. Slowly work in sugar, beating well. Add unbeaten eggs, beating well after each. Add flavoring. Sift remaining dry ingredients and add alternately with milk. Bake in layer tins at 375° about 20 minutes. Cover with favorite icing and garnish with slices of banana. (I use Crisco for this cake and Featherlite cake flour or Swans-down cake flour).

**CHOCOLATE CREAM DESSERT CAKE**

2 cups sifted cake flour	1 egg, 2 egg whites, unbeaten
¾ tsp. soda	2 to 4 squares unsweetened
¼ tsp. salt	chocolate, melted
½ cup butter	1 cup milk
1¼ cups sugar	1 tsp. vanilla

Sift flour once, measure, add soda and salt and sift together 3 times. Cream butter, add sugar, gradually, and cream together until light and fluffy. Add egg and egg whites one at a time, beating thoroughly after each. Add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in 2 greased 9 inch layer pans in moderate oven (350°), 30 minutes, or until done.

Split each layer in half to make 4 tiers. Spread chocolate whipped cream between layers and on top of cake, arranging a cut surface of cake against a baked surface to avoid slipping of layer. Chill in refrigerator about 2 hours before serving.

**CHOCOLATE WHIPPED CREAM**

Combine 2 squares unsweetened chocolate, ¾ cup sugar, dash of salt, and 3 tbsp. water. Bring to a boil gently for three minutes, stirring constantly. Add gradually 2 well-beaten egg yolks, beating until well blended. Cool. Whip 1½ cup heavy cream with 1 tsp. vanilla. Fold in cooled chocolate mixture. Chill in refrigerator about ½ hour, or until thick enough to spread. All measurements level.



**ORANGE CAKE**

- |                              |                                      |
|------------------------------|--------------------------------------|
| 1 orange                     | $\frac{1}{2}$ cup butter             |
| 1 cup raisins                | 1 teaspoon soda                      |
| 1 cup sugar (brown or white) | 1 teaspoon baking powder             |
| 1 cup sour milk              | 2 cups flour                         |
| 2 eggs (beaten)              | $\frac{1}{2}$ cup walnuts (optional) |

Squeeze juice from orange and put rind and raisins through chopper. Cream butter and sugar, add well beaten eggs. Sift flour and baking powder. Add soda to sour milk and mix alternately with flour and baking powder. Add orange juice, raisin mixture and walnuts. Bake in moderate oven from 20 to 30 minutes.

**Icing**

- |                          |                   |
|--------------------------|-------------------|
| 1 tablespoon butter      | 6 tbsp. top milk. |
| 5 tablespoon brown sugar |                   |

Bring to a boil (just to a boil) then cool. Add 2 cups icing sugar and 1 teaspoon vanilla; beat with beater until smooth.

**CHOCOLATE TORTE**

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ lb. salt free butter                 | 6 egg whites beaten            |
| $\frac{1}{2}$ lb. (8 squares) semi-sweet chocolate | 1 cup ground almonds           |
| 1 cup sugar  | $\frac{1}{2}$ cup bread crumbs |
| 6 egg yolks  | 1 tsp. vanilla                 |

Cream butter well. Add 1 egg yolk and 1 tbsp. sugar, mixing after each addition. Add chocolate that was melted and cooled. Now add the bread crumbs. Fold in stiffly beaten egg whites. Bake in 2 layers at 350° for 30 minutes.

**Filling:**

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 cup whipping cream           | 1 $\frac{1}{2}$ cups icing sugar  |
| 2 cups ground almonds          | $\frac{1}{2}$ tsp. almond extract |
| $\frac{1}{2}$ cup bread crumbs |                                   |

Mix well and spread between the layers.

A college lad failed in his final exams, so he telegraphed his sympathetic mother:

"Failed in all subjects. Prepare dad."

Mother wired back:

"Dad prepared. Prepare yourself."





MR & MRS FRED KUSHNIR.



MR. & MRS Bill Gomola.



MR. & MRS. Joe Hnatiw



MR. + MRS. HAYNKO HAYCIW.



MR. & MRS. John Borysko.



MR. & MRS. Alec. Shulhar.



MR. & MRS. ALEC. REMENDA.



MR. & MRS. Nick J. Thoms.



MR. & MRS. IVAN BUNKO.



MR. & MRS. FRED Stadnyk.

