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COOK BOOK



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Breads, Rolls, Etc.

DOUGHNUTS

- | | |
|----------------------------|-------------------------|
| 2 eggs | 1 tbsp. melted butter |
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ 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.

Mrs. Steve Deputan, Holden.

BANANA NUT BREAD

- | | |
|-----------------------------|-----------------------------|
| 2 cups sifted flour | 1 cup chopped nuts |
| 2 tsp. baking powder | 1 egg beaten |
| $\frac{1}{2}$ teaspoon soda | $\frac{1}{4}$ cup salad oil |
| $\frac{3}{4}$ teaspoon salt | 1 cup mashed bananas |
| $\frac{1}{2}$ cup sugar | 1 tbsp. lemon juice |

Sift together the dry ingredients. Add $\frac{3}{4}$ 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.

Mrs. Peter Walusko.

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 cups flour | 1 tbsp. sugar |
| 2 tsp. baking powder | $\frac{1}{4}$ tsp. nutmeg |
| $\frac{1}{2}$ tsp. salt | $\frac{3}{4}$ cup walnuts |
| $\frac{1}{2}$ tsp. soda | |

Add:

- | | |
|---|------------------------|
| 1 egg | 1 tbsp. lemon juice |
| 1 tbsp. melted shortening
or salad oil | $\frac{1}{2}$ cup milk |

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

Mrs. O. Demco.

DATE MUFFINS

- | | |
|------------------------------|------------------------|
| 1 cup dates | 1 cup boiling water |
| 2 tbsp. butter or shortening | 1 cup sugar |
| $1\frac{3}{4}$ cups flour | 1 tsp. baking soda |
| 1 egg, beaten | $\frac{3}{4}$ cup nuts |
| $\frac{1}{4}$ 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.

Mrs. M. Kondratiuk.

NUT BREAD

2 cups sifted flour
 4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup sugar
 1 cup chopped walnuts

1 cup raisins or dates
 1 egg, beaten
 $\frac{1}{3}$ cup melted shortening
 1 cup milk

Sift flour, baking powder, salt and sugar. Add nuts and fruit. Combine egg, milk and melted shortening.

Add liquid to flour mixture stirring until flour is well moistened. Pour into a greased loaf pan. Bake at 350 degrees for 1 hour.

Mrs. J. Wolansky.

CHERRY BREAD

1 cup sugar
 2 cups flour
 2 tsp. Magic baking powder
 $\frac{1}{2}$ tsp. salt
 4 tbsp. melted fat
 1 egg (well beaten)

1 bottle Marashino cherries
 (halved)
 $\frac{1}{4}$ cup chopped nuts
 Juice from cherries and
 water to make 1 cup

Mix and sift dry ingredients into a bowl. Add chopped nuts. Make a hollow in centre and pour into it the beaten egg and juice. Stir quickly and evenly in as few strokes as necessary. Add melted fat stirring only to mix. Add cherries and mix. Do not over mix.

Turn into lightly greased loaf pan. Bake at 325 degrees for 1 $\frac{1}{4}$ hr.

Mrs. A. Bendzera.



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DATE AND NUT BREAD

- | | |
|-------------------------|---------------------------|
| 1 cup chopped dates | 1 tsp. vanilla |
| 1 tsp. soda | 1½ cups all purpose flour |
| ¾ cup boiling water | 1 tsp. baking powder |
| 1 egg | ¾ cup chopped walnuts |
| ¾ cup light brown sugar | (optional) |
| ½ tsp. salt | ¼ 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.

Mrs. W. Sereda.

PEANUT BUTTER BREAD

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

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.

Mrs. W. Sereda.

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Cookie dough:

- | | |
|----------------------------------|---------------------------------------|
| 1 package fast-rising dry yeast | $\frac{3}{4}$ lb. Domestic Shortening |
| $\frac{1}{2}$ cup lukewarm water | Pinch of salt |
| 3 cups all-purpose flour | 2 egg yolks |
| 1 cup pastry flour | $\frac{1}{2}$ cup sour cream |

Filling:

- | | |
|-------------------------|--------------------|
| 16 oz. walnuts, chopped | 4 tablespoons milk |
| 1 cup sugar | Icing sugar |

Combine yeast with lukewarm water and let stand 10 minutes.

Sift flours into mixing bowl with salt. Cut in Domestic Shortening until mixture resembles fine meal. Beat egg yolks, add sour cream and yeast mixture. Combine with flour mixture. No matter what the liquid, Domestic guarantee tender, flaky pastry. Turn out on lightly floured board. Form into roll. Cut in 12 pieces. Roll each of the 12 pieces into long roll, and cut into walnut size pieces. Cover with towel and let stand 15 minutes.

Make Filling:

Combine nuts, sugar, and milk. Cook until thick, then chill.

Preheat oven to 350 deg. F. Roll out pieces of dough into circles and place teaspoon of cooled filling on each. Roll edge to cover filling and form into crescent shape. Place on greased cookie sheet, (do not let rise) and bake for 20 to 25 minutes at 350 deg. F. When cool sprinkle cookies with icing sugar. Makes 8 dozen cookies.

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$\frac{1}{2}$ cup oil	2 cups flour (sifted)
$\frac{1}{2}$ cup salad cream or sour cream	1 tsp. sugar
2 eggs	Few grains salt
	2 tsp. baking powder

Mix eggs, baking powder, salt and sugar; beat well and add sour cream and oil. Beat well again and gradually mix in flour. Divide dough into about 8 or 10 balls. Put in a pan and let stand for $1\frac{1}{2}$ to 2 hours. (until soft). Take one ball, roll and pull dough until quite thin. Spread half of this with cheese filling across, then roll like a jelly roll. Cut roll into about $\frac{1}{2}$ inch pieces with floured hand. Place them on a cookie sheet well greased with Mazola oil. Place with cut side down, and press finger in middle of other side. Place a dab of butter (size of small bean) in center made by finger. Bake at 375 degrees until light brown. About 25 min.

Cheese Filling:

2 pkg. dry cottage cheese	Salt and pepper to taste
2 eggs slightly beaten	2 tbsp. fine bread crumbs
	Mrs. J. Porayko.

FLEISCHMAN'S YEAST BUNS

3 cups boiling water	1 Fleischman's yeast cake
12 tablespoons butter	6 eggs, beaten
1 cup sugar	3 whole yolks
1 teaspoon salt	

Put all the first four ingredients in a pan and mix well together. When cool add the well beaten eggs. Take $\frac{1}{2}$ cup boiling water, cool and dissolve the yeast cake. Pour in the pan to the first mixture. Add enough flour to stiffen. Let rise twice, then shape into buns. Then let rise again. Bake in hot oven about 20 minutes.

This recipe can be used for doughnuts but let rise once, shape into doughnuts and let rise again. Fry in hot lard; sprinkle with sugar.

Mrs. Alex Zarowny, Northern Valley.

BUTTER HORNS

$\frac{1}{2}$ cup sugar	4 eggs
1 cup cold milk	5 cups flour
2 Fleischman's yeast	$\frac{1}{2}$ lb. butter, cold

Crumble yeast in mixing bowl, add sugar and work together until soft and watery. Add eggs and handle very little — just enough to break them. Add cold milk and mix again with finger tips. Put flour in and mix just enough to barely hold together.

Sprinkle cloth with plenty of flour, then put your dough on it. Roll out about half inch thickness. Dot half part of dough with little pieces of butter and fold over the other part, and roll out. Then fold both sides to middle and roll again. Do this three times. Cover your dough so it will not dry, and put in a cold place for $1\frac{1}{2}$ hours. Cut in small strips and roll; tie into knots and put in greased pans. Let them rise in warm place, brush them with egg and bake in moderate oven until nice and brown. When baked brush with honey or ice them with butter icing, and sprinkle with broken walnuts.

Mrs. E. Skwarek.

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KOLACHI

- | | |
|--------------------------|----------------------|
| 2 cakes compressed yeast | ½ cup sugar |
| 1 quart milk | 2 teaspoons salt |
| 4 cups flour | ¼ lb. butter |
| 4 eggs | 1 tablespoon vanilla |

Scald milk and cool to lukewarm. Dissolve the yeast in this and then add the flour. Beat hard and set aside in a warm place for 2 hours until the sponge is light and foamy. Then add the well beaten eggs, the sugar, salt, melted butter and flavoring. Work in enough flour to make a fairly stiff dough and knead well. Let rise for about 2 hours — until double in bulk. Then divide into 5 pieces and braid.

PERISHKE

In ½ cup lukewarm water thoroughly dissolve 1 tsp. sugar. Sprinkle 2 packages of yeast on top of water. Let stand 15 min. Then stir well.

- | | |
|----------------------------|-----------------------------|
| 1½ cups lukewarm milk | 1 tsp. salt |
| ½ cup butter or mazola oil | 3 eggs well beaten |
| ½ cup sugar | 6 cups flour (more or less) |

Mix above ingredients and add yeast. Let rise.

Filling:

- | | |
|-------------------|---------------|
| 1 cup boiled rice | Pinch of salt |
|-------------------|---------------|

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

Mrs. A. Solar.

SPECIAL UKRAINIAN EASTER BUN

- | | |
|-----------------------------|---------------------|
| 5 quarts warm flour, sifted | 1 lb. melted butter |
| 1½ quarts milk | ½ lb. raisins |
| 1 to 2 Fleischman's yeast | Lemon rind |
| 30 egg yolks | Vanilla |
| 1½ lb. sugar (3 cups) | |

SPONGE — Take half hour. Mix yeast and lukewarm milk. Let rise. Take egg yolks, beat until light colored, add sugar and salt. Knead half an hour. Add melted butter — knead again half an hour. Add raisins, vanilla, lemon rind. Knead extra well. Bake from 1 hour until done.

Mrs. M. Sawchukievich.

UKRAINIAN PERISHKE

- | | |
|---------------------|----------------------|
| 6 eggs | 1 pint milk, scalded |
| ¼ lb. butter | 1 cup potato water |
| ¼ cup Mazola oil | 1 teaspoon salt |
| 1 cup sugar | 12 cups flour |
| 3 fresh yeast cakes | |

Rub sugar with yeast until it becomes liquidy. Then beat in eggs. Add remainder of ingredients and knead to a soft dough. Let rise. When double in bulk, knead down again.

Fry liver (calf) with onions and put through meat grinder. Salt and pepper to taste. Pinch dough and fill with liver. This dough can be used for doughnuts, cinnamon buns, etc.

Mrs. J. Basarab.

DOUGHNUTS

Heat 2 pints cream to lukewarm and let cool. Soak 1 Fleischman's yeast cake in a little warm water. Beat 10 egg yolks until foamy and add 8 tbsp. sugar, a little at a time. Add yolks to cream and yeast mixture. Lastly, add 1 tsp. salt, vanilla and lemon flavoring. Beat thoroughly and add about 5 cups flour. Mix to a smooth, soft, but not tough dough. Knead in 5 tbsp. melted butter. After it has risen place on floured board. Handle dough very lightly. Cut into shapes. To insure further lightness let the doughnuts rise again for about half an hour.

Fry in boiling lard or mazola oil for best results. Dip in granulated sugar. When cool store in a crock. These should be the lightest doughnuts you have ever eaten.

Mrs J. Kolmatycki, Vernon, B. C.

ROLLS

2 cups scalded milk
 $\frac{1}{4}$ cup shortening
 2 tablespoons sugar
 2 teaspoons salt

1 yeast cake
 1 cup lukewarm water
 5 or 6 cups flour

Soak yeast cake in water. Put sugar, salt and shortening into a bowl and add the hot milk. Cool this mixture to lukewarm. Add the yeast and enough flour to make a soft but not sticky dough. Turn out into floured board and knead. Shape into a loaf. Place in greased bowl. Let rise until doubled in bulk. Shape into rolls; let rise until doubled in size. Bake in moderate oven 375° from 15 to 20 minutes.

Mrs. E. Skwarok.

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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.

Mrs. E. Skwarok.

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° . Garnish with jam or jelly. The rolled out dough may be folded lengthwise — then shaped as one large roll if preferred.

Mrs. J. Esaiw.

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.

Mrs. J. Krywko.

REFRIGERATOR ROLLS

- | | |
|-------------------------------------|-------------------------|
| 2 pkgs. yeast | $\frac{3}{4}$ cup sugar |
| 1 tbsp. sugar | 10 to 11 cups flour |
| 1 cup lukewarm water | 4 tsp. salt |
| 1 cups scalded milk (cooled) | 2 eggs beaten |
| $\frac{3}{8}$ cup melted shortening | |

Dissolve yeast and sugar in water. Add cooled milk, shortening, sugar, salt, and beaten eggs. Beat well. Add flour to make soft dough. Let stand for 10 min. Knead on lightly floured board until smooth and elastic. Place in greased bowl and store in refrigerator. Shape rolls about 2 hours before serving. Let rise double in bulk and bake in hot oven 400° - 425° for 20 min. Punch down unused dough and return to refrigerator for future use.

Mrs. L. Neet, Santa Ana, Calif.

ROLLS

- | | |
|--------------------|--------------------------------|
| 1 cup milk-scalded | 1 pkg. yeast |
| 2 tbsp. shortening | 1 egg well beaten |
| 2 tbsp. sugar | $3\frac{1}{2}$ to 4 cups flour |
| 1 tsp. salt | |

Combine scalded milk, shortening, sugar, and salt. Cool to lukewarm. Prepare yeast as directed on package. Add to the milk. Add egg and mix well. Gradually stir in flour to form soft dough. Beat vigorously.

Cover and let rise in a warm place until double in bulk, (about 2 hours). Punch down and make into cinnamon rolls, coffee cake, etc. Let rise again ($\frac{1}{2}$ to 1 hr.). Bake at 375° degrees for 25 to 30 min.

Mrs. A. Starko.

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EASTER BREAD (BABKA)

- | | |
|------------------------|-------------------------------------|
| 3 packages yeast | - 1 cup melted butter |
| 2 cups milk | 1/4 cup blanched and ground almonds |
| 15 egg yolks | 1/2 - 1/4 pound white raisins |
| 1 1/2 cup icing sugar | 1 tablespoon grated orange rind. |
| 1 teaspoon salt | |
| 8 cups flour (or more) | |

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.

Mrs. M. Rosliak.

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

- | | |
|--|----------------|
| 2 cups sweet cream | 6 eggs beaten |
| 3 cups boiling water (pour over cream) | 1 tbsp. salt |
| 1 cup sugar | 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 | 3/4 cup sour cream |
| 1/4 cup lukewarm water | 2 eggs well beaten |
| 1 cup butter or margarine | 1 teaspoon vanilla |
| 4 cups unsifted all-purpose flour | 1/2 teaspoon grated lemon rind |
| 1 teaspoon salt | 1 3/4 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 3/4 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 1/4 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.

Mrs. E. Letawsky.

CARAMEL BUTTER BUNS

4½ cups sifted all-purpose flour	1 tsp. salt
1 cup water	½ cup sugar
1 tsp. sugar	½ cup soft butter
1 package dry yeast	4 eggs, well beaten

Sift flour into large bowl. Make well in centre. Heat water to lukewarm. To ½ cup of this lukewarm water add 1 tsp. sugar, and dry yeast. Let stand 15 minutes. To remaining ½ cup lukewarm water, add salt, sugar, soft butter and beaten eggs. Add yeast mixture, stir well. Pour liquid into centre of flour. Stir until liquid disappears. Mix dough in bowl with hand. Place in a greased bowl. Cover with tight fitting lid or aluminum foil. Allow dough to rise for 2 hours in a warm place until doubled in bulk. Punch down several times. Then roll into cylinder shape, about 1½ inches in diameter. With greased knife or scissors cut into 36 pieces of uniform size. Roll pieces of dough into balls under palm of hand, pressing gently. Dough may require light dusting with flour before rolling. Grease two 8x8x2 inch cake pans. Brush melted butter on sides of buns so they will separate when baked and place in greased pans. Cover buns with waxed paper and damp tea towel. Let rise at 75 to 85 degrees F. until double in bulk. (about 1 hour). When risen, bake buns at 350 degrees F. about 20 minutes or until golden brown. Turn out on rack, ice. Separate when serving. The dough may be refrigerated before the first rising. It will keep up to one week.

Caramel Bun Icing

½ cup brown sugar	½ cup icing sugar
2 tbsp. butter	3 tbsp. cream
1 tbsp. water	

Combine sugar, butter and water in saucepan. Boil for 10 minutes stirring constantly. Slowly beat in icing sugar. Thin to spreading consistency with cream. Immediately ice warm buns. Makes 3 dozen.

Mrs. P. Ozubko.

CINNAMON BUNS

Use dough of above recipe. Roll dough into a one-inch layer and then cut into 2 inch strips. Dip each strip into melted butter. Dip buttered strip into mixture of:

1 tsp. cinnamon	½ cup rolled nuts
1 cup sugar	(if desired)

Tie strips into two knots tucking ends under, and put on a well buttered pan. Let rise in warm place for one hour. Bake at 375 degree oven for approximately 25 min.

JELLY BUNS

Use dough of former recipe. Take dough and lightly flatten. Cut into pieces size of an egg or slightly smaller (shape into buns) and dip into white sugar. Flatten and put on well buttered pan. Sprinkle mazola oil on each bun, and let rise for about 20 min. Press centre of bun down with back of bread knife and fill with thick jelly or jam (about 1 tsp.). Let rise 5 - 10 min. Bake at 375 degrees for approximately 25 min.

Mrs. J. Porayko.

B U N S**Bun Dough:**

2 cups milk	18 - 20 egg yolks
2 tsp. salt	$\frac{1}{2}$ cup butter
2 Fleischmans yeast	$\frac{1}{2}$ cup Mazola oil
2 cups water	1 tsp. vanilla or pastry spice
$\frac{3}{4}$ cup sugar	10 cups flour (sifted)

Bring milk to boiling point, add mazola oil, and salt. Let cool. Soak yeast in 2 cups of lukewarm water. Add 2 tsp. sugar, let rise. Take egg yolks and beat until light in color; adding sugar gradually. Now add warm milk mixture and 6 cups flour and also add yeast. With wooden spoon mix until smooth and spongy. Then add remaining 4 cups flour and knead for 1 hour (until dough leaves hand readily) Brush dough while rising with mazola oil. Cover, put in warm place to rise. Within one hour (depends on room temp.) punch down and cover again. Let rise until double in size (do not let over rise). Now make out into favorite shapes.

LIGHT RYE BREAD

Pour 2 cups very hot water over $1\frac{1}{2}$ cups rye flour gradually, stirring continually with a wooden spoon to prevent lumping. Beat well and let stand about $1\frac{1}{2}$ hours.

Scald $1\frac{1}{2}$ cups of milk, let cool, and add to first mixture. Add enough white flour to make a thick paste. (about 2 to 3 cups). Beat well.

To the above, add 2 cakes yeast which have been rising about 10 minutes in $1\frac{1}{2}$ cups lukewarm water and two tsp. sugar. Add 1 tbsp. salt, $\frac{1}{2}$ cup melted butter, and $\frac{1}{4}$ cup mazola oil. Then add enough white flour to make a stiff dough, thicker than ordinary bread. Let rise until double in bulk, then punch down and let rise again about another hour. Now make your bread or buns in pans, and let rise. Bake at 375° for one hour.

Mrs. J. Porayko.

KOLACHEE

Sift 4 quarts warmed flour. Use 1 quart flour to make batter using one quart scalded milk which has been cooled, and in which 3 cakes of Fleischman's yeast have been dissolved. Let this batter rise. Beat 4 eggs to which a teaspoon salt and 1 tablespoon sugar have been added. Add to batter. Add grated rind of one lemon. Add cup melted butter. Add rest of flour and knead for half an hour. Let stand in warm place until it doubles in size. Turn on floured board. Divide dough and braid. Place in pans and let rise. Then brush with beaten egg and sprinkle with poppy seeds. Bake as bread.

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.

Mrs. J. Zaharko.

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.

Mrs. L. Neet, Santa Ana, California.

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.

MAYONAISE 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 creamed mixture. Bake loaf 45 minutes. Layer 35 minutes 350° oven.

Mrs. L. Neet, Santa Ana, California.

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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).

Mrs. J. Porayko.

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.

Mrs. W. Ewanetz.

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.

Mrs. J. Romankiw.

RICH FRUIT CAKE

- | | |
|---|--|
| 2 lb. Sultana raisins | rind of 2 oranges, juice and pulp |
| 2 lb. large seedless raisins | 5 cups all purpose flour |
| ½ lb. chopped dates | ½ lb. pecans, filberts or both |
| ½ lb. candied citron (shredded) | 1 tsp. salt |
| ½ lb. cherries | 1 lb. butter |
| 6 rings candied pineapple
(2 of each different colors) | 2 cups berry sugar |
| 1 lb. blanched almonds | 12 small eggs (10 if large) |
| ½ cup crushed pineapple | 2 tsp. of each: vanilla, almond
and rum flavoring |
| rind of 2 lemons | |

Cream butter and sugar, add eggs one at a time, beating well after each addition. Sift 5 cups flour, take 1 cup of that flour and sift it over your fruit and nut mixture. Add the remaining 4 cups to the eggs, butter and liquids, gradually combine with fruit, mix until your fruits are well distributed throughout batter. Have your pans lined with 3 layers of heavy butcher's greased paper. Turn in batter to no more than $\frac{3}{4}$ full. Bake in slow oven at 275° F. Allow from 2½ to 4 hours depending on size. When baking put a large pan of water in the bottom, keep it from burning, approx. 1 cup of water will be sufficient. Also sprinkle a little water on top of cake before you put it in the oven. After cake is baked sprinkle about 1 tablespoon water or sherry wine over top before storing.

Mrs. J. Porayko.

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QUEEN ELIZABETH CAKE

1 cup pitted dates
¾ cup boiling water
Combine above ingredients and let cool.

1 very ripe banana
1 tsp. baking soda

Bottom Layer

½ cup butter
1 cup white sugar
1 egg
1½ cups flour

¼ tsp. salt
1 tsp. baking powder
1 tsp. vanilla
½ cup nutmeats

Cream butter, add sugar and egg, and beat well. Sift dry ingredients and add to butter mixture. Add date mixture and beat well. Add nuts and vanilla. Bake in a greased 7 x 12" pan in a 350° F. oven about 45 minutes.

Topping

5 tbsp. brown sugar
3 tbsp. sweet cream
3 tbsp. butter

¾ cup slivered almonds,
or coconut

Cook above mixture about 3 minutes and pour over hot cake. Return to oven to brown, about 5 minutes.

Mrs. J. Semkow.

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PRIZE VELVET CAKE

Won by Mrs. John Bushko of Vegreville, Alberta
first prize in the Domestic Bakefest.

- | | |
|---|---------------------------------------|
| 1 cup finely chopped nuts | $\frac{3}{4}$ cup Domestic Shortening |
| $2\frac{1}{2}$ cups sifted pastry flour | $1\frac{1}{4}$ cups milk |
| $4\frac{1}{2}$ teaspoons baking powder | 1 teaspoon vanilla |
| 1 teaspoon salt | $\frac{3}{4}$ cup unbeaten egg whites |
| $1\frac{1}{2}$ cups sugar | 1 oz. semi-sweet chocolate,
grated |

Sprinkle nuts evenly over bottoms of two well greased and lightly floured 9-inch round layer pans. Sift together flour, baking powder, salt and sugar. Add Domestic Shortening, milk and vanilla. Domestic blends smoothly with all other ingredients, wet or dry. Beat $1\frac{1}{2}$ minutes by mixer. Add egg whites and beat for another $1\frac{1}{2}$ minutes. Spoon one-quarter of batter carefully into each nut-lined pan. Sprinkle grated chocolate into each pan. Spoon the remaining half of batter into pans, spreading carefully so chocolate is not disturbed. Bake in 350° oven for 35 to 40 minutes. Let cool 30 to 40 minutes before turning out.

Frosting:

- | | |
|------------------------------------|---------------------------|
| 2 squares unsweetened
chocolate | 4 egg yolks |
| $\frac{1}{2}$ cup granulated sugar | $\frac{1}{2}$ cup butter |
| $\frac{1}{4}$ cup water | 1 teaspoon vanilla |
| | 2 cups sifted icing sugar |

Cook chocolate, sugar, water in saucepan over low heat until chocolate melts. Remove from heat. Add egg yolks and beat thoroughly. Cool. Cream butter, vanilla and blend in icing sugar. Add cooled chocolate mixture. Beat until smooth. Spread on cooled cake layers, sprinkle with chopped nuts.

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POPPY SEED TORTE

8 eggs	1 cup poppy seed
1 cup sugar	1 cup walnuts
$\frac{1}{2}$ lemon	$\frac{1}{4}$ 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

$\frac{3}{4}$ cup brown sugar	1 tsp. vanilla
$\frac{1}{3}$ cup water	

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

Mrs. J. Melnychuk.

ALMOND TORTE

$\frac{1}{2}$ lb. of blanched almonds	5 egg whites
2 cups icing sugar	juice of $\frac{1}{2}$ 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 $\frac{1}{2}$ hour in 350° oven.

Second Part

$\frac{1}{2}$ 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:

$\frac{1}{2}$ lb. salt free butter	$\frac{1}{2}$ 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.

Mrs. A. Pryma.

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HAZEL NUT TORTE**First Layer:**

- | | |
|---------------|-----------------------------|
| 1½ cups flour | 3 tbsp. icing sugar (level) |
| ¼ lb. butter | 2 oz. ground almonds |

Mix the above ingredients. If dough looks too thin, add more flour. Bake in 350° oven for about ½ hour.

Second Layer:

- | | |
|---------------------|-------------------------|
| 4 egg whites | ½ cup ground walnuts |
| 4 tbsp. icing sugar | ½ cup ground Hazel nuts |

Beat Egg Whites until stiff, add icing sugar and ground nuts. Mix lightly. Pour into greased pan and bake in 350° oven for ½ hour.

Coffee Filling:

- | | |
|------------------------|----------------------------|
| ½ lb. salt free butter | dissolved in |
| 2 egg yolks | 1 tbsp. boiling water, and |
| 1 cup icing sugar | cooled. |
| 3 tsp. instant coffee, | ½ tsp. almond extract |

Beat egg yolks with sugar, add butter and beat well. Slowly add coffee and beat, add more icing sugar if needed. Spread between layers and on top. Let stand for three days, then ice with favorite icing and decorate.

Mrs. J. Romankiw.

HONEY TORTE

- | | |
|---------------------------|----------------------|
| 1 cup honey | 1 tsp. baking soda |
| 4½ cups all purpose flour | 3 eggs |
| 1 cup sugar | 1 cup ground walnuts |

Combine the above ingredients, beat well, and let stand three days in a cool place. Roll out into six round layers and bake in layer pans until light brown.

Filling:

- | | |
|--------------|----------------------|
| ¼ lb. butter | 1½ tbsp. flour |
| ½ cup milk | 1 cup ground walnuts |
| 1 cup sugar | ¼ cup rum |

Boil milk and sugar, add flour and mix well. Add ground walnuts and rum. Mix well, and store in cool place. Then blend well with butter. Spread this filling between layers of torte, and ice with favorite icing.

Mrs. A. Bayrack.

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.

Mrs. A. Bayrack.

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.

Mrs. M. Rosliak.

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.

Mrs. J. Romankiw.

CHOCOLATE CAKE

- | | |
|------------------------|---------------------------|
| ½ cup Crisco or butter | 2 ounces chocolate |
| 1¼ cups white sugar | 1¾ cups Swansdown flour |
| 4 eggs | 3 teaspoons baking powder |
| ¾ cup milk | 1 teaspoon vanilla |

Dissolve chocolate in five tablespoons of boiling water. Cream shortening and add the sugar gradually. Add the yolks, beat again. Add the milk, then the melted chocolate and flour. Beat well. Now beat the whites of the eggs to a stiff froth and stir them carefully into the mixture. Add the vanilla and baking powder. Mix quickly and lightly; turn into well greased cake pan and bake in a moderate oven (350°F.) from ¾ to 1 hour.

Chocolate Icing for Above Cake

- | | |
|----------------------------|-------------------------|
| 1 square baker's chocolate | 3 ounces Chateau cheese |
| 1 tablespoon butter | Icing sugar to thicken. |
| 3 tablespoons milk | |

Melt butter, add milk and cheese. Heat very slowly until cheese is melted. Add grated chocolate and melt. Remove from stove and mix in icing sugar till the icing is right consistency to spread. Add 1 teaspoon vanilla. Spread on cake with a teaspoon.

Mrs. N. Woytkiw.

JELLY ROLL

- | | |
|-------------------------------------|------------------------------|
| $\frac{3}{4}$ cup sifted cake flour | 4 egg whites, stiffly beaten |
| 1 teaspoon baking powder | 4 egg yolks, well beaten |
| $\frac{1}{4}$ teaspoon salt | 1 teaspoon vanilla |
| $\frac{3}{4}$ cup sifted sugar | Jelly |

Sift flour once, measure, add baking powder and salt and sift three times. Fold sugar into egg whites — a small amount at a time. Add egg yolks and vanilla carefully. Fold in flour gradually. Pour into pan $13\frac{1}{2} \times 8\frac{1}{2}$ lined with buttered paper and bake in a hot oven 400° , 13 to 15 minutes. Turn from pan at once onto a cloth covered with powdered sugar. Remove the paper. Quickly cut off crisp edges, spread jelly and roll. Wrap in cloth until cool.

Mrs. J. Basarab.

SOUR CREAM CAKE

- | | |
|---------------------------|-----------------------------|
| 2 eggs | 1 teaspoon baking soda |
| 1 cup sugar | 1 cup sour cream |
| $1\frac{3}{4}$ cups flour | $\frac{1}{4}$ teaspoon salt |
| 3 tablespoons cocoa | 1 teaspoon vanilla |

Beat eggs until stiff. Beat in sugar a little at a time. Sift all dry ingredients together and add to egg mixture alternately with sour cream. Beat well after each addition. Add vanilla and bake 30 min. in 350° oven.

Mrs. P. Swist.



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DAFFODIL CAKE

- | | |
|------------------------|--|
| 10 to 12 egg whites | 1 cup flour |
| 1¼ cups egg whites | ½ tsp. vanilla |
| ½ tsp. salt | ½ tsp. orange extract |
| 1 tsp. cream of tartar | 4 egg yolks, beaten until thick,
and lemon colored. |
| 1¼ cups sifted sugar | |

Sift flour once, measure and sift four more times. Beat egg whites and salt with flat wire whip. When foamy add cream of tartar and continue beating until stiff enough to hold up in peaks, but not dry. Fold in sugar, 2 tbsp. at a time until all is used. Sift small amount of flour over mixture and fold in carefully; continue until all is used. Divide mixture into two parts. To one fold in vanilla, to other orange extract and the 4 egg yolks well beaten. Put by tablespoons into ungreased angel food pan, alternating white and yellow mixtures. Bake in slow oven 300° F. 60 to 70 minutes. Remove from oven and invert pan 1 hour, or until cold.

Mrs. H. Demco.

POPPY SEED CAKE

- | | |
|------------------|---------------------------|
| ¾ cup poppy seed | 2 cups sifted flour |
| ¾ cup milk | 2 tsp. baking powder |
| ¾ cup butter | 1 teaspoon vanilla |
| 1½ cups sugar | 4 egg whites, well beaten |

Soak poppy seed over night in milk. Cream butter and add sugar, then add milk and poppy seed. Add dry ingredients and then egg whites. Bake in large pan or layers. If layers, bake 25 minutes in 375° F. oven.

