

CENTENNIAL COOK BOOK



**UKRAINIAN AND MODERN FAVORITES
DEDICATED TO THE PIONEERS BY THE
UKRAINIAN WOMEN'S ASSOCIATION OF CANADA
O. PCHILKA BRANCH
NORTH BATTLEFORD, SASKATCHEWAN**



Ukrainian Greek Orthodox Parish of
St. John
North Battleford, Sask.

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North Battleford,
Saskatchewan, 1976

The first edition of the Centennial Cook Book was published in 1967 in conjunction with the year of Canada's Centennial, and dedicated to our pioneers, by the Olena Pchilka Branch of the Ukrainian Women's Association of Canada, at North Battleford, Saskatchewan.

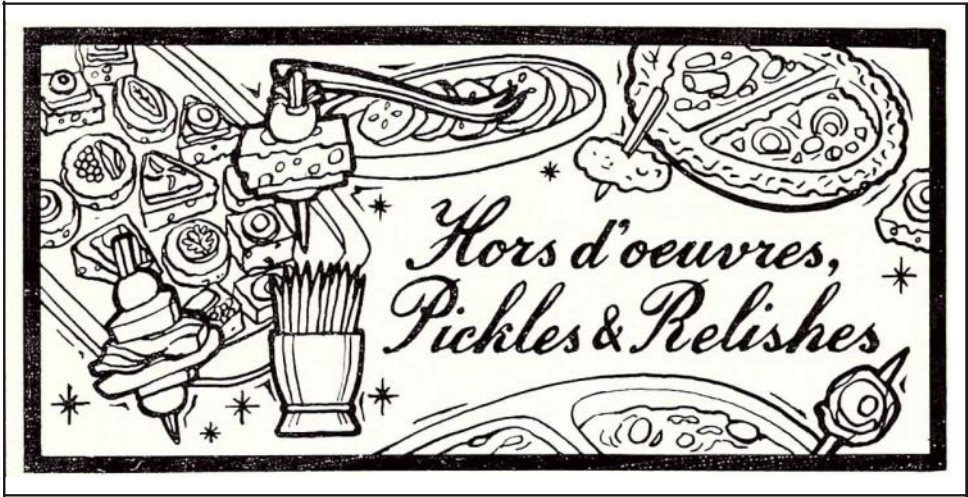
The members of the Branch take pleasure in presenting this second and revised edition of the Centennial Cook Book to commemorate the twenty-fifth anniversary of the organization of the Olena Pchilka Branch of the U.W.A.

The recipes in this book have been tested and used by the members, several of whom were founding members at the organizational meeting of the Branch in 1951. To the contributors of their favorite recipes, to the committee which has been responsible for collecting and arranging the recipes, to those who assisted financially, with typing, or otherwise contributed time and effort to make the publication of this book possible, we extend sincere thanks.

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TABLE OF CONTENTS

1.	PICKLES and RELISHES	1
2.	SOUPS and VEGETABLES	5
3.	SALADS and VEGETABLES	9
4.	MEATS, FISH, and POULTRY	15
5.	CASSEROLES	23
6.	MAIN DISHES	27
7.	BREADS, ROLLS, BUNS, and MUFFINS	33
8.	COOKIES	45
9.	CAKES and PASTRY	53
10.	ICINGS	67
11.	SQUARES	69
12.	PIES and DESSERTS	75
13.	JELLY and PRESERVES	81
14.	MISCELLANEOUS	83



SWEET AND SOUR DILL PICKLES

Mrs. S. Zuzak

10 c. water
1 c. vinegar

6 Tbsp. brown sugar
1 Tbsp. coarse salt

Prick cucumbers with a fork and pack closely into jars. Bring to a boil the water, vinegar and sugar. To each quart add 1 Tbsp. salt, sprigs of dill and garlic. Place the sealers in hot water, until the cucumbers begin to turn yellow. Do not boil. Remove, seal and let cool.

PICKLED CARROTS

Mrs. A. Zawalsky

1 qt. vinegar
3 qts. water
3/4 c. pickling salt

1 clove garlic
Carrots

Bring to boil first 3 ingredients and pour over prepared carrots. Wash and pare (or peel) carrots. Cut into thin sticks about the size of your little finger and smaller. If carrots are young, just wash them and pack. Pack into jars with a piece of garlic and dill. Cover with brine and seal. Allow 2 or 3 weeks before using.

DILL PICKLES

Mrs. H. Timko

Clean freshly picked cucumbers. On bottom of double quart sealer put sprigs of dill, 2 cloves garlic, 1 tsp. mixed spices, and 2 pieces of horseradish. Fill sealers with cucumbers. Add to each sealer 2 Tbsp. salt and 2 Tbsp. brown sugar. Boil 4 c. water and 1 c. vinegar, pour over cucumbers to cover, add more dill on top. Place in canner, bring to a boiling point (do not boil) until cucumbers turn yellow. Remove the sealers from canner, tighten caps and store.

BEST CRISP PICKLES

Mrs. J. Kishchuk

16 c sliced unpeeled cucumbers	1/3 c. pickling salt
6 medium size white onions sliced	5 c. white sugar
3-5 cloves garlic (minced real fine)	1 1/2 tsp. turmeric
1 green pepper	1 1/2 tsp. celery seed
1 sweet red pepper	2 Tbsp mustard seed
	3 c. white vinegar

Slice the cucumbers thin slice the onions, cut the peppers into thin narrow strips, and chop the garlic. Sprinkle salt over the vegetables. Add enough cracked ice to cover them. Mix thoroughly. Let stand for 3 hours. Drain and squeeze out all the liquid. Combine the vinegar with sugar and spice, bring to a boil and simmer gently for a few minutes, strain through a very fine sieve, discarding the spices. Pour the brine over the vegetables, bring to boiling point and seal.

SWEET SOUR PICKLES

Mrs S. W. Drul

16 large (dill type) cucumbers	3 lb. sugar
Boiling water	2 Tbsp. mixed pickling spice
3 c. vinegar	2 Tbsp. salt

Wash cucumbers thoroughly. Cover with boiling water, let stand 24 hours. drain. Again cover with boiling water and let stand another 24 hours. Repeat for another 2 days. The 5th day slice cucumbers about 1/3 inch thick. Boil vinegar and remaining ingredients for 5 minutes. Pour hot over pickle slices and let stand 24 hours. Drain off syrup. reheat to boiling and again pour over slices. Let stand another 24 hours. Repeat twice more. On the final day, drain, heat syrup to boiling, add cucumber slices, bring only to boiling. Pack in sterilized sealer. Yield. about 6 1/2 pts.

GREEN TOMATO PICKLES

Mrs. S. W. Drul

6 c chopped green tomatoes	1 tsp. dry mustard
2 c. chopped onion	1 tsp. cinnamon
2 c. brown sugar	1 red pepper
1 tsp. curry powder	2 c. vinegar
1 tsp. ginger	Salt to taste

Place all ingredients together and boil until thick. Put in jars and seal.