# Fish

## HERRING PATTIES

Soak 4 or 5 herrings. Skin, bone and chop. Dip 3 slices of stale bread into cold water and squeeze. Crumb bread, add chopped onion, 1 egg, little pepper and mix together with herrings. Make into desired shapes, dip into beaten egg and roll in bread crumbs. Fry in butter.

## STUFFED JELLIED FISH

3 lbs. whole white fish	1 cup bread crumbs
2 large onions	salt and pepper
1 egg	

Scale and clean fish but do not slit down middle. Cut skin gently around head and bear down very slowly towards tail until whole skin is off. Remove all meat off bones. Chop meat finely and add finely chopped onions. Add egg and bread crumbs. Add salt and pepper to taste. Mix thoroughly. Stuff dressing into skin. Cut into 2 inch slices. Dip ends into flour. Invert salad plate on bottom of pot to prevent scorching. Place washed bones and cleaned head on top of plate. Arrange pieces of fish on top. Pour boiling water to cover. Salt water to taste. Simmer from 2½ to 3 hours. Lift carefully pieces of fish into deep bowls and pour strained juice over fish. Set in cool place to jell.

## SALMON ROLL

2 cups flour	4 tablespoons shortening
4 teaspoons baking powder	1 egg
½ teaspoon salt	½ cup milk

Sift first 3 ingredients, add shortening and mix well with fork. Beat egg and add milk to make ¾ cup. Add to flour mixture. Make soft dough. Roll on floured board making square approximately 8 x 8 inches and ¼ inch thick.

Spread dough with the following mixture:

1 tin salmon (1½ cups)	2 tsps. finely chopped onion
4 tablespoons milk	1 tablespoon chopped parsley
2 tablespoons lemon juice	(may be omitted)

Roll, as jelly roll. Bake in hot oven 425° for 30 minutes. Cut in ½ inch slices. Serve with medium sauce to which 1 or 2 hard boiled eggs have been added.

## PIKE OR HALIBUT IN CREAM SAUCE

Wash and arrange fish in baking dish 2 or 3 inches apart, one layer. Sprinkle with lemon juice and pour water to cover. Place in oven for 30 minutes or until the fish swells and bubbles are formed.

In the meantime take 2 heaping tbsp. flour and 2 tbsp. butter. When butter is melted put the flour in and then about 3 cups hot milk. Stir until thick. Salt to taste. Take fish out and pour water off. Pour cream sauce over it, sprinkle with 1 cup grated cheese and then rolled soda crackers. Put back in oven for 10 to 15 minutes.

**SALMON LOAF**

- |  |   |
|--|---|
| 1 cup flaked cooked salmon                               | 1/2 tsp. onion juice                          |
| 1 cup stale bread crumbs<br>soaked in 1 cup scalded milk | 2 egg yolks, beaten                           |
| 1 tsp. salt  | 1 tsp. lemon juice                            |
| 1 tbsp. shortening                                       | 2 stiffly beaten egg whites<br>folded in last |

Mix in order given. Bake in well greased and crumbed pan.

**OYSTERS CREAMED ON TOAST**

- |                 |                      |
|-----------------|----------------------|
| 1 pt. oysters   | 1/3 cup butter       |
| 1 1/2 cups milk | 1/3 cup flour        |
| 1/2 cup cream   | Lemon juice to taste |
| Salt and pepper |                      |

Heat oysters until the edges curl, and strain off the liquid. Heat the milk. Heat the oyster liquid and skim. Melt butter, sift in the flour, stir and cook together. Add hot milk and oyster juice all at once, whisking until it is smooth and thick. Add the cream to the oysters and season. Serve on hot buttered toast.

**GEFILLTE FISH — Jewish**

- |                         |                           |
|-------------------------|---------------------------|
| 1 lb. pickerel fillets  | 1 tbsp. fine bread crumbs |
| 1 lb. whitefish fillets | Salt and pepper           |
| 1 medium onion          | 1 tsp. sugar              |
| 1 egg                   | 2 tbsp. water             |

Put the fish fillets through the food chopper with the onion. Then add the remaining ingredients and mix together thoroughly. Form into small balls and flatten slightly.

Cover the bottom of a deep kettle with slices of onion, one piece of celery, chopped, one small sliced carrot, salt and pepper, and about 2 cups boiling water. Cover and cook for about 1 1/2 hours. It may be necessary to add more water from time to time, but toward the last allow the liquid to cook away and set the pan in the oven to brown.