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WALNUT TORTE

- | | |
|------------------------------------|---------------------------------------|
| 9 eggs | $\frac{3}{4}$ cups white bread crumbs |
| $1\frac{1}{2}$ cups berry sugar | 1 tsp. vanilla |
| $1\frac{1}{2}$ cups ground walnuts | |

Put 9 egg yolks in mix master bowl and beat gradually adding your sugar until smooth and lemon colored. Mix ground walnuts with the bread crumbs. Beat egg whites until stiff but not dry. Pour egg yolk mixture over beaten egg whites and mix gently. Fold in ground walnuts and bread crumb mixture. Mix gently and add vanilla. Bake in two round layer cake tins (grease and lightly flour tins). Bake in oven 325° to 350° for $\frac{1}{2}$ hour. Spread chocolate filling between layers and ice with favorite icing.

Chocolate Filling

- | | |
|---------------------------------|----------------------|
| 1 tbsp. butter | 1 tsp. vanilla |
| 1 cup icing sugar | 3 squares semi-sweet |
| 1 egg | chocolate (melted) |
| $\frac{1}{4}$ cup milk or cream | |

Mix in order given. Set dish in pan of crushed ice and beat until stiff enough to spread.

Mrs. J. Pryma.

LEMON SHORTBREAD TORTE

- | | |
|--------------------------|---------------------|
| 2 cups flour | 3 tbsp. icing sugar |
| $\frac{1}{2}$ lb. butter | 1 egg yolk |

Cream butter and add icing sugar gradually. Add yolk and flour. Make dough and divide into three. Roll out each ball of dough and bake in 3 layers in moderate oven until light brown.

Lemon Filling

- | | |
|--------------------------------------|------------------------------------|
| 1 lemon boiled soft without peeling. | $\frac{1}{2}$ lb. salt free butter |
| Juice of 1 lemon | 3 cups icing sugar |

Beat butter until light and fluffy. Add icing sugar gradually with ground cooked lemon and fresh lemon juice. Put in between layers and ice with following icing.

- | | |
|---------------------------|-----------------|
| $\frac{1}{2}$ icing sugar | 1 tbsp. butter. |
| juice of 1 lemon | |

Beat until smooth. Ice torte and decorate.

Mrs. J. Romankiw.

APPLE SAUCE CAKE

- | | |
|-------------------------------------|-----------------------------------|
| $2\frac{1}{2}$ cups hot apple sauce | 2 teaspoons cinnamon |
| 1 cup butter or shortening | 1 teaspoon salt |
| 2 cups sugar | 4 tsp. baking soda (level) |
| 4 cups flour or more | 1 lb. raisins |
| 1 teaspoon cloves | $\frac{1}{2}$ lb. chopped walnuts |

Add the hot sauce to the butter, add sugar and mix. Sift flour, salt, soda, and the spices. Mix all together and lastly add nuts and raisins. Bake in two loaf pans in a moderate oven until done, about 1 hour

Mrs. G. Diduch.

TOMATO SOUP CAKE

- | | |
|---------------------|------------------------|
| 1 or 2 tbsp. butter | 1 can tomato soup |
| 1 cup white sugar | 1½ cup sifted flour |
| 1 egg | ½ tsp. ground cloves |
| 1 tsp. baking soda | 1 cup dates or raisins |
| 1 tsp. cinnamon | (dates better). |
| ¾ cup walnuts | |

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

Mrs. A. Cooper.

BUTTERSCOTCH BANANA CHIFFON CAKE

Sift flour on wax paper and measure:

- | | |
|---------------------------|-------------|
| 2¼ cups sifted cake flour | 1 tsp. salt |
| 3½ tsp. baking powder | |

Sift together into a mixing bowl.

Mix in 2 cups brown sugar firmly packed and free of lumps. Make a well in the dry ingredients and add in order:

- | | |
|----------------------------------|-------------------------------------|
| ½ cup cooking (salad oil) | 2 tsp. vanilla |
| 6 medium size unbeaten egg yolks | 1 sieved ripe banana (medium sized) |
| ¾ cup cold water | |

Beat with mixing spoon until smooth for about 10 minutes. Then measure into another large mixing bowl:

- | | |
|---------------------------|------------------------|
| 1 cup egg whites (8 or 9) | ½ tsp. cream of tartar |
|---------------------------|------------------------|

Beat until whites form very stiff peaks, much stiffer than for angel food or meringue. Pour egg yolk batter over beaten whites and fold gently with rubber spatula, just until blended. Do not stir. Pour into an ungreased tube pan and bake in a moderately low oven (325°) for 1½ hr. Remove from oven and invert pan until cold.

Mrs. M. Shenduk.

LOVELIGHT 2 EGG CHOCOLATE CHIFFON:

This makes a large tender, light cake.

- | | |
|------------------------------------|--|
| 2 eggs separated | ½ cup cooking oil |
| 1½ cups fine sugar | 1 cup buttermilk (sweet milk with 1 tbsp. vinegar may be used) |
| 1¾ cups sifted cake flour | 2 sq. unsweetened melted chocolate |
| ¾ tsp. soda | |
| 1 tsp. vanilla or almond flavoring | |
| ¾ tsp. salt | |

Heat oven to 350°. Grease well 2 large layer pans or one oblong 13" by 9" by 2".

Melt chocolate in pan over hot water. Beat egg whites until frothy. Then add ½ cup of the sugar and keep beating till very stiff and glossy. In large bowl sift the other cup of sugar, flour, soda, and salt. Add yolks, chocolate and rest of buttermilk. Beat well for one more minute. Fold in the stiffly beaten egg whites by turning over and over with wire whip, if you have one. Bake 30 to 35 min. in layer pans, 40 to 45 min. in oblong pan or until it begins to shrink from sides.

Mrs. M. Strashok.

SPICE SPONGE CAKE

- | | |
|---------------------------------|---|
| 14 egg yolks | 2 tsp. baking powder |
| 1 cup sifted granulated sugar | 3 egg whites, beaten stiff |
| $\frac{1}{2}$ teaspoon cloves | $\frac{1}{2}$ cup walnut meats, chopped fine. |
| $\frac{1}{2}$ teaspoon cinnamon | 1 tsp. almond extract |
| $\frac{1}{2}$ cup sifted flour | |
| $\frac{1}{2}$ teaspoon salt | |

Beat the egg yolks with a rotary beater. Slowly add the sugar and beat the mixture 15 minutes. Sift the flour, salt, baking powder together and fold into the beaten yolks. Add nuts and flavoring, fold in the stiffly beaten egg whites. Pour into an angel food tin and bake in a 325° oven about 5 minutes. Sprinkle cake with powdered sugar or use your favorite frosting. Do not grease tin.

Mrs. K. M. Krushilnicki.

HONEY CAKE

- | | |
|---------------------------------|--------------------|
| 6 eggs, separated | 1 cup liquid honey |
| 2 cups sifted all purpose flour | 1 tsp. Cinnamon |
| 1 tsp. baking soda | 1 tsp. Allspice — |
| 1 cup brown sugar | if desired. |

Combine egg yolks, brown sugar and honey, and beat well until stiff and light colored. Combine dry ingredients and add gradually to egg yolk mixture. Beat whites until very stiff and fold in thoroughly. Bake in an ungreased angel food pan at 300° to 325° for about one hour.

Mrs. W. Sereda.

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MINTY MOCHA CAKE

2 $\frac{3}{4}$ cups sifted pastry flour or	4 eggs
2 $\frac{1}{8}$ cups sifted all-purpose flour	4 sqs. (4 oz.) unsweetened
3 tsp. baking powder	chocolate
1 tsp. salt	1 $\frac{1}{2}$ cups milk
$\frac{3}{4}$ cup shortening	$\frac{1}{2}$ tsp. vanilla
1 $\frac{3}{4}$ cups white sugar	$\frac{1}{8}$ tsp. peppermint flavouring

Grease two 9-inch layer pans or a large loaf pan. Pre-heat oven to 350 degrees. Sift flour, baking powder, and salt twice. Cream shortening and sugar. Add eggs one at a time beating well after each addition, melt and add chocolate. Combine milk, vanilla, and peppermint flavouring. Add flour mixture to creamed mixture alternately with milk, combining lightly after each addition. Turn into prepared pans. Bake in pre-heated oven 35 - 45 min. or until done.

Mocha Frosting

Cream $\frac{1}{4}$ cup butter. Sift together 2 $\frac{1}{2}$ cups confectioners sugar and 2 tbsp. cocoa, gradually add to butter and mix well. Add about 3 tbsp. freshly made coffee to make mixture right consistency for spreading. Add few grains salt. Mix well. If desired, few drops of peppermint may be added. Spread on cake and decorate with whole walnuts.

Mrs. H. A. Hnatyshyn.

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CHEESE CAKE

- | | |
|--------------------------|-------------------------|
| ½ lb. Phil. Cream Cheese | ½ lb. glazed cherries |
| ½ cup sugar | 12 double Graham wafers |
| 2 eggs | ½ cup butter melted |

Crush Graham wafers and line bottom of 8" by 8" pan leaving enough for the top. Beat your egg whites stiff. Then in another dish beat your cheese, egg yolks and sugar. Fold in egg whites and cherries. Pour unto wafers in pan, top with remaining crumbs. Bake 30 mins. at 325°.

Mrs. S. Warshawski.

COCONUT CAKE

- | | |
|-----------------|----------------------|
| ½ cup butter | 1 cup flour |
| ½ cup sugar | 1 tsp. baking powder |
| yolks of 4 eggs | 5 tbsp. of milk |

Cream butter and sugar, add egg yolks one at a time. Add milk, alternately with the sifted flour and baking powder, spread in a 9" x 9" pan and cover with a meringue made with 4 egg whites to which 1 cup coconut and ½ cup sugar have been added. Bake in mod. oven.

Mrs. P. Greschuk.

DATE — WALNUT LOAF

Bake 350 degrees — 1 hour 10 min.

- | | |
|-----------------------------|-----------------------|
| 1 lb. dates | ¾ cup chopped walnuts |
| 1¼ cups boiling water | 2½ cups sifted flour |
| 1½ cups brown sugar | 1½ tsp. baking soda |
| 6 tbsp. butter or margarine | 1½ tsp. salt |
| 1 egg, beaten | |

Cut dates in small pieces, pour boiling water over. Stir in sugar and butter. Cool to room temperature. Stir in beaten egg and walnuts. Sift flour, soda and salt; stir quickly into date mixture until just blended. Let stand 15 min. before baking. Best when at least one day old.

Mrs. D. Brownlee, Calgary. Alta.

WALNUT FRIG. CAKE

- | | |
|----------------|--|
| 12 egg yolks | 8 to 10 tbsp. flour (cake or bread flour) |
| 12 egg whites | 2 squares unsweetened chocolate (shredded) |
| 12 tbsp. sugar | |

Whip egg yolks until thick and add shredded chocolate. Whip egg whites stiff but not dry. Add egg whites to yolk mixture. Gradually add flour, mixing lightly. Put into two layer pans and bake 25 min. at 325°. Suspend pans upside down to cool. Split each layer into two making 4 layers.

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| 2 cups shredded walnuts | 6 tbsp. sugar |
| ½ cup hot milk | ½ lb. butter |

Boil milk and pour over walnuts. Let stand 15 min. Add sugar and butter. Heat until thick. Fill between layers and ice top. Poppy seed icing may be used to fill and ice this cake.

Mrs. W. Muzyka.

SOUR CREAM COCOA CAKE

- | | |
|--------------------------|---------------------------|
| 3 large eggs | 1½ tsp. baking soda |
| 1½ cups sugar | 2¼ cups sifted cake flour |
| 4 tbsp. cocoa | 1 tsp. baking powder |
| 1 tsp. instant coffee | 1 tsp. vanilla |
| ½ tsp. salt | ¼ tsp. red food coloring. |
| 1½ 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.

Mrs. J. P. Ozubko.

MEDIWNYK

(Ukrainian Honey Cake)

- | | |
|-----------------------|-----------------|
| 1 pint honey | 1 tsp. cloves |
| ¼ lb. butter | 1 tsp. cinnamon |
| 1 package quick yeast | ½ 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.

Mrs. T. A. Koziak.

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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.

Mrs. S. Bozajeski, Lethbridge, Alta.

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.

Mrs. J. Zaharko.



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CARROT CAKE

- | | |
|---------------------------------|---------------------------|
| 1½ cup Mazola oil | add to first mixture |
| 2 cups sugar | 2 more cups flour |
| 4 eggs (beat one egg at a time) | ½ teaspoon salt |
| 1 cup flour | 7 to 8 grated raw carrots |
| 2 teaspoons baking powder | (medium size) |
| 1 teaspoon baking soda and | ½ cup chopped nuts |

In one bowl mix mazola oil, sugar, eggs, then add sifted flour, baking powder, and baking soda. In another bowl grate carrots, add 2 more cups flour, which has been sifted with salt. Sift flour over grated carrots a little at a time and mix well so as not to be lumpy. Add chopped nuts. Pour the mazola oil, sugar, eggs, flour, baking powder and baking soda to the first mixture and mix well, then bake in a tube pan 10" by 4" at 50 degrees for one hour.

Mrs. M. Dackiw.

Frosting for Carrot Cake

- | | |
|----------------------------|--------------------|
| 1 big package Philadelphia | 1 cup icing sugar |
| cream cheese | 1 teaspoon vanilla |

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

Mrs. M. Dackiw.

LAZY DAISY CAKE

Beat 2 eggs. Add 1 cup granulated sugar gradually. Continue beating until mixture is thick and light. Add 1 tsp. vanilla. Sift 1 cup flour, 1 tsp. baking powder and ¼ tsp. salt and add to mixture. Add ½ cup milk which has been brought to boiling point with 1 tbsp. butter. Bake in a greased and floured 10 x 6 in. pan in a 350 degree oven for 30 min. While cake is hot spread the surface with the following mixture and place in broiling oven for a minute or 2 to brown the topping. Watch carefully.

Mix:

- | | |
|--------------------------|------------------|
| 5 tbsp. brown sugar | 2 tbsp. top milk |
| 3 tbsp. melted margarine | 1 cup coconut |

Mrs. J. Porayko.

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CHEESE CAKE

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

Combine rolled wafers with melted butter and spread on bottom of rectangular pan, leaving $\frac{1}{2}$ 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.

Mrs. O. Kaban.

FAVORITE CHOCOLATE CAKE

- | | |
|--|------------------------------|
| 2 cups sugar | 2 tsp. baking soda |
| 1 cup butter | $1\frac{1}{2}$ tbsp. vinegar |
| 3 eggs | 5 tbsp. cocoa |
| 1 cup milk | 1 cup boiling water |
| 3 cups cake flour or $2\frac{3}{4}$ cups | pinch of salt |
| pastry flour | 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.

Mrs. M. Dackiw.

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:

- | | |
|---|--------------------------------------|
| $\frac{1}{2}$ cup evaporated milk | 3 tbsp. orange juice or |
| 16 marshmallows, finely cut | alcoholic flavoring |
| Put into a large bowl: | |
| 4 doz. $2\frac{1}{2}$ " graham crackers | $\frac{1}{2}$ cup dates, finely cut |
| rolled into fine crumbs | $\frac{3}{4}$ cup walnuts, broken |
| 1 cup seedless raisins, pre- | $\frac{1}{8}$ cup candied pineapple, |
| ferable, $\frac{1}{2}$ cup dark and | finely cut |
| $\frac{1}{2}$ cup light | $\frac{1}{2}$ cup candied cherries, |
| $\frac{1}{4}$ tsp. cinnamon | finely cut |
| $\frac{3}{4}$ tsp. nutmeg | 2 tbsp. candied orange peel, |
| $\frac{1}{8}$ tsp. cloves | 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 $2\frac{3}{4}$ pound cake.

Mrs. P. Walusko.

POPPY SEED ICING

- | | |
|--------------------------|----------------------------------|
| 2 cups poppy seed | 8 tbsp. sugar |
| $\frac{3}{4}$ cup butter | $\frac{1}{2}$ 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.

Mrs. W. Muzyka.

MERRY CHRISTMAS CAKE

Yield: approximately 10 pounds.

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

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.

Mrs. A. Bendzera.

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 |
| $1\frac{1}{2}$ 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.

Mrs. M. Jackney.

FAIRYLAND FRUIT CAKE

- | | |
|---|--|
| $\frac{1}{2}$ lb. butter | $\frac{3}{4}$ tsp. salt |
| 2 cups white sugar | 3 lb. blanched raisins |
| 6 large beaten eggs | 1 lb. candied cherries |
| 1 tin (20 oz.) crushed pineapple | 4 pineapple rounds. |
| 3 tbsp. lemon juice | $\frac{1}{2}$ lb. almonds or brazil nuts |
| 3 tbsp. orange juice | $\frac{1}{2}$ lb. shredded coconut |
| 2 $\frac{1}{2}$ cups sifted bread flour | rind of one orange and one lemon. |
| 2 tsp. baking powder | |

Cream butter and sugar well. Add beaten eggs, then add pineapple, coconut, lemon and orange juice. Add 2 cups sifted flour with salt and baking powder. Lastly add prepared fruit and nuts which was floured with the remaining $\frac{1}{2}$ cup of flour. Turn into lined loaf pans (tin foil). Bake 1 hour at 275° and 2 hours at 300°. Put pan of water in oven.

Mrs. J. Melnychuk.

HONEY CAKE

- | | |
|---|---------------------------|
| 1 cup sugar | $\frac{1}{4}$ cup oil |
| 1 cup honey (melted and cooled) | 1 cup black coffee (cold) |
| | 6 eggs beaten until thick |
| Mix the above ingredients and beat well. Sift together the following: | |
| 3 cups all purpose flour | 1 tsp. baking powder |
| 2 tsp. baking soda | $\frac{1}{2}$ tsp. salt |

Sift flour mixture slowly into batter mixing thoroughly while sifting. Pour into greased and lightly floured pan 9" by 13". Bake in 300° oven for 1 $\frac{1}{2}$ hours.

Mrs. M. Rosliak.

FLEISCHMANN'S YEAST FOAMY CHOCOLATE CAKE

Melt 2 sq. unsweetened chocolate. Remove from heat and put aside to cool. Dissolve 1 pkg. Fleischmann's yeast in $\frac{1}{4}$ cup lukewarm water.

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|--|--|
| Cream 1 cup butter.
add gradually while stirring: | 3 egg yolks.
Mix well until light and fluffy. |
| 2 cups sugar (white) | |
| Add: cooled melted chocolate | $\frac{1}{2}$ teaspoon salt |
| 1 cup milk and dissolved yeast | Add to batter mixture and blend well. |
| Sift together: | |
| 2 $\frac{3}{4}$ cups sifted cake flour | |
| Fold in: | Place in refrigerator overnight. |
| 3 stiffly beaten egg whites. | |
| Next morning, Add: | 1 $\frac{1}{2}$ teaspoon vanilla. |
| 1 teaspoon soda dissolved in | Mix well until smooth. |
| 3 tablespoons hot water, | |

Pan size: two round or square 9 inch layer pans. Grease and sprinkle flour on bottom of pans. Temperature: 350°. Time 40 - 50 minutes.

Mrs. S. Cholod, Myrnam, Alta.

MOCHA FILLING FOR ANGEL CAKE

- | | |
|---------------------------------------|--------------------------------|
| $\frac{1}{2}$ lb. butter or margarine | 2 squares chocolate |
| $1\frac{1}{2}$ cups icing sugar | 6 tbsp. double strength coffee |
| 2 eggs (separated) | |

Cream well butter or margarine. Add icing sugar and egg yolks. To this add melted chocolate and coffee. Mix well. Beat egg whites till very stiff. Add to above mixture. Put between five layers of angel cake which should be baked two days before.

Mrs. J. Melnychuk.

Frosting and filling for Fleischmann's Yeast Foamy Chocolate Cake

- | | |
|--------------------------|--|
| Mix: | 3 tbsp. flour |
| $\frac{3}{4}$ cup sugar | 1 egg |
| Add: | Cook until thick. Put aside to get cold. |
| $\frac{3}{4}$ cup milk | |
| Add: | 3 tbsp. icing sugar |
| $\frac{1}{2}$ cup butter | 1 tsp. vanilla |

Beat well with egg beater or mixmaster, until thick enough to spread. This icing will never harden.

Mrs. S. Cholod, Myrnam, Alta.

SPICE-FILLED COFFEE CAKE

- | | |
|-----------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup butter | 1 teaspoon cinnamon |
| 1 cup sugar | 1 teaspoon nutmeg |
| 2 eggs | 1 teaspoon cloves |
| $1\frac{1}{2}$ cups flour | $\frac{1}{2}$ cup raisins |
| $2\frac{1}{2}$ tsp. baking powder | $\frac{1}{2}$ cup walnuts |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup very strong coffee |

Cream together thoroughly butter and sugar, separate eggs, add one yolk at a time, beating well after each addition. Sift 3 times, flour, baking powder, spices, and salt. Add to first mixture alternately with coffee. Add nuts and raisins. Fold in stiffly beaten egg whites. Bake in buttered cake pan 30-40 minutes in moderate oven.

Mrs. J. Semkow.

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Н. МАРЧИШИ

HONEY COFFEE CAKE

Sift together into mixing bowl:

- | | |
|---------------------------|---------------------|
| 3¾ cups sifted cake flour | 1 teaspoon cinnamon |
| 1 teaspoon baking soda | ½ teaspoon salt |
| ½ 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 14x8½x2" oblong. Sprinkle 1 cup chopped nuts on top before baking. Tem. 300° for 20 min. increasing heat to 325° for 40 - 50 more minutes.

Mrs. S. Cholod, Myrnam, Alta.

COTTAGE CHEESE TORTE

- | | |
|-----------------------------------|-----------------------------|
| 2 lb. cottage cheese | 6 fresh eggs |
| ¼ lb. butter (melted) | 2 cups sugar |
| 2 oranges (juice and grated rind) | ½ 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.

Mrs. M. Hawryluk, Winnipeg.

ALMOND FILLING (For Torte)

- | | |
|-----------------------|---------------------|
| ½ cup whipping cream | 3 tbsp. Icing sugar |
| ½ 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.

Mrs. M. Rosliak.

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 ½ 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 ½ cup sugar 3 times. Blend in dry ingredients 2 tablespoons at a time. Bake 1 hour in slow oven.

Mrs. W. Czech, Vegreville.

HONEY CAKE

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups cake flour
1 cup sugar	$\frac{1}{2}$ 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°.

Mrs. J. Sokoloski, Vegreville.

BANANA LAYER CAKE

$\frac{1}{2}$ cup butter or crisco	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{4}$ cups sugar	$2\frac{1}{2}$ cups flour
3 eggs	3 teaspoons baking powder
1 teaspoon vanilla	$\frac{3}{4}$ 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 Swansdown cake flour).

Mrs. F. Montaine, Vancouver.

CHOCOLATE CREAM DESSERT CAKE

2 cups sifted cake flour	1 egg, 2 egg whites, unbeaten
$\frac{3}{4}$ tsp. soda	2 to 4 squares unsweetened
$\frac{1}{4}$ tsp. salt	chocolate, melted
$\frac{1}{2}$ cup butter	1 cup milk
$1\frac{1}{4}$ 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, $\frac{3}{4}$ 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 $1\frac{1}{2}$ cup heavy cream with 1 tsp. vanilla. Fold in cooled chocolate mixture. Chill in refrigerator about $\frac{1}{2}$ hour, or until thick enough to spread. All measurements level.

Mrs. W. Sereda.

WALNUT CAKE

- | | |
|------------------------|---------------------------|
| 1½ cups brown sugar | 3 teaspoons baking powder |
| 3 eggs | 1 cup chopped walnuts |
| ¾ cup milk | ½ teaspoon salt |
| 2¼ cups flour | 1 teaspoon Mapleine |
| ½ cup crisco or butter | |

Cream shortening and brown sugar. Add yolks of eggs. Sift flour and baking powder 3 times. Add flour and milk alternately beating well. Add walnuts, salt and Mapleine. Beat well. Add well-beaten whites last, folding them in carefully. Bake 1 hour in a moderate oven.

Mrs. N. Woytkiw.

LEMON LOAF CAKE

- | | |
|---------------------------|----------------------------|
| 2 cups cake flour | 1 cup sugar |
| ½ teaspoonful baking soda | 2 eggs |
| ¼ cup butter | ½ cup sweet milk |
| ¼ teaspoonful salt | 1½ tablespoons lemon juice |

Sift, then measure flour. Sift 3 times with baking soda and salt. Cream the butter until light and lemon colored. Add sugar gradually. Slowly add the eggs which have been beaten until they are almost as stiff as whipped cream. Alternately add the dry ingredients and the liquid, beating until smooth after each addition. Add lemon juice, blending it in well. Turn into greased loaf pan. Bake in 350° oven for 40 minutes. Cover with lemon filling and top with ½ recipe of frosting.

Mrs. W. Sereda.

ANGEL CAKE

- | | |
|-------------------------|------------------------|
| 1 cup or 10 egg whites | Pinch salt |
| 1 cup sugar | 1 tsp. cream of tartar |
| ½ tsp. almond flavoring | 2 tbsp. water |
| ½ tsp. vanilla | 1 cup flour |

Beat egg whites with salt until fluffy, but not dry. Then add sugar 2 tbsp. at a time, beating in slightly until all is used. Then add 1 tbsp. water and beat well. Add other tbsp. water and beat again in a round motion. Then add flavoring and beat. Add flour which has been sifted 3 times with cream of tartar and fold in lightly 2 tbsp. at a time. Bake half hour in very slow oven and then raise heat for last half hour. Do not open oven during first half hour of baking.

Mrs. W. Czech, Vegreville.

COMPLIMENTS OF . . .

KULE & PEACH

ACCOUNTANTS & AUDITORS

Phone 25849

4 Qu'Appelle Bldg.

Edmonton, Alberta

CHIFFON CAKE**Large Size:**

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

Small Size:

1¼ cup sifted cake flour
 ¾ cup sugar
 1½ tsp. baking powder
 ½ tsp. salt

Sift these ingredients together into mixing bowl. Then make a well, and add the following in order:

½ cup cooking (salad) oil
 5 egg yolks, unbeaten
 ¾ cup cold water
 2 tsp. vanilla
 2 tsp. grated lemon rind

¼ cup cooking (salad) oil
 2 egg yolks, unbeaten
 3/8 cup cold water
 1 tsp. vanilla
 1 tsp. grated lemon rind

Beat with a spoon until this mixture is smooth. Now measure the following into a large mixing bowl:

1 cup egg whites (7 or 8)
 ½ tsp. cream of Tartar

½ cup egg whites (4)
 ¼ tsp. cream of tartar

Whip until whites and Cream of Tartar form very stiff peaks. Pour egg yolk mixture gradually over whipped whites, gently folding with rubber spatula until just blended. Pour into ungreased pan and bake. When done, invert pan and let cake hang until cold.

Bake in 10" pan at 325° for 55 minutes, then 350° for 10 or 15 minutes.

Bake in 9" tube pan at 325° for 50 to 55 minutes,

or
 in loaf pan (9x5x3") at 325° for 50 to 55 minutes,

or
 in oblong cake pan (13x9") at 350° for 45 to 50 minutes.

or
 in square pan (9x9") at 350° for 30 to 35 minutes.

VARIATIONS:

Directions for variations are for large size cake. To make variations for small size, use only half the amounts of ingredients called for in following recipes.

MAPLE PECAN CHIFFON

Follow Chiffon Cake recipe, but omit vanilla and lemon rind. Sift ¾ cup white sugar with dry ingredients. Add ¾ cup brown sugar to the sifted dry ingredients. Use 2 tsp. maple flavoring. Gently fold in 1 cup very finely chopped pecans.

SPICE CHIFFON

Follow Chiffon Cake recipe, but omit vanilla and lemon rind. Add 1 tsp. cinnamon and ½ tsp. each of nutmeg, allspice, and cloves, to dry ingredients. 2 tbsps. caraway seeds may also be added.

CHOCOLATE CHIP CHIFFON

Follow Chiffon Cake recipe, but increase sugar to 1¾ cup and omit lemon rind. Sprinkle over batter and fold in carefully with a few strokes 3 squares grated chocolate (3 oz.). Frost with Creamy Chocolate Icing.

ORANGE CHIFFON

Follow Chiffon Cake recipe, omitting vanilla and lemon rind. Use orange juice in place of water. Finish with Orange Butter Icing.

PINEAPPLE CHIFFON

Follow Chiffon Cake recipe, using pineapple juice or syrup in place of water. Add to "well" $\frac{1}{2}$ cup well-drained, crushed pineapple.

BUTTERSCOTCH CHIFFON

Follow Chiffon Cake recipe, but omit sugar and lemon rind. Add two cups brown sugar to sifted dry ingredients. Finish with Penuche Frosting.

HOLIDAY FRUIT CHIFFON

Follow Chiffon Cake recipe, and add 1 tsp. Cinnamon to dry ingredients. Sprinkle over batter, gently folding in with a very few strokes, $\frac{3}{4}$ cup finely chopped candied cherries, $\frac{1}{2}$ cup finely chopped pecans, $\frac{1}{4}$ cup finely chopped citron.

PEPPERMINT CHIP CHIFFON

Follow Chiffon Cake recipe, omit lemon rind, and use 1 tsp. peppermint extract instead of the vanilla. Sprinkle over batter, folding in very gently, with a few strokes to give a marbled effect, $\frac{1}{2}$ tsp. red food coloring.

CHERRY NUT CHIFFON

Follow Chiffon Cake recipe, omit lemon rind, use only 1 tsp. vanilla. Use $\frac{1}{4}$ cup maraschino cherry juice and $\frac{1}{2}$ cup water. Sprinkle over batter, fold in with a few strokes, $\frac{1}{2}$ cup finely chopped nuts and $\frac{1}{2}$ cup well drained maraschino cherries.

ORANGE TORTE

1 cup sugar	8 egg yolks
$\frac{1}{2}$ lb. blanched ground almonds	1 tbsp. white bread crumbs
juice and rind of 4 oranges	6 egg whites

Put juice of oranges in sausepan. Add sugar and boil for 10 min. Add ground almonds and rind of 4 oranges to syrup and cook until thickened. Put aside to cool. Add to cooled mixture 8 egg yolks one at a time and beat. Beat egg whites until stiff but not dry. Fold in bread crumbs. Pour first mixture over egg whites and mix lightly. Bake in 2 greased and floured round layer cake tins, in 325° oven for 30 minutes.

Almond Filling

1 cup ground almonds	$\frac{1}{2}$ cup whipping cream
1 cup icing sugar	1 tsp. vanilla

Mix in order given until very smooth. Put between layers and ice with following icing.

Icing

6 tbsp. icing sugar	2 tbsp. heavy cream
juice of 1 small lemon	1 tsp. butter

Mix until smooth and ice torte.

Mrs. J. Pryma.

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.

Mrs. M. Burtnick.

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.

Mrs. M. Rosliak.

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 Edmonton, Alberta

POPPY SEED TORTE

- | | |
|----------------------------|------------------------------------|
| 1 lb. poppy seed | 1 cup ground walnuts |
| 12 eggs | 1 tsp. vanilla |
| 1 lb. berry sugar | $\frac{1}{2}$ tsp. cream of tartar |
| 4 tbsp. white bread crumbs | |

Pour boiling water over poppy seed, stir with wooden spoon and drain the water off. Pour fresh boiling water over poppy seed and let stand for 1 hour. Drain water off and spread poppy seed on a clean cloth to take off excess moisture. Put poppy seed through food chopper using the finest blade. Beat 12 egg yolks with sugar until lemon color. Then beat egg whites with cream of tartar until stiff but not dry. Pour egg yolk mixture over beaten egg whites stirring very gently with rubber spatula. Mix poppy seed, ground walnuts and bread together and add to egg mixture. Add vanilla and mix very lightly. Pour into 4 greased and lightly floured round layer cake tins and bake in slow oven 325° to 350° for $\frac{1}{2}$ an hour.