SPICED BEETS

Mrs. P. Tkatchuk

3 qts. small beets
1 pt. vinegar (cider preferred)

2 c. granulated sugar
3 tsp. pickling spice

Boil beets until tender and then peel in cold water. As fast as beets are peeled, drop them into hot sterilized jars. Combine vinegar and sugar and boil 3 minutes. Into each pint jar of beets put 1/2 tsp. spice, pour in boiling vinegar and seal.

CELERY RELISH

Mrs. P. J. Semko

30 large ripe tomatoes
3 bunches celery
4 pears
4 peaches
3 red peppers, chopped fine

8 white onions
1 tsp. celery seed
4 Tbsp. salt
2 c vinegar
4 c. white sugar

Skin tomatoes by pouring hot water over them. Chop all ingredients fine. boil for 2 hours. Add 1 Tbsp. cornstarch. Remove from heat when it begins to thicken. Seal in pint jars.

DELICIOUS PICKLE RECIPE

Mrs. P. Ewanchuk

4 cups large cucumbers
(chopped fine)
2 cups chopped onions
1 qt. silverskin onions (chopped)

1 medium cauliflower (cut fine)
1 bunch celery (cut fine)
2 red sweet peppers (chopped)

Chop vegetables. Combine all and pour over them a hot brine of 3/4 cup coarse pickling salt, 5 cups water, and let stand over night.

Next day, drain thoroughly and add:

8 large apples (chopped)
8 cups white sugar
2 tbsp. mustard seed

6 cups vinegar
3 tbsp. turmeric

Bring all just to a boiling point. Thicken with 2 to 3 tbsp. of cornstarch mixed in 1/4 cup of water to a smooth paste, and then slowly mix into the pickle mixture, and bring to a simmer. Pour into hot jars and seal.

Write Extra Recipes Here:



SOUP



BORSCH

Mrs. J. Woytiuk

- 4 c. beets (diced)
- 1 medium carrot diced
- 3 stalks celery diced
- 1 3/4 c. potatoes diced
- 2 Tbsp. salt
- 1 medium onion diced and fried in butter
- 3 sprigs of dill

- 2 bay leaves (optional)
- Parsley
- 10 to 12 c. water (potato water or soup stock may be used)
- 1 can tomato soup
- Juice from 1 lemon
- 1 pt. frozen Broad beans (boiled separately and drained)
- 1 pt. peas
- 3/4 c. thick sour cream

Put vegetables in pot., add water and cook until just about done. Add 1 can tomato soup and juice of lemon let boil until done. Add beans and peas, let cook for awhile then add sour cream and remove from heat.

BORSCH

Mrs. Mary Iwanchuk

- 1 beef bone with meat
- 1 onion, chopped
- 5 medium beets shredded
- 1 large carrot
- 2 stalks celery
- 1 potato
- 3 c. shredded cabbage

- 1 c. canned tomatoes
- 1 Tbsp. lemon juice
- 1/2 c. sour cream
- 1 tsp. sugar
- 1 tsp. chopped dill or chopped parsley
- 1 c. green peas
- Salt and pepper to taste

Cover bone with water and simmer for 1 hour. Shred beets and onion add to stock and simmer until beets are tender. Chop remaining vegetables and cook with stock until tender. Add lemon, cream, tomatoes, let stand for several hours before serving. Yield: 6 servings.

UKRAINIAN BORSCH

Mrs. S. W. Drul

1 lb. spareribs
1 Tbsp. salt
Few peppercorns
Piece of bay leaf
2 to 3 beets, coarsely
shredded
1 or 2 carrots, grated
coarsely or chopped

1 medium onion, chopped
2 stalks celery, chopped
1 c. cabbage, shredded
1 c. white cooked beans
1/2 tsp. sugar
1 c. tomato juice, more or less,
depending on taste

Cut up the spareribs, cover with about 1 1/2 to 2 qts. water, add salt, and spice and cook until meat is done. In the meantime prepare the vegetables. Then lift the meat out into a casserole, add the chopped or grated vegetables. Cook until tender. Add cooked beans, sugar and tomato juice last. Add salt and pepper to taste. Let come to a boil and it is ready to serve. The spareribs could be kept warm in the oven and served with baked potatoes. If the soup is too thick, add boiling water and season accordingly. For a meatless borsch, simply combine vegetables, cover with water and cook until tender. Add the beans, sugar and tomato juice last as above, but at the end, fry a chopped onion in about 2 Tbsp. oil and stir into soup. Mushrooms are especially nice with this meatless borsch.

KAPUSNIAK (Sauerkraut Soup)

Mrs. P. Woytiuk

Cook 1 lb. spareribs about
1/2 hours. Add:
1 medium onion
1 or 2 carrots, diced

2 c. (about) sauerkraut
Salt and pepper to taste
1 or 2 potatoes, diced, if
desired

Cook until vegetables and meat are tender. Serve. If desired, make a sauce by browning 2 Tbsp. Co-op flour in as much bacon fat, adding little cold water and liquid from soup to make it smooth. Add to soup. Instead of spareribs a ham bone may be used, or bone from roast of pork, or some of the liquid in which a ham was cooked.

SAUERKRAUT SOUP

Mrs. P. J. Semko

1 lb. pork spareribs
12 c. water
Boil ribs in water for 1 hour
During last 1/2 hour, add
the following:
1 medium onion

1 medium carrot
1 bay leaf
3 round peppers
2 tsp. salt
1/4 c. chopped parsley
1/2 c. chopped celery
Pinch of seasoning, salt, black
pepper
1 - 20 oz. tin sauerkraut

SAUERKRAUT SOUP (cont'd)

Rinse at least 5 times to remove tart flavour. If you desire more tang then rinse fewer times. Boil sauerkraut separately about 1 hour. Drain well. Add to spare rib broth. Add 15 oz. tin of tomato soup and 1 tsp. white sugar. Simmer altogether for 15 minutes.

ITALIAN VEGETABLE SOUP

Mrs O Bendas

1 small head cabbage	3 onions
1/2 bunch celery	3 or 4 leeks
2 carrots	1 clove garlic

Chop above ingredients fine, and cook in 1/4 c melted butter or oil until golden brown. Add to 2 to 3 qts beef broth or stock. Also add 6 medium potatoes, diced 1/2 c string beans, cut, and salt and pepper. Simmer about 1 1/2 hours. Serve with croutons or bits of toasted bread. A thick soup and a meal in itself.

VEGETABLE SOUP

Mrs. W. Spilchen

6 c. water	1/2 c. sour cream
1/2 lb. soup bone	1 Tbsp. Co-op flour
2 c mixed cubed raw vegetables (carrots, peas, tomatoes, celery, onions, string beans, etc.)	Salt to taste
1/2 c. noodles	1 tsp. chopped parsley
	1/2 tsp. dill, fresh or dried

Simmer bone in the water for 1 hour. Add noodles and the cubed raw vegetables. Boil for 30 minutes. Blend Co-op flour and sour cream. Add to soup and bring to a boil. Season to taste. Just before serving add dill and parsley.