**FISH CUTLETS**

- |   |                 |
|---|-----------------|
| 1 lb. fresh fish, boned<br>(white or cod) | milk or water   |
| 1 cup white bread                         | 2 eggs          |
|   | Salt and pepper |

Soak bread in a little milk or water for 2 or 3 minutes. Squeeze the liquid from the bread and put both fish and bread through food chopper, using a fine knife. Add well beaten eggs and season to taste with salt and pepper. Mix well and shape into 8 or 10 cutlets. Roll in sifted dry bread crumbs and fry in butter or cooking oil, turning on both sides. Serve hot with well seasoned tomato sauce.

**Tomato Sauce For Above**

- |                |               |
|----------------|---------------|
| 1 can tomatoes | 1 tsp. salt   |
| 1 grated onion | 1 tsp. pepper |
| 1 tbsp. butter | 2 tbsp. flour |

Stew the tomatoes with the salt and pepper, onions and butter for at least 35 minutes. Before serving stir in 2 tbsp. flour and cook 5 minutes longer, keeping it from scorching. Pour over fish and serve at once. Baked potatoes should accompany this dish.

**SALMON LOAF**

- |                        |                      |
|------------------------|----------------------|
| 1 large tin salmon     | 2 tbsp. minced onion |
| 2 eggs unbeaten        | 2 tbsp. butter       |
| 1 cup dry bread crumbs | 2 tbsp. lemon juice  |
| ½ tsp. salt            | ½ cup hot water      |

Drain salmon and remove bones. Add unbeaten eggs, crumbs, juice and butter. Add hot water, mix all ingredients and fill a greased casserole. Cover and bake ½ hour in 325° oven.

To vary pour a can of mushroom soup over loaf before baking.

**SHRIMP WHOLE MEAL DISH**

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 2 (5-oz.) Cans Shrimp          | Pepper and salt to taste              |
| 1 tbsp. lemon juice            | 2 cups evaporated milk                |
| 5 tbsp. butter                 | 1 (10-oz.) can cream of mushroom soup |
| ¼ cup chopped onions           | 2½ cups cooked rice                   |
| 1 cup chopped celery           | ½ cup buttered bread crumbs           |
| A little red pepper (optional) |                                       |
| 4½ tbsp. flour                 |                                       |

Drain shrimp and sprinkle with lemon juice. Melt butter in frying pan, add celery, onions, and cook until tender. Blend in flour, seasoning, milk and soup. Cook in double boiler until thick, stirring constantly. Fold in shrimp, lemon juice, and rice. Pour into greased casserole (3-quart size). Cover with buttered bread crumbs. Bake at 350° 30 to 40 minutes. You can make this ahead of time and put in the fridge until time to bake.

**TUNA CASSEROLE**

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 No ½ can tuna (solid or flaked) | 2 tbsp. pimento              |
| 1 cup wide egg noodles            | 1 can cream of mushroom soup |
|                                   | 14 oz. package potato chips  |

Cook noodles in salted boiling water until tender. Drain. Fold in tuna including oil. Add pimento and soup. To decorate top, save a few whole potato chips. Crush the remainder, place in bottom of shallow 1½ qt. casserole, pour tuna mixture over, add the whole potato chips. Heat thoroughly in 350° oven. Serves 6.

**FISH BALLS**

Chop finely 1 large Spanish onion and fry in 2 tbsp. Mazola oil until light brown, while frying, add 1 tbsp. cold water, fry a little longer and then let cool.

Take 2½ cups of white fish which has been cleaned, skinned and boned. Put through a coarse food chopper. Place in a bowl and add 1 cup fine light bread crumbs, 3 eggs, salt and pepper to taste. Add fried onion which has been cooled and ½ cup water, keep chopping that with your chopper for about 15 minutes at least, adding water a little at a time.

Wet your hands in cold water, and take enough fish mixture to shape into an egg shape.

Fry very lightly on both sides in Mazola oil. Take a sauce pan with 1½ cups water, 1 tbsp. Mazola oil and ½ Spanish onion sliced thinly (let this mixture simmer for 10 minutes). Put fish balls in this water while it simmers. Then cover and bake for 2½ hours at 350°.