Mrs. J. Pryma.

Lemon Filling For Tortes

- | | |
|------------------------------------|--------------------|
| 2 medium size lemons | 2 cups icing sugar |
| $\frac{1}{2}$ lb. salt free butter | juice of 1 lemon |
| 2 tbsp. lemon instant pudding | |

Boil lemons until soft, changing the water 4 times to remove bitterness. Cool and remove seeds. Put through food chopper. Put in mixmaster and beat. Add butter little by little, then instant pudding and the icing sugar. Add juice of 1 lemon. If lemon and sugar separate add a little more icing sugar and pudding powder. Beat until smooth and put between layers of torte. Ice with favorite icing.

Mrs. J. Pryma.

The logo for Silverwood's dairy products is enclosed in a decorative rectangular border. The text "Silverwood's" is written in a large, bold, cursive-style font, and "dairy products" is written below it in a smaller, bold, sans-serif font.

Silverwood's
dairy products

Icings



BUTTER ICING

- | | |
|--------------------------|----------------|
| $\frac{1}{2}$ cup butter | 1 tsp. vanilla |
| 1 egg yolk | 4 tbsp. cream |
| 2 cups icing sugar | |

Place icing sugar in bowl, add softened butter, egg yolk, cream, and vanilla and beat vigorously with food mixer for 3-5 minutes.

For chocolate icing add 2 squares unsweetened chocolate or 1 — 10c dark chocolate bar.

Mrs. J. Semkow.

FRESH LEMON ICING

- | | |
|------------------------------------|--------------------------|
| $1\frac{1}{2}$ cups sugar | 2 egg whites |
| $\frac{1}{2}$ tsp. salt | 2 tbsp. water |
| $\frac{1}{4}$ tsp. cream of tartar | 1 tsp. grated lemon rind |
| 3 tbsp. fresh lemon juice | |

Place ingredients on top of double boiler. Beat constantly over hot water with beater until icing holds peaks.

Mrs. M. Shenduk.

CANDY MOUNTAIN ICING

Stir until well blended in small sauce pan:

- | | |
|-------------------------|-------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup white syrup |
| 2 tbsp. water | |

Boil rapidly until mixture spins a 6 or 8" thread 240 degrees F.

When mixture begins to boil, start beating 2 egg whites, beat until stiff enough to hold peaks. Pour hot syrup slowly in a thin steady stream into beaten egg whites, beating constantly with rotary egg beater until mixture stands in very stiff peaks. Blend in $\frac{1}{8}$ cup coarsely crushed peppermint candy. (1 stick).

Mrs. H. Hrabec, Holden, Alta.

FLUFFY CHOCOLATE ICING

- | | |
|---------------------------------|-------------------------------------|
| $1\frac{1}{4}$ cups icing sugar | $1\frac{1}{2}$ sq. melted chocolate |
| 2 tbsp. melted butter | |

Melt the two above ingredients together and set aside to cool. They must be cool to the touch but not yet hardened.

- | | |
|---|----------------------|
| 1 cold unbeaten egg | Salt (sprinkle only) |
| $\frac{1}{4}$ cup cold top milk (scant) | |

Place in bowl in order listed and beat immediately (electric beater preferred) until stiff and fluffy. If it is too thin place bowl in a large pan with ice and continue beating.

Mrs. M. Strashok.

FLUFFY WHITE FROSTING

- | | |
|------------------------------------|-------------------------|
| $\frac{1}{2}$ cup water | $\frac{1}{4}$ tsp. salt |
| 1 cup granulated sugar | 1 egg white |
| 1 tbsp. corn syrup | 1 tsp. vanilla |
| $\frac{1}{4}$ tsp. cream of tartar | |

Combine water, corn syrup, sugar, cream of tartar and salt in a sauce pan. Place over low heat. Cook and stir until the sugar is dissolved and the mixture comes to a rolling boil. Remove from heat. Whip egg white with rotary beater or electric mixer on medium speed until stiff, but not dry. Pour hot syrup into beaten egg white in a fine stream, whipping constantly. Add vanilla and continue beating until frosting loses its shiny appearance and stands in stiff peaks, about five minutes.

Mrs. P. Swist.

FUDGE ICING

- | | |
|---------------------------------------|------------------------|
| 2 cups sugar (white) | $\frac{1}{2}$ cup milk |
| 2 tbsp. corn syrup | 1 tsp. vanilla |
| 3 oz. (squares) chocolate unsweetened | 2 tbsp. butter |

Cook sugar, corn syrup, chocolate and milk (stirring constantly) to 230° F. or until a small amount of the syrup forms a very soft ball when dropped into cold water. Remove from heat, add vanilla and butter. Cool to lukewarm without stirring. Beat until creamy and thick enough to spread.

Mrs. P. Ozubko.



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Cookies

PECAN LOG

- | | |
|-----------------------------|---------------------------------------|
| 2 tbsp. butter | $\frac{1}{2}$ lb. caramel candy cubes |
| $4\frac{1}{2}$ tbsp. water | 2 tbsp. milk |
| 1 oz. unsweetened chocolate | 1 cup chopped pecans |
| 1 pkg. fudge mix | |

Place butter, water and chocolate in top of double boiler and heat till melted. Add fudge mix and cook about 7 min. until thickened. Remove from heat and let stand till cool enough to handle. Form into logs 6" by $1\frac{1}{2}$ " and chill. Melt caramels and add milk. Pour caramel mixture over log and roll in pecans.

Mrs. P. Starko.

BRAZIL-NUT SLICES

- | | |
|---|--|
| 1 cup Brazil nuts | $\frac{1}{2}$ tsp. salt |
| 1 cup butter or margarine | $\frac{3}{4}$ tsp. ground cinnamon |
| 3 cups once-sifted pastry flour | $\frac{1}{2}$ cup fine granulated sugar |
| or | $\frac{1}{2}$ cup lightly-packed brown sugar |
| $2\frac{3}{4}$ cups once-sifted all-purpose flour | 2 eggs, well beaten |
| 2 tsp. baking powder | 1 tsp. vanilla |
| $\frac{1}{4}$ tsp. baking soda | $\frac{1}{4}$ tsp. almond extract |

Slice Brazil nuts. Measure butter or margarine in a heat-proof bowl, place over hot water until just melted, remove from heat.

Sift flour, baking powder, baking soda, salt and cinnamon together three times. Stir sugars into melted butter. Add well-beaten eggs, combining thoroughly after each addition. Mix in vanilla, almond extract and Brazil nuts. Add flour mixture to sugar mixture part at a time, combining thoroughly after each addition. Shape dough into cylinders about 2 in. in diameter and wrap snugly in waxed paper. Chill over night. Next day grease cookie sheets. Preheat oven to 350 degrees (moderate). Cut chilled dough into $\frac{1}{4}$ inch thick slices and arrange slightly apart, on prepared sheets. Bake in preheated oven until cooked and delicately golden, about 8 min. Yield: about 9 dozen cookies.

Mrs. H. A. Hnatyshyn.

GOLDEN NUGGETS

- | | |
|---------------------------------|---------------------------------|
| 1 cup butter | 1 tsp. baking powder |
| $1\frac{1}{2}$ cups brown sugar | 1 cup chopped walnuts |
| 2 eggs | 2 cups dates |
| 1 tsp. maple flavoring | $\frac{1}{4}$ cup boiling water |
| $3\frac{1}{2}$ cups flour | $\frac{1}{2}$ tsp. salt |
| 1 tsp. soda | |

Place dates and baking soda in a bowl and pour boiling water over them. Let cool. Cream butter and sugar. Add well beaten eggs. Stir in the cooled dates. Add maple flavoring. Sift remaining dry ingredients. Add to the first mixture. Add nuts. Chill dough. Drop by spoonfuls on greased pan. Bake in a 400° oven until golden brown.

Mrs. T. A. Petaske.

SOUR CREAM COOKIES

- | | |
|---|------------------------------|
| 1 or 2 yeast cakes (dissolved
in $\frac{1}{4}$ cup warm water) | 2 eggs (separated) |
| 2 cups flour | $\frac{1}{4}$ cup sour cream |
| $\frac{3}{4}$ or 1 cup butter | $\frac{1}{4}$ tsp. salt |

Sift flour, measure, add salt and butter. Rub together or cut with a knife as you would for a pie crust. Mix together egg yolks, yeast, sour cream and add to the above mixture and blend well.

Roll the dough and cut with a small glass. Dip each cookie into unbeaten egg whites. Crush some walnuts and mix with sugar, then dip top of cookies into this. Place on cookie sheet, let rise a little and bake in moderate oven.

Mrs. T. Hys.

SELF FROSTED OATMEAL COOKIES

- | | |
|-----------------------------------|---|
| 1 $\frac{1}{4}$ cups sifted flour | 2 tablespoons milk |
| $\frac{3}{4}$ tsp. soda | 1 tsp. vanilla |
| $\frac{3}{4}$ tsp. salt | 1 $\frac{1}{2}$ cups Quaker oats (quick or
old fashioned uncooked) |
| $\frac{1}{2}$ cup soft shortening | |
| 1 egg | |

Topping

- | | |
|---|--------------|
| 4 milk chocolate bars
(about 1 oz. each) | Pecan halves |
|---|--------------|

Sift together flour, soda and milk into bowl. Add shortening, sugar, egg, milk and vanilla. Beat until smooth, about 2 minutes. Blend in rolled oats. (Dough will be quite stiff). Shape dough to form small balls, place 2 inches apart on greased cookie sheet. Flatten each with bottom of glass covered with wax paper. Bake in moderate oven 350° F. 12 to 15 minutes. Remove cookies from oven; immediately place a small square of milk chocolate on each. Remove cookies from cookie sheet, press half a pecan into chocolate on each.

Mrs. P. Greschuk.

CHOCOLATE LOAF

- | | |
|---|---------------------------|
| Melt 1 bar ($\frac{1}{2}$ lb.) semi
sweet chocolate | 2 eggs, slightly beaten |
| | 1 cup icing sugar, sifted |

Pour hot chocolate over egg mixture, then add $\frac{1}{2}$ lb. or more marshmallows. Cut up one cup walnuts. Mix and press in square tin. Let stand in fridge for two or three hours before serving.

Mrs. M. Motiuk.

✓

SHORTBREAD PLATSOK

- | | |
|---------------------------------|------------------------------|
| 2 $\frac{1}{2}$ cups flour | 3 egg yolks |
| 2 tsp. baking powder | 3 tbsp. sweet cream |
| 1 cup butter | 1 tsp. vanilla or lemon rind |
| 1 $\frac{1}{4}$ cup icing sugar | of one lemon |

Sift flour, baking powder, icing sugar three times. Work this into butter. Add egg yolks, sweet cream, vanilla or lemon rind. Mix and rub together well. Dough will be quite thin. Divide into two portions and place in greased pan. Spread jam or apple filling, and cover with other half of dough. Sprinkle with coarse white sugar. Bake in 350° oven until medium brown. Cut in squares.

Mrs. J. Romankiw.

CHOCOLATE ICING

- | | |
|-------------------------|-----------------------------|
| 2 tbsp. butter | 1 egg white unbeaten |
| $\frac{1}{4}$ tsp. salt | 1 sq. unsweetened chocolate |
| 1 cup icing sugar | melted |
| 1 tsp. vanilla | |

Cream butter, add $\frac{1}{4}$ cup sugar and cream well. Add salt and unbeaten egg white and blend. Add remaining sugar gradually with vanilla. Mix very well. Add melted chocolate and combine.

Mrs. J. Tymchuk.

PINEAPPLE FILLED COOKIES

Cream together $\frac{1}{4}$ cup butter and $\frac{1}{4}$ cup brown sugar, firmly packed. Beat in 1 egg and 1 teaspoon vanilla. Sift together 2 cups sifted all-purpose flour, 1 tsp. baking powder and $\frac{1}{4}$ teaspoon salt. Add to beaten mixture with 3 tbsp. milk to make a soft dough. Chill 2 to 4 hours or till firm enough to roll. Meanwhile make filling.

Filling

- | | |
|---------------------------------------|--------------------------------------|
| $1\frac{1}{2}$ cups crushed pineapple | $\frac{1}{2}$ tsp. grated lemon peel |
| $\frac{1}{4}$ cups sugar | 1 tbsp. butter |
| 2 tbsp. cornstarch | |

Combine ingredients in small sauce pan. Place over low heat. Stir till thickened (about 5 min.) cool. Take chilled dough, roll on lightly floured board to $\frac{1}{8}$ " or $\frac{1}{4}$ " thick. Cut in $2\frac{1}{2}$ " squares. Place heaping teaspoon filling on each, bring opposite corners over, pinch to seal. Bake in moderately hot oven (400° F.) for 10 min. Cool on rack.

Mrs. J. Basarab.

SWEET POPPY SEED PERISHKE

- | | |
|-------------------|---------------------------|
| 2 tbsp. butter | 1 tsp. vanilla |
| 2 eggs | $\frac{1}{2}$ tsp. salt |
| 1 cup milk | 2 tsp. baking powder |
| 1 scant cup sugar | Flour to make soft dough. |

Cream butter, add sugar and beaten eggs. Sift flour baking powder and salt. Add alternately with milk. Use enough flour to make a soft dough. Roll out thinly, cut with a small cookie cutter and place a tsp. of poppy seed filling in centre. Fold over the dough sealing the edges tightly. Deep fry. To prevent opening make in small quantities and deep fry at once.

Filling

- | | |
|--|-------------------------|
| $\frac{1}{2}$ lb. poppy seed (boil, drain and grind) | $\frac{1}{4}$ cup sugar |
| | 1 beaten egg white |

Mrs. J. Krywko.

CHOCOLATES

- | | |
|-------------------------|----------------|
| 1 tin Eagle brand milk, | 8 tbsp. butter |
| less 2 tbsps. | 2 tsp. vanilla |
| 3 lb. icing sugar | |

Mix together thoroughly, then divide into different portions for different flavours and colours. Use cherries, walnuts, almonds, or peppermint. In double boiler put $\frac{1}{2}$ lb. Baker's semi-sweet chocolate, 1 sheet of Parawax. Melt and dip.

Mrs. J. Chichak.

WALNUT STICKS

1 lb. icing sugar, 1 lb. walnuts, 3 eggs.

First part:

½ lb. icing sugar	2 egg yolks
1 lb. ground walnuts	1 whole egg

Mix into soft ball and form into a long roll. Divide roll into 3 parts.

Second mixture:

2 egg whites beaten	beat until very stiff
add ½ lb. icing sugar	

Roll nut mixture into rectangular sheet about 3" wide. Spread with 2nd mixture. Cut in strips about 3" long and ¾" wide. Bake in slow oven on greased cookie sheet.

Mrs. J. Semkow.

PINEAPPLE BROWNIES

2 eggs	¾ cup cake flour
1 cup sugar	1 tsp. baking powder
2 squares unsweetened chocolate	¼ tsp. salt
¼ cup butter	1 tsp. vanilla
½ cup shredded coconut	¾ cup crushed pineapple

Drain pineapple for one hour before starting brownies. Beat the egg well adding sugar gradually. Melt chocolate and butter, cool slightly and add the first mixture. Sift flour, baking powder and salt together twice and add the above mixture. Lastly stir in vanilla, coconut, pineapple. Spread in oiled pan 9" x 9" and bake in 350° F. oven for 30 to 35 minutes. Brush lightly with unbeaten egg white after 25 minutes of baking and bake 5 minutes longer. Or ice with chocolate icing.

Mrs. J. Tymchuk.

FOOD FOR THE GODS

1 cup Graham wafers rolled fine	1 cup chopped walnuts
2 tsp. baking powder	1 lb. chopped dates
1 cup brown sugar	4 eggs beaten

Mix in order given and bake in a greased pan for 30 minutes in a 325° oven. Cool and spread with butter icing. Sprinkle with 2 wafers rolled fine.

Mrs. J. Krywko.

BACHELORS' BUTTONS

1 cup butter	1 teaspoon salt
1 cup brown sugar	1 cup finely chopped nuts
1 egg	1 cup cocoanut
2½ cups pastry flour	½ cup cherries, if desired
1 teaspoon soda	

Cream the butter thoroughly. Add sugar gradually and continue creaming until light and fluffy. Add beaten egg. Sift flour and measure. Sift again with soda and salt. Combine with the first mixture and stir in the chopped nuts and cocoanut. Drop the stiff batter from a teaspoon onto a greased baking sheet, forming balls, the size of a small walnut. Bake in a moderate oven 325° until a delicate brown — about 15 minutes. This makes about seven dozen cookies.

Mrs. J. Melnychuk.

POPPY SEED PERISHKE

- | | |
|---|-------------------------|
| 3 cups milk | 1 tsp. salt |
| 3 pkgs yeast (dissolve in $\frac{1}{2}$ cup lukewarm water) | $\frac{1}{2}$ cup water |
| 4 tbsp. sugar | 4 tbsp. brandy |

Add enough flour to the above mixture to make a sponge. Let sponge rise for $\frac{1}{2}$ hour. Beat 6 egg yolks, add $\frac{3}{4}$ cups sugar, beat and add to sponge. Take 4 tbsp. butter and rub with flour and salt. Add this to the sponge. Now add enough flour to make a soft dough. Knead well and let rise. Pinch small amounts of dough and fill with poppy seed filling.

Poppy Seed Filling

- | | |
|--|-------------------------|
| $\frac{1}{2}$ lb. poppy seed (boil, drain and grind) | $\frac{1}{4}$ cup sugar |
| | 1 beaten egg white |
- Mrs. J. Krywko.

SWEDISH PASTRY

- | | |
|-------------------------------|-------------|
| $\frac{1}{2}$ cup butter | 1 cup flour |
| $\frac{1}{4}$ cup brown sugar | 1 egg white |
| 1 egg yolk, slightly beaten | |

Cream butter and sugar well. Add egg yolk, then flour. Roll in balls. Dip in egg white (not beaten) and roll in crushed walnuts. Press in centre. Bake 5 minutes in slow oven. Remove and press down centre again and bake for 10 or 15 minutes longer. When done, fill centre with jam before serving.

Mrs. O. Demco.

LEMON SLICES

- | | |
|-------------------------|------------------------------|
| $\frac{1}{4}$ cup sugar | 1 egg yolk |
| 1 cup butter | rind of lemon |
| 2 cups flour | Juice of $\frac{1}{2}$ lemon |

Place ingredients in bowl in order given. Mix well. Roll on a floured board. Cut into long narrow strips. Brush with beaten egg white and sprinkle with finely crushed peanuts or almonds. Bake in moderate oven.

Mrs. T. A. Petaske.

VIENNA TARTS

- | | |
|--|---------------------------------------|
| $\frac{1}{2}$ cup butter | 1 egg yolk |
| 1 pkg. (3 oz.) cream cheese | 2 tbsp. milk |
| 1 cup all purpose flour | $\frac{1}{2}$ cup finely chopped nuts |
| $\frac{1}{2}$ cup jam or jelly (thick) | |

Work butter and cream cheese together until soft, then stir in flour a little at a time until well blended. Chill for about an hour in refrigerator. Start your oven at 375°. Roll dough about $\frac{1}{8}$ " thick on a lightly floured board, cut into 2" squares or with a round cookie cutter. Place a little bit of jam in the centre. Wet edges with a little cold water. Fold a corner of dough over the jelly to form a triangle and pinch edges to seal. Pull 2 corners of the triangle around to shape a crescent and dip into a mixture of egg yolk and milk. Roll crescents in finely chopped nuts, place on ungreased cookie sheet and bake 8 to 10 minutes. Sprinkle with confectioner's sugar and cool. Yields about 2 doz., depending on the size.

Mrs. J. Porayko.

RICH COOKIES

- | | |
|--------------------------|-----------------------|
| 1 cup brown sugar | 2 tsp. baking powder |
| $\frac{1}{2}$ cup butter | 2 tsp. vanilla |
| 1 egg | 3 cups flour, or less |
| 1 tsp. soda | 4 tbsps. milk |

For rolling use less flour. For drop cookies use 3 cups. Roll thin and cut with cookie cutter. Leave one plain and cut other with doughnut cutter. On plain put jam and place the one with hole on top. Bake on greased tin 10 to 15 minutes.

Mrs. Fred Woytkiw, Chipman.

FILLED COOKIES

- | | |
|---------------------------|------------------------|
| $2\frac{1}{2}$ cups flour | 1 cup brown sugar |
| 3 tsp. baking powder | 1 egg, well beaten |
| $\frac{1}{2}$ tsp. salt | 1 tsp. vanilla |
| $\frac{3}{4}$ cup butter | $\frac{1}{4}$ cup milk |

Do in a form like a pie pastry and stir in egg and milk last. For filling use dates, figs, or other filling desired. Fill before baked.

Mrs. W. D. Tym, Innisfree.

ALMOND CRESCENTS

- | | |
|-------------------------|----------------------------------|
| $\frac{1}{2}$ cup sugar | $2\frac{1}{2}$ cups flour |
| 1 cup butter | $\frac{1}{2}$ cup ground almonds |
| 1 egg yolk | |

Blanch almonds and grind on fine knife of meat chopper. Combine all ingredients and mix lightly together, as for pie crust. Chill dough until hard. Cut off pieces the size of a walnut and form into little crescents as long as index finger. Bake in moderate oven. Mix $\frac{1}{2}$ cup icing sugar and 1 teaspoon cinnamon and roll while hot.

Mrs. P. Litwin.

DATE AND NUT BARS

- | | |
|-----------------|---------------------------|
| 1 cup sugar | 3 eggs |
| 1 cup nut meats | 1 lb. dates, chopped fine |
| 1 cup flour | 1 tbsps. baking powder |
| pinch of salt | |

Combine egg yolks and sugar. Mix dry ingredients and add to egg yolks. Then fold in egg whites, well beaten. Spread mixture as thin as possible in cookie pans and bake until a golden brown. Cut in squares while hot.

Mrs. G. Woytkiw.

CREAM PUFFS

- | | |
|-------------------------|------------------------------|
| 1 cup water | $\frac{1}{4}$ cup mazola oil |
| 1 cup sifted flour | 4 eggs |
| $\frac{1}{2}$ tsp. salt | |

Bring water and mazola to a boil. Add flour and salt and cook until mixture leaves sides of pan. Remove from fire, cool and add unbeaten eggs one at a time, beating thoroughly after each egg is added. Bake 15 mins. in a hot oven, reduce heat to moderate and continue baking 20 to 25 minutes longer; fill with whipped cream or cream filling.

RAGGED ROBINS

- | | |
|---|----------------------------------|
| 2 egg whites | 1 cup chopped dates |
| $\frac{1}{8}$ teaspoon salt | $1\frac{1}{2}$ cups chopped nuts |
| $\frac{1}{4}$ teaspoon baking powder | 2 cups corn flakes |
| $\frac{1}{2}$ cup fine granulated sugar | 1 teaspoon vanilla |

Beat egg whites with salt until foamy, then add baking powder. Beat until stiff. Add sugar gradually, beating it well. Fold in remaining ingredients. Drop by spoonfuls on buttered baking sheet. Bake at 350° F. for 10 minutes. Makes 3 dozen.

Mrs. J. Melnychuk.

JEWISH COOKIES

- | | |
|---------------------|--------------------------|
| 6 eggs, well beaten | 6 tablespoons Mazola oil |
| 6 teaspoons sugar | pinch of salt |

Beat eggs until light. Add sugar and beat well. Add Mazola and beat again. Add sufficient flour to make a drop dough batter. Oil pan with Mazola oil and drop by teaspoonful on pan about $1\frac{1}{2}$ inches apart. Put in hot oven 400° and bake until light — about 20 minutes. Then lower heat to 250 deg. and bake until done — about another 45 minutes.

Mrs. A. Maik.

PECAN JUMBLES

- | | |
|------------------------------------|---|
| $\frac{3}{4}$ cup butter | $1\frac{1}{2}$ cup brown sugar |
| 1 egg, well beaten | 2 cups flour |
| $\frac{1}{4}$ teaspoon baking soda | $\frac{1}{4}$ lb. broken pecans (1 cup) |

Cream butter and sugar thoroughly. Add egg and beat well. Add nuts and sifted dry ingredients. Chill. Drop with teaspoon on un-buttered baking sheet. Press down with fork. Place pecan on each cookie. Bake in oven at 375 degrees from 12 to 15 minutes.

Mrs. P. Greschuk.

PIE CRUST CUP CAKES

- | | |
|---------------------------|------------------------|
| 2 cups flour | pinch of salt |
| 1 egg, well beaten | 1 teaspoon vanilla |
| 3 tsps. baking powder | 1 cup butter |
| 2 tablespoons white sugar | $\frac{1}{4}$ cup milk |

Sift flour, salt and baking powder. Blend the butter. Beat the egg and add the sugar, milk and vanilla. When well mixed, add to first mixture. Roll thin and cut in rounds. Put in small muffin tins, drop $\frac{1}{2}$ teaspoon of jam into each and a teaspoon of the following filling; beat 2 eggs well and combine $\frac{1}{2}$ cup of sugar, 1 tablespoon melted butter, 1 cup of cocoanut. Bake for 20 minutes.

Mrs. H. Demco.

CHEESE COOKIES (Perishke)

- | | |
|---|--------------------------|
| $\frac{1}{2}$ lb. pkge. Velveeta Cream cheese | $\frac{1}{2}$ lb. butter |
| | 2 cups flour |

Cream cheese and butter well, then mix in the flour. Blend well. Place dough in cool place overnight or 2 hours in refrigerator until real hard. Then roll dough out on floured board real thin; cut in squares and place jam in centre and fold over in triangle, pressing edges well together. Bake 12 minutes in hot oven 375°. Pineapple jam is excellent filling for these.

Mrs. J. Pryma.

HUNGARIAN STRUDEL

- | | |
|-----------------------|-------------------------|
| 3 cups flour | 1 egg white (small egg) |
| 1 cup warm water | pinch of salt |
| 1 teaspoon shortening | |

Mix flour, shortening, salt, egg white with warm water and mix for half hour. Divide dough in 2 parts and put on thickly floured canvas or work board. Cover with warm dish and leave for half an hour in warm place. Cover your table with table cloth and sprinkle a little flour on it. Grease your hands and try to stretch the dough in your hands. Then put it on floured table cloth and stretch as thin as possible, paper thin. Melt 2 tablespoons butter and 2 tablespoons shortening and sprinkle over the dough. Sprinkle chopped walnuts, 3 tablespoons sugar, little cinnamon, $\frac{1}{2}$ cup raisins and 1 apple sliced very thin. Cut off thick pieces that may be hanging on the bottom. Start rolling from the bottom with table cloth. Cut size of your pan and put to bake 3 or 4 together in very hot oven about 15 minutes. Before putting to bake sprinkle with butter and sugar.

Mrs. J. Korenda.

APPLE CRUMBLE SQUARES

Mix $\frac{1}{2}$ cup butter, one cup flour, and $\frac{1}{2}$ cup sugar to crumb consistency. Add lemon rind. Line a cake pan with half of this mixture. For centre filling slice two nice juicy apples mixed with a little sugar and cinnamon. Sprinkle a little lemon juice. Then add rest of crumbs on top. While warm cut into small squares. Sprinkle icing sugar over generously. Nice eaten same day.

Mrs. M. Sawchukievich.

PINEAPPLE SQUARES

- | | |
|-----------------------------|----------------------|
| 1 cup sifted pastry flour | 2 tablespoons sugar |
| 1 teaspoon baking powder | 2 tablespoons butter |
| $\frac{1}{4}$ teaspoon salt | 1 egg |

Sift flour, baking powder and salt. Cream butter, add sugar. Beat and add egg. Mix with flour mixture and spread evenly on greased cake pan. Bake in moderate oven until lightly browned.

Filling

- | | |
|-------------------------------------|-----------------------------|
| 1 can crushed pineapple,
drained | 1 cup granulated sugar |
| 1 egg | 1 cup coconut |
| | 2 tablespoons melted butter |

Cover baked crust with crushed pineapple. Beat egg until very light and gradually add sugar, coconut, and melted butter. Mix and spread over pineapple. Bake in moderate oven about 20 minutes or until topping is set. Cut in squares when cold.

Mrs. J. Semkow.

DATE STICKS

- | | |
|---------------------|-----------------------|
| 2 eggs, well beaten | 1 tsp. baking powder |
| add gradually — | 1 tsp. vanilla |
| 1 cup icing sugar | 1 cup chopped dates |
| 3 tbsps. flour | 1 cup chopped walnuts |

Place in flat 8 x 8 inch well-greased tin and bake 30 min. in 350° oven and when cool, cut in narrow strips. Roll in icing sugar.

Mrs. T. Wasley.

WALNUT PLATSOK

- | | |
|----------------------------------|--------------------------|
| 7 egg whites | 1 tsp. baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ cup butter |
| $\frac{1}{2}$ cup ground walnuts | 1 tsp. vanilla |
| 1 cup flour | |

Beat egg whites until stiff adding sugar gradually. Beat. Sift flour and baking powder twice. Melt butter and cool. Remove scum, then add to the above mixture and mix gently. Add vanilla. Add ground walnuts, baking powder and flour mixture. Pour into cake pan and bake in 350° oven about 45 minutes. When cool, cut in two layers and spread with jam filling, then ice.

Mrs. J. Romankiw.

PORCUPINES

- | | |
|---------------------|----------------------------------|
| 1 cup brown sugar | 1 cup peanuts or walnuts |
| 1 tablespoon butter | 1 cup dates |
| 2 eggs | 1 cup corn flakes or little more |

Cream first three ingredients. Add dates and nuts. Take full palm of cocoanut. With open palm full of cocoanut in centre, put teaspoon of mixture and close, press together hard. Put in greased pan and bake.

Mrs. O. Zarski.

ROBIN'S NESTS

- | | |
|----------------------------------|------------------------------------|
| 2 egg whites | 1 cup chopped dates |
| $\frac{1}{8}$ tsp. salt | $\frac{1}{2}$ cup chopped cherries |
| $\frac{1}{4}$ tsp. baking powder | 1 cup chopped nuts |
| $\frac{1}{2}$ cup brown sugar | 1 $\frac{1}{4}$ cups corn flakes |
| $\frac{1}{2}$ tsp. vanilla | |

Beat egg whites with salt until foamy, add baking powder and beat until stiff and glossy. Gradually add sugar, blending in well after each addition. Add vanilla. Combine remaining ingredients, stir into egg white mixture. Let stand about 30 minutes. Drop by spoonfuls onto greased baking sheet. Bake for 15 minutes at 325° F.

Mrs. T. Wasley.

COCO NUT BELLES

- | | |
|--|------------------------------------|
| 1 $\frac{1}{2}$ cups sifted cake flour | 2 eggs (reserve 1 egg white) |
| 1 teaspoon salt | 2 tbsp. milk |
| 1 teaspoon baking powder | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{8}$ cup shortening | $\frac{1}{2}$ teaspoon lemon juice |
| 1 cup sugar | |

For Meringue

- | | |
|----------------------------------|------------------------------------|
| 1 egg white | $\frac{1}{2}$ teaspoon vanilla |
| 1 cup brown sugar, firmly packed | $\frac{3}{4}$ cup shredded coconut |

Sift together dry ingredients. Cream sugar and shortening; add eggs, reserving one egg-white. Add dry ingredients alternately with milk. Mix well. Add flavorings. Spread $\frac{1}{4}$ inch thick in 8" by 12" greased pan. Beat egg white until stiff, beat in sugar $\frac{1}{2}$ cup at a time. Add flavor. Fold in coconut. Spread over first mixture — bake in 325° oven — 30 min. Cut in squares while hot and let cool. Yield 24 bars.