CREAM OF POTATO SOUP

Mrs. A. Nykiforuk

1 c. hot mashed potatoes	1 1/2 tsp. salt
4 c. milk	Dash of pepper
1 small onion	1 tsp. parsley or dill
2 Tbsp. Co-op flour	2 Tbsp. butter

Scald the milk with the chopped onion, add to potatoes. Melt butter add flour, salt and pepper. Stir until well mixed. Slowly add to the milk and stir well. Cook 1 minute, strain, sprinkle with chopped parsley.

SOUTHERN SPLIT PEA SOUP

Mrs. W. Sochaski

1 lb. green or yellow split peas	1 large onion chopped
1 smoked ham hock	1 1/2 c. diced carrots
2 qts. boiling water	1/2 c. chopped celery or celery leaves
1 tsp. salt	Salt and pepper
1 bay leaf	Chopped parsley
1/8 tsp. thyme	(1/2 to 1 tomato, if desired)

Rinse and drain peas. Wash ham hock. Put all ingredients in a large kettle. Cover, bring to a boil. Then simmer 2 to 2 1/2 hours until peas become mushy. Stir occasionally to prevent scorching. Remove ham hock and cut meat into small cubes, discarding bone, fat and rind. Press remainder through a sieve or food mill. Add ham cubes to strained soup. Add salt and pepper to taste. Pour into individual soup dishes or a large tureen. Garnish with parsley. Serve very hot. Without straining: Cook first 6 ingredients until peas become almost mushy, then add remaining vegetables and cook until tender.

BORTSCH (Doukhobors)

Minnie Woytiuk

Put 2 1/2 quarts of boiling water into a pot. Then add:

1 grated carrot	1/2 cup canned tomatoes
1 medium peeled beet (cut in half)	5 medium potatoes
	Salt and pepper to taste

While the above is boiling, sauté 1 medium chopped onion in 3 tbsp. butter. Then add 1/2 cup chopped celery, and 2 cups finely chopped cabbage, and sauté until tender. Add 3 cups canned tomatoes. Cook until thick sauce. When potatoes are tender in first mixture, remove mash and add 3 tbsp. sour cream. Put aside.

To the water, add 1 cup chopped potatoes (optional), and 2 cups finely chopped cabbage. Cook until potatoes are tender. Remove from heat. Then add cabbage and tomato mixture, as well as mashed potatoes. Remove the beet. Garnish with fresh dill.

LENTIL SOUP

Anna Zawalsky

2 cups lentil	3 tsp. parsley
2 qts. water	1 clove garlic or garlic juice
2 slices uncooked bacon (cut up)	2 tsp. salt
1 medium onion (sliced)	1/4 tsp. pepper
1/4 cup carrots	1/2 tsp. oregano
1/2 cup celery	1 can tomatoes
	2 tsp. wine vinegar

Wash the lentil and place them in a pan with water, bacon, onion, carrots, parsley, garlic, pepper, and oregano. Simmer for 1 1/2 hours. Then add tomatoes, wine vinegar, and simmer for 30 minutes.



FRUIT SALAD

Mrs. M. Tymofichuk

2 or 3 bananas
2 apples
2 pears
3 oranges

2 grapefruit
1/2 canteloupe
1 tin crushed pineapple
1/2 lb. grapes or 1 c. raisins

Peel bananas, oranges, grapefruit and canteloupe cut as desired, cut grapes in half. Add pineapple. Add honey to taste and mix. Put in refrigerator for a few hours before serving. Serve in sherbert glasses.

FIVE CUP SALAD

Mrs. M. Tymofichuk

1 c. miniature marshmallows
1 c. dessicated coconut
1 c. canned mandarin oranges

1 c. pineapple cubes
1 c. sour cream

Mix all ingredients above, lastly add sour cream and place in the refrigerator for a few hours. Very good with cold meat.

FRUIT SALAD

Mrs. O. Bendas

1 can mandarin oranges
1 can grapefruit sections
1 or 2 bananas, cubed
Juice of 1/2 lemon

1/2 c. pineapple tidbits
1 c. fruits in season such as
peaches, apricots, grapes
pomegranate

Combine all fruits, except bananas. Add lemon juice and refrigerate. Just before serving, add bananas, arrange on crisp lettuce leaf on individual salad plates. Serve with fruit salad dressing or whipped cream, topped with almonds or cherry.

FRUIT SALAD DRESSING

Mrs. O. Bendas

1 c. pineapple juice
1/2 c. sugar

Juice of 1/2 lemon or more
2 eggs, well beaten

Combine and cook in double boiler until thick. Cool. Whip 1/4 pt. whipping cream and add to sauce just before serving. Pour over servings of fruit.

CRANBERRY FLUFF

Mrs. S. W. Drul

2 c. raw cranberries
3 c. miniature marshmallows
3/4 c. white sugar
2 c. unpared apples, diced

1/2 c. seedless grapes
1/2 c. walnuts
1/4 tsp. salt
1 c. whipped cream

Combine ground cranberries, marshmallows and sugar. Cover and let stand overnight. Add apples, grapes, walnuts and salt. Fold whipped cream. Chill. Garnish with grapes and serve

COTTAGE CHEESE PINEAPPLE SALAD

Mrs. A. Belyk

1 c. dry curd cottage cheese
2 c. water and pineapple
juice (off drained crushed
pineapple)

1 c. crushed pineapple
2 pkg. pineapple or lemon
jelly powder

Dissolve Jell-O in 1 c. boiling water. Drain crushed pineapple and add another cup of water and pineapple juice combined. Mix to Jell-O. Let set in refrigerator. When partially set add the pineapple and the cottage cheese. and mix thoroughly very carefully. Set in refrigerator to set.

JELLIED HOLIDAY SALAD

Mrs. J. Saranchuk

1 can crushed pineapple
2 pkg. cherry Jell-O
3/4 c. sugar
2 c. boiling water
1/2 c. cold water

2 Tbsp. lemon juice
1 lb. cooked cranberries
1 small orange
1 c. chopped celery
1/2 c. chopped walnuts

Drain the pineapple. Put cranberries and orange through sieve. Mix Jell-O with sugar and dissolve in the hot water. Add cold water, lemon and pineapple juice. Chill, when slightly thickened, add pineapple and rest of the ingredients. Pour into mold. Chill until firm. Serves 12.

COTTAGE CHEESE AND TOMATO ASPIC Mrs. O. Bendas

1 tin tomato soup	1 c. finely chopped celery
1 1/2 Tbsp. gelatin	1/2 c. finely chopped green pepper
1/4 c. cold water	1/4 c. chopped onion
1/2 lb cottage cheese	1/2 c. chopped walnuts
3/4 c mayonnaise	

Heat soup. Dissolve gelatin in cold water. Add to soup and cool. Add remaining ingredients and chill until set.