# Salads

## BEET SALAD

- 1 pkg. lemon Jello
- 1 cup warm water
- $\frac{3}{4}$  cup canned beet juice
- 3 tbsp. vinegar
- $\frac{1}{2}$  tsp. salt
- 2 teps. minced onion

- 1 tbsp. horseradish
- $\frac{1}{2}$  cup diced cucumber or celery
- 1 cup drained canned beets (diced)

Dissolve Jello, add liquids and when cool add other ingredients. Put in individual molds.

## GOLDEN GLOW SALAD

- 1 package lemon Jello
- 1 cup boiling water
- 1 cup canned pineapple juice
- 1 tablespoon vinegar
- $\frac{1}{2}$  teaspoon salt

- 1 cup canned pineapple, diced and drained
- 1 cup grated raw carrot lettuce

Dissolve Jello in boiling water, add pineapple juice, vinegar, and salt. Chill. When slightly thickened add pineapple and carrot. Turn into individual molds. Chill until firm. Unmold on lettuce. Garnish with mayonnaise.

## TWENTY-FOUR HOUR SALAD

- 2 beaten eggs
- 4 tablespoons sugar
- 4 tablespoons vinegar
- 2 tablespoons butter
- 2 cups marshmallows, cut in  $\frac{1}{4}$ 's

- 2 cups oranges, cut in pieces
- 1 cup whipped cream
- 2 cups white cherries, cut in halves
- 2 cups pineapple, cut in pieces

Put eggs in double boiler and add vinegar and sugar. Put on stove and cook, beating constantly until thick and smooth. Add marshmallows and butter. Remove from fire and cool. When cold fold in whipped cream and fruit mixture. Turn into fancy ring mold and put in cool place for twenty-four hours.

## SAUERKRAUT AND CARROT SALAD

- 1 cup sauerkraut
- 1 cup grated carrots
- $\frac{1}{2}$  teaspoon mustard
- 1 teaspoon salt
- 2 teaspoons flour

- 2 teaspoons sugar
- Few grains cayenne pepper
- 1 egg yolk
- 6 teaspoons vinegar
- $\frac{1}{2}$  cup thick sour cream

Mix mustard, salt, flour, sugar, and pepper in top of double boiler. Stir in vinegar and cook until mixture thickens. Add egg yolk and remove from heat. Cool and add to cream which has been beaten until stiff. Mix kraut and carrots with dressing.

**SALAD DRESSING**

3 eggs  
4 teaspoons sugar  
1 teaspoon salt  
1 teaspoon mustard

3 teaspoons butter  
 $\frac{1}{4}$  teaspoon black pepper  
 $\frac{1}{2}$  cup vinegar

Beat eggs until stiff. Mix sugar, salt, mustard and pepper together. Then add to egg mixture. Beat well. Add vinegar and beat again. Boil in double boiler until thick. Add butter and let melt. Then beat with egg beater until smooth.

**DEVILLED EGGS**

Boil eggs until hard. take off shell and cut in half. Then take out the yellow part and mix mustard, salt, pepper, and a little chopped onion, parsley and vinegar with it. Put back in white part.

**FRUIT SALAD**

Cube the following fruit: pineapple, bananas, oranges and apples. (Other fruits in season could be used).

Use the following dressing:  $\frac{1}{2}$  cup pineapple juice.  $\frac{1}{2}$  cup sugar, 2 eggs,  $\frac{1}{4}$  cup lemon juice, 1 teaspoon butter.

Beat eggs separately. Add other ingredients and boil. Let cool and when ready to serve add  $\frac{1}{2}$  cup whipped cream. Pour dressing over fruit and serve on lettuce leaves.

**POTATO SALAD**

6 medium, new red potatoes,  
cooked, peeled and diced  
(about 3 cups)  
2 hard-cooked eggs  
 $\frac{1}{2}$  cup diced onions  
 $\frac{1}{2}$  cup diced celery  
1 small cucumber, peeled and  
diced (about  $1\frac{1}{4}$ c.)  
 $\frac{1}{4}$  cup chopped parsley

2 tbsp. sweet or bread and  
butter pickle juice  
 $\frac{1}{2}$  tsp. dill seed (optional)  
 $\frac{1}{2}$  cup salad dressing  
Juice of  $\frac{1}{2}$  lemon (or 1 tbsp.  
concentrated, unsweetened  
lemon juice)  
Salt and pepper to taste.

Combine salad dressing with dill seeds and let stand while preparing salad. In separate bowl, mix potatoes (be sure they are not overcooked) and pickle juice and let stand for at least 15 minutes. Add remaining ingredients and toss lightly. Then add the salad dressing and dill seed mixture and mix thoroughly. Serves four.