Mrs. M. Lucavietski.

DATE SQUARES

- | | |
|-------------------------------|-------------------------|
| $\frac{1}{2}$ cup white sugar | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ cup butter | 1 tsp. baking powder |
| 2 egg yolks | 1 tsp. vanilla |
| $1\frac{1}{2}$ cup flour | |

Boil:

- | | |
|--------------------------|-----------|
| 1 cup chopped dates | Let cool. |
| $\frac{1}{2}$ cup water. | |

Topping:

- | | |
|-------------------|----------------------------|
| 2 egg whites | shaved almonds, or brazils |
| 1 cup brown sugar | |

Cream butter with sugar until fluffy. Add egg yolks, and beat well. Sift flour with salt, and baking powder. Add to creamed mixture. Add vanilla. Press into 8 x 12 pan. Spread cooked date mixture over first mixture. Beat egg whites until stiff and gradually add brown sugar. Spread over date mixture. Top with shaved nuts. Bake 30 to 35 minutes in 350° oven.

Mrs. O. Demco.

BROWNIES

- | | |
|------------------------------|--|
| 2 squares melted chocolate | 1 cup sugar |
| $\frac{1}{2}$ cup butter | |
| Beat above together then add | |
| 2 slightly beaten eggs | $\frac{2}{3}$ cup flour |
| 1 teaspoons vanilla | $\frac{2}{3}$ cup walnuts (not too fine) |

Bake 25 minutes at 325 degrees in a 9" x 9" square pan. Never over bake. When brownies are still warm top with the following fudge icing.

Fudge Icing

- | | |
|---|----------------------------|
| $\frac{1}{4}$ cup margarine (or butter) | flavoring may be used) |
| $\frac{1}{4}$ tsp. salt | 2 squares melted chocolate |
| 1 large egg | 2 cups sifted icing sugar. |
| $\frac{1}{2}$ teaspoon vanilla (rum | |

Add gradually while beating. Beating makes the icing glossy.

Mrs. N. Kuleba.

NANAIMO SQUARES

- | | |
|---------------------------------------|---------------|
| $\frac{1}{2}$ cup butter or margarine | 5 tbsp. cocoa |
| $\frac{1}{4}$ cup granulated sugar | 1 beaten egg |

Place butter or margarine, sugar and cocoa in a double boiler until melted. Add beaten egg and cook 5 mins., stirring occasionally. Add:

- | | |
|--------------------------------------|-----------------------------------|
| 2 cups graham wafer crumbs | $\frac{1}{2}$ cup chopped walnuts |
| 1 cup cocoanut — Spread in cake pan. | Pat firm. |

Icing:

- | | |
|--------------------------|---------------------------|
| $\frac{1}{2}$ cup butter | 2 tbsp. custard powder |
| 3 tbsp. milk | 2 cups sifted icing sugar |

Cream butter. Combine custard powder and milk and add to butter. Cream well. Add icing sugar and beat until light and fluffy. Spread on chocolate base. Chill for 15 minutes. Melt 3 squares of semi-sweet chocolate, and 1 tbsp. butter. Mix well. Spread on top of icing. Keep in a cool place.

Mrs. H. A. Hnatyshyn.

GUM DROP DIAMONDS

- | | |
|------------------------------|----------------------------------|
| 1 cup tiny gumdrops (sliced) | 2 cups light brown sugar |
| 2 cups sifted enriched flour | $\frac{1}{4}$ tsp. salt |
| 4 eggs | 1 tsp. cinnamon |
| 1 tablespoon cold water | $\frac{1}{2}$ cup chopped pecans |

Toss gumdrops in $\frac{1}{4}$ cup of the flour. Beat eggs with water; add brown sugar and beat until fluffy. Sift together remaining flour, salt and cinnamon; stir into egg mixture. Add nuts and gumdrops. Spread in greased $15\frac{1}{2} \times 10\frac{1}{2} \times 1$ " jellyroll pan. Bake in slow oven 350° about 35 minutes. Cut in diamonds or squares. Roll in icing sugar if desired.

Mrs. P. Greschuk.

FROSTY DATE BALLS

- | | |
|---|----------------------------------|
| $\frac{1}{2}$ cup soft butter | 1 tsp. vanilla |
| $\frac{1}{2}$ cup sifted confectioner's sugar | $1\frac{1}{4}$ cups sifted flour |
| 1 tbsp. water | $\frac{2}{3}$ cup chopped dates |
| | $\frac{1}{2}$ cup walnuts |

Cream butter and sugar thoroughly. Stir water and vanilla. Add flour and salt. Mix well. Stir in dates and nuts. Roll in 1" balls. Place $2\frac{1}{2}$ inches apart on ungreased baking sheet. Bake in slow oven (300°) for about 20 minutes, or until cookies are set, but not brown. While warm roll in confectioner's sugar.

Mrs. P. Greschuk.

DATE AND GRAHAM WAFER Dainties

- | | |
|-----------------------------------|-------------------------|
| 1 cup Graham wafer crumbs | $\frac{1}{4}$ tsp. salt |
| 1 cup whole wheat flour | 1 tsp. baking powder |
| $1\frac{1}{2}$ cups sugar | 4 eggs |
| $1\frac{1}{2}$ cups chopped dates | Grated peel of 1 orange |
| $\frac{3}{4}$ cup chopped nuts | (optional) |
| 3 tbsp. milk | |

Sift together dry ingredients, flour, baking powder, sugar and salt, add graham wafer crumbs, dates and nuts. Beat egg yolks add milk and stir into dry mixture. Add stiffly beaten egg white. Bake in a greased pan at 375 degrees for 30 minutes. When cool cut into long strips and roll in sugar.

Mrs. G. Diduch.

BOILED RAISIN COOKIES

- | | |
|-----------------------------|------------------------------|
| 2 cups seedless raisins | 1 cup water |
| Boil for 5 minutes and cool | |
| 1 cup shortening | 1 tsp. baking soda |
| $1\frac{1}{2}$ cups sugar | 1 tsp. salt |
| 3 eggs | $1\frac{1}{2}$ tsp. cinnamon |
| 1 tsp. vanilla | $\frac{1}{4}$ tsp. nutmeg |
| 2 cups flour | $\frac{1}{2}$ tsp. allspice |
| 2 cups rolled oats | 1 cup nuts |
| 1 tsp. baking powder | |

Cream shortening and sugar. Add well beaten eggs and vanilla. Add chilled raisins. Sift dry ingredients. Add these and rolled oats and nuts to first mixture. Mix well. Chill dough. Drop by teaspoonful on a greased pan. Bake at 400° until done.

Mrs. T. A. Petaske.

BANANA SQUARES

- | | |
|-----------------------|---------------------------|
| 1 cup sifted flour | 3 tbsp. milk |
| 1¼ tsp. baking powder | 3 firm bananas |
| ½ tsp. salt | 2 tbsp. melted butter |
| 4 tbsp. sugar | 1 tsp. cinnamon |
| ¼ cup shortening | 2 tsp. grated orange rind |
| 1 egg, well beaten | |

Sift together flour, baking powder, salt, and 2 tbsp. sugar. Cut in shortening. Combine egg and milk. Add to flour mixture and stir until mixture is blended. Turn stiff dough into a well-greased baking pan and spread evenly over bottom of pan. Peel bananas and cut in ½ inch diagonal slices. Cover surface of dough with overlapping pieces of banana. Brush bananas with butter. Mix the rest of the sugar with the cinnamon and orange rind and sprinkle over top of bananas. Bake in a moderate oven 350 degrees about 35 minutes. Serve as a hot dessert with cream or sauce.

Mrs. H. A. Hnatyshyn.

BUTTERSCOTCH MUFFINS

- | | |
|------------------------------|----------------|
| 2 cups flour | 2 tbsp. butter |
| 3½ level tsps. baking powder | 1 egg |
| 2 tbsp. sugar | ½ cup milk |

Sift flour, baking powder, sugar, and salt. Cut butter into flour mixture, and add beaten egg mixed with milk. Roll and brush lightly with butter and sprinkle with cinnamon. Roll like jelly roll, and cut. Brush the top with egg white and sprinkle with finely crushed walnuts. Bake in greased pan or muffin tins.

Mrs. M. Shenduk.

LADY FINGERS

- | | |
|-------------------------|------------------------------|
| ¼ cup sifted cake flour | ¼ cup powdered sugar |
| 1 whole egg | 2 egg whites, stiffly beaten |
| 2 egg yolks | ¼ tsp. vanilla |
| dash salt | |

Sift flour once, measure and sift again 3 times. Combine whole egg, egg yolks and salt, and beat until thick and lemon colored. Fold sugar gradually into egg whites and continue beating until mixture stiffens again. Fold in egg yolk mixture and vanilla, then flour. Shape in oblongs 4½x¾ inches on ungreased paper in baking pan. Bake in moderate oven 375 deg., 12 minutes.

Mrs. Raragoski.

SNOWBALLS

- | | |
|-------------------------------------|-----------------------|
| 1 heaping tbsp. butter or margarine | 2 whole eggs |
| 1 lb. dates cut in small pieces | 2 cups rice crispies |
| 1 cup brown sugar | 1 cup chopped walnuts |
| | Coarse coconut |

Put butter in large frying pan. When this has melted add dates, brown sugar and eggs. Cook over a low flame on top of the stove, stir constantly until mixture is like fudge. Remove from stove and add crisp rice cereal and chopped nuts. Mix these ingredients thoroughly with the date mixture. Put a bit of butter on your hands, roll into balls. Roll the balls in coarse coconut. Set in the refrigerator to cool.

Mrs. O. Demco.

LEMON TEA COOKIES

- | | |
|----------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup shortening | $1\frac{1}{2}$ tsp. baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{1}{4}$ tsp. salt |
| 2 eggs | 2 cups bran or corn flakes |
| $\frac{1}{4}$ cup milk | $\frac{1}{2}$ tsp. lemon extract or |
| $1\frac{1}{2}$ cups sifted flour | 1 tsp. lemon juice |

Blend shortening and sugar until smooth and add well beaten eggs. Stir in milk and flavoring. Sift flour with baking powder and salt, and add to above mixture. Roll teaspoonfuls of mixture in slightly crushed flakes and decorate with baking candy. Place on greased baking sheet about two inches apart. Bake in a hot oven for about 15 minutes or until done.

Mrs. M. Shenduk.

NO BAKE FUDGE COOKIES

- | | |
|---------------------------------------|---------------------------|
| 2 cups white sugar | 1 teaspoon vanilla |
| 6 tablespoons cocoa | 3 to 4 cups minute oats |
| $\frac{1}{2}$ cup butter or margarine | 1 cup cocoanut |
| $\frac{1}{2}$ cup milk | $\frac{1}{4}$ cup walnuts |
| Pinch of salt | |

In a saucepan bring to a boil the first four ingredients. Boil 3 to 4 minutes. Remove from stove and add the remaining ingredients stirring well to blend. Drop by spoonfuls onto waxed paper and let set.

Mrs. M. Dackiw.

BROWNIES: (no baking)

- | | |
|---|---|
| 2 tbsp. cocoa | $\frac{1}{2}$ cup butter |
| $\frac{1}{2}$ cup white sugar (brown could be used too) | 1 tsp. vanilla |
| 1 egg (slightly beaten) | $\frac{1}{4}$ tsp. orange food colouring (optional) |

Mix the above ingredients, bring to a slow boil and add $\frac{1}{2}$ cup chopped walnuts, 32 rolled graham wafers (16 double squares). Pat in a cookie sheet 6 by 10 inches.

Ice with:

- | | |
|----------------------------|------------------|
| 1 tbsp. cocoa | 1 tsp. butter |
| 7 tbsp. icing sugar | Hot water to mix |
| $\frac{1}{4}$ tsp. vanilla | |

Cut in squares when cold.

Mrs. P. Ozubko.

JOE'S BREAKFAST — A Slice —

- | | |
|--------------------------|---------------|
| $\frac{1}{2}$ cup butter | 2 tbsp. sugar |
| 1 cup flour | |

Mix like pastry and press into pan. Bake half hour in 300° oven.

Top —

- | | |
|---------------------------------|--------------------------------------|
| 2 beaten eggs | $\frac{1}{2}$ cup marachino cherries |
| $1\frac{1}{2}$ cups brown sugar | almond flavoring |
| 2 tbsp. cocoanut | 2 tbsp. flour |
| $\frac{1}{2}$ cup chopped dates | $\frac{1}{4}$ tsp. baking powder |
| 1 cup walnuts | |

Mix together and spread on lower crust. Bake $\frac{3}{4}$ hr. Ice with a butter icing using the marachino cherry juice to make it.

Mrs. M. Strashok.

ORANGE SQUARES

$\frac{1}{2}$ cup butter or margarine	1 cup sifted flour
1 cup brown sugar	1 cup coconut
$\frac{1}{2}$ tsp. baking soda	10 rolled soda crackers
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla

Filling:

1 cup white sugar	Juice and rind of 1 orange
3 tbsp. cornstarch	Juice of 1 lemon
1 cup cold water	1 tsp. lemon extract
$\frac{1}{2}$ cup butter or margarine	1 egg beaten

Mix sugar and cornstarch, add water and cook in top of doubleboiler. When this thickens add butter, egg, extract, and orange juice. Mix a little of the hot mixture with the egg mixture and then all with the hot mixture. This will prevent curdling. Return to stove and cook 6 min. Cool. Sift together flour, soda, and salt. Add soda, crackers, coconut, and brown sugar. Cut in butter and crumb all together. Put half dough in pan cover with filling and cover with remaining crumbs. Bake 25 min. in a moderate oven.

Mrs. J. Krywko.

MARSHMALLOW ROLL

3 eggs	1 lb. dates (cut fine)
1 cup sugar	1 cup nuts (cut fine)
1 cup flour	Pinch of salt
1 tsp. baking powder	

Beat eggs, add sugar, salt, flour and baking powder, and mix well. Then add dates and nuts. Mix well and spread in large greased pan. Bake till nicely browned. Turn out on damp cloth and spread with marshmallows cut fine or use miniature marshmallows and roll quickly.

Mrs. M. Lucavietski.

PINEAPPLE VANILLA SQUARES

Roll fine $\frac{3}{4}$ lb. vanilla wafers ($2\frac{1}{2}$ cups). Reserve $\frac{1}{4}$ cup for topping. To remainder add 2 tbsps. melted butter. Mix well. Line pan 12×8 and press down all around pan. Cream scant $\frac{1}{2}$ cup butter, blend in $1\frac{1}{4}$ cups icing sugar, beat hard. Add 2 unbeaten eggs, then beat all together with beater. Spread on top of crumb mixture. Drain 1 large can crushed pineapple and fold in $\frac{1}{2}$ pint stiffly whipped cream. Spread on top of icing sugar mixture, sprinkle remaining crumbs on top and chill several hours in refrigerator.

Mrs. J. Hewko.

TUITTI FRUIT BALL

$\frac{3}{4}$ cup sweetned condensed milk	$\frac{1}{4}$ cup finely chopped nuts
$\frac{1}{4}$ lb. marshmallows quartered	$\frac{1}{4}$ cup chopped cherries
$\frac{1}{8}$ cup finely chopped raisins	$1\frac{1}{2}$ cups graham wafer crumbs
$\frac{1}{4}$ cup coconut	1 tsp. lemon juice

Blend sweetened condensed milk, lemon, marshmallows, fruit, and 1 cup graham wafer crumbs. Shape into balls and roll in remaining graham wafer crumbs. Yields $2\frac{1}{2}$ doz.

Mrs. N. Troock.

TOFFEE DROPS

- | | |
|------------------------------|--------------------|
| 2 packages candy toffee bars | 1 tbsp. milk |
| 1 tbsp. butter | 2 cups corn flakes |

Melt toffee bars in double boiler. Stir in the butter and milk, then fold in corn flakes. Form into clusters with a fork and let cool on wax paper.

Mrs. O. Demco.

FOAM PLATSOK

- | | |
|-------------------------|---------------------|
| 1 cup icing sugar | 2½ cups cake flour |
| ¾ cup salt free butter | Rind from one lemon |
| 2 tbsp. sugar (heaping) | 4 or 5 egg whites. |

Mix above ingredients as for pie crust and roll out about ½ inch in thickness. Place in greased pan and bake in a slow oven until light brown. Cool, spread with a layer of jam. Beat egg whites until stiff. Add 5 heaping tbsp. sugar. Spread over the jam. Sprinkle with coarse white sugar and bake until lightly browned. Cut in squares.

Mrs. J. Romankiw.

CHRISTMAS LOGS

- | | |
|------------------------|--------------------------|
| 1 cup granulated sugar | 2 cups rice crispies |
| 2 beaten eggs | 1 tsp. vanilla or almond |
| 2 tbsp. butter | Dessicated coconut |
| 1½ cup chopped dates | ½ cup walnuts (or more |
| ¼ tsp. salt | if desired) |

Combine sugar, eggs, butter and dates. Cook in a heavy frying pan over a low heat for 10 minutes. Stir constantly. Remove from heat and add rice crispies, flavoring. Form into balls and roll in fine cocoanut. Or make into balls. Flatten them and top with a cherry or walnut.

Mrs. M. Strashok.

NEOPOLITAN SLICES

- | | |
|--------------------------|-----------------------------|
| 20 crushed graham wafers | 1 heaping teaspoon of flour |
| ½ cup butter | |

Mix above ingredients and press into pan. Bake in 8 x 8 pan for 15 minutes (275°). Mix a can of Eagle brand milk and

- 2 cups fine coconut

Place in graham bottom and bake for 20 minutes at 375°. Top with pink icing.

Mrs. P. Greschuk.

MARSHMALLOW DREAMS

- | | |
|-----------------------------|----------------------------|
| 1 cup walnuts | melted with 1 tbsp. butter |
| 1½ cups icing sugar | ¼ tsp. vanilla |
| 1 egg | 24 coloured marshmallows, |
| 4 sq. unsweetened chocolate | quartered |

To sugar, add the unbeaten egg and 1 cup nuts (not chopped) and the marshmallows. Add cooled chocolate and butter mixture. Work into rolls on waxed paper. Keep in refrigerator. Slice when ready to use

Mrs. H. A. Hnatyshyn.

MOCK STRUDEL

- | | |
|---|------------------------------|
| $\frac{1}{2}$ lb. red glazed cherries | 2 cups fine coconut |
| $\frac{1}{2}$ lb. green glazed cherries | 1 tin Eagle brand milk |
| 1 cup chopped nuts | Juice of $\frac{1}{2}$ lemon |

Mix all the above ingredients well. Make 5 rolls. Roll each one in coconut. Bake 10 minutes in 300° oven. Turn off heat, bake for another 20 minutes. Cool. store in cookie tin, slice in $\frac{1}{4}$ " slices.

Mrs. E. Tomick.

FRUIT ROLL

- | | |
|---|----------------------|
| 2 eggs | 3 cups flour |
| $\frac{3}{4}$ cup brown sugar | 3 tsp. baking powder |
| $\frac{3}{4}$ cup shortening | Salt |
| $\frac{1}{4}$ cup hot water (not boiling) | |

Mix well and divide into three portions. Roll each portion into a rectangle and spread with the following filling:

Put through food chopper:

- | | |
|----------------|----------|
| 1 cup walnuts | 2 apples |
| 3 cups raisins | |

Add to this mixture 1 cup fine coconut. Before rolling each rectangle as in a jelly roll, sprinkle with pieces of turkish delight. Bake all three rolls on large cookie sheet.

Mrs. E. Tomick.

CHOCOLATE DELIGHT

- | | |
|---------------------------------|-----------------------------------|
| 2½ cups Dad's cookie crumbs | 1 cup icing sugar |
| $\frac{1}{4}$ cup melted butter | 1 tsp. vanilla |
| Mix above ingredients together. | 2 oz. semi sweet chocolate |
| $\frac{1}{2}$ cup butter | Pinch of salt |
| 2 eggs, well beaten | $\frac{1}{2}$ cup chopped walnuts |

Pour melted butter over crumbs and mix. Place half of this mixture into an 8 x 8 inch square pan. It is not necessary to grease pan. Put in oven for four minutes at 350° F. Cream butter, eggs, and icing sugar. Add vanilla and melted chocolate and beat with beater until mixture is like whipped cream. Add walnuts. Place mixture in pan on top of crumb mixture. Then cover with remaining crumbs. Keep refrigerated until ready to use. Should be served immediately after cutting.

Mrs. T. Wasley.

TURKISH DELIGHT SQUARES

- | | |
|-------------------------------|-----------------------|
| $\frac{3}{4}$ cup brown sugar | 1½ tsps. vanilla |
| $\frac{3}{4}$ cup butter | 1 lb. Turkish delight |
| 2 egg yolks | 2 egg whites |
| 1½ tsps. baking powder | 1 cup brown sugar |
| 1½ cups flour | |

Combine butter, sugar and yolks. Now add baking powder and flour and mix as for shortbread. Pat into pan 9 ins. square. Bake 350 degrees for 20 min. Cut fresh delight into halves and place on top of baked shortbread mixture. Now beat eggs until stiff, gradually add 1 cup brown sugar. Cover cake with this mixture and bake in 325 oven for 20 min.

Mrs. J. Tymchuk.

YUMMY SQUARES

- | | |
|-----------------------------------|-----------------------------------|
| 30 graham wafers, rolled | $\frac{1}{4}$ cup coconut |
| 30 marshmallows, quartered | 1 tin Eagle brand condensed milk. |
| $\frac{1}{4}$ cup walnuts | |
| $\frac{1}{4}$ cup sliced cherries | |

Combine all ingredients except coconut. Pack in a 9 in. square pan. Cover with coconut and keep in a refrigerator at least 24 hours before cutting in squares.

Mrs. M. Lucavietski.

CHERRY SQUARES

- | | |
|--------------------------|-------------------------------------|
| $\frac{1}{2}$ cup butter | 1 cup broken walnuts |
| 1 cup flour | $\frac{1}{2}$ tsp. almond flavoring |
| 2 tbsp. icing sugar | $\frac{1}{2}$ cup cherries |
| 2 eggs beaten (lightly) | 1 cup dates (cut fine) |
| 1 cup yellow sugar | 2 tbsp. flour |
| 1 cup coconut | $\frac{1}{2}$ tsp. baking powder |

Mix butter, flour and icing sugar together like shortbread, put in pan and bake 20 min. at 350 degrees. Mix remaining ingredients well and spread over shortbread. Bake in slow oven until golden brown. When cool cover with orange or lemon icing.

COTTAGE CHEESE SLICE

- | | |
|--------------------------|-------------------------|
| 1 cup flour | $\frac{1}{2}$ cup sugar |
| 1 tsp. baking powder | 4 tbsp. sweet cream |
| 2 egg yolks | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{4}$ cup Butter | |

Sift flour, baking powder, sugar, and salt. Add butter and mix as for pie crust. Beat egg yolks with cream, mix with the above ingredients. Spread dough in a 13" x 9" pan.

Filling:

- | | |
|---------------------------|--|
| 1 lb. cottage cheese | 1 tsp. vanilla |
| $\frac{1}{2}$ cup sugar | 2 egg yolks |
| $\frac{1}{2}$ cup coconut | $\frac{1}{2}$ cup sultana raisins |

Wash raisins well and dry between two tea towels. Combine above ingredients and mix well. Spread on top of dough and bake in moderate oven for 30 minutes. Cool.

Topping:

- | | |
|----------------------------------|-----------------------------------|
| 4 egg whites | $\frac{1}{4}$ cup crushed walnuts |
| 2 tbsp. sugar | Maraschino cherries |
| $\frac{1}{2}$ tsp. baking powder | |

Beat egg whites, add sugar, and baking powder sifted together, and spread over cake. Sprinkle with crushed walnuts and a few chopped Maraschino cherries. Put in oven and brown. When cool, cut into squares.

UKRAINIAN FRUIT BAR

6 egg yolks beaten with $\frac{1}{2}$ lb. fine sugar until lemon colored. Add $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. blanched almonds cut lengthwise, $\frac{1}{4}$ lb. raisins, grated rind of 1 lemon. Fold in 6 egg whites, and put in pan to bake.

MARSHMALLOW TREAT

- | | |
|--------------------------------|--|
| 12 graham wafers | 1 pint whipping cream |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ to 1 cup strawberries or |
| $\frac{1}{2}$ lb. marshmallows | any fresh or frozen fruit |
| $\frac{1}{2}$ cup milk | (strained) |

Melt marshmallows in milk in top of double boiler, using low heat. Cool. Roll wafers into crumbs and add butter. Line pan with part crumbs, reserve the rest for top.

Cut fruit into small pieces. Then whip cream and fold into cooled marshmallows. Add fruit and pour into pan. Sprinkle crumbs on top and place in refrigerator till firm.

Mrs. P. Starko.

Desserts & Puddings

•

DUTCH APPLE PUDDING

- | | |
|-------------------------------|-----------------------------------|
| $\frac{1}{4}$ cup butter | 2 cups flour |
| 1 egg | $3\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{8}$ tsp. cinnamon |
| $\frac{1}{4}$ cup white sugar | 2 tbsp. brown sugar |
| $\frac{3}{8}$ cup milk | 2 apples |

Cream butter with sugar, add well beaten egg. Sift flour, baking powder and salt and add alternately with milk to first mixture. Pour into greased pan. Core apples, pare and cut into eighths and place in rows on batter, pressing sharp edges into it. Sprinkle with brown sugar, mixed with cinnamon. Bake in moderate oven 350 degrees for 30 to 40 minutes. Serve hot with cream or pudding sauce.

Brown sugar sauce for this pudding:

- | | |
|-------------------------------|-------------------------|
| $\frac{1}{2}$ cup brown sugar | 1 cup boiling water |
| $\frac{1}{2}$ tbsp. flour | 1 tbsp. butter |
| $\frac{1}{2}$ tsp. vanilla | $\frac{1}{8}$ tsp. salt |

Sift flour with sugar and salt. Add water and cook until smooth. Remove from heat, add butter and vanilla. Serve hot.

Mrs. A. N. Yakimetz, Vegreville.

APPLE SOUFFLE

- | | |
|-----------------------------|-----------------------------|
| 2 cups graham wafer crumbs | 2 tbsp. lemon juice |
| $\frac{1}{2}$ tsp. cinnamon | 1 tbsp. grated lemon rind |
| 2 tbsp. butter, melted | 2 cups drained sieved |
| 3 egg yolks | applesauce |
| 1 can sweetened condensed | 3 stiffly beaten egg whites |
| milk (Eagle brand) | |

Combine crumbs, cinnamon, and butter. Spread layer of crumbs in 8 inch baking dish. Beat egg yolks until thick and lemon colored. Stir in milk, lemon juice, peel, and applesauce. Fold in stiffly beaten egg whites. Pour into baking dish. Sprinkle with remaining crumb mixture. Bake in moderate oven 350 degrees about 50 minutes. Serve plain or with hot lemon sauce.

Mrs. H. A. Hnatyshyn.

BAKED STUFFED APPLES

- | | |
|---------------------------|--|
| 6 red apples | $\frac{1}{2}$ tsp. cinnamon or more if |
| 1 cup chopped bananas | preferred, chopped nut meats |
| 1 cup chopped cranberries | whipped cream |
| 1 cup brown sugar | |

Wash the apples, cut off the stems but do not peel them. Remove the core and part of the pulp leaving the walls about $\frac{3}{4}$ inch thick. Mix bananas, cranberries, sugar and cinnamon. Fill the apples with this mixture, cover with chopped nuts and bake until tender 350 to 375 degrees. Serve cold with whipped cream on top of each apple.

Mrs. T. A. Koziak.

PEACH COBBLER

Place in saucepan:

- | | |
|-------------------------------------|-------------------------|
| 1 $\frac{1}{2}$ cups sliced peaches | $\frac{1}{2}$ cup sugar |
| $\frac{1}{4}$ cup water | |

Bring to a boil and let simmer. Grease casserole or pie plate and make the following batter:

- | | |
|-----------------------------|---|
| Cream | $\frac{1}{2}$ tsp. vanilla. Add: |
| $\frac{1}{2}$ cup sugar and | $\frac{1}{2}$ cup flour, |
| 1 tbsp. butter. Add: | $\frac{1}{2}$ tsp. baking powder, and |
| 1 whole egg, | $\frac{1}{4}$ tsp. salt which have been |
| 1 tbsp. milk, and | sifted together. |

Pour batter into casserole evenly. Pour peach mixture over batter and bake for 35 minutes at 375°. Serve with cream.

Mrs. W. Sereda.

TARTS AND FILLINGS**Rum and Butter Tarts:**

- | | |
|-------------------------|----------------|
| 1 cup brown sugar | Raisins |
| 2 tbsp. cream | 3 tbsp. butter |
| 1 tsp. rum - flavoring. | 1 egg |

Stir the butter and cream into the sugar. Heat it very gently just until the butter melts. Remove from fire and add the well beaten egg and flavoring. Put a few raisins in the bottom of each tart and add the butter mixture which has a tsp. of rum added. Bake in moderate oven until the pastry is nice and brown.

Pastry for Tarts:

- | | |
|-------------|--------------------------|
| 1 cup flour | $\frac{1}{2}$ cup butter |
| Salt | 1 tsp. baking powder |

Moisten with 1 egg well beaten and 1 tbsp. milk. Makes 3 dozen very small tarts.

Mrs. C. Pyrch.

APPLE DESSERT

- | | |
|------------------------------------|-------------------------|
| 1 cup flour | $\frac{1}{4}$ tsp. salt |
| 1 $\frac{1}{2}$ tsp. baking powder | $\frac{1}{2}$ cup milk |
| 3 tbsp. sugar | 1 egg |

Beat egg and milk. Add dry ingredients. Peel, core, and slice apples and dip in above mixture. Fry in deep fat until brown. Sprinkle with sugar.

Mrs. H. Demco.

APPLE DUMPLINGS

- | | |
|------------------------------|----------------------------|
| 2 cups flour | $\frac{1}{2}$ cup milk |
| 1 teaspoon salt | 3 apples, peeled and cored |
| 4 tsps. baking powder | Brown sugar, butter, |
| $\frac{1}{2}$ cup shortening | cinnamon. |
| 1 egg | |

Sift and measure flour, add salt and baking powder and sift again. Cut in shortening, as for pastry. Add slightly beaten egg and milk. Roll out about $\frac{1}{4}$ inch thick and cut into 6 squares. Place $\frac{1}{2}$ apple on each square. Fill core with butter, brown sugar and cinnamon. Pinch dough over apple. Place in baking pan, pour on sauce and bake in hot oven, 425°, about 30 to 40 minutes. Baste occasionally with sauce.

S a u c e :

- | | |
|-------------------------|----------------------|
| 1 cup corn syrup | 2 tablespoons butter |
| $\frac{1}{2}$ cup water | 1 teaspoon flavoring |
- Combine ingredients and bring to a boil. Mrs. M. Sereda.

HAWAIIAN REFRIGERATOR CAKE

Combine and stir until thickened:

- | | |
|--|---|
| $1\frac{1}{2}$ cups sweetened condensed milk and | $\frac{1}{2}$ cup drained crushed pineapple |
| $\frac{1}{4}$ cup lemon juice. | 10 maraschino cherries, chopped |
| Add: | $\frac{1}{2}$ cup cream, whipped |
| 1 cup miniature marshmallows | |

Line a square pan with 1 cup crushed vanilla wafers or graham wafers mixed with $\frac{1}{4}$ cup butter. Pour in filling and cover with crushed wafer crumbs, (about $\frac{1}{4}$ cup). Chill in refrigerator several hours.