CUCUMBERS WITH SOUR CREAM Mrs. O. Bendas

6 green cucumbers	Yolks of 3 hard boiled eggs
Salt and pepper	3/4 c. sour cream
	1/2 tsp. vinegar

Peel the cucumbers and quarter lengthwise. Remove seeds. Dice and sprinkle with salt. Mix egg yolks, sour cream, salt, pepper and vinegar. Pour over cucumbers. Chill. Serve cold.

SAUERKRAUT SALAD (#1) Mrs. A. Srayko

4 qts. sauerkraut (fermented 4 days)	1 large onion
1 c shredded carrots	1/2 sweet red pepper
1/2 c. corn oil	1/2 c. tomato juice
	Dill (optional)

Strain the sauerkraut, shred carrots into long strips, slice the onion thinly. Chop the pepper. Mix all the ingredients and let stand for 3 hours. Heat to boiling point. Pack in sealers and let boil 15 minutes. Seal and store.

SAUERKRAUT SALAD (#2) Mrs. W. Sochaski

1 pt. sauerkraut	3 Tbsp. salad oil
1 c. chopped unpeeled apple	1 Tbsp. sugar
3-4 Tbsp. chopped onion	Salt, pepper and paprika
3 Tbsp. lemon juice	

Drain sauerkraut. If very sour rinse lightly under cold water tap. Drain well. With sharp knife cut across sauerkraut several times. Add chopped apple, onion, lemon juice, salad oil and sugar. Season to taste with salt, pepper and paprika. Toss lightly until all ingredients are well blended. Serve garnished with lettuce or cress. Serves 6 to 8.

MARINATED CARROTS

Caroline Belyk

2 lbs. serving size carrots	1 cup white sugar
1 or more large Spanish onion	1 tsp. salt
1 large green pepper	½ tsp. pepper
1 10-oz. can tomato soup, undiluted	½ cup salad oil
	¾ cup vinegar

Pare and cook carrots until tender-crisp. Meantime, slice onions in thin rings; slice pepper into rings and remove seeds and membrane. Combine remaining ingredients in a saucepan, bring to boil, stirring to dissolve sugar. Pour over carrots. Cool in refrigerator and store in covered jars until needed.

RICE SALAD

Mrs. S. W. Drul

1½ cups of minute rice	1 can of shrimp
10 ozs. of frozen peas	

NOTE: Cook peas and rice separately.

1½ cups chopped celery	1 tbsp. soya sauce
½ cup chopped onion	½ tsp. accent (optional)
1 tsp. salt	½ tsp. sugar
3 tbsp. cider vinegar	2 tsp. curry powder

Mix all together and refrigerate over night.

COTTAGE CHEESE JELLY

Mrs. Nicholas Stetzenko

1 tbsp. Knox gelatine	1 ½ cottage cheese
1 tbsp. lemon juice	1 tbsp. sugar
1 ½-pkg. lemon Jello	¼ tsp. salt
1 cup boiling water	½ cup chopped celery
½ cup cold water	2 tbsp. green onions, cut fine
1 cup sour cream	¼ salad dressing

Soak gelatine in lemon juice. Add lemon Jello and boiling water and stir well. Then add cold water and cream. Cool in fridge until it starts to set. Add the rest of the ingredients and stir. Rinse the mold with cold water, pour the mixture in and let set in a cold place.

MARINATED VEGETABLE SALAD

Marie Bendas

1 can French-cut green beans	1 tsp. paprika
1 can French-cut yellow beans	1 clove garlic, minced
1 can peas	1 4-oz. jar pimento, chopped
½ cup vinegar	1 medium onion, finely chopped
¼ cup sugar	2 stalks celery, finely chopped
¼ cup salad oil	

Day before serving:

Drain beans and peas, reserving 1 cup liquid. Stir vinegar, sugar, salad oil, paprika and garlic with reserved liquid until well combined. Toss in drained vegetables and remaining ingredients. Store in quart jars and refrigerate overnight.

To serve, drain mixture well. Reserve liquid to use as salad dressing. Makes 8 servings. Plain cut beans may be used. Excellent for buffet suppers.

JELLIED SHRIMP SALAD

Mrs. S. Zuzak

1 c. water	2 Tbsp. green onions, finely chopped
3/4 c. pineapple juice	
1 pkg. lemon Jell-O	1 tin drained shrimps
2 Tbsp. vinegar	1 tin pineapple tidbits
Dash of salt	1/2 or 1 c. chopped celery

Boil the water and juice. Add the Jell O, vinegar and salt. Let cool. Add the rest of the ingredients.

DEVILED EGGS

Mrs. R Czuy

6 hard cooked eggs	1 tsp. prepared mustard
1/4 c. mayonnaise	1/2 tsp. salt
1 tsp. vinegar	Dash of pepper

Halve the eggs, lengthwise. Remove egg yolks and mash, then combine with remaining ingredients. Refill egg whites using pastry tube or spoon. For variations use crisp bacon bits, potato chip crumbs, deviled meat pastes, sandwich spread, green onions chopped or celery.

POTATO SALAD

Mrs. W. Halewich

4 medium white potatoes	1 Tbsp. Co-op flour
1 small onion, minced	1/2 pt. cream
2 stalks celery chopped fine	Juice of 1 lemon
1 Tbsp. butter	Salt and pepper
	1 Tbsp. parsley (minced)

Boil potatoes unpeeled, then skin and cut in small cubes and cool. Brown flour lightly in fat. Add cream, bring to boiling point then stir mixture until smooth. Add lemon juice, salt and pepper. To this mixture add diced potatoes, onion and celery. Add parsley at the last. Chill before serving. Very good with cold meats.

Write Extra Recipe Here:

CELERY SEED DRESSING

Mary Sochaski

¼ cup sugar	½ cup vinegar
1 tsp. salt	1 cup salad oil
½ tsp. dry mustard	1 thin slice of onion
¼ tsp. celery seed (or omit)	

Combine ingredients in blender container. Cover and blend for 30 seconds until thick and smooth. Makes 1½ cups.

SPRING COLESLAW

Mary Gramiak

2 cups shredded new cabbage	¼ tsp. paprika
½ cup diced cucumber	½ cup mayonnaise
½ cup diced celery	2 tbsp. vinegar
¼ cup chopped green pepper	1 tsp. prepared mustard
1 tsp. salt	

Combine and chill vegetables, salt, and paprika. Combine remaining ingredients, and pour over vegetables. Toss and serve. (Serves 6.)

Write Extra Recipes Here:



MEAT BALLS IN SAUCE

Mrs. J. Saranchuk

1/2 lb. ground pork
 1/2 lb. ground beef
 1/2 c. uncooked rice
 1 tsp. salt
 1/4 tsp. pepper

1 onion, diced
 1 Tbsp. shortening
 2-3 stalks celery chopped
 2 1/2 c. tomatoes or tomato juice
 Salt and pepper to taste
 1/6 tsp. nutmeg

Combine ground meat, rice, salt and pepper. Make into small balls. Place in baking dish. In a frying pan place shortening, onion and celery and fry until brown. Add tomatoes, salt, pepper and nutmeg. Pour over meat balls. Cover and bake for about 1 hour in 350 degree oven.