**SPANISH SALAD**

1 lemon jelly powder  
1 cup boiling water  
1 cup cold water  
1 tbsps. vinegar  
 $\frac{1}{2}$  tsp. salt

$\frac{1}{2}$  cup chopped pimento  
 $\frac{1}{2}$  cup shredded cabbage  
 $\frac{1}{2}$  cup chopped pickle  
1 cup chopped celery

Dissolve powder in boiling water, add cold water, vinegar and salt. Chill. When partially set add other ingredients. Pour into mold.

## ONION FRICASSEE À LA CANADIENNE

Cut 4 large onions into  $\frac{1}{2}$ -inch slices. Boil from 5 to 8 minutes in salted water. Pour and save the cooking water.

Meanwhile, fry several slices of bacon until brown and crisp. Lift from the frying pan and set aside. Fry the par-boiled onions in this fat until they are transparent.

Set these aside in a warm place, mixed with the crisp bacon.

Leave 3 or 4 tablespoonfuls of fat in the pan and add to it 4 tablespoonfuls of flour. Stir well and thin with 1 cup of the water from the par-boiled onions and 1 cup of milk. Season.

Serve very hot with a sprinkling of chopped parsley.

Note: This simple Canadian dish is delicious when properly cooked and served.

## (Meat-Ball Stew) RAGOUT DE BOULETTES

2 pounds of minced pork

$\frac{1}{8}$  teaspoonful of ground cloves

1 tablespoonful of fat

$\frac{1}{2}$  teaspoonful of cinnamon

1 medium onion finely chopped

$\frac{1}{2}$  teaspoonful nutmeg

1 teaspoonful of salt

3 pints of hot water

$\frac{1}{4}$  teaspoonful of pepper

$\frac{1}{2}$  cup of browned flour

Mix the seasonings with the meat in a large bowl. Add the onion, browned in the fat (lard or shortening). Work the mixture with the hands to make sure the seasonings are well distributed, adding more salt and spices to taste. Look over your stock of herbs and spices and make your choice. Use your imagination and be daring! Remember only that no one flavour should predominate. A delicate combination of flavours is the ideal.

Shape meat balls about  $1\frac{1}{2}$  inches in diameter and flour them lightly. Drop them into 3 pints of boiling water and cook slowly for  $1\frac{1}{2}$  hours. At the end of this time, thicken the stock with  $\frac{1}{2}$  cup of browned flour. Browned flour may be added directly to the stock without being mixed to a paste first. If the stock is boiling, you will have no lumps.

The stock will jell when cool and your Ragout de Boulettes may be kept for some time.

Note: The flour is browned in a heavy frying pan or in the oven and pressed through a sieve.

## MEAT LOAF

1 pound of lean beef

1 cup of closely packed bread crumbs

1 pound of veal

$\frac{1}{2}$  cup of tomato juice

1 pound of pork

2 eggs

2 tablespoonfuls of fat

2 tablespoonfuls of Worcestershire sauce

1 small onion minced

1 teaspoonful of salt

2 sticks of finely chopped celery

$\frac{1}{8}$  teaspoonful of pepper

2 tablespoonfuls of green pepper

$\frac{1}{2}$  teaspoonful of mixed spices

1 tablespoonful of pimento

$\frac{1}{2}$  teaspoonful of nutmeg

Melt the fat; add the onion, celery and green pepper. Cook about 5 or 6 minutes. Add the minced meats and the bread crumbs soaked in the tomato juice. Mix well. Season and bind with the 2 lightly beaten eggs.

Stir in the Worcestershire sauce and add more salt if necessary. Bake in a pudding dish or well-greased bread tin for 2 hours in a  $325^{\circ}$  F. oven.

Serve hot with spaghetti or macedoine of vegetables.

This meat loaf may also be served cold.



**PIG'S FEET STEW**

2 pig's feet

1 onion

1 clove

a few sprigs of sage or other herbs

1 teaspoonful of salt

 $\frac{1}{4}$  teaspoonful of pepper1 $\frac{1}{2}$  quarts of hot water

If possible choose the feet from the front legs of the pig; they are meatier than the hind legs. Scrape and brush them carefully. The butcher will prepare them for you, if you ask him. Have him cut them into three or four pieces. Put them, if possible into an iron pot, add the seasonings and the water and cook for about 2 hours or until the meat is ready to fall off the bones.  $\frac{1}{4}$  hour before the end of the cooking time sprinkle over with browned flour, stirring until the stock thickens. Serve with boiled potatoes and pickled beets.