Mrs. M. Lucavietski.

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CARROT STEAMED PUDDING

- | | |
|--|---|
| 2 eggs | $\frac{1}{4}$ cup mixed peel (pineapple or cherries) |
| 1 cup sugar | 1 teaspoon baking soda |
| 1 cup butter or half butter and shortening | $\frac{1}{4}$ teaspoon salt |
| 3 cups flour | 1 teaspoon each nutmeg, allspice, cloves and cinnamon |
| 2 cups shredded carrots | $\frac{1}{4}$ teaspoon ginger |
| 1 cup raisins | |
| 1 cup currants | |

Mix butter and sugar well. Beat eggs and beat again. Add carrots. Put in half of the flour; the other half mix with spices and baking soda. Add well mixed fruit. Steam in a well greased pudding dish for 3 hours. Use any favorite caramel sauce.

Mrs. E. Skwarok.

PLUM PUDDING

- | | |
|---|--------------------------------------|
| 1 cup flour | 1 tsp. salt |
| $\frac{1}{4}$ tsp. allspice | 1 tsp. cinnamon |
| $\frac{1}{2}$ lb. raisins | $\frac{1}{2}$ lb. suet |
| $\frac{1}{2}$ lb. currants and candied peel | $\frac{1}{4}$ lb. citron peel |
| 4 cups stale bread crumbs | 1 cup brown sugar |
| 6 eggs | $\frac{1}{2}$ tsp. nutmeg and cloves |

Sift flour, salt and spices. Chop or grind the suet and fruits. Soak crumbs in 2 cups milk and add the sugar and well beaten eggs. Combine with first mixture. Turn into well buttered mold. Cover and steam 5 hours. Keep covered in a cool place.

Mrs. P. J. Baron.

MARSHMALLOW STRAWBERRY WHIP

(6 to 8 servings)

- | | |
|---------------------------------------|----------------------------|
| 14 graham wafers | 1 pkg. frozen strawberries |
| $\frac{1}{4}$ cup melted butter | 1 tbsp. lemon juice |
| 1 cup milk | 1 cup heavy cream, whipped |
| 32 marshmallow ($\frac{1}{2}$ pound) | $\frac{1}{4}$ tsp. salt |

Crush wafers and combine with butter. Place crumb mixture in 8 inch square pan. Combine milk and marshmallows, and heat till melted. Set aside till cool. Add crushed strawberries, lemon juice, whipped cream and salt. Pour over wafer crust. Chill overnight.

Mrs. C. Pynch.

LEMON ICEBOX DESSERT

- | | |
|------------------------------|---------------------------------------|
| 1 package lemon Jello | 1 tin Alpha milk (chilled thoroughly) |
| 1 cup boiling water | $\frac{3}{4}$ cup sugar |
| 22 wafers | 1 lemon (juice and rind) |
| 2 heaping tablespoons butter | |

Mix Jello and water, this should be chilled thoroughly, but not jelled. Roll wafers, and work butter into crumbs. Beat milk until stiff, add sugar gradually, and continue beating, add Jello, blend well, then add lemon juice and rind and mix. Line a shallow pan with half of the wafer crumbs, spread mixture evenly, top with remaining crumbs. Chill.

Mrs. M. Burtnek.

FRIDGE CAKE $\frac{1}{4}$ sup melted butter2 cups Arrow Root biscuits,
crushed

Mix butter and crushed biscuits and spread in pan, saving a few crumbs for top. Bake for a few minutes.

3 eggs

 $1\frac{1}{2}$ - cups icing sugar $\frac{1}{8}$ cup butter

Beat eggs well and add butter and icing sugar. Add enough sugar to make mixture very thick. Spread on cooled biscuit mixture.

 $\frac{1}{2}$ pt. whipping cream1 can well drained crushed
pineapple

Whip cream and add pineapple and mix. Spread on top of second part and sprinkle top with remaining crumbs. Set in refrigerator. Best when served the next day.

Mrs. R. Yurkovitch.

PINEAPPLE DELIGHT

1 cup icing sugar

 $\frac{1}{2}$ lb. butter

2 eggs unbeaten

24 coconut crackers

 $\frac{1}{2}$ pt. heavy cream whipped

Crush the 24 coconut crackers. Cream together sugar and butter, add eggs, one at a time and beat. Place a layer of crushed crackers in bottom of a 9x12 pan. Spread sugar, butter mixture over wafers. Then spread whipped cream. Add layer of crushed drained pineapple and then a layer of wafers. Put in refrigerator for 12 hours or longer.

Mrs. C. Pyrch.

LEMON PUDDING

1 tbsp. butter

1 cup milk

 $\frac{3}{4}$ cup sugarJuice and rind of one
lemon.

2 eggs

3 heaping tbsp. flour

Cream butter, sugar, and flour well. Add lemon rind and juice. Add well-beaten egg yolks and milk. Beat egg whites, fold into mixture. Bake in moderate oven in buttered dish, putting dish in pan of hot water. Bake for about one hour. Serve hot or cold, plain, or with whipped cream.

Mrs. M. Motiuk.

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Mrs. S. Yachney.

BAKED ALASKA

1 layer cake (square or oblong)	½ cup sugar
1 quart ice cream	1 teaspoon vanilla
4 egg whites	

Cut cake into halves and trim to fit deep refrigerator tray. Line tray with heavy waxed paper so that paper extends 2" beyond each side. Pack hard. Lift ice cream from tray with ends of waxed paper and place one of the halves of cake in tray. Place ice cream on top, then the second half of cake. Chill thoroughly. Beat egg whites until very stiff, beat in sugar gradually, add vanilla and beat until stiff. Cover a heavy board with corrugated paper, then with waxed paper and place cake and ice cream on the top. Cover top and sides of cake with the meringue, making sure it is at least 1 inch thick. Bake in very hot oven (450° F.) until meringue is delicately browned. Serve immediately. If refrigerator tray is not available, spread firm ice cream between chilled layers of cake, cover with meringue and bake as above. Use any flavor or ice cream desired. Any kind of cake may be used except angel cake.

Mrs. J. Basarab.

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Pies

PASTRY FOR MINCE PIE

- | | |
|-----------------------|-----------------------|
| 3¼ cups flour | 3 oz. butter |
| 2 tsps. baking powder | 1 teaspoon fine sugar |
| ¼ teaspoon salt | 1 egg, well beaten |
| 4 oz. lard | Very little milk |

Sift flour, salt, and baking powder together. Rub lard into flour with finger tips. Melt the butter and sugar and mix with a very little milk. Add beaten egg and beat all together. Pour this mixture on the flour and mix well to a very stiff paste. More milk may be added if necessary. The Pastry is then ready to roll out for use.

Mrs. H. Demco.

SOUR CREAM PIE

- | | |
|------------------|--------------------------------------|
| ½ cup sugar | 3 egg yolks (leaving whites for top) |
| 1 cup raisins | |
| 1 tsp. vanilla | 1 tsp. cinnamon |
| 1 cup sour cream | |

Boil in double boiler until thick. Pour into 1 baked pastry shell.

Mrs. A. Cooper.

LYRICAL LEMON PIE

Won Mrs. E. Baycroft of Lajord, Saskatchewan, second prize in the Domestic Bakefast.

- | | |
|---------------------------|------------------------------|
| 1 cup shredded coconut | 2 egg yolks |
| 1 cup all-purpose flour | 2 tablespoons Margene |
| ½ teaspoon salt | ½ cup lemon juice |
| ½ cup Domestic Shortening | 1 teaspoon grated lemon rind |
| 3 tablespoons milk | 1 teaspoon vanilla |
| 6 tablespoons cornstarch | 1 tablespoon gelatine |
| 1½ cups granulated sugar | ¼ cup cold water |
| ½ teaspoon salt | 1 cup light cream |
| 1½ cups hot water | 2 egg whites |

Chop coconut finely, then spread ½ cup on bake sheet, toast in oven at 300 deg. F. until golden (about 20 minutes).

For Crust:

Sift flour and salt. Cut in Domestic Shortening. Domestic assures you a tender, flaky crust. Add ½ cup untoasted coconut. Work in the milk using a fork. Roll out pastry and fit loosely into 9-inch pie plate. Flute edges, prick and bake at 400 deg. F. for 10 to 15 minutes. Cool.

For Filling:

Mix cornstarch, sugar and salt in saucepan. Pour in hot water. Cook over direct heat, stirring, for 6 to 8 minutes. Remove from heat. Pour about ½ cup of this hot mixture into the beaten egg yolks. Return to pan and cook over low heat, stirring constantly for 3 minutes. Add Margene, lemon juice, rind and vanilla. Mix well. Remove 1 cup of this filling and set aside. To remaining filling add the gelatine soaked in the ¼ cup cold water. Stir well until gelatine is dissolved. Add the light cream and mix. Allow to cool until it begins to set. Fold in stiffly beaten egg whites. Pour into cooled crust. Now spread the reserved 1 cup filling in a circle around outside edge of pie. Decorate with 2 rings of toasted coconut.

PECAN PIE

Beat together:
 3 eggs
 1 cup corn syrup
 ¼ cup sugar
 1 tablespoon melted butter
 dash salt,
 add 1 cup pecans

Pour into an unbaked 9" pastry shell and bake in a 350° oven for 45 minutes.

Mrs. P. Greschuk.

STRAWBERRY CHIFFON PIE

1 envelope gelatine
 ¼ cup cold water
 ½ cup hot water
 1 cup sugar
 1 cup strawberry pulp
 and juice
 ¼ tsp. salt
 2 egg whites
 ½ cup cream, whipped

Soften gelatine in cold water and dissolve in hot water. Add ¼ cup of sugar, strawberry pulp and juice and salt. Chill until mixture begins to thicken and then fold in whipped cream and stiffly beaten egg whites to which remaining sugar has been added. Pour into prepared crust and chill.

Mrs. A. Starko.

RHUBARB PIE

¾ cups diced rhubarb
 ½ cup water
 1 cup sugar
 2 tbsp. corn starch
 1 tbsp. butter

Place rhubarb and water over mild heat and let cook until rhubarb softens. Then add together the sifted sugar and corn starch. Prolong the cooking until mixture thickens. Add butter and mix. Pour into baked pie crust and cover with meringue.

Meringue:

2 egg whites, thickly beaten
 6 tbsp. sugar

Add the sugar one tbsp. at a time, beating each addition until well blended. Then beat until mixture stands in peaks. Pour over rhubarb and place in moderately hot oven (325) for 20 to 25 min. or until lightly browned.

Mrs. W. Krochak, Wroxtton, Saskatchewan.

FLUFFY PUMPKIN PIE

½ cup sugar
 1 tsp. salt
 ¼ tsp. cloves
 ¼ tsp. nutmeg
 ¼ tsp. ginger
 2 cups pumpkin
 3 eggs
 2 tbsp. melted butter
 1 cup milk

Mix sugar and spices, add pumpkin and milk and mix thoroughly. Add egg yolks and melted butter. Fold in beaten egg whites. Pour into an unbaked pie shell. Place into a hot oven, 450°, and reset control to 325°. Bake for about one hour. When cool, garnish with whipped cream.

Mrs. W. Sereda.

RHUBARB PIE

2 cups rhubarb, cut fine. Pour boiling water over this and let stand for 5 minutes. Then drain well.

Mix with rhubarb 2 egg yolks and 1 whole egg, 1 cup brown sugar with 2 tablespoons flour. Fill unbaked pie crust. When almost done, beat 2 egg whites with 2 tbsp. sugar and spread over pie. Return to oven to brown.

Mrs. J. Korenda.

CREAM CHEESE PIE

- | | |
|-------------------------|--------------------------------|
| 4 (3 oz.) cream cheese | 2 tsp. vanilla |
| (Philadelphia) | $\frac{1}{2}$ tsp. lemon juice |
| $\frac{3}{4}$ cup sugar | |

Beat cheese, sugar, vanilla, and lemon juice until light and fluffy. Pour into Graham cheese crust. Bake in moderate oven (350°) for 15 to 20 minutes. Remove from oven, allow to cool for five minutes. Pour topping over pie. Then put in oven again and bake for 10 minutes. Place in fridge for five hours before serving. Very rich and very good.

Graham Cheese Crust for Cream Cheese Pie

- | | |
|---------------------------------|---------------------------------|
| 12 to 14 graham wafers (rolled) | $\frac{1}{4}$ cup melted butter |
|---------------------------------|---------------------------------|
- Mix butter and crumbs. Put into 9 inch pie pan.

Topping:

- | | |
|---------------------------|----------------|
| 1 cup sour cream | 1 tsp. vanilla |
| $3\frac{1}{2}$ tsp. sugar | |

Blend cream, sugar, and vanilla. Pour over pie as directed.

Mrs. B. Holowach, Bruderheim.

BLACK BOTTOM CHIFFON PIE (9" PIE)

- | | |
|---|---|
| 1 pastry shell (with high fluted edge) | 2 cups milk |
| 1 tbsp. gelatin, softened in $\frac{1}{4}$ cup cold water | 4 eggs, separated |
| 1 tsp. rum flavoring | 1 cup whipping cream, whipped until stiff |
| $\frac{2}{3}$ cup sugar | $\frac{1}{4}$ tsp. cream of tartar |
| $\frac{1}{2}$ tsp. salt | $1\frac{1}{2}$ squares unsweetened chocolate, melted. |
| $1\frac{1}{4}$ tbsp. cornstarch | |

Combine $\frac{1}{3}$ cup sugar, cornstarch, salt, and milk in a saucepan. Cook over low heat, stirring constantly until scalded. Remove from heat. Slowly stir in the mixture of slightly beaten egg yolks and blend well. Cook over low heat, stirring until it begins to boil. Immediately remove from heat. Take out cup of this custard mixture and add to it the melted chocolate. Beat well, pour into the cooled crust and chill. Stir the gelatin into the remaining hot custard and cool. Blend in rum flavoring; gently fold into the custard $\frac{1}{2}$ cup of whipped cream. Beat egg whites with cream of tartar until stiff; add sugar gradually and continue beating until glossy. Carefully fold into the cooled custard mixture. Pour over the chocolate mixture in the shell. Chill until set. Top with sweetened whipped cream and sprinkle with shavings of dark chocolate.

Mrs. M. Kully, Myrnam, Alta.

Soups

VEGETABLE SOUP

- | | |
|----------------------------------|----------------|
| 2 to 3 lb. soup meat (with bone) | 1 small onion |
| 1 tbsp. salt | 1 stick celery |
| | Parsley |

Cover soup meat with water, bring to a boil, simmer for five minutes, drain, and wash well. Now add enough water to cover well, add above vegetables and salt and simmer for three hours. Remove meat and bone, strain stock, and add following vegetables:

- | | |
|-------------------------|--------------------------------|
| 1 medium onion, chopped | 1 cup green peas |
| 1 medium potato, diced | $\frac{1}{2}$ cup tomato juice |
| 1 cup chopped celery | Salt and pepper to taste |
| 1 cup carrots, diced | |

Cook until vegetables are tender.

PEA SOUP

Stock — (Ham bone or left-over turkey bones) Place ham or turkey bones in 2 quarts of water. Add one medium sized onion, salt to taste, and let simmer for $1\frac{1}{2}$ to two hours. When cooked, strain.

- | | |
|--|---------------------------------|
| 2 cups dried peas (split or quick-cooking) | 2 tbsp. bacon fat, or other fat |
| $2\frac{1}{2}$ qt. of above stock | $1\frac{1}{2}$ tbsp. flour |
| 1 small onion | $\frac{1}{4}$ cup cream |
| | Salt and pepper |

Pick over the peas, wash, cover with cold water and soak overnight. Drain in the morning. If quick-cooking peas are used, omit the soaking. Pour stock over peas, add salt and pepper, and simmer until peas are tender. Add flour to bacon fat and brown lightly. Add chopped onion. Spoon some soup liquid into the flour and onion mixture, stirring constantly until smooth. Add cream. Combine soup and creamed mixture and bring to a boil. Serve with noodles or buttered croutons.

POTATO CREAM SOUP

- | | |
|-----------------------|--------------------------------------|
| 3 good sized potatoes | 1 large onion |
| 6 cups cold water | $\frac{1}{2}$ cup rich sour cream or |
| 1 heaping tsp. salt | 1 cup light sour cream |

Wash potatoes and cut into cubes. Put in pot with finely chopped onions, water and salt. Let boil until potatoes are cooked. Add cream and cook slowly for 15 - 25 min.

Mrs. Wm. Muzyka.

CONSUMME

- | | |
|--------------------|----------------------------|
| 4 lb. beef shank | 4 carrots |
| 5 qt. water | $1\frac{1}{2}$ lb. cabbage |
| 4 tsp. salt | 1 parsnip |
| 1 bay leaf | sprig parsley |
| Pinch mixed spices | $\frac{1}{2}$ lb. celery |
| 1 onion | $\frac{1}{2}$ turnip |

Bring above ingredients to a boil. Then simmer slowly for 4 hours. May be served clear or with cooked rice.

SAUERKRAUT SOUP

- | | |
|--|----------------|
| 1 lb. spareribs - cut into 2" lengths. | 1 tsp. salt |
| 1½ quarts water | 1 medium onion |

Place meat to boil. Skim. Add chopped onion and simmer for 30 min.

- Add:
- | | |
|--|--|
| ½ qt. sour kraut (washed - so it's not too sour) | 1 carrot (scraped with a carrot scraper) |
|--|--|

Let boil 15 minutes. Place 3 tbsp. butter and 2 tbsp. flour in a pan. Brown flour, add to soup. Add 6 whole medium sized potatoes. Cook until potatoes are done.

Mrs. T. A. Petaske.

CABBAGE SOUP

This superb cabbage soup is quick and inexpensive. Saute gently in a sauce pan until tender and yellow.

- | | |
|-----------------------------|-------------------|
| 1 large minced onion | about ¾ pounds |
| 1½ tablespoons butter | Bring to a boil |
| Grate and shred | 4 cups beef stock |
| 1 small head green cabbage, | |

Add the stock to the vegetables. Season with salt and pepper. Simmer the soup for 10 minutes. If you wish add this delicious topping

- | | |
|-----------------------------|-------------------------|
| ½ cup sour cream | ½ teaspoon caraway seed |
| 1 tablespoon minced parsley | |

Place a spoonful of the sour-cream mixture on each plate of soup.

Mrs. E. Hyska.

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Meals

MACARONI MEAT LOAF

(6 servings)

- | | |
|-------------------------------------|-----------------------------------|
| 1 package macaroni | 3 eggs |
| 1 cupful bread crumbs | 1 tsp. salt |
| 1 tbsp. grated onions | 1 cup milk |
| $\frac{1}{2}$ green pepper, chopped | $\frac{3}{4}$ cup ground raw meat |
| 1 tbsp. parsley chopped | |

Cook macaroni until tender and drain. Combine with remaining ingredients. Pour into a buttered loaf pan. Bake in a moderate oven (325°) from 30 to 45 minutes. Serve with tomato sauce.

Mrs. J. Baron.

SWEET AND SOUR

Pork spareribs — 1 lb. per person. Cut ribs into small pieces about $\frac{3}{4}$ inch. long. Fry ribs in an open pot or frying pan till nice and brown on both sides. Season with salt and pepper to taste.

Sauce:

- | | |
|-------------------|------------------------------------|
| 1 cup brown sugar | $\frac{1}{2}$ cup or more vinegar, |
| 1 cup water | according to taste. |

Boil sugar and water until all the sugar is dissolved. Add vinegar and boil for three minutes. Thicken sauce with corn starch till slightly thick. Pour over ribs and simmer three minutes. Serve hot with boiled rice.

Mrs. H. Jigolyk, Vancouver, B. C.

MEAT BALL AND MUSHROOM CASSEROLE

- | | |
|--|-------------------------------|
| 1 $\frac{1}{2}$ lb. ground round steak | 1 teaspoon salt |
| $\frac{1}{2}$ cup bread crumbs | 1 tin Cream of Mushroom soup |
| $\frac{1}{2}$ cup milk | $\frac{1}{4}$ teaspoon pepper |
| 1 onion (chopped fine) | $\frac{1}{2}$ cup water |

Mix well, first 6 ingredients. Shape into small balls, fry to a light brown on both sides, place in casserole. Blend mushroom soup and water well, pour over meat balls. Cover and simmer in 350° oven, from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.

Mrs. M. Burtnik.

SWEET AND SOUR

Heat fat to 350 degrees (Mazola oil is good). Salt and pepper pieces of spareribs and roll in flour; and cook for 10 minutes at 350 degrees. Reduce heat to 300 degrees for the next 5 minutes.

This is for an electric pan. Otherwise do it in an ordinary pan and take out the spareribs when they are done.

Sauce:

- | | |
|------------------------------|------------------------------|
| 1 cup brown sugar | or any broth, water will do, |
| $\frac{1}{2}$ cup vinegar | too. |
| 1 cup chicken broth consomme | 3 tablespoons soya sauce |
| | $\frac{1}{4}$ cup Mazola oil |

Bring all this to a boil. Thicken with cornstarch dissolved in $\frac{1}{2}$ cup water. Pour this sauce over spareribs. Add a bowl of steamed rice to your dinner table and you have a fine meal.

Mrs. N. Kuleba.

SWEET-SOUR SHORT RIBS

- | | |
|---------------------------------|---------------------|
| 2½ to 3 pounds short ribs, salt | 1 small bay leaf |
| pepper, flour, fat | ¼ cup vinegar |
| 1 cup sliced onions | 3 tbsp. brown sugar |
| 1 clove garlic (optional) | ¼ cup catsup |
| 1½ cups hot water | |

Cut short ribs into individual serving pieces. Remove excess fat. Coat with seasoned flour and brown well on all sides in Dutch oven or heavy saucepan. Add onions and garlic and cook 2 or 3 minutes. Combine remaining ingredients and pour over browned ribs. Cover tightly and simmer over low heat until tender 2½ to 3 hours or 25 minutes in pressure cooker. Remove ribs to warm serving plate and keep hot. Pour off fat from gravy. Stir in 2 tablespoons flour blended to a smooth paste with a little water. Cook until thickened and add more water if desired. Serve over hot buttered noodles.

Mrs. J. Basarab.

PINEAPPLE SWEET AND SOUR

- | | |
|--|-----------------------|
| 2 lb. spareribs (cut in 1" to 2" pieces) | ¼ cup vinegar |
| ¼ tsp. pepper | ¼ cup cold water |
| 2 tsp. salt | 1 cup pineapple juice |
| 1 large onion chopped | 1 tbsp. soya sauce |
| 2 tbsp. brown sugar | 2 green peppers |
| 2 tbsp. corn starch | 6 slices pineapple |

Start oven at 450°. Place ribs in pan and sprinkle with pepper and 1 tsp. salt, add onion. Bake for 1 hour or until ribs are crisp, brown and tender. Turn once or twice.

In the meantime mix sugar, cornstarch and remaining salt in large skillet. Stir in the vinegar, cold water, pineapple juice and soya sauce. Cook very slowly, stirring vigorously until juice becomes transparent. Add the peppers cut up in large pieces to sauce and cook a bare 3 minutes. Then add the pineapple cut up into bite size pieces and heat. Place ribs drained of the fat into sauce and stir well. Serves 4.

Mrs. N. Trook.

TEXAS HASH

- | | |
|---------------------------|-------------------------|
| 2 large onions, sliced | ½ cup uncooked rice |
| 2 green peppers, cut fine | 1 teaspoon chili powder |
| 3 tablespoons shortening | 2 teaspoons salt |
| 1 lb. hamburger | ¼ teaspoon pepper |
| 2 cups canned tomatoes | |

Fry onions and green peppers slowly in shortening until onions are yellow. Add hamburger and saute until mixture falls apart. Add tomatoes, rice and seasonings and mix. Put in large casserole, cover and bake in moderate oven 375° 45 minutes until done. May also be cooked over low heat on top of stove. One cup uncooked spaghetti, macaroni or noodles may be used instead of ½ cup rice.

Mrs. E. Skwarok.

BARBECUE SAUCE

- | | |
|-----------------------------|--------------------------|
| 1 can tomatoes (strained) | 1 tbsp. Worchester sauce |
| 1 can tomato sauce | 1 tbsp. Chili powder |
| 1 onion chopped up fine | Salt and pepper |
| 1 clove garlic chopped fine | 1 tsp. paprika. |

Cook all this over slow fire about 1 hour. For barbecued spareribs baste baked spareribs with this sauce, while they are baking. You can also bake chicken in this sauce.

Mrs. P. Kachur.

ITALIAN CHICKEN DINNER

- | | |
|---|-------------------------------------|
| 6 tbsp. hot fat or salad oil | $\frac{1}{2}$ cup Chianti wine |
| 3 lb. fryer cut up | $3\frac{3}{4}$ tsp. salt |
| 1 cup minced onion | $\frac{1}{2}$ tsp. pepper |
| $\frac{3}{4}$ cup minced green pepper | $\frac{1}{2}$ tsp. allspice |
| 4 cloves minced garlic | 2 bay leaves |
| 1 No. 2 $\frac{1}{2}$ can tomatoes or
(3 $\frac{1}{2}$ cups) | $\frac{1}{2}$ tsp. dried leaf thyme |
| 1 8 oz. can tomato sauce | Dash cayenne pepper |

In hot fat fry the chicken until golden brown. Add minced onion green pepper and garlic. Brown lightly. Add tomatoes, tomato sauce. Chianti, salt, pepper, allspice, bay leaves, thyme and cayenne pepper. Simmer uncovered 30 to 40 minutes, or until chicken is tender. Pour sauce over chicken. Makes 8 servings.

Mrs. P. Kachur.

CHILI CON CARNE

- | | |
|--------------------------|----------------------|
| 2 cups pinto beans | 1 can tomatoes |
| 1 lb. ground beef | 1 clove garlic |
| 1 medium onion (chopped) | Mexican Chili powder |

Soak beans in 6 cups cold water overnight. Simmer beans 1 to 1 $\frac{1}{2}$ hours — until tender. Brown ground beef and onion in bacon drippings — season with salt and pepper to taste. Crush garlic and add to beans together with beef and tomatoes. Simmer $\frac{1}{2}$ hour. Add Chili Powder to taste and simmer slowly $\frac{1}{2}$ hour. Serves 4 — 6. Serve with Spanish rice or plain.

Mrs. L. Sachkiw.

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HAM LOAF

- | | |
|----------------------------|-------------------------|
| 1½ lb. minced uncooked ham | 1 cup cracker crumbs |
| 1½ lb. minced pork | 1 or 2 eggs |
| ¾ cup tomato juice | Salt and pepper |
| ¼ cup milk | Minced onion (optional) |

Make above ingredients into loaf and bake at 350 degrees in a pan of water. While baking baste with following sauce.

Sauce:

- | | |
|---------------------|--------------------|
| ¼ cup white vinegar | ¼ cup brown sugar |
| ½ cup water | ½ tsp. dry mustard |
- Mrs. E. Hyska.

MOCK DUCK

- | | |
|-----------------------------------|-------------------------|
| 1 slice salt pork | 3 tablespoons drippings |
| ½ cup chopped onion | 2¼ cups water |
| 1 cup bread crumbs | 2 bay leaves |
| 1 tablespoon sage | 4 tablespoons flour |
| 1½ lb. top of round or veal steak | 2 teaspoons salt |
| 2 tablespoons flour | 1 cup olives (optional) |

Chop pork fine; place in frying pan and cook to golden color. Add onions, fine bread crumbs and sage; stir well. Remove from fire, and when cool place in centre of one-half of round steak. Turn over other half and sew or fasten with toothpicks. Dust all over with 2 tablespoons flour. Put drippings in frying pan and sear meat on both sides. Place in roasting pan; add water and bay leaves and simmer gently 2½ hours. Remove to serving platter. Soften 4 tablespoons flour in water; stir into juice in roaster and cook gently for 15 minutes. Add salt; strain and pour over meat. Garnish with olives, stoned and cut in half. Serve with apple sauce.

Mrs. J. Esaiw.

HOT SPANISH SPAGHETTI

- | | |
|---------------------------|-------------------------|
| 1 pkg. spaghetti | 1 medium sized onion |
| 1½ lb. ground round steak | 2 cloves garlic |
| 1 tin tomatoes | 1 teaspoon chili powder |
| Salt to taste | |

Put 2 tablespoons shortening in hot pan. Mince onion and garlic fine into pan. Add ground meat, chili powder and salt and cook till browned. Then add tomatoes, cook for 10 minutes. Cook spaghetti in separate kettle, when done strain and add meat mixture to spaghetti. Cook all together for 15 minutes.

Mrs. F. Stachow, Vegreville.

HOT HAMBURGER SPECIAL

Put 1 lb. hamburger in a dutch oven or a heavy skillet and fry it brown. Chop an onion and a green pepper real fine and add it to the hamburger. Also add a chopped clove of garlic. Add a large can of tomatoes and one can of tomato sauce. Add about 3 tbsp. of Chili powder and 3 tbsp. Worcester sauce and a drop of Tabasco sauce. Salt and pepper to taste. Cook this real slowly for about 1 hour. If it looks too thick add a bit of water and 1 cup of catsup. Serve with a border of rice or spaghetti.

Mrs. P. Kachur.

SPAGHETTI MEAT SAUCE

- | | |
|--------------------------|------------------------------|
| 1 large onion, chopped | 1 tin tomato soup |
| 1 green pepper, chopped | Dash of tabasco sauce, salt, |
| 1 tbsp. cheese | pepper, paprika, cayenne |
| 1 lb. ground round steak | pepper. |

Brown onion, pepper, break hamburger and brown. Add soup, one can water, and cheese. Simmer 25 minutes. Serve on spaghetti.

Mrs. M. Motiuk.

BAKED NOODLE CASSEROLE

- | | |
|-------------------------------|------------------------------|
| 1 8 oz. package flat noodles, | 1 clove garlic, minced |
| cooked. | 1 med. onion, chopped |
| 1 cup cottage cheese | 1 tbsp. Worcestershire sauce |
| 1 cup sour cream | ½ tsp. salt |

Mix all ingredients and place in greased casserole. Bake in a moderate oven 30 minutes. Top each serving with sour cream. Serves 6.

Mrs. J. Esaiw.

MEAT BALLS FOR SPAGHETTI

- | | |
|------------------------------|--------------------------|
| 1 pkg. sausages | 1 can mushrooms |
| 1 can tomatoes 1 cup chopped | Pinch of rosemary spice |
| onion. | Salt and pepper to taste |

Cut sausages into three and make into balls. Fry until golden brown. Simmer tomatoes, onions, mushrooms, rosemary, salt, and pepper until cooked. Add fried meat balls and simmer for ½ hour.

Mrs. W. Muzyka.

MOCK DRUMSTICKS

- | | |
|----------------------------|----------------------|
| ½ lb. ground beef chuck | ½ tsp. sage |
| ½ lb. ground veal shoulder | 2 tsp. chopped onion |
| ¼ tsp. salt | Dry crumbs |
| ½ tsp. pepper | |

Combine beef, veal, salt, pepper, sage, and onions and mix well. Shape ground meat into drumsticks and roll in crumbs. Fry in shallow fat or salad oil for ten minutes. Drain on absorbent paper. Insert skewers and place paper frills on skewers.

Mrs. J. Zaharko.