STUFFED MEAT BALLS

Mrs. O. Bendas

1 1/2 to 2 lb. ground beef or
 ground round steak
 1 medium onion chopped fine
 1 egg
 1 tsp. salt

1/4 tsp. pepper
 1 tsp. HP sauce
 2 tsp. baking powder
 Milk to moisten (1/4 to 1/2 c.)

Combine ingredients and form into patties large enough to enclose stuffing. Make stuffing by combining 1 to 1 1/2 c. dried bread crumbs, 1 small onion, chopped fine and fried in 1/4 c. butter, salt and pepper and poultry seasoning. Place about 2 Tbsp. stuffing on pattie. cover with another pattie, forming into meat balls enclosing the stuffing. Chill if possible. Roll in flour, brown in oiled skillet, and remove to casserole or pyrex cake pan. Make brown gravy with remaining oil in skillet, by browning flour and adding enough water to make 2 or 3 c. gravy. Pour over meat balls. Cover casserole and cook 1 hour in moderate oven.

BEEF STEW

Mrs. W. Belyk

2 lb. beef	1/2 c. carrots and celery
3 Tbsp. oil	1 medium parsnip
1 Tbsp. sugar	1 large onion
1 tin whole mushrooms	1 Tbsp. Kitchen Bouquet
1/4 c. sherry wine	

Coat beef with flour to which salt and pepper has been added. Brown in stewing pan with oil. When browned add about 1 Tbsp. sugar and sprinkle garlic salt over it. Then add 1 medium sized tin of mushrooms and juice, and add enough water to cover beef. Simmer slowly until half done. Add sherry wine and vegetables and "Kitchen Bouquet" and simmer until done.

BEEF STROGANOFF

Mrs. O. Bendas

1 1/2 to 2 lb. beef tenderloin or sirloin	1 tsp. dill or parsley, chopped
Salt and pepper	1 tin cream of chicken soup or condensed chicken soup
3 Tbsp. Co-op flour	1 tin mushroom pieces and liquid or 1/2 lb. fresh mushrooms, sliced
1/4 c. butter or margarine	1 tin consomme
1 medium onion, minced	1 c. sour cream

Trim all fat from meat. Rub with clove of garlic if desired. Cut into narrow strips 2 inches long. Combine flour, salt, and pepper in paper bag and coat strips of meat with flour. Brown meat in hot butter. Add all remaining ingredients except sour cream. Cook uncovered 20 to 30 minutes until meat is fork tender, stirring occasionally. Just before serving, add sour cream. Heat, but do not boil. Serve with rice. This dish, accompanied with green beans or asparagus and a green salad, makes a deluxe but easy Sunday dinner.

UKRAINIAN "BITKI"

Mrs. O. Bendas

3 lb. sirloin steak, diced	1 large tin mushrooms
8 Tbsp. butter	1 1/2 pt. sour cream
4 large onions, chopped	

Melt 3 Tbsp. butter in cast iron pan. Put in diced steak and allow to cook until juices reduce. In separate fry pan, saute onions in 3 Tbsp. butter. Add mushrooms and simmer 10 minutes. Add to steak. Now transfer mixture to casserole, cover with 1 pt. sour cream, leaving cream on top of meat. Cook, covered, for 1 hour in 350 degree oven. Add remaining 1/2 pt. cream, dot with 2 Tbsp. butter and cook uncovered another 15 minutes. Serve with plain or wild rice or kasha, and green salad.

SWISS STEAK WITH MUSHROOMS

Mrs. A. Iwanchuk

2 lb. round steak, 1 inch
thick
2 Tbsp. fat
1 medium onion finely sliced

2 c. water
1 can mushrooms
Co-op flour, salt and pepper

Heat the pan, add fat. Pound the steak with knife, dip in the flour which has been seasoned with salt and pepper. Brown the meat well on both sides. Put meat in casserole or roaster and place the onion slices over the meat and add the water. Cook in medium oven 350 degrees for 1 hour. Add the mushrooms and finish cooking. Serve with mashed potatoes, any vegetable and salad.

BARBECUED SPARERIBS

Mrs. P. Tkatchuk

4 lb. spareribs
1 c. ketchup
1/2 c. white sugar
1/4 c. vinegar

1/2 c. water
1 tsp. salt
1/4 tsp. pepper
1 tsp. dry mustard
1 Tbsp. Worcestershire sauce

Cut spareribs into serving pieces. Brown well and place in a roaster or casserole. Mix the dry ingredients and add the liquid. Pour over the ribs. Place in 350 degree oven and bake 1 1/2 hours. Baste a few times. Serve with rice or chips and salad.

PORK CHOPS WITH RICE CASSEROLE Mrs. S. A. Lazarowich.

4 pork chops
1 c. raw rice
3 or 4 slices onion

1 can beef consomme soup
Salt and pepper

Salt and pepper pork chops, and brown on both sides in frying pan. Put 1 c. rice into casserole and place onion slices on top. On top of onion slices place browned pork chops and pour the can of consomme soup over pork chops. Place into 350 degree oven and bake for 1 hour.

CARROT LOAF

Mrs. P. Chyzowski

1 small onion chopped
3 Tbsp. butter
1 celery stalk
1 c. bread crumbs

2 c. grated raw carrots
2 eggs
1 c. milk
1 tsp. salt
Dash of pepper

Brown onion and celery in melted butter then add it to the crumbs. Add carrots, milk, beaten eggs and seasoning to the crumb mixture. Mix well. Turn into a well greased baking dish and bake at 350 degrees until the loaf is firm about 45 minutes.

MEAT LOAF

Mrs. O. Bendas

1 1/2 lb. ground round steak	1/4 tsp. sage (optional)
1 or 2 eggs	1 Tbsp. catsup
1 tsp. salt	1 medium onion minced
1/4 tsp. pepper	1 tsp. HP sauce
1 c. milk	1/2 c. dried bread crumbs

Combine above ingredients, adding enough milk to keep mixture quite soft. Bake in oiled loaf tin.

CHICKEN COCKTAIL PUFFS

Mrs. S. W. Drul

1/2 c. boiling water	1/2 c. Co-op flour
1/4 c. butter	2 eggs, unbeaten

Add butter to boiling water in saucepan, heat until butter melts. Add flour and stir vigorously until batter forms a ball in centre of pan. Remove from heat and beat in eggs, one at a time. Place spoonfuls of batter on greased cookie sheet, heaping them well in the centre. Bake in 375 degree oven for 25 to 35 minutes. Take out of oven and make slits in each puff. Cool. To serve: cut tops off and fill. Replace tops. Makes 4 doz. small cocktail puffs or 1 1/2 doz. medium ones.