*Mrs. Alec Yaroshko, Jr., BRUNO, Sask.*

**CRETONS À LA CANADIENNE**

2 pounds of grisling

2 pounds of lean pork

1 onion stuck with 2 cloves

2 cloves of garlic

1 bay leaf

1 tablespoonful of salt

 $\frac{1}{2}$  teaspoonful of pepper

Wash the grisling and remove the skin. Cut the grisling and the pork in pieces. Put into an iron pot or heavy aluminium kettle with the seasonings. Add the hot water to cover and boil over a low fire for 4 or 5 hours or until the meat is well cooked. Stir frequently during the cooking to prevent sticking. Remove from the fire and cool until the fat is well mingled with the rest of the ingredients.

Check the seasoning. Don't forget that pork requires a good deal of salt. Season to taste with nutmeg, cinnamon and cloves. Put the whole thing through a meat grinder if you want a smooth consistency, otherwise leave it as it is. Pour out into molds and keep in a cool place.

**VEAL CUTLETS À LA SOUBISE**

Choose firm pink cutlets 1 inch thick. Wipe them with a damp cloth and dredge with flour. Meanwhile fry 6 slices of bacon, add the cutlets to the bacon grease and fry a golden brown.

Add 2 cups of warm milk or just enough to cover the cutlets.

Cook for  $\frac{1}{4}$  of an hour over a low fire. Then add six medium onions parboiled for 5 minutes in salted water.

Season with salt and pepper. Continue the cooking in the oven at 350 degrees until the meat is tender — about 1 hour.

Serve on a warm platter with fluffy mashed potatoes.

**CHICKEN PIE**

Dress a chicken in the usual way and cut it into 8 or 10 pieces. Dredge each piece with flour. Melt  $\frac{1}{2}$  cup of butter or a mixture of butter and shortening. When hot, add a small onion and cook until transparent. Brown each piece of chicken and cover with about 3 cups of hot water. Season to taste with salt and pepper and your favourite herbs.

When the meat falls away from the bones, remove the chicken from the fire and separate the meat from the bones. Reduce the stock by one-half and thicken with 2 tablespoonfuls of flour and  $\frac{1}{2}$  cup of cream.

In the meantime, prepare a fine pie crust with the following ingredients:

3 cups of flour

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

1 teaspoonful of salt

Prepare the crust in the usual way with the flour, the salt and the  $\frac{1}{2}$  cup of shortening mixed with enough ice water to form a soft dough. Roll out to  $\frac{1}{4}$  inch thickness. Dot the surface with half the butter cut in small pieces. Sprinkle lightly with flour and fold over three times to enclose as much air as possible. Roll out again and repeat the operation with the rest of the butter. Chill several hours in the refrigerator. Line a baking dish with half the dough. Fill with chicken, cover with sauce and place the rest of the pie crust on top. Glaze with milk and bake in a hot oven of 450° F. until the crust is brown. Lower the temperature to 350° F. and cook 20 or 30 minutes longer.

10 lbs. sugar; 2 gals. water; 1 pkg dried yeast; 7 lemons sliced  
14 oranges; 7 large raw potatoes - diced: LET STAND FIVE DAYS.  
TRAIN AND BOTTLE. (*Mrs. Pauline Komarnicki, CUDWORTH 'Sask.*)

CHOKE CHERRIES WINE

Wash chokecherries. Mash them; Put mased berries with berry-stones in crock and add enough water to cover. Let stand five days covered with a piece of cloth. Squeeze mash, strain trough bag. THEN MEASURE JUICE: for every 2½ gals of juice add 2 lbs raisins, For every 2 gallons of juice, add 1 gal of sugar. PUT A SLICE OF TOAST on top of this mixture (floating) and put 1 pkg of dried yeast on top of toast - being sure you do not tip this slice of toast. (1 pkg. of yeast for every 6 gals of juice) Let stand 30 days. Siphon carefully into bottles & let stand for 1 week uncovered. After that seal and store. (*Mrs. Phyllis Thoms, Bruno, Sask.*)

NALESNYKY (or Cottage cheese Roll)

Make about one dozen or more of your favorite pancakes. Filling: consists of:

2 cups dry cottage cheese. Pinch of salt.