BAKED VEAL CUTLETS

- | | |
|---------------------------------|-------------------------------|
| 1 lb. cutlets | 2 tbsp. chopped green parsley |
| 3 medium onions | Few fine leaves dill, if |
| 1 medium green pepper | desired |
| 3 large ripe tomatoes | 1 cup bread crumbs |
| ¾ cup chopped celery, stalk and | Salt and pepper |
| leaves | Hot water |
| | 3 tbsp. lard, 1½ tbsp. butter |

In a medium sized casserole melt fat. Cover bottom with 1 onion sliced. Put on layer cutlets, about 4 medium sized ones. Add salt and pepper. Then sprinkle about half cup bread crumbs. Slice half of the second onion to cover bread crumbs. Add half of the celery, green pepper and tomatoes. Add another layer of cutlets and repeat until all vegetables are used up. Dot with butter. Pour enough water to half fill casserole. Bake in moderate oven until meat is tender, about 1 hour.

Mrs. H. Saik.

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STEAK & KIDNEY PIE

- | | |
|-------------------|-----------|
| 2 lb. round steak | 1 parsnip |
| 1 lb. kidneys | 1 onion |
| 2 large carrots | |

Cut steak and kidneys into small pieces. Boil for about 20 minutes. Cut up carrots, onion, and parsnip. (Celery may be added) and place with meat. Season to taste. Let simmer for about one hour. Place in a casserole. Make a pie crust for the top and bake until crust is done.

Mrs. J. Baron.

VEAL CHOPS, SAUTE, PAPRIKA

(2 servings)

- | | |
|--------------------------|----------------|
| 2 veal chops (cut thick) | 1 cupful cream |
| 1 tsp. flour | salt |
| 1 tsp. minced onions | paprika |
| 1 tbsp. butter | |

Salt chops, sprinkle richly with paprika, dredge with flour and saute in butter. When brown on one side, turn, sprinkle with onions and cover for a few minutes. Add cream and if necessary another dash of paprika. Let simmer for about five minutes, or until sauce is thick. Strain over chops when serving.

Mrs. J. Baron.

DICED STEAK AND MUSHROOM SUPPER

- | | |
|-------------------------------|----------------------------|
| 2½ lb. diced round steak | 1 tbsp. Worchester sauce |
| 1 large Spanish onion chopped | 1 tsp. salt |
| 1 tin mushrooms and liquid | ½ tsp. garlic salt |
| 1 tin tomato sauce | ½ tsp. pepper |
| ½ cup sour cream | ¼ cup wine or wine vinegar |

Brown meat in fat, then add onion and brown. Add mushrooms, tomato sauce and sour cream. Stir. Add seasonings. Cover and let simmer for 1½ hr. If desired, wine may be added just before serving.

Mrs. P. Starko.

GLAZE FOR SMOKED HAM

- | | |
|-------------------|--------------------|
| 1 cup brown sugar | 1 tsp. dry mustard |
|-------------------|--------------------|

Mix and rub ham all over. Stick a few whole cloves all over the meat and bake.

Mrs. M. Shenduk.

VEAL STEAK WITH MUSHROOMS

- | | |
|--------------------------------|------------------------------------|
| 2 lb. veal steak | 4 tbsp. fat |
| 1 egg, beaten | 1 small can cream of mushroom soup |
| 2 tbsp. milk | salt and pepper |
| onion, chopped | |
| 2 cups bread or cracker crumbs | |

Have veal steak cut 1 inch thick. Cut into pieces for serving, season with salt and pepper. Dip each piece into mixture of egg and milk. Roll in finely crushed crumbs. Brown in hot fat. Add onion. Pour in cream of mushroom soup. Cover tightly and cook very slowly until tender — about 45 min.

Mrs. T. A. Koziak.

BAKED CORN BEEF HASH IN CABBAGE

(4 servings)

- | | |
|---|----------------------|
| 1 small onion, minced fine | 1 small head cabbage |
| 2 cupfuls diced raw potatoes | Thyme |
| 2 cupfuls cooked lean corned beef, chopped fine | White pepper |
| 2 ounces butter | Bread crumbs |

Braise onions in butter. Add potatoes and cover saucepan. When potatoes are done add corned beef. Season to taste and let steam thoroughly. Preboil cabbage, drain and cool. Break leaves apart and place on a towel, putting the smaller ones on top. Roll in each leaf a suitable amount of corned beef hash. Set in baking pan, cover with buttered paper and bake in moderate oven for about 20 minutes. Remove paper, baste with butter and sprinkle with bread crumbs and let brown nicely. Serve with tomato sauce.

Mrs. J. Baron.

BEANS WITH PRUNES

Cook 1 lb. white dry beans with a little salt. When nearly done, add 1 lb. washed prunes and 1 slice of lemon together with 2 tablespoons sugar. This should be quite juicy, if dry add more water. Either finish cooking on top of stove slowly or bake in a slow oven until prunes and beans are tender.

DRIED COOKED PEARS

1 lb. pears cooked with half cup sugar.

BAKED STUFFED SPARERIBS

- | | |
|---------------------------|-----------------------------|
| 3 lb. pork spareribs | 2 tablespoons minced onions |
| 1½ cups soft bread crumbs | ¾ teaspoon powdered sage |
| 2 tablespoons bacon fat | 1 can tomato juice |
| Salt and pepper to taste | 1 egg |

Season crumbs, rub in dripping and egg. Stuff and tie spareribs. Brown in frying pan, season, transfer to baking dish. Pour in tomato juice, cover and bake from 45 to 60 minutes in moderate oven 350°. Season and thicken liquid.

Mrs. J. Baron.

NALYSNYKI

- | | |
|---------------|--------------|
| 2 eggs | 1½ cups milk |
| 8 tbsp. flour | 1 tsp. sugar |
| Pinch salt | |

Beat eggs and add the milk, flour, sugar and salt. Beat very hard. Make batter very thin. Pour about 2 tbsp. of batter into small frying pan. Tilt pan back and forth until bottom is covered and bake until cake is browned. Turn out on plate and spread brown side with filling, roll up and place in a shallow pan. When all are baked, dot with butter and brown in a hot oven or brown each one in hot melted butter in a frying pan.

Filling

- | | |
|--------------------------|------------------------|
| ½ lb. dry cottage cheese | Dash nutmeg and cloves |
| 2 tbsp. sugar | Crushed nuts |
| ½ tsp. vanilla | |

Mix ingredients well and spread on pancakes as soon as they are baked. Reheat and serve immediately.

Mrs. Frank Montaine, Vancouver.

SPANISH STEAK

- | | |
|----------------|-------------------------|
| 2 lb. steak | 1 can peas |
| 6 small onions | 1 clove garlic |
| 1 green pepper | 1 can tomatoes, drained |

Brown steak thoroughly. Remove from pan and in its place simmer the onions, green pepper and garlic for 5 minutes. Place the meat in a heavy pan and spread the onions and green pepper over the top. Add tomatoes, cover and simmer until meat is tender. Twenty minutes before serving add the peas. Lift carefully from the pan and serve with the vegetables on the top and a border of rice or potatoes.

Mrs. J. Basarab.

PAPRIKA DRESSING

- | | |
|----------------------|------------------------|
| 6 cups bread crumbs | 1 tsp. salt |
| 6 tbsp. butter | 2 tsp. paprika |
| 1 onion, minced | 2 cups chopped celery |
| 1 tsp. dried parsley | $\frac{1}{4}$ cup milk |
| 1 bay leaf, crumbled | 1 egg |

Melt butter in skillet; add onion and celery. Cook until transparent and light brown. Add parsley, salt, bay leaf and paprika to bread crumbs. Stir in onion and celery. Beat egg and milk together slightly and add to crumbs. Stuffing for 12 lb. turkey.

Mrs. F. Shalagan.

SWISS STEAK

- | | |
|-------------------------------|---------------------|
| 4 pieces minute steak (or 1 | 3 tbsp. grease |
| round steak, cubed) | 1 can tomatoes |
| Seasoned flour (salt, pepper, | 3 tbsp. ketchup |
| garlic salt) | 2 cups diced celery |

Coat meat with seasoned flour and brown in grease. Add tomatoes, ketchup, and celery. Mix well. Bake in oven at 325° until meat is tender. (Pressure cooker — full pressure for 15 min.).

Mrs. L. Sachkiw.

WILD DUCK AND SAUERKRAUT

Clean and wash well, 2 wild ducks. To 2 quarts of water, add 4 tbsp. of vinegar and 1 tbsp. of baking soda. Soak ducks in this for 2 hours. Wash again and drain.

Soak and drain well 1 quart of sauerkraut.

Chop up 2 sticks of celery and 1 large onion and place inside the ducks. Sprinkle with salt and pepper, put 2 strips of bacon on each duck. Cook in 350° oven for 2 hours. Then take sauerkraut, adding salt and pepper to it, and place it in, and around ducks. Cook for another hour or more. If ducks are fat, you will not need to add any shortening to the sauerkraut.

Mrs. M. Burtnik.

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BEEF STEW

- | | |
|--------------------|-----------------------|
| 1 lb. stewing beef | 3 carrots |
| 3 tbsp. flour | 1 small turnip, diced |
| 1 onion | 1 cup peas |
| 1 clove garlic | 1 bay leaf (optional) |
| salt and pepper | Celery (optional) |

Cut meat into cubes. Roll in flour and brown in hot oil or drippings. Salt and pepper. Add chopped onion and garlic. Stir till onion is golden colored. Add enough water to cover meat. Bring to a boil. Simmer gently or bake in moderate oven (300 degrees) for 1½ to 2 hours. Add vegetables about ½ hour before stew is ready to use.

Mrs. J. Melnychuk.

SOUTHERN FRIED CHICKEN

- | | |
|--------------------|-----------------------------|
| 1 Frying Chicken | ½ cup pastry flour |
| 1 egg, well beaten | ¾ cup fine dried bread or |
| ½ cup milk | cracker crumbs |
| ½ teaspoon salt | 3 tbsp. margarine or butter |
| ¼ teaspoon pepper | |

Cut fryer into individual serving pieces. Combine the well beaten egg and milk. Add the salt and pepper to the flour. Dip the pieces of chicken first in the flour, then in the egg mixture, finally in the crumbs. Melt the margarine in a heavy iron skillet. Brown the coated chicken pieces in the margarine. Brown both sides evenly. When golden, place chicken in a roast pan in a 325 degrees F. oven. Do not add water or cover the pan. Roast for 1¼ hours until tender.

Mrs. P. Walusko.

JELLIED PORK HOCKS

Singe, scrape and wash, 4 fresh pork hocks. Cover with cold water, bring to rapid boil and boil for about 5 minutes. Pour off all water and wash again.

Add enough cold water to cover pork hocks. Bring to a boil and then turn off to simmer. Add a washed, unpeeled large onion and 2 tablespoons of salt. Simmer for 3½ hours, then add 2 cloves of garlic (chopped fine) simmer for another ½ hour. Remove bones and skin, arrange meat in shallow pan. Pour broth over meat through strainer. Set in cold place to jell.

Mrs. M. Burtnik.

METHOD FOR SAUCE BARBECUED CHICKEN

- | | |
|-------------------------|-------------------------|
| 1 cup salad oil | 2 tbsp. brown sugar |
| ¼ cup lemon juice | 2 tsp. salt |
| ½ cup hot pepper sauce | Dash of pepper |
| 4 tsp. prepared mustard | Clove of garlic, minced |

Mix in order given, and put in jar and let stand in refrigerator for several hours. Shake well before using.

Take chicken broilers, cut in halves, wipe well, lay skin down on broiler, and brush with barbeque sauce. Broil for 20 minutes. Turn halves over, brush well with sauce, and continue broiling, brushing once or twice with sauce until tender and evenly browned, 15 to 20 minutes.

Mrs. J. Zaharko.

CHICKEN A LA KING

- | | |
|------------------------------|------------------------------|
| 1½ cup diced, cooked chicken | 1 cup thin cream |
| 3 tbsp. butter | ½ tsp. salt |
| 1 tin mushrooms, sliced | pepper |
| 4 tbsp. flour | 1 tsp. scraped onion |
| 1 cup chicken stock | ½ cup green peas, if desired |

Make sauce with butter, flour, cream and chicken stock. Cook until thick, stirring constantly. Add seasonings, onion and chicken. (Add peas now if desired). Serve with rice and toast or in pastry shells.

Mrs. A. Starko.

CARBONATED STEAK

Salt and pepper your steak on both sides and fry in a very hot pan till golden brown on both sides. Put steak in a pot and cover with thick onion slices. Drown steak in beer and simmer over low heat for an hour or until done.

Mrs. W. Muzyka.

PORK CHOP CASSEROLE

- | | |
|---------------------------|-----------------------------|
| 5 medium pork chops | 1 tbsp. brown sugar |
| 1 — 4 oz. can baked beans | 1 tsp. Worcestershire sauce |
| 1 cup chili sauce | Green pepper rings |

Brown chops thoroughly on both sides, season with salt and pepper. Place in deep baking dish. To baked beans add chili sauce, brown sugar and Worcestershire sauce. Pour over chops and place green pepper rings on top. Bake 1 hour 375° oven.

Mrs. J. Stepa.

STUFFED WILD FOWL

Clean and wash wild fowl, and soak in the following solution: To each quart of cold water add two tbsp. vinegar and two tsp. baking soda. Soak for one hour. Wash fowl again and wipe dry. Stuff with the stuffing given below. Sew up and rub each bird with a clove of garlic. Sprinkle with salt and pepper. Place two strips of bacon over the breast of each bird. Tie with string, place in a roaster, and pour enough water to cover the bottom of the roaster. Add one coarsely chopped onion and one clove of garlic. Roast in 350° oven for two hours. Baste with the liquid in the roaster. Add more water if necessary.

Stuffing:**Bread Stuffing**

- | | |
|-------------------------|-----------------------------|
| 2 cups dry bread crumbs | 1 tablespoon chopped fresh |
| 2 tablespoons butter | parsley — or |
| 2 tablespoons bacon fat | ½ teaspoon dry parsley |
| ¾ cup chopped onion | 1 cup boiling water |
| ¼ teaspoon pepper | 1 teaspoon poultry dressing |

Fry onions and parsley in butter and bacon fat, add bread crumbs and seasoning. Mix well. Add boiling water and stir until well blended. This stuffing may be used for wild fowl or domestic poultry.

Mrs. P. Swist.

PORK CHOPS CREOLE

6 servings. Dredge 6 pork chops $\frac{1}{2}$ inch thick with flour. Brown them in hot fat. Place the chops in a baking dish. Combine, heat and pour around them.

- | | |
|-------------------------------|----------------------------------|
| 10½ oz. condensed tomato or | $\frac{1}{2}$ cup chopped celery |
| other soup | $\frac{3}{4}$ cup minced onions |
| 10½ oz. water | $\frac{3}{4}$ teaspoon salt |
| 1 seeded chopped green pepper | $\frac{1}{2}$ teaspoon paprika |

Cover the dish. Bake the chops in a moderate oven 350 deg. for about 1¼ hours. Remove the cover for the last 15 minutes. Cover the top for this time with crushed corn flakes.

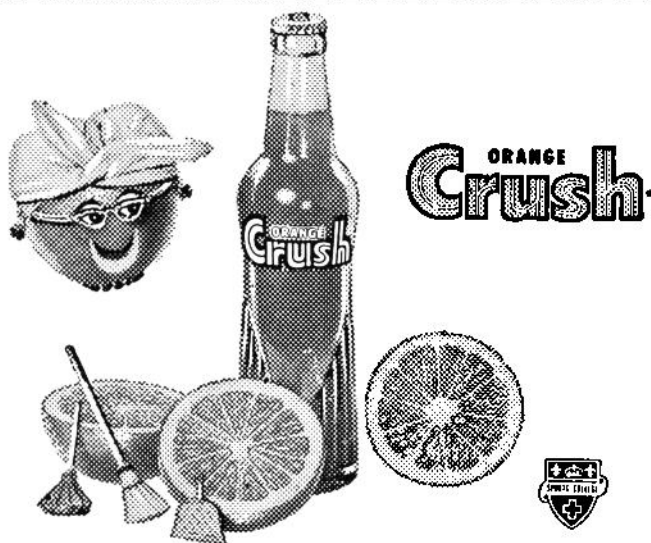
Mrs. E. Hyska.

SWEET AND SOUR PORK CHOPS

- | | |
|---------------------------|--------------------------|
| 6 pork chops | 2 tbsp. vinegar |
| 1 medium size onion | 2 tbsp. brown sugar |
| $\frac{1}{2}$ cup ketchup | Salt and pepper to taste |
| $\frac{3}{4}$ cup water | |

Brown chops thoroughly on both sides. Add chopped onion and fry until transparent but not brown. Season with salt and pepper. Combine water, sugar, ketchup, and vinegar. Pour over the fried pork chops and simmer for a few minutes over low heat. Pour the mixture into a casserole and bake for one hour at 350° F. Serve with steamed rice or Holubchi.

Mrs. Rudnisky



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BARBECUED SPARERIBS

3 - 4 lbs. pork spare ribs cut in long narrow pieces. Fry the ribs until golden brown.

Sauce:

- | | |
|---------------------------------|-------------------------------|
| 1 can tomato soup | $\frac{1}{2}$ cup white sugar |
| $\frac{3}{4}$ cup chopped onion | 2 tsp. salt |
| 2 tbsp. Worcestershire sauce | 5 tbsp. salad oil |
| 1 cup garlic or cider vinegar | $\frac{1}{4}$ tsp. pepper |
| 3 tbsp. Chili sauce | $\frac{1}{4}$ tsp. rosemary |

Mix the above ingredients together and boil for 10 minutes. Put spare ribs in a shallow pan and pour sauce over the ribs. Bake in 400° oven for $\frac{1}{2}$ hour. Nice served with garlic bread and salad.

Mrs. J. Krywko.

GROUND BEEF CASSEROLE

- | | |
|--------------------------------|-----------------------------|
| 1 lb. round steak (ground) | 1 cup grated cheese |
| 1 medium onion | 1 can (10 oz.) mushrooms |
| 1 package flat noodles (4 oz.) | (sliced) |
| 1 can tomato sauce or soup | 1 can (15 oz.) creamed corn |

Brown meat and onion in a little fat in the frying pan. Add sauce or tomato soup. Boil noodles, drain and add sliced mushrooms and corn and $\frac{1}{2}$ cup of cheese. Put all in greased casserole and sprinkle remaining $\frac{1}{2}$ cup of grated cheese on top. Bake in a moderate oven 30 minutes.

Mrs. J. Esaiw.

BARBECUED SPARERIBS

Yield: 6 servings

- | | |
|---------------------|-------------------------------|
| 4 lb. spareribs | 2 tbsp. Worcestershire sauce |
| 1 cup sliced onions | $\frac{1}{4}$ cup vinegar |
| 1 cup catsup | $\frac{1}{4}$ cup brown sugar |
| 1 cup water | 2 tsp. dry mustard |
| 2 tsp. salt | 1 tsp. paprika |

Cut spareribs into serving pieces. Brown in a baking pan over surface heat. Combine the remaining ingredients and pour over the ribs. Cover. Bake in a moderate oven 350 degrees for 1 $\frac{3}{4}$ hours. Baste the ribs 2 or 3 times during baking.

Mrs. T. Hewko.

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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 tps. 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.

Mrs. W. Sereda.

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.

Mrs. H. Demco.

SALMON LOAF

- | | |
|------------------------------|-----------------------------|
| 1 cup flaked cooked salmon | ½ tsp. onion juice |
| 1 cup stale bread crumbs | 2 egg yolks, beaten |
| soaked in 1 cup scalded milk | 1 tsp. lemon juice |
| 1 tsp. salt | 2 stiffly beaten egg whites |
| 1 tbsp. shortening | folded in last |

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

Mrs. Landly, Wildwood.

OYSTERS CREAMED ON TOAST

- | | |
|-----------------|----------------------|
| 1 pt. oysters | ⅓ cup butter |
| 1½ cups milk | ⅓ cup flour |
| ½ 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.

Mrs. P. J. Baron.

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 1½ 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.

Mrs. F. Montaine, Vancouver, B. C.

FISH CUTLETS

- | | |
|-------------------------|-----------------|
| 1 lb. fresh fish, boned | milk or water |
| (white or cod) | 2 eggs |
| 1 cup white bread | 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.

Mrs. J. Krywko.

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 |
| ¼ cup chopped onions | mushroom soup |
| 1 cup chopped celery | 2½ cups cooked rice |
| A little red pepper (optional) | ½ cup buttered bread crumbs |
| 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.

Mrs. P. Ozubko.

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.

Mrs. P. Greschuk.

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°.

Mrs. S. Choen.

Salads

BEEF SALAD

- | | |
|-------------------------------------|----------------------------------|
| 1 pkg. lemon Jello | 1 tbsp. horseradish |
| 1 cup warm water | $\frac{1}{2}$ cup diced cucumber |
| $\frac{3}{4}$ cup canned beet juice | or celery |
| 3 tbsp. vinegar | 1 cup drained canned beets |
| $\frac{1}{2}$ tsp. salt | (diced) |
| 2 tps. minced onion | |

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

Mrs. M. Kully, Myrnam, Alberta.

GOLDEN GLOW SALAD

- | | |
|------------------------------|-------------------------|
| 1 package lemon Jello | 1 cup canned pineapple, |
| 1 cup boiling water | diced and drained |
| 1 cup canned pineapple juice | 1 cup grated raw carrot |
| 1 tablespoon vinegar | lettuce |
| $\frac{1}{2}$ teaspoon salt | |

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.

Mrs. F. Montaine, Vancouver, B. C.

TWENTY-FOUR HOUR SALAD

- | | |
|--------------------------|---------------------------------|
| 2 beaten eggs | 2 cups oranges, cut in pieces |
| 4 tablespoons sugar | 1 cup whipped cream |
| 4 tablespoons vinegar | 2 cups white cherries, cut in |
| 2 tablespoons butter | halves |
| 2 cups marshmallows, cut | 2 cups pineapple, cut in pieces |
| in $\frac{1}{4}$'s | |

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.

Mrs. G. Diduch.

SAUERKRAUT AND CARROT SALAD

- | | |
|--------------------------------|------------------------------------|
| 1 cup sauerkraut | 2 teaspoons sugar |
| 1 cup grated carrots | Few grains cayenne pepper |
| $\frac{1}{2}$ teaspoon mustard | 1 egg yolk |
| 1 teaspoon salt | 6 teaspoons vinegar |
| 2 teaspoons flour | $\frac{1}{2}$ 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.

Mrs. P. J. Baron.

SALAD DRESSING

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

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.

Mrs. P. Swist.

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.

Mrs. G. Woytkiw.

POTATO SALAD

6 medium, new red potatoes, cooked, peeled and diced (about 3 cups)	2 tbsp. sweet or bread and butter pickle juice
2 hard-cooked eggs	$\frac{1}{2}$ tsp. dill seed (optional)
$\frac{1}{2}$ cup diced onions	$\frac{1}{2}$ cup salad dressing
$\frac{1}{2}$ cup diced celery	Juice of $\frac{1}{2}$ lemon (or 1 tbsp. concentrated, unsweetened lemon juice)
1 small cucumber, peeled and diced (about $1\frac{1}{4}$ c.)	Salt and pepper to taste.
$\frac{1}{4}$ cup chopped parsley	

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.

Mrs. J. Krywko.

SPANISH SALAD

1 lemon jelly powder	$\frac{1}{2}$ cup chopped pimento
1 cup boiling water	$\frac{1}{2}$ cup shredded cabbage
1 cup cold water	$\frac{1}{2}$ cup chopped pickle
1 tbsps. vinegar	1 cup chopped celery
$\frac{1}{2}$ tsp. salt	

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

Mrs. T. Hewko.

FRUIT SALAD

- | | |
|--|--|
| 2 cups white cherries cut
in halves | 2 cups oranges cut in pieces |
| 2 cups pineapple cut in pieces | 2 cups marshmallows cut in
quarters |

Dressing

- | | |
|-----------------|----------------------|
| 2 eggs | 2 tbsp. butter |
| 4 tbsp. sugar | 1 cup whipping cream |
| 4 tbsp. vinegar | |

Put eggs in double boiler and add sugar and vinegar beating constantly until thick and smooth. Remove from fire and add butter and marshmallows, cool. When cold fold in whipped cream and fruit mixture. Turn into fancy ring mold and put in cold place for 24 hours.

Mrs. G. Diduch.

KEY WEST SALAD

- | | |
|---------------------------------|--|
| 2 pkgs. lime flavoured gelatine | 1 cup chopped celery |
| 1 cup hot water | 1 cup diced green pepper |
| 1 cup mayonnaise | 1 cup large-curd cream style
cottage cheese |
| 1 cup ice cubes | |

Dissolve gelatine in hot water, then put in ice cubes and dissolve, blend in mayonnaise. Fold in remaining ingredients. Pour into 4 cup ring mold. Chill till firm, unmold on lettuce leaf.

Mrs. M. Lucavietski.

JELLIED VEGETABLE SALAD (Horseradish)

- | | |
|--------------------------|------------------------------|
| 1 pkg. lime jelly | Diced radishes |
| 1 cup hot water | Diced olives |
| 1 pkg. cottage cheese | 1 cup whipping cream |
| 1 cup diced celery | 2 tbsp. mayonnaise |
| 1 green onion (cut fine) | 1 tbsp. shredded horseradish |

Dissolve jelly in hot water and let stand until partly set. Add ingredients separately. Beat slightly after. Pour into molds or pan. Garnish with lettuce, tomatoes and pickles.

Mrs. L. Sachkiw.

CALIFORNIA CHICKEN SALAD

(4 servings)

- | | |
|--------------------------|---------------------|
| 1 4-lb. chicken | ½ cup mayonnaise |
| 1 medium sized avocado | ½ cup whipped cream |
| 2 sticks celery | 2 hard cooked eggs |
| 2 tbsp. vinegar | 2 tomatoes |
| Sprinkle of white pepper | 4 olives |
| Pinch of salt | Sprinkle of parsley |

Boil chicken, let cool in water, skin, bone and dice coarsely. Salt and season with pepper. Add celery, chopped very fine, and vinegar. Mix. Split avocado, remove pit and dice. Fold carefully into chicken meat. Heap salad into bowl lined with crisp lettuce leaves and cover with a dressing made of equal parts of mayonnaise and unsweetened whipped cream. Garnish with hard cooked egg, slices of tomatoes, olives and a sprinkle of chopped parsley.

Mrs. J. Baron.

JELLIED VEGETABLE SALAD

- | | |
|------------------------------|-------------------------------|
| 2 envelopes gelatine (Knox) | 1 tsp. salt |
| $\frac{1}{2}$ cup cold water | 2 cups finely chopped cabbage |
| 2 cups hot water | 1 cup celery (small pieces) |
| $\frac{1}{2}$ cup sugar | 1 pimento cut in small pieces |
| $\frac{1}{4}$ cup vinegar | (optional) |
| 3 tbsps. lemon juice | 1 medium sized cucumber |

Soften gelatine in cold water. Add sugar, salt and hot water. Stir till dissolved. Add vinegar and lemon juice. Cool and when mixture begins to stiffen, add remaining ingredients all but the cucumber.

Rinse mold in very cold water. Place slices of cucumber on bottom and sides of mold and pour in remaining ingredients. Chill and when firm turn out on crisp leaves of lettuce, and garnish with mayonnaise dressing.

Mrs. J. Starko.

JELLIED FRUIT SALAD

- | | |
|------------------------|-------------------------------|
| 1 pkg Strawberry jelly | Add fresh fruit (Blueberries, |
| 1 cup hot water | Strawberries, Apple) |
| 1 can fruit salad | 1 cup Pineapple juice |

Dissolve jelly in hot water and let stand until partly set. Drain fruit salad, add to jelly and diced fresh fruit. Add drained juice from salad and pineapple juice. Pour into moulds or pan.

Mrs. L. Sachkiw.

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Appetizers

PICKLED HERRINGS

- | | |
|----------------------|---------------------------------|
| 10 herring (milkers) | 1 lemon |
| 4 onions | 1 tbsp. Vegetable or Mazola oil |

Mixture:

- | | |
|---------------|------------------------------|
| 3 cups water | 1 tbsp. mixed pickling spice |
| 1 cup vinegar | Bay leaves (a few) |
| 2 tbsp. sugar | |

Wash herrings well and soak overnight in cold water. Remove head, gills, and tails from herrings. Pull milkers out, reserving for brine. Cut herrings into pieces. Put a layer of herrings, a layer of onions, a layer of milkers, and three slices of lemon. Repeat until the herrings and onion are used. Boil the vinegar mixture, cool, and pour over the herrings. Add the mazola oil, cover and let stand for at least two days.

Mrs. J. Pryma.

DELICIOUS HORSERADISH (For your Easter Ham)

- | | |
|-------------------------------------|---|
| 2 tbsp. butter | 1 egg |
| 1 tbsp. flour | $\frac{1}{4}$ cup cream |
| $\frac{1}{4}$ tsp. prepared mustard | $\frac{3}{4}$ cup well drained, bottled horseradish |
| 1 cup canned consommé, or stock. | Salt and pepper |

Melt butter in double boiler. stir in flour and mustard. Add consommé or stock gradually, stirring constantly. Cook until slightly thickened, stirring frequently. Remove from heat. Beat egg and cream together and gradually add the cooked mixture. Return all to double boiler over hot but not boiling water until thickened. Add horseradish and heat. Add salt and pepper if required, but taste first. This sauce is also good with boiled beef or corned beef.

Mrs. J. Pryma.

DEVILED EGGS AND TOMATOES

Cut hard boiled eggs in half. Remove yolks, and scallop or flute edges of whites. Put yolks through a sieve and combine with salad dressing. Add ready-made mustard, salt, and pepper to season well. Fill whites, forcing mixture through a pastry tube. Peel tomatoes. Scoop a small amount out of each and insert a deviled egg. Place each tomato on a slice of head lettuce on a plate, garnish with rosettes of salad dressing forced through a pastry tube. Garnish platter with cress.

Mrs. J. Pryma.

CHEESE DIP

To be eaten with potato chips or Kurley Kues

- | | |
|--|-----------------------------|
| 8 oz. cream cheese (at room temperature) | too hot). |
| 2 tbsp. lemon juice | 1 tsp. Worcestershire sauce |
| $1\frac{1}{2}$ tsp. tabasco sauce (a little less if you don't like it) | Garlic salt, to taste |
| | Pepper |
| | 1 can minced clams drained |

Beat well until thick and creamy. If too thick add a little of the clam juice. Spoon out with potato chips to eat.

Mrs. A. B. Ericksen.

ANCHOVY—CELERY COCKTAIL DIP

- | | |
|---|--------------------------|
| ½ lb. pkg. Philadelphia Brand
cream cheese | 2 tablespoons cream |
| ½ teaspoon whole celery seed | ½ teaspoon Tobasco sauce |
| 1 tablespoon lemon juice | 2 teaspoons minced onion |
| 2 teaspoons anchovy paste | Dash of paprika |

Cream the cheese until smooth. Add the remaining ingredients and blend until fluffy. Serve with potato chips or crackers.

Mrs. P. Walusko.

CHEESE DIP

- | | |
|-------------------------------------|---------------------------------|
| 1 pkg. Philadelphia cream
cheese | 1 small can crabmeat or lobster |
| | 1 tbsp. minced onion |

Blend together until fluffy.

Mrs. J. Krywko.

CHEESE DIP

- | | |
|---|--------------------|
| 8 oz. pkg. Philadelphia
cream cheese | 1 - 7 oz. tin tuna |
| 1 small tin crushed pineapple | Salt to taste. |

Whip until well blended.