Filling:	1/4 c. pimento, shredded
1/2 green pepper, shredded	2 c. chicken broth
1/4 lb. fresh mushrooms	3 c. diced chicken
3 Tbsp. butter	2 c. milk

Cook pepper and mushrooms in butter for 8 minutes. Cover while cooking. Remove from fat. Add flour, milk and seasoning. Cook 5 minutes over low heat, stirring to keep smooth. Add chicken, mushrooms, pimento and pepper. Reheat in double boiler to prevent curdling. Serve warm. When made up and served from a table warmer, these are delicious.

FRIED CHICKEN

Mrs. S. Kindrachuk

3 lb. frying chicken	1 tsp. poultry dressing
3/4 c. Co-op flour	3/4 c. milk
3 tsp. salt	1 egg
1 1/2 tsp. paprika	2 c. Mazola oil for frying

Cut chicken into serving pieces. Wash thoroughly and wipe dry. Beat egg and milk together. Mix dry ingredients thoroughly. Heat oil to smoking stage, in heavy skillet. Dip pieces of chicken into egg-milk mixture drain for 2 minutes. Dredge well in seasoned flour. Fry chicken uncovered turning several times until uniform golden brown. Cover closely, reduce heat and cook slowly, until chicken is fork tender 25 to 30 minutes.

FRIED CHICKEN (cont'd.)

To crisp remove cover and continue frying uncovered for 10 minutes longer. Drain on absorbent paper

FISH ASPIC

Mrs. O. Bendas

2 lb. white fish or halibut fillets fresh or frozen	Dill, parsley, 1 bay leaf
1 medium onion chopped	2 peppercorns
2 stalks celery, chopped	1 tsp. salt
1 carrot, chopped	1/4 tsp. pepper
	Dash of paprika

Cut fish in 2 inch pieces, place in pan with remaining ingredients cover with boiling water and simmer until tender. Strain the stock, adding to it 1 Tbsp. gelatin which has been dissolved in 1/4 c. cold water. Arrange fish pieces in mould, add a few chopped olives and pickled red peppers for decorative effect. Pour stock over fish and chill in refrigerator. Serve with fish sauce.

FISH SAUCE

Mrs. O. Bendas

1/4 c tomato catsup	2 tsp. prepared horseradish
1/4 c. chili sauce	1 tsp. chopped dill or parsley or both
1/4 c. lemon juice	2 chopped green onions
1/2 c. cooking sherry	6 olives, green and black
6 drops Tabasco sauce	1 dill pickle, chopped fine

Combine ingredients, refrigerate. Use for fish aspic, shrimp or lobster cocktail or other fish dishes.

CANNED FISH

Mrs. P. Malisky

Scale and clean fish thoroughly. Wash and dry fish with a clean tea towel. Cut fish into small pieces, and pack into quart sealers. To each quart add:

4 Tbsp. vinegar	2 Tbsp. ketchup
1 1/2 tsp. salt	4 to 6 Tbsp. Mazola oil

Place jars of fish in a canner, fill with boiling water and boil for 5 hours.

PICKLED HERRINGS

Mrs. S. A. Lazarowich

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

Brine: 3 c. water
1 c. vinegar
2 Tbsp. sugar
1 Tbsp. mixed pickling spice
Bay leaves (a few)

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 3 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 2 days. Containers should be glass jars.

PORK LIVER LOAF

Mrs. S. W. Drul

1 lb. pork liver
1 lb. minced pork
 $\frac{1}{2}$ cup rolled oats
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{3}$ cup grated carrot
 $1\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ tsp. thyme
2 tsp. Worcestershire sauce
2 beaten eggs
 $\frac{3}{4}$ cup tomato juice

Scald liver in boiling water 5 minutes. Drain and grind in meat grinder. Add remaining ingredients. Turn into 9 x 5 x 3-inch loaf pan. Bake $1\frac{1}{4}$ hours at 350° F. Serve with Quick Tomato Sauce. Six servings.

CURRIED CHICKEN

Olga Ruzesky

3 tbsp. fat
1 medium onion
2 tbsp. flour
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. dry mustard
3 tsp. curry powder

$\frac{1}{2}$ tsp. sugar
2 lbs. raw chicken meat
2 cups water
1 tbsp. lemon juice
1 apple, peeled and diced
1 tbsp. raisins

Method: Melt fat. Add onion and cook till yellow. Take out of pan. Combine flour, salt, sugar, and curry powder. Dredge each piece of cup-up chicken in mixture and brown lightly in pan. Sprinkle remainder mixture over meat. Add water, lemon juice, apple, and raisins. Bring to a boil. Reduce heat. Cover and simmer for about $1\frac{1}{2}$ hours. (More curry could be added to suit taste.) Delicious. Served with boiled rice.

MEAT LOAF

Mary Sochaski

30 lbs. ground meat ($\frac{2}{3}$ beef and $\frac{1}{3}$ pork	2 - $2\frac{1}{2}$ grated onions
10 cups dry bread	$\frac{1}{4}$ cup salt
4 qts. of milk (canned milk diluted with equal amount of water may be used)	1 tbsp. pepper
	Hamburger seasoning, etc. (optional). Use sparingly
	<i>1 doz. eggs</i>

Soak bread crumbs in milk. Combine all ingredients. Pack into greased pans and place in roasting pan. Bake at 325° F for 1 hour. This mixture may be shaped into hamburgers. Serves 100 people.

LITTLE CHEDDAR MEAT LOAVES

Mrs. S. W. Drul

1 $\frac{1}{2}$ lb. ground beef	$\frac{1}{4}$ cup chopped onion
$\frac{3}{4}$ cup oatmeal or cracker crumbs	1 egg
1 tsp. salt	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ tsp. garlic salt	1 tbsp. (firmly packed) brown sugar
$\frac{1}{2}$ cup grated sharp cheddar cheese	1 tbsp. prepared mustard
	$\frac{1}{3}$ cup ketchup

Combine all ingredients except brown sugar, mustard and ketchup. Shape into 6 small loaves. Place in shallow baking pan. Combine remaining ingredients. Spread over top of loaves. Bake at 350° for about 40 minutes.

MEAT BALLS IN SAUCE

Mary Saranchuk

1 lb. of ground cooked ham	2 eggs (beaten)
1 lb. of ground pork	1 tsp. salt
2 cups bread crumbs	Pepper
1 cup milk	

Sauce:

1 $\frac{1}{2}$ cups brown sugar	$\frac{3}{4}$ cup water
$\frac{3}{4}$ cup vinegar	1 tbsp. dry mustard

Place meat balls in roaster. Mix sauce ingredients, and pour over meat balls. Cook till done.

SAUERKRAUT AND UKRAINIAN SAUSAGE

Natalie Nikiforuk

1 ring Ukrainian sausage	$\frac{1}{4}$ cup chopped onion
1 qt. sauerkraut	1 tbsp. oil

Fry onion until light brown (in oil). Add sauerkraut and mix well. Place in roasting pan the sauerkraut and the sausage, and bake for $\frac{1}{2}$ hour in 350° F oven.