2 eggs beaten; 1 cup brown sugar

1 tspn. nutmeg; 1 tspn vanilla.

Mix thoroughly and spread about 2 - 3 tblspn, on each pancake & roll up all in some way and put in casserole, side by side. Put 2 tblspn of butter on top and bake ½ hour in 375° oven. Raisins or bits of dates may be added.

(*Mrs Phyllis Thoms,  
Bruno, Sask.*)

HOME MADE MACCARONI WITH CHICKEN BROTH.

3½ cups flour; 5 eggs, ½ tspn salt; ¼ cup water; PROCESS: Beat your eggs very well with an egg beater; add water mix with flour and salt, work it well for at least 20 min. Roll it with rolling pin quite thin let dry for a while, cut it in strips; shred it with a sharp knife really fine. Boil & add chicken broth

CANNING BEET SOUP (Borsch)

1 qrt peas, 1 qrt diced potatoes, 1 cup chopped parsley; ½ cup sugar; 1 qrt beans, 1 gal. shredded beets; 1 cup onions; 1 qrt shredded carrots; ½ cup dills; 1 cup vinegar; salt to taste. PROCESS: boil shredded beets in small amount of water. When beets start to boil add ½ cup sugar, 1 cup vinegar and the salt.

Then in a separate pot, boil peas, beans, potatoes, carrots for ½ hour with the seasoning and salt. Pour all this into the beets, Taste for salt and seasoning. If you like a thinner soup then add more water to the vegetables. Pour into jars and process for ½ hr. To serve add cream to taste & bring to a gentel boil,

(*Mrs. Katherine Lenyk, Guernsey, Sask.*)

YOUNG CHICKEN ON CREAM

Cut in pieces ONE YOUNG CHICKEN, Add one cup or water, 2 cups of cream, 1 tblspn SALT (level), a dash of pepper, one onion, some young dill, 1 tblspn butter or shortening; this will not only add to the taste but will prevant the cream from running over. Start to boil, then simmer slowly with the cover slightly ajar for one hour. Delicious.

(*Mrs. Phyllis Thoms, Bruno, Sask.*)



MR. & MRS. JOHN FAY.

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 your eyes.
- 6-Take time to help and enjoy friends, it is the source to happiness.
- 7-Take time to love, it is the sacrament of life.
- 8-Take time to dream, it hitches the soul to the stand.
- 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 find time for the first nine.

---

*MAN WANTS IT COOL WHEN IT IS HOT  
AND WANTS IT HOT WHEN IT IS COOL  
WHICH TO ALL OF US ONLY PROVES  
THAT HE ALWAYS WANTS WHAT IS NOT*

---

*GOD, GRANT ME THE SERENITY TO ACCEPT  
THE THINGS I CAN NOT CHANGE,  
THE COURAGE TO CHANGE THE THINGS I CAN,  
AND THE WISDOM TO KNOW THE DIFFERENCE.*

---

RECIPE FOR A HAPPY NEW YEAR

1-Take twelve fine, fully grown months; see that these are thoroughly free from all old memories of bitterness, rancour, hate and jealousy; cleanse them completely from clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past, have them fresh and clean as when they first came from the great STOREHOUSE OF time.

2-Cut these months into thirty or thirty-one equal parts, Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time, as follows.

3-Into each day put equal parts of faith, patience, courage, work (so many people omit this ingredient and doing so spoil the flavour of the rest) hope, fidelity, liberality, kindness, rest, prayer, meditation and one well-selected resolution. Put in a tspnful of good spirits, a dash of fun and a heaping cupful of good humour. POUR LOVE, and cook at high heat, garnish with a few smiles and serve with cheerfulness.

### HAMBURGER LOAF.

1½ lb ground beef or any hamburger. 1 egg. 2 cloves of garlic chopped.  
1 cup wet bread crumbs. ½ tspn. salt, ¼ tspn pepper,  
1 onion finely chopped. 1 can of tomato soup;

Mix all the above ingredients and set in a greased roaster lined with foil paper, grazed side up; Bake at 350 degree for one hour then add the sauce made like so:

1½ can tomato soup.  
½ cup water, three tblspns vinegar.  
3 tablespoon brown sugar.  
2 tblspns ordinary prepared mustard.  
2 tblspns Worcestershshire or Yorkshire sauce. Pour over.  
(Mrs. Tillie Yaroshko, Bruno, Sask.)