Mrs. J. Krywko.

SALMON APPETIZERS

- | | |
|------------------------------------|-------------------------------|
| 1 large can of salmon
(15½ oz.) | 2 tbsp onion (finely chopped) |
| 1 cup bread crumbs | Dash of Ac'cent |
| 1 egg | Salt, pepper. |

Drain most of the liquid from a can of salmon. Place in a bowl and add bread crumbs, egg, onion and seasoning.

Shape into very small balls (bite size) and roll in batter.

Heat shortening or cooking oil to 365 degrees F. and cook fish balls until golden brown. These can be cooked in advance and kept in refrigerator until needed. Just before serving place in hot oven for 5 or 10 minutes.

Batter

- | | |
|--------------------------|--------------------------------|
| 1 egg | 1 cup sifted all purpose flour |
| 1½ tsp. sugar (optional) | 1 tsp. baking powder |
| 1 cup milk | 1 tsp. salt |

Beat egg and add milk. Add sifted dry ingredients and beat till smooth. Dip fish balls in batter and fry.

Mrs. J. Starko.

MAGIC MAYONNAISE

- | | |
|-------------------------------------|-------------------------|
| 2 egg yolks | 2 tsp. dry mustard |
| 1 can Eagle brand condensed
milk | ¾ tsp. prepared mustard |
| ½ cup lemon juice or vinegar | ¼ tsp. salt |
| ¼ cup butter or salad oil | Dash of Cayenne pepper |

Place all ingredients in bowl. Beat with butter until mixture thickens. Store in covered jar in cool place. Thin with sour cream when serving.

Mrs. J. Semkow.

CANAPES AND HORS D'OEUVRES

Popular hors d'oeuvres may easily be prepared from any of the following foods. Cut in appropriate sizes and shapes. Dip in frying batter and fry in hot salad oil deep enough to cover. They may be kept warm in the oven for last minute refills.

Suggested Foods:

Cooked shrimp, small oysters, bits of scallops, minced chicken or ham shaped into tiny balls, squares of bologna, canned corned beef, or cold cuts.

Frying Batter:

1 cup sifted flour	1 egg, well beaten
1 tsp. sugar	1 tbsp. salad oil
1 tsp. baking powder	1 cup milk
$\frac{1}{2}$ tsp. salt	

Sift flour, sugar, baking powder, and salt together. Mix salad oil and milk and stir into flour mixture, beating until smooth, thickness adjusted by increasing or decreasing milk. Fry at temperature 375 to 385 degrees.

Mrs. J. Zaharko.

COCKTAIL DIP

$\frac{1}{2}$ lb. pkg. Philadelphia brand cream cheese	Dash of paprika
2 teaspoons minced onions	1 tablespoon lemon juice
$\frac{1}{2}$ teaspoon Tabasco sauce	2 tablespoons cream
	2 tablespoons horseradish

Mrs. P. Walusko.

FRENCH DRESSING (ONE QUART)

1 cup olive oil	$\frac{1}{2}$ tsp. white pepper
1 tsp. paprika	$\frac{1}{2}$ cupful tarragon red wine
1 tbsp. English mustard	vinegar
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup cold water
Pinch of garlic powder	White of one egg

Blend spices moisten with a few drops of vinegar and stir until a paste is formed. Add white of egg, beat thoroughly and combine with oil. Add in small portions gradually. Add balance of vinegar, then water. Work until smooth.

Mrs. J. Baron.

Pickles



STRING BEAN PICKLES

8 quarts of beans.

Cook until tender with salt, then drain well. Make the following dressing:

- | | |
|---------------------------|-----------------------------|
| $\frac{3}{4}$ cup mustard | 1 cup of flour |
| 1 teaspoon tumeric | 2 heaping tsps. celery seed |
| 6 cups sugar | 3 qt. Heinz vinegar |

Cook until this thickens then pour over beans and cook 5 minutes longer. Seal real hot in sterilized jars.

Mrs. J. Hukalo.

CHILI SAUCE

- | | |
|-------------------------------------|--------------------------|
| 15 choice red medium sized tomatoes | 3 choice peaches |
| 3 large onions | 3 choice pears |
| 2 hot red peppers | 1 tablespoon salt |
| 1 pint white Heinz vinegar | 1 oz. whole mixed spices |
| | 2 cups fresh brown sugar |

Cut up tomatoes, chop onions, peaches and pears fairly fine. Chop peppers as finely as possible. Mix vinegar, salt and brown sugar. Then stir into fruits and vegetables. Add whole spices — tied loosely in a bag. Cook mixture for about 2½ hours in a large vessel, removing spice bag when mixture is spiced enough to suit taste. Stir frequently. Pour into sterilized jars and seal.

Mrs. J. Melnychuk.

SWEET MUSTARD PICKLES

- | | |
|-----------------------|----------------|
| 3 quarts small onions | 1 bunch celery |
| 2 quarts cucumbers | 3 red peppers |
| 2 heads cauliflower | |

Soak vegetables separately in salty water overnight. (Not red peppers).

Sauce

- | | |
|---------------------------|-------------------------|
| 4 cups brown sugar | $\frac{1}{2}$ cup flour |
| 2 tablespoons tumeric | 6 tablespoons mustard |
| 3 tablespoons celery seed | 1½ quarts Heinz vinegar |
| 1 teaspoon paprika | |

Mix sugar, flour, tumeric, mustard, celery seed, and paprika in some cold vinegar. Bring rest of the vinegar to a boil. Add the paste. Boil until there is no taste of flour. Drain vegetables very well and add to sauce. Add red peppers which have been cut finely, removing seeds. Bring to boil and seal in sterilized jars.

PICKLED ONIONS

Peel small white onions of even size. Cover with a strong brine of 1 cup salt to 2 quarts boiling water and let stand two days. Drain. Cover with boiling water, let stand 10 minutes; drain. Pack into jars. To every gallon of onions use about 1 quart Heinz vinegar, $\frac{1}{4}$ cup sugar and 1 to 8 tablespoons mixed pickling spice. Scald ingredients. Fill jars with liquid and seal.

Mrs. J. Baron.

NEVER FAIL DILL PICKLES

- | | |
|-----------------------|---------------------|
| 20 Pickling cucumbers | 1½ cup water |
| 2 pieces dill | ½ cup white vinegar |
| 2 cloves garlic | 1 tbsp. salt |

Sterilize two pint jars and pack with well scrubbed unpeeled cucumbers. Tuck a sprig of dill and a clove of garlic in each jar. Now mix water, vinegar and salt in a saucepan and bring to a boil. Pour hot liquid over pickles and seal securely.

Mrs. J. Zaharko.

SWISS CHARD PICKLES

Wash and cut 5 quarts Swiss chard. Sprinkle with salt. Let stand 1 hour. Then drain and cover with white Heinz vinegar. To this add 4 cups white sugar; 2 tablespoons celery seed; 3 tablespoons mustard seed; 12 onions, chopped fine. Cook until tender. Thicken with following dressing: ½ cup corn starch moistened with water; 1 tablespoon tumeric; 1 tablespoon curry powder; 2 tablespoons mustard. After adding this dressing, boil 15 minutes. Put in jars and seal.

Mrs. J. Hukalo.

GREEN TOMATO RELISH

- | | |
|-----------------------------|-----------------------------|
| 4 quarts green tomatoes | 2 tbsp. white mustard seed |
| 2 bunches celery or more | ½ tbsp. celery seed |
| 3 red peppers | ½ tbsp. tumeric |
| 12 onions | 5 cups brown or white sugar |
| Dice above vegetables fine. | 5 teaspoons salt |
| | ½ quart Heinz vinegar |

Boil for one hour. Then seal in jars.

Mrs. M. A. Prokopchuk.

RELISH

- | | |
|--|-----------------------|
| 2 quarts onions | 2 quarts cauliflower |
| 1 quart cucumbers | |
| Chop fine and let stand over night in salt and hot water, putting vegetables separately and using about 1 cup of salt. | |
| 4 green peppers | ¾ cup mustard |
| 1 oz. curry powder | 1 quart Heinz vinegar |
| 1 oz. tumeric | |

Mix and boil this. Add 1 oz. mustard seed and 1 oz. celery seed. The sauce is cooked ½ hour. Then add ingredients and let simmer for ½ hour.

Mrs. J. Basarab.

DUTCH PICKLES

- | | |
|------------------------------|-----------------------------|
| 1 quart chopped cucumbers | 1 qt. chopped cabbage |
| 1 qt. chopped green tomatoes | 1 qt. chopped cauliflower |
| 1 qt. chopped onions (large) | ¼ lb. red peppers (chopped) |
- Sprinkle above with salt and cover with cold water. Let stand ½ hour, drain and squeeze well. Cook for 20 minutes in the following cooked dressing:

- | | |
|------------------------------|--------------------|
| 2 qt. Heinz white vinegar | 1 teaspoon tumeric |
| 3 lb. sugar (white or brown) | 1½ cups of flour |
| 10 tsp. Keen's mustard | |
- Use imperial measurements.

Mrs. G. Woytkiw.

SANDWICH SPREAD

- | | |
|---------------------------|-----------------|
| 14 medium sized cucumbers | 2 red peppers |
| 6 large onions | 2 green peppers |

Peel cucumbers, clean onions and peppers. Put through chopper. Sprinkle with salt and let stand overnight. Drain well in the morning.

Dressing

- | | |
|---------------------|-------------------|
| 1 cup Heinz vinegar | 1 cup of sugar |
| 1 cup of water | 1 tablespoon salt |

Bring to a boil. Beat well four eggs. Pour them over the above mixture. Stir well. Mix half cup flour, 1 tablespoon mustard. Dissolve in cold water and add to the other mixture. Return to the stove. Add $\frac{1}{2}$ cup butter, 1 cup sweet cream. Cook until thick (medium) and pour into the above vegetables. Cook for 1 hour slowly. Seal hot.

Mrs. W. Esaiw, Goodeve, Sask.

INDIAN RELISH

- | | |
|-------------|----------|
| 12 apples | 9 onions |
| 12 tomatoes | celery |

Chop all vegetables into fine cubes. Boil above in 1 quart Heinz vinegar to which $\frac{1}{2}$ cup salt was added. When tender add 4 cups brown sugar and 1 teaspoon each of mustard, ginger, pepper, cassia. Boil all this for 4 minutes more. Add 1 heaping teaspoon flour and cook a little more.

Mrs. W. Sereda.

DILL PICKLES

Wash freshly picked cucumbers in cold water. Drain well.

Place piece of dill in bottom of clean jars — some garlic too if you like, pack cucumbers into jars and place more dill and 1 tsp. pickling spice on top. Add to each qt. 1 tsp. salt (not iodized) 1 tsp. brown sugar. Then add brine made out of 4 cups water and 1 cup vinegar brought to boil. Seal and put in canner, bring almost to boiling point, leave them till they change colour completely. but not any longer. Cool and store.

Mrs. S. Warshawski.

SPICED CUCUMBERS

- | | |
|------------------------|-------------------------|
| 2 green peppers | 1 tsp. turmeric |
| 2 red peppers | 2 cups vinegar |
| 3 large onions | $\frac{3}{4}$ cup sugar |
| 12 cucumbers | 2 tsp. cloves |
| $\frac{1}{4}$ cup salt | |

Cut peppers and onions into thin slices. Peel cucumbers and cut into pieces about 1" long. Mix all together, sprinkle with salt and let stand over night. Drain thoroughly. Dissolve turmeric in a little of the vinegar. Bring to boil, add vegetables and boil 5 to 8 minutes. Pour into sterilized jars and seal.

Mrs. M. Sawchukewich.

DILL- PICKLES

12 cups of water
1 cup Heinz, vinegar

$\frac{1}{2}$ cup of salt

Wash cucumbers, put them in 2 quart jars. On bottom of each jar place 3 or 4 chokecherry leaves, 1 clove of garlic, 1 dry small pepper, a very small amount of mixed spices, small amount of dill. Boil the first three above ingredients together. Pour over cucumbers while hot and seal like fruit.

Mrs. H. Demco.

DILL PICKLES

12 cups water
 $\frac{3}{4}$ cup Heinz vinegar

$\frac{3}{4}$ cup coarse pickling salt,
dill, garlic

Select firm, medium size cucumbers, wash in cold water and drain well. On bottom of each sterilized quart jar, place 1 clove of garlic and 1 dill top, then pack with cucumbers. Bring to boil water, vinegar, and salt, boil for 5 minutes. Pour brine over cucumbers while very hot, seal at once, store in cool place.

Mrs. M. Burtnik.

SIX DAY PICKLE

2 qt. small cucumbers
(sliced $\frac{1}{2}$ " thick)

2 qt. silver skinned pickling
onions

Place vegetables in crock or enamel pot and sprinkle with $\frac{1}{2}$ cup of salt. Add enough boiling water to cover vegetables. Let stand overnight. Drain well. Boil for 5 minutes:

5 cups Heinz vinegar
 $\frac{1}{2}$ cup mixed spices (tied

in bag)
4 tbsp. salt

Pour while hot over drained vegetables. Sprinkle with $\frac{3}{4}$ cup of sugar. For six days thereafter, sprinkle $\frac{3}{4}$ cup of sugar over vegetables. Pack cold, adding $\frac{1}{4}$ tsp. of alum to every pint jar.

Mrs. M. Burtnik.

MARINATED RED PEPPERS:

Scald, drain and fill sterilized jars with wilted peppers. To each jar add clove of garlic and a tablespoon of hot Mazola oil.

Bring to boil:

2 cups vinegar

1 tsp. spice tied in bag

2 cups water

5 lb. sweet red peppers

$\frac{1}{2}$ salt

Boil vigorously and pour hot over peppers and seal.

Mrs. M. Sawchukewich.

SWEET VIRGINIA PICKLES

2 qt. chopped cucumber

2 qt. chopped cabbage, or

1 qt. chopped onions

cauliflower

1 qt. chopped green tomatoes

1 or 2 red peppers, finely
chopped

Put $\frac{1}{2}$ cup salt over vegetables. Let stand for couple hours. Make syrup. Put in a pan 2 cups vinegar, 4 cups light brown sugar, $\frac{1}{8}$ oz. turmeric, $\frac{1}{4}$ oz. celery seed. Mix this and boil until thick. Then pour over the well drained vegetables and cook slowly for about one-half hour. Not too long so that it won't get too soft.

Mrs. P. Ozubko.

BET PICKLES

Have ready a pot of cooked whole tiny beets or cube into desired size the larger beets.

Sauce:

2 cups sugar	1 tsp. mustard (dry)
1 cup vinegar	1 tsp. salt
1 cup water	$\frac{1}{2}$ cup flour

Bring to a boil the sugar and vinegar. Mix mustard, flour, salt and 1 cup cold water into a smooth paste. Pour into boiling vinegar solution. Do as you would white sauce. Put in the cooked beets and boil for 20 min. Stir to prevent burning. Pour into jars and seal.

Mrs. J. Krywko.

PRIZE MUSTARD PICKLES

3 lb. cucubers	4 lb. cauliflower
1 lb. onions	2 lb. carrots
2 lb. cabbage	

Cover cucumbers, onions, and cabbage with boiling water for ten minutes. Cover cauliflower with boiling water and bring to a boil. Half cook the sliced carrots. Drain well, put all together and sprinkle with $\frac{1}{4}$ cup of salt. Mix well and let stand three hours. Drain well.

Dressing:

Boil 2 quarts vinegar and one quart water. Mix:	
8 cups sugar	1 cup flour
1 cup mustard	3 tbsp. turmeric

Pour slowly on above. Pour over vegetables, bring to boil, seal.

Mrs. M. Zachoda, St. Michael.

NINE DAY PICKLE**Brine:**

1 $\frac{1}{2}$ cup salt	1 gallon water
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Put in crock 3 qt. peeled white onions, 3 qt. cucumbers cut into desired size and 3 qt. cauliflower. Cover with hot brine. Let stand 3 days.

Fourth day — Boil same brine and pour over vegetables.

Seventh day — Drain vegetables, wash and cover with $\frac{1}{2}$ vinegar and $\frac{1}{2}$ water and 1 tsp. alum.

Eighth day — Drain off all liquid and make a syrup of 1 qt. vinegar

4 lb. sugar	1 oz. pickling spice
1 oz. celery seed (in a bag)	Pinch of salt to taste

Boil all this. Take out spice bag and pour over vegetables.

Ninth Day — Drain vegetables and pack in jars. Boil syrup that you drained, pour over vegetables and seal.

Mrs. J. Krywko.

PICKLED CANTALOUPE

Pare the desired number of cantaloupes. Remove seeds and cut into long slices. Pack into quart jars.

Make a syrup of the following:

$\frac{1}{4}$ cup vinegar	1 cup water
$\frac{1}{2}$ cup sugar	

Bring to a boil and pour over the fruit to within $\frac{1}{2}$ " of top. Seal the jars, place in boiling water and process for 1 hour.

Mrs. M. Sawchukewich.

BEEF RELISH

- | | |
|--------------------------|------------------------------|
| 4 lb. beets (18 medium) | 3 cups white vinegar |
| 4 onions, medium | 2 cups white sugar |
| 1 lb. sweet, red peppers | 2 tsp. salt |
| (4 medium sized) | 2 tbsp. mixed pickling spice |

Wash and peel raw beets, remove skins from onions, wash and remove seeds from peppers. Put vegetables through food grinder, using coarse blade. Heat vinegar, sugar, and salt to boiling point. Add spice, tied loosely in a cheesecloth bag. Add vegetables and boil gently, uncovered for 30 minutes. Remove spice bag. Quickly pack one hot sterilized jar at a time. Fill to $\frac{1}{2}$ inch from top. Be sure vinegar solution covers vegetables. Seal each jar immediately. Makes 5 to 6 pints.

Mrs. J. Pryma.

CHILI SAUCE

- | | |
|------------------------|----------------------|
| 15 large ripe tomatoes | 1 red pepper chopped |
| 15 apples chopped | Cayenne to taste |
| 6 med. onions chopped | 1 tsp. celery seed |
| 1 lb. brown sugar | 1 tsp. ground cloves |
| 1 pt. vinegar | 1 tsp. cinnamon |
| Salt to taste | |

Skin tomatoes, boil all ingredients together for about 3½ hours. Seal in sterilized jars. A little more sugar or onion may be added if desired.

Mrs. N. Troock.

BREAD AND BUTTER PICKLES

- | | |
|------------------------------|------|
| 1½ lb. (12 medium) cucumbers | Salt |
| sliced | |

Syrup

- | | |
|---------------------------|--------------------------|
| 2 cups sugar | 1 tsp whole black pepper |
| 2 cups white vinegar | 1 tsp. salt |
| 1 tbsp whole mustard seed | 1 tsp. ground ginger |
| 1 tsp. whole celery seed | 1 tsp. ground tumeric |

Put drained pickles and all syrup ingredients in large kettle. Stir to dissolve sugar. Cook over high heat until boiling, (takes about 10 min.) Fill sterilized pint jars. Spoon out any surface bubbles and seal securely.

Mrs. N. Pelech, Vilna, Alta.

CELERY RELISH

- | | |
|-------------------|-----------------|
| 5 large cucumbers | 2 green peppers |
| 5 large onions | 2 red peppers |
| 1 medium cabbage | |

Put all above ingredients through food chopper.

- | | |
|--------------------------|----------------------|
| 3 bunches celery chopped | 1 tbsps. tumeric |
| 4 cups white vinegar | 1 tbsp. salt |
| 4 cups white sugar | 2 tsp. celery seed |
| 1 cup flour | 1 tbsp. curry powder |
| 2 tbsp. dry mustard | |

Bring vegetables to boil and simmer 20 - 30 minutes in four cups of white vinegar. Add sugar. Blend flour with a little water and add other dry ingredients. Add remaining ingredients and boil until thickens, stirring often. Yield 13 - 16 oz. jars.

Mrs. J. Stepa.

CORN RELISH

1½ qt. corn	1 cup water
1½ qt. ripe tomatoes	1 tsp. tumeric
1 qt. onions	1 tsp. celery seed
4 cups sugar	1 tbsp. flour
1 tbsp. salt	1 tbsp. mustard
3 cups vinegar	Few red peppers

Remove corn from cob and measure. Peel and cut onions. Chop tomatoes, onions and peppers fine and add these to corn. Add sugar, salt, vinegar, water, tumeric, onions and celery seed. Cook till all are very tender. Make paste with flour and mustard, some vinegar reserved from the above. Stir into relish and cook about 5 minutes. Then seal hot.

Mrs. P. Ozubko.

MIXED SWEET PICKLES

6 lb. small cucumbers	3 lb. silverskin onions
(sliced or whole)	2 red pepper
1 large cauliflower	2 green peppers
1 lb. yellow beans	1 cup salt
1 gallon boiling water	

Cut cauliflower in small pieces. Slice peppers in thin pieces. Peel onions. Put all vegetables in a large crock or pot. Cover with brine made from the salt and boiling water and allow to stand for 2 days. Drain vegetables and wash well. Then drain thoroughly. Pack in sealers and pour over them the following dressing:

1 quart vinegar	spice (tied in cheesecloth bag)
1 tsp. mustard seed	1 pint water
½ cup whole mixed pickling	3 lb. sugar

Combine the above ingredients and boil 5 min. Cool. Pour over pickles in jars and seal.

Mrs. M. Dackiw.

Jams & Marmalades

•

LEMON CHEESE**Good for Bread Spread or Tarts**

6 eggs	¼ lb. butter
2 cups sugar	3 lemons, juice and rind

Cream butter, add sugar slowly. Add 6 eggs well beaten; lastly lemon juice and rind. Simmer but do not boil.

Mrs. H. Demco.

RHUBARB MARMALADE

Wash, wipe and peel rhubarb and chop fine to fill 6 cups. Put in a saucepan and pour over it 6 cups sugar. Allow to stand 3 hours. Then add 2 cups figs chopped fine and 3 medium sized pieces of preserved ginger minced fine. Cook very slowly until mixture becomes thick. Seal in sterilized jars.

Mrs. G. Skwarok.

CARROT MARMALADE

- | | |
|--------------------------------------|---------------------------------|
| 1 lb. carrots (boiled and
mashed) | grated rind of 1 lemon |
| 2 lb. sugar | 1 tsp. almond extract |
| Juice of 1 lemon | 3 almonds blanchd and
grated |

Boil carrot pulp and sugar for 10 minutes. Add other ingredients. Bring to boil, pour into jars and seal with paraffin.

Mrs. M. Sawchukewich.

VEGETABLE MARROW MARMALADE

- | | |
|--------------------|----------|
| 1 vegetable marrow | 8 lemons |
| 10 oranges | |

Cook until thick. Add 6 cups sugar. Cover and let simmer for 1 hour.

Mrs. J. Baron.

CRABAPPLE JELLY

Cut apples in four pieces. Add cold water to come nearly to top of apples. Cook until apples are soft. Mash and drain through cheese cloth. Avoid squeezing. Boil the juice 20 minutes. Add $\frac{3}{4}$ cup heated sugar to 1 cup apple liquid. Boil 5 minutes more and skim, or boil until the jelly thickens, when tried in cold water.

Mrs. G. Skwarok.

RHUBARB AND PINEAPPLE JAM

- | | |
|-------------------------|-----------------------|
| 4 cups rhubarb | 4 cups sugar, or less |
| 1 cup crushed pineapple | |

Boil together for thirty minutes; take off the stove, and add 1 package of raspberry jello powder. Mix well so it dissolves, then pour into sterilized jars and seal.

Mrs. P. Ozubko.

MARMALADE JAM

- | | |
|--------------------|----------|
| 1 large grapefruit | 2 lemons |
| 2 oranges | |

Put through grinder or slice. Measure 4 cups water to 1 cup pulp. Let stand overnight. Boil gently next day for 15 minutes. Let stand overnight, then measure cup for cup of sugar. Boil gently for one hour.

Mrs. M. Chichak.

LEMON CHEESE

This filling is delicious for tiny pastry tarts topped with a dab of whipped cream and a piece of cherry. It makes 2 pt. and can be kept in the refrigerator a couple of months or until used.

- | | |
|--|--------------------------------|
| 2 cups sugar | 4 lemons (juice and some rind) |
| $\frac{1}{2}$ lb. butter (part margarine
may be used) | 4 eggs |

Beat eggs slightly, add sugar, lemons and butter, cook in double boiler. Stir constantly. Cook nearly 1 hr. until thick. Pour into pint sealers. This will keep.

Mrs. M. Strashok.

RHUBARB JAM

6 cups rhubarb, cut finely 1 package strawberry jello
5 cups sugar

Add sugar to rhubarb and leave overnight. Boil for 1 minute. Add 1 package strawberry jello. Let it boil again. Bottle.

Mrs. O. Demco.

Canning

**CANNED BORSCH**

1 qt. peas	1 cup chopped dill
1 qt. beans	1 cup onions
1 qt. shredded carrots	1 cup vinegar
1 qt. diced potatoes	½ cups sugar
1 qt. chopped parsley	Salt to taste
1 gallon shredded beets	

Boil shredded beets in small amount of water. When beets start to boil add ½ cup sugar, 1 cup vinegar and salt to taste.

In separate pot boil peas, beans, diced potatoes and diced carrots for ½ hour with seasoning and salt. Pour all this into the beets, taste for salt and seasoning. If you like a thinner soup you can add more water to the vegetables. Pour into jars and process for ½ hour.

To serve add cream to your taste and bring to a gentle boil.

Mrs. J. Krywko.

PORK AND BEANS (Canned)

5 lb. white beans	1 level tsp. mustard
1 pt. catsup	2 tins tomatoes
2 onions chopped fine	1 small piece diced pork
1 level tsp. pepper	

Soak beans overnite, drain and cover with fresh water. Boil beans and pork until cooked. Add remaining ingredients and bring to a boil. Place in jars and process for 15 min.

Mrs. J. Krywko.

CANNED WHITE FISH

Clean fish thoroughly, wash and cut into medium sized pieces. Place into sealers. Pour alternately with the fish, Mazola oil and ½ teaspoon celery seed. (About 3 tbsp. oil to 1 quart sealer). Cook 2 to 2½ hours.

Mrs. J. Baron.

CANNED CHICKEN

Kill chicken night before. Wash and hang up to dry by the feet. Next morning cut up in pieces, salt and pepper to taste. Pack tight in sealers and put 3 whole peppers on top and seal. Boil 3 hours. The sealer has a full jar of juice. A little sage may be added if desired.

Mrs. M. Zenko.

CANNED MUSHROOMS

Wash and skin if necessary. Boil 3 minutes in water. Drain and pack hot in sterilized jars. The mushrooms should not be packed very tight or very full. Cover with boiling water and add to each quart one teaspoon salt. Cook $2\frac{1}{2}$ to 3 hours.

Mrs. H. Bociurko.

SAUERKRAUT

Shred enough cabbage to fill an 8 gallon crock. Fill part of crock with the shredded cabbage and chopped onion. (About one dozen medium size onions are sufficient). Sprinkle alternately with the cabbage 4 cups of sugar, 3 cups of salt, and two tablespoons pepper. When the crock has been filled, mix 3 cups vinegar with 2 quarts water and pour over the cabbage. Keep in a warm place for about 8 days.

Mrs. J. Baron.

Ukrainian Christmas Eve Supper



KOOTIA	—	PICKLED HERRING
FISH	—	COOKED DRIED PEAS
BORSCH AND OOSHKA	—	COOKED DRIED FRUIT
PYROHY	—	KOLACHI
HOLUBCHI	—	POPPY SEED ROLL
MUSHROOMS	—	PAMPUSHKY

**KOOTIA**

2 cups wheat	$\frac{1}{2}$ cup chopped nuts
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 250°. 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 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, about 2 cups. Half honey, half sugar may be used if preferred.

BORSCH FOR CHRISTMAS EVE

4 cups red beets (cut in long stripes)	1 clove garlic
1 large onion	$1\frac{1}{2}$ cups tomato juice
2 stalks of celery	$\frac{1}{2}$ cup melted butter
1 root of parsley	Salt and pepper to taste

Cut beets in long stripes and boil in 3 qt. of water. Dice vegetables and cook in water for $\frac{1}{2}$ hour, drain and add vegetables to

cooked beets. Add tomato juice and bring to a boil, then add butter and salt and pepper.

Ooshka may be added to borsch. Ooshka are a small dumplings with a fried mushroom filling.

Mrs. J. Pryma.

FISH

Clean about 4 lb. of fresh white fish, cut into serving pieces and arrange on parchment paper. Brush with mazola oil, salt and pepper on both sides. Bake in slow oven for 1½ hours or fry the fish lightly brown on both sides. Let this cool for at least 1 hr.

Take 4 to 6 large spanish onions, cut in half and slice. Put ½ lb. butter in a large frying pan, fry until light brown. Put a layer of onions and a layer of fish in a heavy saucepan with a tight fitting lid. To this add about ½ cup of water. Add salt and pepper to taste.

Put in oven 300° to 350° for about 4 hours or simmer on top of stove for about 5 hours.

Mrs. J. Porayko

OOSHKA FOR BORSCH

Use the same dough for ooshka as for pyrohy.

Roll dough out as thin as possible and cut into 1½ inch triangles. Place ½ tsp. of mushroom filling in each triangle. Roll from a base to a point. Shape like a ring by joining ends and sealing tight. Drop into salted boiling water, and boil for 7-8 minutes till all floats on top.

Filling

1 cup of canned mushrooms	1 tsp. flour
1 small onion	1 tbsp. butter

Dash of garlic, salt and pepper to taste. Chop mushrooms and onion fine. Add salt, pepper and garlic to taste. Sprinkle flour and mix well. Melt butter and fry mixture for few minutes. Cool and use.

PYROHY — Dough

2½ cup Flour	2 tbsp. Mazola Oil
½ tsp. Salt	1 egg, well beaten
¾ cup Warm Water	

Mix water, Mazola oil and eggs. Sift flour and salt. Add liquid to flour and mix well. Knead on board until dough is smooth. Cover and let stand for two hours in a warm place. Roll out thin. Cut into 2" squares or circles. Place a teaspoonful of filling on each piece, and pinch edges tightly together to seal well. Drop Pyrohy into salted boiling water and boil eight to ten minutes. Drain and grease with melted butter. Serve with sour cream.

Fillings — Potato And Cheese

Boil six medium sized potatoes. Drain and mash. Add one tbsp. butter and a dash of pepper, and salt to taste. While still warm add half a pound of grated yellow cheese, or one half pound of cottage cheese. Mix well and cool.

Prune

1 lb. Prunes. Cover with water and boil until soft. Drain and cool. Pit and chop well. Sweeten to taste. Add a dash of cinnamon.

SAUERKRAUT DUMPLINGS

- | | |
|----------------------|--------------------------|
| 1½ cup sauerkraut | 2 tins sardines |
| 3 tablespoons butter | salt and pepper to taste |
| 1 medium size onion | |

Melt the butter in a frying pan, add chopped onion and fry until transparent. Wash and drain the sauerkraut, add this to the fried onions and saute for 15 minutes. Cool. Then mash the cleaned and drained sardines, add to the fried sauerkraut and combine thoroughly.

Proceed as you would with cheese dumplings.

HOLUBCHI

- | | |
|------------------------------|---------------|
| 1 head sweet or sour cabbage | 1 tbsp. salt |
| 3 tbsp. butter | 1 small onion |
| 1 can tomato soup | 1 cup rice |
| Pepper | |

Take head of cabbage, cut out core from centre, place cabbage in a container and pour boiling water over it. Cover, and after a few minutes remove the softened leaves, leaving the remainder to soften. Take each separate leaf and cut off the hard part so as to make it easier to roll together.