BEEF STEW

Mary Sochaski

1 $\frac{3}{4}$ lb. stewing beef cut into 1 $\frac{1}{2}$ -inch cubes

Combine:

$\frac{1}{3}$ cup flour $\frac{1}{2}$ tsp. celery salt
 $\frac{1}{4}$ tsp. pepper

Coat meat with this seasoned flour. Brown in $\frac{1}{4}$ cup of fat. Remove meat. To fat in pan, add $\frac{1}{4}$ cup minced onion, 1 clove minced fine garlic. Simmer until tender and add any left-over flour. Now add gradually 3 $\frac{3}{4}$ cups of boiling water, 1 or 2 Oxo cubes, $\frac{1}{2}$ tsp. salt, and $\frac{1}{2}$ tsp. Worcestershire sauce. Add meat and simmer for 2 hours or until tender. Add about 1 dozen small whole white onions and about the same quantity of carrots. Simmer for about 15 minutes, then add $\frac{1}{2}$ cup or more peas, and continue cooking till done.

Serve with mashed potatoes. To vary it, noodles instead of potatoes, may be substituted, or have dumplings with parsley on top of stew.

BEEF IN HORSERADISH SAUCE

Marie Bendas

1 $\frac{1}{2}$ - 2 lbs. chuck or rump 1 tsp. salt
of beef $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ cup flour

Remove all traces of fat and sinew from beef. Cut into 1 $\frac{1}{2}$ -inch cubes, somewhat large. In paper bag, dredge meat in flour, salt and pepper mixture. Brown meat in 2 to 3 tbsp. oil in Dutch oven. Add 1 large sliced onion, cook for 5 minutes longer. Then add:

1 $\frac{1}{2}$ cups tomato juice $\frac{1}{4}$ tsp. mixed spices
1 bay leaf $\frac{1}{4}$ tsp. thyme

Bring meat and sauce to boil, reduce heat to low, and simmer 2 hours, stirring occasionally. Before serving, add 1 to 2 tbsp. prepared horseradish and $\frac{1}{2}$ cup sour cream, heating through, but not boiling the meat. Sour cream may be omitted and added at the table. Serve with noodles or potatoes.

GOULASH

Marie Bendas

6 slices bacon, diced 1 tsp. paprika
3 large onions Salt and pepper
2 $\frac{1}{2}$ lbs. lean pork tenderloin, 1 large can sauerkraut
cubed 2 tbsp. brown sugar
1 clove garlic 2 cups sour cream
1 tsp. dill 1 lb. veal steak, cubed

Fry bacon till crisp, add onion and brown. Add cubed pork, garlic and seasonings. Place in casserole, cover with sauerkraut. Sprinkle brown sugar over, cover tightly and bake in 350° F oven for 1 hour. Remove from oven, add the cubed veal, mix, cover, and bake for another 45 minutes, or until veal is tender. Top with sour cream in the last 15 minutes of cooking. Serve in casserole. This dish may be prepared in advance; the flavour improves as its sets. Serve with noodles or potatoes.

CASSEROLES

BUCKWHEAT CASSEROLE

Mrs. S. Luitec

1 c. buckwheat
3 c. boiling water
1 medium onion

1/2 lb. garlic sausage
1 tsp. salt
1 tsp. sugar

Cook buckwheat in boiling water mentioned above until all water is absorbed. In meantime put 3 Tbsp. lard in a frying pan, slice into it the onion and peeled garlic sausage. Fry together until the onion is slightly browned, pour over the buckwheat, add salt and sugar. Mix well and place into a small casserole. Bake at 350 degrees for 3/4 of an hour.

TUNA NOODLE LOAF

Mrs. W. Spilchen

3 eggs
1 c. milk
1 c. grated cheese
2 c. cooked egg noodles
1 can tuna

1 green pepper, chopped
1 tsp. onion flakes
Chopped pimentos
2 Tbsp. butter
Salt and pepper

Beat the eggs slightly; add remaining ingredients, except tuna. Grease casserole, dredge with flour and arrange drained tuna in bottom of pan. Spread noodle mixture over the tuna and bake in 350 degree oven about 1/2 an hour. This is delicious served with tomato sauce.

SAUERKRAUT AND SPLIT PEAS

Mrs. S. W. Drul

1 qt. sauerkraut
Few caraway seeds
1 medium onion chopped
4 Tbsp. bacon fat

1 tin French Canadian or
green pea soup, or 2 c.
mashed potatoes
Salt and pepper

Rinse sauerkraut under cold water if you find it sour and put in

SAUERKRAUT AND SPLIT PEAS (cont'd.)

a pot. Add some cold water, bring to a boil, reduce heat and let cook about 20 minutes, or to your favourite doneness. Add salt and pepper to taste, and a few caraway seeds, if desired. Saute the chopped onion in the bacon fat specified and add to the sauerkraut. It should be rather thin at this stage. Add more water if too thick. Now add pea soup or mashed potatoes. Serve hot.

RICE AND CHICKEN CASSEROLE

Mrs. R. Welychko

1 c. raw rice	1/4 c. minced onion
6 tsp. salt	3/4 c. Co-op flour
2 1/2 to 3 1/2 lb. chicken	1/2 tsp. pepper
2 1/4 c. milk	6 Tbsp. cooking oil
	2 Tbsp. minced celery

Wash rice and cook in 3 qts. boiling water to which 1 Tbsp. salt has been added, until rice is tender, 15 to 20 minutes. Wash chicken, dip pieces in 1/4 c. milk. Then place one at a time in a paper bag in which 1/2 c. Co-op flour, 1 1/2 tsp. salt and 1/4 tsp. pepper has been mixed. Shake bag until each piece of chicken is thoroughly coated with flour mixture. Then heat oil in frying pan and brown chicken. Place the cooked rice in a casserole and put browned chicken over it. In the oil remaining in the pan cook onion and celery for 10 minutes. Then blend in remaining 1/4 c. Co-op flour, 1 1/2 tsp. salt, 1/4 tsp. pepper. Stir in remaining 2 c. milk and cook, stirring constantly until mixture thickens. Pour over rice and chicken mixture. Cover and bake in hot oven 375 degrees for 30 minutes or until chicken is tender.

HOLIDAY SPAGHETTI

Mrs. M. Iwanchuk

1 c. diced onion	2 tsp. salt
1 c. canned mushrooms	2 tsp. sugar
3/4 c. green pepper diced	1 tin tomatoes - 28 oz.
1 lb. ground beef	Hot cooked spaghetti

Brown onions and green pepper in oil, add sliced mushrooms and fry together. To this add the ground meat which has been prefried. Add salt and sugar. Pour over the meat, tomatoes and bring to a boil. Add cooked spaghetti and remove to a large casserole, baking this for about 1/2 hour at 350 degrees. Sprinkle grated cheese on top and bake a little longer.