### SALMON LOAF.

1 tall can of salmon. ½ cup crushed crackers.  
3 eggs. ½ tspn salt.  
½ cup flour. 2 tblspns butter.  
1½ tspn baking powder. ½ onion chopped  
¾ cup milk 1 garlic bean.

Beat eggs; add milk and juice of salmon, add salmon flaked with fork, add crackers, then flour, then baking powder. Salt, garlic sliced, butter, mix well; POUR INTO well greased loaf pan. Bake at 375 degree for 40 minutes.

(Mrs. Tillie Yaroshko, Bruno, Sask.)

### MACARONI AND CHEESE LOAF.

2 cups of macaroni, 2 eggs,  
1 can of 12 oz. tomatoes. ½ cup of cream.  
¼ lb. strong cheddar cheese, 1 tspn salt  
½ onion and one bean of garlic. ¼ tspn pepper.

Boil macaroni 7 to 10 minutes till tender, yet consistent; in separate dish beat eggs and cream; mix both seaved macaroni & eggs add can of tomatoes, salt onion, garlic, and pepper. Put in covered pyrex or enamel roaster for 20 minutes at 350 degrees. Some ovens will take a good ½ hour. (Miss Gosselin, Val-Marie, Sask.)

### BEEF WINE.

4 lbs beets, 3 oranges,  
4 lbs sugar, 1 package yeast,  
1 lb raisins, 1 gallon of water,  
2 lemons.

Grate the beets and boil them in one gallon of water until most of the color is extracted from the beets, Measure the beet colored water after you have strained it; if there is not quite a gallon add enough water to make up the gallon. Slice the lemons and the oranges and add together with the raisins. When mixture has cooled (become lukewarm) then add the yeast. Let mixture stand for 2 weeks, Then Strain and bottle. Leave at least one month.

(Mrs. Phyllis Thoms, Bruno, Sask.)

### ALTAR BREAD.

THE FOLLOWING RECIPE may be very practicle for those women STARSHI SESTRY who have to prepare altar bread for HOLY COMMUNION in the greek rite. Hereafter we give the detailed recipe we think is the best, though costing more work.

1 cup lukewarm water, ¾ tspn yeast; 4 cups lightly sifted flour. Mix one way only Then: CUT TO SMALL PIECES (as big as golf balls) and squeeze tightly between fingers to extract all bubbles of air. Form loaf, let raise ¾ of an hour. Bake ½ hour at 500 degree, then reduce over to 300 for another ½ hour. wrap in wet towel covered with dried towel for one day place in frigidaire. Next day cut crust off. Slice one eight thick for priest and ¼ inch thick for people. (cubes)

(Rev. Jerome Lashkevich, Cudworth, Sask.)



MR. & MRS. Peter Kozak



REV. Father Siermachewski  
1<sup>ST</sup> PRIEST OF BRUNO.

### A FEW HINTS:

SO THAT YOUR APPLE (or fruit) pie WILL NOT RUN OVER: after you have laid the first crust in the plate sprinkle half the sugar you will use on that first layer of dough; then the juice will boil up through the fruit and not out and over the top.

To prevent THE BOTTOM PIE CRUST FROM BECOMING SOGGY: grease the pie pans with butter. The crust will be soft and flaky.

IF YOU WANT MERINGUE to stand up high and perfectly well, add a generous pinch of baking soda to the egg whites.

TOO DRY biscuits are caused by baking them in too slow an oven and handling them too much.

COARSE TEXTURED MUFFINS are caused from insufficient stirring and cooking at too low a temperature.

To GLAZE THE TOP OF ROLLS COOKIES AND PIES brush the top before baking with one egg white slightly beaten with one tablespoon of milk; then BAKE.

NOTE: Most of the recipes of this book have been given by members of the Ukrainian Greek Catholic parishes of Bruno, Sask. Wolverine, Sask., and Ianigan, Sask. The Catholic Women Society of Bruno has compiled them all for the benefit of all Canadians. They made this compilation THEIR CENTENNIAL PROJECT FOR the 100th anniversary of Confederation. 1867 - 1967. In this second edition, you will find most of the usual UKRAINIAN DISHES well explained together with the most flavory of Canadian dishes. Copies of this book are available at THE ICON PRESS,

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