Slice the cabbage core and place in the bottom of the container in which the holubchi will be roasted.

Wash the rice thoroughly, place in 2 quart container half filled with water and cook for 3 min., stirring constantly until cooked. Then strain, wash in cold water and place in a dish where it can be mixed easily. Place the butter or mazola in a pan, add chopped onion and leave it until brown. Add to the rice. Season. Mix well. Place a spoonful or more of this mixture into each individual cabbage leaf and roll, in a way so that the rice will not fall out. Place each holubch side by side in a pot and when filled, cover with a cabbage leaf. Then pour hot tomato soup, diluted with water, over the holubchi. Place in oven and bake for about 1½ to 2 hours at 325 deg.

For holubchi made from sour cabbage use boiled water instead of tomato soup.

MUSHROOMS (Creamed)

- | | |
|-----------------------|--------------------------|
| 1 lb. mushrooms | 1 cup cream |
| 2 tbsp. chopped onion | Salt and pepper to taste |
| 3 tbsp. butter | ½ clove garlic |
| 2 tbsp. flour | |

Clean, wash, and slice mushrooms. Cook onion and garlic in butter until tender. Add mushrooms and cook for ten minutes. Blend the flour with cream and add to mushrooms. Simmer for ten minutes. More cream may be added if thinner sauce is desired.

PICKLED HERRING — See Page 100

DRIED COOKED PEAS

- | | |
|-------------------|-------------|
| 2 cups split peas | 1 tsp. salt |
|-------------------|-------------|

Cover with water and simmer for 1½ to 2 hours, stirring to prevent burning. When well cooked, mash with potato masher.

Fry one medium onion in 5 tbsp. butter. Sprinkle this over top of mashed peas when serving, along with a dash of pepper.

COOKED DRY FRUIT — See Page **86**

KOLACHI — See Page **11**

POPPY SEED ROLL — See Page **13**

PAMPUSHKY

Sponge

2 pkg. yeast	$\frac{3}{4}$ cup milk
2 tsp. sugar	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ cup warm water	

Dissolve yeast according to directions on package. add the rest of the ingredients, and beat until smooth. Cover bowl, put in a warm place and allow to rise until light and bubbly.

Dough

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

Cream butter and sugar. Beat whole eggs, egg yolks, and salt until light and fluffy. Combine with butter mixture and blend well. Stir in vanilla, lemon rind, and sponge. Add half the flour and beat to a smooth batter. Add balance of flour to make a soft dough. Knead thoroughly until smooth, then place in a clean, slightly greased mixing bowl, and allow to rise until double in bulk. Punch down and let rise again. Roll out on floured board to $\frac{1}{2}$ inch in thickness. Cut with round cookie cutter. Place a teaspoonful of filling on each piece and seal edges. Allow to rise, then fry in deep fat.

Filling — Poppy Seed

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

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

Prune

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

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



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GOVERNMENT OF THE PROVINCE OF ALBERTA

CONSULT

National Recipes

ITALIAN CHICKEN

- | | |
|--------------------------|--------------------------|
| 3½ lb. chicken (floured) | 1 tsp. Rosemary |
| ½ cup butter, or | 1 tsp. Thyme, or Oregano |
| ¼ cup olive oil | 1 tsp. Marjoram |
| 2 medium onions | 1 tsp. sugar |
| 2 cloves garlic (split) | 1 tbs. salt |
| 1 can mushrooms (10-oz.) | ¼ tsp. Chili peppers |
| drained - Save liquid. | Parmesan cheese |
| 1 large can tomatoes | Butter size of an egg |
| 1 can tomato paste | 1 lb. Noodles |
| 2 cans water | 4 qt. water (boiling) |
| 2 bay leaves | 1 tbs. salt |

Wash and dry chicken; flour, and brown in heavy skillet containing butter or oil. After the pieces have all been done, add chopped onions, and mushrooms. When browned remove to a roasting pan and add the chicken and tomatoes and paste, water and mushroom liquid. Add **spices**. Put in oven at 350° for about four hours until chicken falls off the bones. Stir occasionally to see that it does not stick to the bottom of the pan. Boil noodles in boiling salted water until done. Drain, add the butter (size of an egg) mix, and then add some of the sauce, **saving** some to serve at the table. Remove chicken pieces and remaining **sauce** to a serving dish.

Mrs. S. Sereda.

CORN MEAL

- | | |
|------------------|------------------------|
| ½ cup butter | 3 tbs. cream |
| 1½ cups cornmeal | 4 cups cold water |
| 3 eggs | Fried onions in butter |

Melt butter, add cornmeal and pan fry stirring constantly. Add 4 cups cold water. Beat eggs well and fold into cornmeal, add salt and pepper and 1 tbs. sauted onions. Bake in moderate oven for at least one hour.

Mrs. J. Krywko.

BAKED BUCKWHEAT

- | | |
|-------------------------|--|
| 2 cups buckwheat, whole | 1 tbs. fresh parsley or ½ tsp. dry parsley |
| 7 cups boiling water | ¼ cup bacon, chicken, or fresh pork fat |
| 1½ tsp. salt | ¼ cup chopped onion |
| ½ tsp. pepper | |

Pick over buckwheat, measure. Put in a frying pan and place in 350° oven on the top rack. Let it roast for 20 minutes. Shake the pan every few minutes so that the buckwheat will brown evenly. Remove from oven, pour 4 cups boiling water over it, stir with a spoon and pour the water off. Add two tbs. fat, salt, pepper, parsley and 2 cups of boiling water. Mix until well blended. Cover, place in oven and let steam until all the water has been absorbed. Fry onions in bacon fat until transparent, but not brown. Add to the buckwheat mixture and stir until well blended. Bake in 2-quart, covered saucepan in slow oven for one hour. Serve with roast chicken, beef, or pork instead of potatoes.

Mrs. P. Swist.

SPAGHETTI AND MEAT BALLS

- | | |
|--|--------------------------------|
| 1 lb. ground beef | Salt and pepper to taste |
| 1 onion, grated | Garlic salt if desired |
| 1 slice bread soaked in milk | 1 tin tomato soup |
| 1 egg | $\frac{1}{2}$ cup tomato juice |
| Pinch each of cloves, nutmeg
and cinnamon | 1 cup celery if desired |

Fry small meat balls in 2 tbsp. salad oil until brown. Add soup, juice and celery. Simmer for about half an hour. Serve with spaghetti.
Mrs. A. Starko.

MEAT SAUCE FOR SPAGHETTI

- | | |
|---|--|
| 1 green pepper, chopped | $1\frac{1}{2}$ teaspoons salt |
| 2 onions, chopped | 2 teaspoons sugar |
| 1 clove garlic | $\frac{1}{4}$ teaspoon pepper |
| 1 cup diced celery | 1 bay leaf |
| $\frac{1}{2}$ pound ground veal or beef | 4 allspice corns |
| 5 tablespoons oil or bacon fat | 2 cloves |
| 4 cups strained tomatoes | $\frac{1}{4}$ teaspoon mace (optional) |

Cook pepper, onions, garlic and celery in oil or bacon fat for five minutes. Add ground meat and fry until slightly browned. Add tomatoes and seasoning, simmer gently over low heat for one hour, stir occasionally to prevent it from burning. Taste sauce during cooking and add more seasoning if needed. Serve with freshly cooked hot spaghetti.

Mrs. P. Swist.

ITALIAN SPAGHETTI

Cook 8 oz. package spaghetti in 4 qt. boiling water and 3 tbsp. salt for 8 minutes.

Sauce:

- | | |
|--------------------------------|-------------------------------------|
| 2 tbsp. Mazola oil | 1 can condensed consomme |
| 1 large onion, chopped | $1\frac{1}{4}$ lb. ground beef |
| 1 clove garlic, or garlic salt | $\frac{1}{4}$ tsp. Accent |
| 1 can tomato paste, 6-oz. | $\frac{1}{2}$ tsp. seasoned salt |
| 1 can tomato sauce, 8-oz. | $\frac{1}{2}$ tsp. salt |
| 1 can condensed tomato soup | 4 or 5 oz. can chopped
mushrooms |

Place Mazola oil in pan, add chopped onion and garlic and cook until clear. Add tomato paste, tomato sauce, soup and consomme. Bring to a boil, then simmer very slowly for $1\frac{1}{4}$ hours. Stir occasionally. Fry ground beef till pink color disappears. Add to tomato mixture and let simmer for 15 minutes more. Add accent, seasoned salt, and salt. Cook for another 15 minutes. Then add chopped mushrooms.

Pour sauce over the cooked spaghetti and sprinkle top with grated parmesan cheese.

Mrs. W. Sereda.

CHICKEN CHOW MEIN

- | | |
|---|---|
| 2 cups finely shredded cooked chicken | 1 large onion, chopped |
| $\frac{1}{2}$ cup peanut oil | 1 tbsp. salt |
| 1 clove garlic, minced | $\frac{1}{2}$ tsp. pepper |
| 2 cups diced sliced celery | $1\frac{1}{2}$ tsp. sugar |
| $1\frac{1}{2}$ cups sliced Chinese cabbage | 2 cups chicken stock (or 2 chicken bouillon cubes and 2 cups water) |
| $\frac{1}{2}$ cup sliced fresh mushrooms | 3 tbsp. soya sauce |
| 1 medium green pepper, sliced | 2 tbsp. cornstarch |
| $\frac{1}{2}$ cup thinly sliced green beans | 1 pkg. fried noodles |
| 6 green onions | |

Heat oil in saucepan. Add vegetables, salt, pepper, and sugar. Add stock and mix well. Cover and bring to a boil. Stir thoroughly. Cover again and boil for ten minutes. Combine soya sauce, 4 tbsp. of water and cornstarch. Add to hot vegetable mixture and cook, stirring thoroughly, until thickened. Add chicken and cook five minutes longer. Serve with fried noodles.

Shrimp, beef, or pork may be used instead of chicken. Toasted almonds may be sprinkled on top.

Mrs. J. Chichak.

CHOP SUEY

- | | |
|---|---|
| 1 cup bean sprouts | fresh and green (chopped not fine.) Ordinary cabbage will do. |
| 1 cup celery cut at an angle (quite large pieces) | |
| 1 cup or less green peppers diced fine | 1 cup finely chopped onion. |
| 1 cup Chinese cabbage, | 6 or 8 oz. mushrooms fried in butter for 1 or 2 minutes |

While you are frying the mushrooms, blanch the first four vegetables in a pot of salted boiling water for 2 minutes. Add the onions to mushrooms to fry. Drain the blanched vegetables well and add to mushrooms and onions, mix well. Cover and steam for 5 or 10 minutes.

Remember! Chinese food is cooked fast; never overcook. Vegetables should be crisp and green. Pour over this the following sauce.

Sauce:

- | | |
|--|---|
| 2 cups chicken broth (sommé or substitute sauce will do) | $\frac{1}{2}$ teaspoon sodium glutamate (this is an accent which brings out flavours) |
| 1 tablespoon soya sauce | |

Thicken with corn-starch dissolved in cold water. A bowl of steamed rice and this chop-suey will make a delicious and different dinner.

Mrs. N. Kuleba.

CORN MEAL (NACHYNKA)

- | | |
|-----------------------------------|--------------------------|
| $1\frac{1}{2}$ cups corn meal | 1 teaspoon parsley |
| $4\frac{1}{2}$ cups chicken broth | 3 slices side bacon |
| 1 teaspoon salt | $\frac{1}{4}$ cup onions |
| $\frac{1}{2}$ teaspoon pepper | |

Heat the corn meal in moderate oven for 15 minutes, stir frequently to prevent from burning. Remove from the oven, add salt, pepper and chopped parsley, pour four cups of boiling hot chicken broth, mix thoroughly. Cool. Fry chopped bacon until it begins to brown, add onions, fry until soft, add to corn meal mixture, then add half cup of cold chicken broth, mix well. Bake 30 minutes in moderate oven.

Mrs. P. Swift.

PYROHY

2½ cups flour
½ tsp. salt

1 egg well beaten
¾ cup hot water

Add water to the sifted flour and salt. Mix well. Add egg and mix. Knead on floured board until dough is smooth. Cover and leave for ten minutes. Roll out quite thin. Cut in 2-inch squares or rounds.

Filling:

Place one teaspoonful of filling on each piece, then fold in half and pinch edges together to seal. Drop pyrohy into salted boiling water. Bring to boil and stir with wooden spoon. Boil 7 to 10 minutes. Drain and pour melted butter over them.

Cottage Cheese Filling For Pyrohy

½ dry cottage cheese
1 egg
½ cup bread crumbs

Salt to taste
1 cup cold mashed potatoes
(optional) Mix well.

Sauerkraut Filling For Pyrohy

4 cups sauerkraut
Salt and pepper to taste
1 medium sized onion chopped

1 cup mashed cold potatoes
(optional).

Boil sauerkraut for 15 minutes. Drain well and squeeze dry. Chop finely on board. Melt 3 tablespoons butter or oil and add to onion. Fry until light, add sauerkraut and fry for a few minutes. Cool.

HOLUBCHI

1 medium sized cabbage
½ lb. rice
¼ lb. bacon (or ground beef or ham) optional

1 medium or small onion
½ cup tomato juice
pepper and salt

Remove core from cabbage and place cabbage in pot of boiling water to wilt leaves. Separate the leaves and cut off the hard rib. Cut the large leaves into 4 pieces and smaller leaves into 3 pieces (about 3" by 4"). Wash rice and cover with 2 cups water and boil in salted water for about 10 min. Water should be absorbed. If not, drain it off. Dice bacon or ham. Fry the ground beef, onion finely chopped in bacon drippings. Add all this and salt and pepper to rice and mix well.

Place a tsp. full of rice mixture in centre of wilted cabbage leaf and turn sides up and roll. It will not come undone. Tuck ends over so rice doesn't show. Grease a casserole or pot and line with aluminum foil. Lay the holubchi in neat rows along the bottom. The next rows neatly on top and so on until the pot is full.

Pour ½ cup tomato juice over this. If you do not like tomato juice pour hot water or bacon drippings. Make a lid of foil and cover. Place this in a moderate oven 350° and bake about 1½ hours. These rolls may be served with the meal instead of potatoes. They are nice with thick sour cream over them.

Mrs. M. Strashok.

ROLLA PULSA (NORWEGIAN)

- | | |
|--|--|
| 1 whole veal flank boned
(about 2 lb.) (14"x12"
approx.) | about 2" wide |
| 1 tbsp. salt | 2 tbsp. freshly ground allspice
(roll the spices with rolling
pin or mill) |
| 2 lb. pork shoulder roast —
boned and cut in long strips | 1 Spanish onion or other onion
finely chopped |

Lay the flank on the table with skin side down. Lay the strips of pork over this. Sprinkle the spices and seasoning, and onion over this. Roll the flank as for a jelly roll and tuck the edges in. Make a short fat roll.

Sew up all around with heavy needle and string. Make sure no raw meat sticks out at edges.

Place this roll in a casserole or roaster and sprinkle heavily with salt on all sides. Let this stay in refrigerator for 5 days, turning it around each day and sprinkle with more salt.

Then wash the salt off and place in large heavy pot and cover with water. Simmer about ½ hr. and then pour off the water. Place again in fresh water and simmer about 4 hr.

Now place this roll on a cookie sheet and place boards over it wrapped in wax paper. Place a heavy weight on it and let stand 24 hr. To serve, slice paper thin and place on thin slices of rye or brown bread. Makes a delicious sandwich or snack.

Mrs. A. B. Ericksen.

HOME MADE GARLIC SAUSAGE

(Ukrainska Kowbasa)

- | | |
|--|--------------------------|
| 10 lb. fresh pork (both
lean and fat) | 1 tsp. cloves |
| 2 tbsp. black pepper | 1 tsp. mace |
| 4 tbsp. salt | 1 tsp. nutmeg |
| 4 tbsp. sage | 6 cloves garlic (ground) |

Cut pork into small pieces and force it through the meat grinder. Add salt and spices. Stuff well cleaned casings with meat mixture. These are delicious roasted, topped generously with sliced onions.

Mrs. M. Sawchukewich.



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Miscellaneous

POTATO PANCAKES

- | | |
|----------------------------|-------------------------|
| 2 cups raw grated potatoes | 2 tbsp. bread crumbs or |
| 2 tbsp. grated onion | cracker crumbs |
| $\frac{1}{2}$ tbsp. salt | 2 whole eggs |
| $\frac{1}{4}$ tsp. pepper | |

Peel large potatoes and place in cold water, then grate. Drain off liquid by squeezing through fine sieve. Add seasoning and crumbs. Add whole eggs and mix well with the rest of the ingredients. Drop by large spoonfuls on hot greased fry pan. Turn and brown on both sides. Serve with apple sauce or sour cream.

Mrs. T. Hewko.

FEATHER DUMPLINGS

- | | |
|---------------------------|--|
| 1 cup sifted flour | 1 egg, well beaten |
| $\frac{1}{2}$ tsp. salt | $1\frac{1}{2}$ tablespoons melted butter |
| 2 tsp. baking powder | Milk (about $\frac{1}{3}$ cup) |
| $\frac{1}{2}$ tsp. pepper | |

Sift dry ingredients together. Add egg, melted butter, and enough milk to make a moist stiff batter. Drop by teaspoonfuls into boiling liquid. Cover very closely and cook 10 min.

Mrs. T. A. Koziak.

LIVER DUMPLINGS

- | | |
|-----------------------|--------------------------|
| 1 large onion (diced) | $1\frac{1}{2}$ lb. liver |
| 1 tbsp. shortening | 2 eggs (well beaten) |
| 8 cups bread crumbs | Salt and pepper to taste |
| flour | |

Fry the onions in shortening and add bread crumbs. Force the liver through a food chopper. Mix liver, eggs, onion, bread crumbs, and season to taste with salt and pepper. Stir in enough flour to make fairly stiff batter.

Drop from spoon into boiling salted water or soup stock. Cover and cook 30 min. Serve with browned butter.

Mrs. M. Sawchukewich.

STUFFED CABBAGE

- | | |
|--------------------------------|-------------------------------|
| 1 medium sized cabbage | $\frac{1}{2}$ lb. ground pork |
| $\frac{1}{2}$ lb. ground steak | |

Prepare meat as for meat balls. Steam whole cabbage for a few mins. Remove and place in cool water. Drain and cut in four quarters. To ground meat add 1 chopped onion, salt and pepper to taste, 1 egg, and mix well. Arrange meat stuffing between leaves and tie each quarter separately. Place in enamel roaster and pour sauce over.

Sauce:

- | | |
|-------------------|-------------------------------|
| 6 cups beef stock | Salt and pepper to taste |
| 3 tbsp. butter | 2 cloves garlic (mashed fine) |
| 2 tbsp. flour | |

Brown flour in butter add stock and mashed garlic, bring to a boil. Pour over cabbage and steam in 250° oven for 1 or $1\frac{1}{2}$ hours.

Mrs. J. Pryma.

FRIED CABBAGE

- | | |
|---------------------------------------|---------------------------------|
| 1 medium head cabbage | 1 teaspoon salt |
| 1 medium onion | $\frac{1}{2}$ teaspoon pepper |
| 5 tablespoons bacon or fresh pork fat | 1 tablespoon vinegar (optional) |

Shred the cabbage and one half of the onion, sprinkle with salt and pepper and let stand for fifteen minutes. Meanwhile chop another half of the onion and fry in the fat until transparent but not brown. By now the cabbage should be soft and watery. Take it by handfuls and squeeze the juice out. Add to the fat and onion mixture, stir until the cabbage is coated with fat, cover and steam over low heat for ten minutes, add vinegar and cook until tender. Serve with roast pork and beef.

Mrs. P. Swist.

POTATO DUMPLINGS

- | | |
|--------------------|-------------------------|
| 6 medium potatoes | 2 tbsp. flour (heaping) |
| 1 cup bread crumbs | pinch of salt |
| 4 eggs beaten | |

Mince in food chopper cold boiled potatoes. Add bread crumbs, beaten eggs, flour and salt. Form into balls in palm of hand and roll in flour. Drop into boiling salted water and steam 10 to 15 minutes. Serve with browned butter.

Mrs. M. Sawchukewich.

POTATO GRIDDLE CAKES

- | | |
|----------------------------|-------------------------|
| 2 cups grated raw potatoes | 1 tsp. baking powder |
| 2 eggs | 4 tablespoons milk |
| $\frac{3}{4}$ cup flour | Grated onion (optional) |
| 1 teaspoon salt | |

Pare potatoes and let stand in cold water for several hours. Drain and grate. Beat eggs well and add grated potato. Mix, and sift flour, salt and baking powder and add to first mixture. Beat well and add milk gradually. Drop from tip of spoon onto well greased griddle. Bake until brown first on one side and then on the other. Serve hot.

Mrs. J. Esaiw.

SCALLOPED POTATOES

- | | |
|------------------------------|------------------|
| 6 or 8 medium sized potatoes | Salt and pepper |
| 1 medium onion | 2 or 3 cups milk |
| Butter or little bacon | |

Butter a casserole and place in it the sliced vegetables, sprinkling each layer with salt, pepper and if desired a little flour. Repeat until the dish is nearly full. Pour on enough rich milk to cover. Dot with butter or bacon dripping and bake in a moderate oven for about 1 hour or until tender. Do not let the heat become intense or the mixture will curdle and the top will become dark brown and the dish will be hard to clean.

Mrs. J. Kolmatycki, Vernon, B. C.

CORN FRITTERS

- | | |
|---------------------------|-------------------------------|
| 2 eggs | 2 teaspoons baking powder |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ teaspoon salt |
| 2 cups corn (canned) | 2 tsp. melted shortening |
| $1\frac{1}{2}$ cups flour | $\frac{1}{4}$ teaspoon pepper |

Beat the eggs and add remaining ingredients. Beat well, drop by spoonfuls into deep hot fat and cook until golden brown.

Mrs. J. Melnychuk.

GLAZED BEETS

- | | |
|-------------------------|--------------------------------|
| 2 tablespoons butter | 2 cups cooked or canned beets, |
| $\frac{1}{4}$ cup sugar | sliced or diced |
| 2 tablespoons vinegar | $\frac{1}{4}$ teaspoon salt |

Cook the butter, sugar and vinegar to form a sauce. Add the beets, season with salt and cook together 5 minutes. Serve hot.

POTATO ROLLS

- | | |
|------------------------|-------------------------------|
| 3 cups mashed potatoes | 1 small onion, finely chopped |
| 2 tbsp. butter | Salt and pepper to taste |
| 1 cup milk | 1 egg |

Add butter, milk, egg, onions, salt and pepper to mashed potatoes, and beat well. Make them into little rolls and roll them in soda crackers. Place them on the cookie sheet and brown in hot oven.

Mrs. P. Swist.

CREAMED MUSHROOMS

- | | |
|------------------------|-----------------|
| 3 cups dried mushrooms | 1 clove garlic |
| 1 onion | salt and pepper |
| 1 bay leaf | |

Soak mushrooms overnight. In the morning, drain water, wash well, chop fine and add fresh water. Put to boil. Add onion, bay leaf and salt. Cook slowly from 5 to 6 hours. Melt 2 tablespoons butter, add 2 tablespoons flour and brown. Add this to mushrooms. Chop garlic finely, add pinch salt and rub to pulp. Add to mushrooms. Cook and mix well.

MUSHROOM SAUCE (Pidpenky)

- | | |
|---------------------------|--------------------------|
| $\frac{1}{2}$ tsp. pepper | 1 tbsp. flour |
| 2 tsp. melted shortening | 1 pint heavy sour cream |
| 1 qt. mushrooms (canned) | Salt and pepper to taste |
| 4 tbsp. butter | 1 cup turkey or chicken |
| 1 small onion | drippings |

Fry onions in butter, add flour and fry until golden brown. Add cream slowly and stir until smooth. Add drippings, and mushrooms which have been thoroughly washed in boiling water. Simmer over low heat for about fifteen minutes.

WAFFLES

- | | |
|--------------------------------|---------------------------------------|
| 2 cups sifted pastry flour | 2 eggs, separated |
| 3 teaspoons baking powder | $1\frac{1}{2}$ cups milk |
| $\frac{3}{4}$ teaspoons salt | $\frac{1}{2}$ cup melted margarine or |
| 2 tablespoons granulated sugar | butter |

Sift the dry ingredients together. Beat the egg yolks well, add the milk and melted margarine. Add to the dry ingredients and beat until smooth. Fold in the stiffly beaten egg whites. Bake in a moderately hot waffle iron to the desired crispness.

Mrs. P. Walusko.

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HOTCAKE ROLLS WITH BUCKWHEAT FILLING

Hotcake batter:	2 cups flour
6 egg whites	$\frac{1}{4}$ tsp. baking powder
2 cups fresh milk	$\frac{1}{2}$ teaspoon salt

Mix the ingredients well into a thick batter. Have a 5 inch frying pan buttered well. Cover surface of pan thinly with 2 tablespoons of this batter. Fry on slow fire on one side only, until top doesn't stick to fingers. Then remove to platter and butter pan again and put batter in pan to fry. Do this until all batter is used.

Filling

2 cups buckwheat	4 oz. chopped onions
1 pint boiling water	6 oz. butter
1 teaspoon salt	6 egg yolks
Pinch of pepper	1 cup sweet cream

Into 1 pint boiling water add salt, pepper and buckwheat. Mix well. Place 2 tablespoons butter on top, cover and place on slow fire or oven and let simmer for 30 minutes. Chop onion and place in well buttered pan to fry until it changes into a gold color. When buckwheat is cooked, change it from pot into a mixing bowl. Add fried onions, egg yolks and sweet cream. Into every hotcake place one tablespoon of filling and roll. Place 2 tablespoons butter on top and bake in oven 310° for 45 minutes.

Mrs. M. Krushelnicky.

Weights and Measures Chart

3 teaspoons = 1 tablespoon
 4 tablespoons = $\frac{1}{4}$ cup
 $5\frac{1}{8}$ tablespoons = $\frac{1}{8}$ cup
 8 tablespoons = $\frac{1}{2}$ cup
 $10\frac{3}{4}$ tablespoons = $\frac{3}{4}$ cup
 $\frac{3}{4}$ cup
 12 tablespoons = $\frac{3}{4}$ cup
 16 tablespoons = 1 cup
 2 tablespoons = 1 liquid ounce
 1 cup = $\frac{1}{2}$ pint
 2 cups = 1 pint
 4 cups = 1 quart
 4 quarts = 1 gallon
 8 quarts = 1 peck
 4 pecks = 1 bushel
 2 tablespoons = 1 ounce
 $\frac{1}{2}$ cup fat = $\frac{1}{4}$ lb.
 1 cup fat = $\frac{1}{2}$ pound
 2 cups fat = 1 pound
 1 cup hydrogenated fat and $\frac{1}{2}$ teaspoon salt = 1 cup butter
 $2\frac{1}{4}$ cups granulated sugar = 1 lb.
 $2\frac{1}{4}$ cups firmly packed brown sugar = 1 lb.
 $1\frac{1}{8}$ cups firmly packed brown sugar = 1 cup granulated sugar.
 $3\frac{1}{2}$ cups confectioners sugar = 1 pound
 4 cups sifted general purpose flour = 1 lb.
 $4\frac{1}{2}$ cups sifted cake flour = 1 lb.
 1 cup less 2 tablespoons sifted general purpose flour = 1 cup sifted cake flour
 3 cups unsifted graham flour = 1 lb.
 3 cups corn meal = 1 pound
 1 tablespoon cornstarch = 2 tbsps. flour
 $2\frac{3}{8}$ cups rice = 1 pound
 1 square chocolate = 1 ounce
 $3\frac{1}{2}$ tablespoons cocoa and $\frac{1}{2}$ tablespoon butter = 1 ounce or square chocolate

3 cups seedless raisins = 1, 15-oz. package.
 $3\frac{1}{4}$ cups seeded raisins = 1, 15-oz. package
 1 cup chopped nut meats = $\frac{1}{4}$ lb.
 16 marshmallows = $\frac{1}{4}$ lb.
 5 cups grated cheese = 1 lb.
 $6\frac{3}{4}$ tablespoons cream cheese = 1, 3-oz. pkg.
 7 coarsely crumbled salted crackers = 1 cup
 9 finely crumbled salted crackers = 1 cup
 9 coarsely crumbled graham crackers = 1 cup
 11 finely crumbled graham crackers = 1 cup
 22 coarsely crumbled small vanilla wafers = 1 cup
 26 finely crumbled small vanilla wafers = 1 cup
 7 coarsely crumbled swieback = 1 cup
 $1\frac{1}{8}$ tablespoons vinegar or $1\frac{1}{2}$ tablespoons lemon juice and sweet milk to make 1 cup = 1 cup sour milk
 $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water = 1 cup milk
 1 lemon = 3 to 4 tablespoons juice
 Grated rind of 1 lemon = $1\frac{1}{2}$ tps.
 1 orange = 6 to 8 tablespoons juice
 Grated rind of 1 orange = 1 tbsp.
 12 to 14 egg yolks = 1 cup
 8 to 10 egg whites = 1 cup

SIZE OF CANS

8 oz. = 1 cup
 Picnic = $1\frac{1}{4}$ cups or 10 oz.
 No. 1 = 2 cups or 16 oz.
 No. 2 = $2\frac{1}{2}$ cups or 20 oz.
 No. $2\frac{1}{2}$ = $3\frac{1}{2}$ cups or 28 oz.
 No. 3 = 4 cups or 32 oz.
 No. 10 = 13 cups or 6 lbs. 10 ozs.

Household Hints

- 1. The juice of a lemon is usually about 3 tablespoonfuls.
- 2. For neat lining of cake pans use two sheets of paper; one for length, and one for width.
- 3. Making tomato soup? Then stir the hot juice gradually into the soda to prevent curdling.
- 4. Add a few drops of vinegar or lemon juice when canning blueberries or making a blueberry pie. Gives the flavor a nice lift.
- 5. The trick of melting chocolate on a piece of waxed paper in the double boiler. Lift out the paper, scrape it off, and you will save both chocolate and dishwashing.
- 6. If cream fails to whip, add an egg white, put it back in the frig for a while and then whip again.
- 7. To prevent pancakes from sticking to your pan, rub the pan with a raw potato, first, before you put your grease in.
- 8. To prevent your top pie crust from breaking, roll it around your rolling pin, then unroll it as you put it over your fruit filling.
- 9. Add icing sugar instead of ordinary sugar to whipping cream for a smoother texture.
- 10. Use a tablespoon for scalling fish to prevent flying scales.

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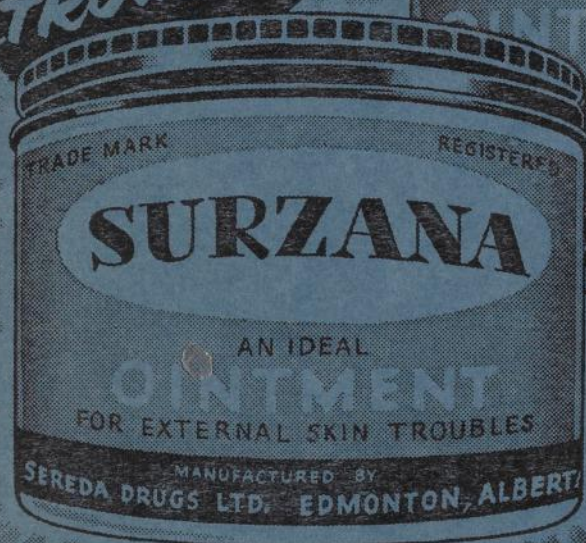
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