ONE DISH DINNER (Casserole)

Mrs. S. Kindrachuk

1 lb ground beef
 1/2 lb ground pork
 1 tin tomato soup

1 Tbsp. Co-op flour
 1 tsp. salt
 Dash of pepper

Fry the above ingredients until brown. Remove from heat and add 1 c celery, 1 small onion chopped fine, 1 tin mushrooms 6 large potatoes cubed, 2 c milk. Mix all together. Bake in greased baking dish 325 degrees for 1 hour. Serve hot.

PORK CHOPS IN TOMATO SAUCE

Mrs. P. Malisky

4 to 6 pork chops Fry pork chops until light brown, drain off all fat.

Sauce

1 Tbsp. brown sugar
 3/4 tsp dry mustard
 1/2 tsp. salt
 Dash of pepper

1 1/2 Tbsp vinegar
 1/2 c. chopped onion
 1 1/2 c. tomato juice
 3/4 Tbsp. spicy meat sauce
 (if desired)

Boil the above ingredients and pour over the browned pork chops. Bake in 350 degree oven for 1/2 hour.

CORN MEAL, CHEESE AND BACON CASSEROLE Mrs. S. Luitec

1/2 c. yellow corn meal
 1 1/2 c. boiling water
 1 tsp. salt
 1 tsp. garlic salt
 1/4 c. butter

3 c. grated cheese
 4 eggs, separated
 1 c. milk
 1/2 lb. bacon

Sprinkle corn meal into boiling water, stirring constantly. Cook and stir until smooth and thick. Add salt, garlic salt, butter and cheese. Stir over low heat until cheese is melted. Remove from heat. Beat egg yolks and milk slightly. Add to corn meal mixture. Cool thoroughly. Fry bacon until crisp. Drain on paper toweling. Crumble and add to corn meal mixture. Beat egg whites until stiff but not dry. Fold into cold corn meal mixture. Spoon into a casserole dish. Place in a baking dish half full of hot water. Bake in a moderately hot oven 375 degrees for 1 hour 15 minutes. Cool 1 to 2 minutes before serving.

MARTHA'S CASSEROL

Mrs. S. W. Drul

Cook until tender in boiling salted water: 4 oz. noodles. Meanwhile, heat in large heavy fry pan: 1½ tbsp. oil or shortening. Add:

½ cup sliced onions	½ lb. minced beef
¼ cup diced green peppers	¼ lb. minced pork

Cook slowly until tender and lightly browned. Add:

½ can mushrooms - pieces	½ tbsp. Worcestershire sauce
½ can tomato soup	¼ tsp. salt
2 oz.-pkg. cream cheese	⅓ tsp. pepper

Blend over low heat for 10 minutes. Arrange cooked noodles in buttered 2-quart casserole. Cover with meat mixture.

Combine: ½ cup corn flakes and ¼ cup slivered blanched almonds. Sprinkle over top. Bake in 350° F oven for 30 minutes.

CHICKEN CASSEROLE

Natalie Nikiforuk

Arrange in a large well buttered casserole the following, in layers, in order given:

1 cup long grain rice	1 can cream of mushroom soup
1 pkg. dry onion soup mix	1 can milk (soup can)

Chicken fryer cut up in serving pieces. Place around and top in casserole. Bake at 250° F for 4 hours.

Write Extra Recipes Here:



MAIN DISHES

CHEESE DOUGH VARENYKY

Mrs. S. W. Drul

2 c. Co-op flour
1 tsp. salt
1 c. cottage cheese

1 egg, slightly beaten
1/3 c. milk (about)

Mix the flour with the salt. Press the cottage cheese through a sieve and combine with the egg and milk. Stir in the flour and knead to make a soft dough. Cover and let it stand for 10 minutes. Roll quite thin, cut as desired, and form small varenyky using filling as stated in recipe for Varenyky (Filled Dumplings).

VARENYKY (Filled Dumplings)

Mrs. W. Sochaski

3 eggs
1/2 c. Mazola oil
3 c. mashed potatoes (whipped)

2 tsp. salt
4 c. Co-op flour

Beat the eggs until light, add oil and beat until smooth. Fold in whipped mashed potatoes, add flour and salt. Knead and divide dough into 3 portions. Form into balls, cover and set aside for at least 10 minutes. Roll out thin. Cut into squares 2 to 2 1/2 inches or rounds with a large cookie cutter. Place a square or round on the palm of your hand. Place a teaspoonful of filling on the dough. Fold over to form a half circle or triangle and press edges well together with fingers to prevent the filling from running out. Place on floured board or tea towel and cover to prevent drying. Drop 15 to 20 varenyky into a generous amount of rapidly boiling salted water, stir gently with wooden spoon to prevent them from sticking to the bottom of the pot, and boil steadily until well puffed from 5 to 7 minutes depending on the size of varenyky and thickness of dough. Remove them with perforated spoon

VARENYKY (cont'd.)

to a colander and drain thoroughly. Place in a deep dish, add melted butter and toss gently to coat the Varenyky evenly with butter to prevent them from sticking. Serve in a dish without crowding or piling. Sour cream on the table with these is a traditional accompaniment or chopped crisp bacon or both. Varenyky may be reheated by pan frying them in butter or bacon fat until light golden or reheated in the top of double boiler.

Fillings:

Cottage Cheese Filling: 1 lb. dry cottage cheese mixed with beaten egg. Salt to taste.

Potato Filling: Boil potatoes, mash with butter, while still hot add some grated cheese. If cottage cheese is preferred, cool potatoes slightly before adding. Some prefer to saute an onion in butter or oil and add to potatoes.

Sauerkraut Filling: 4 c. sauerkraut, salt and pepper to taste, 1 medium sized onion. Boil sauerkraut for 5 minutes. Drain well and press dry. Chop finely on board. Melt 3 Tbsp. bacon fat or oil, add chopped onion and fry light. Add sauerkraut and fry for a few more minutes. Cool.

Fresh Fruit Filling: Pitted cherries, Italian plums or any berries in season may be used. Put a spoonful of fruit on each square. Fruit may be sugared or not. Pinch the ends well together and boil as any other.

Prune Filling: To 1 lb. stewed and pitted prunes add 1/2 c. sugar. If prunes are too thin cook with sugar in a saucepan or over double boiler until mixture thickens. Serve fruit varenyky with browned butter crumbs and sprinkle of sugar or sour cream or melted honey and butter.

NALYSNYKI

Mrs. D. Harasymiw

2 eggs

8 Tbsp. Co-op flour

Pinch of salt

1 1/2 c. milk

1 tsp. sugar

Beat eggs and add the milk, flour, sugar and salt. Beat very hard. Make batter very thin. Pour about 2 Tbsp. 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:

1/2 lb. dry cottage cheese

2 Tbsp. sugar

1/2 tsp. vanilla

Dash nutmeg and cloves

Crushed nuts

NALYSNYKI (cont d.)

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

OVEN POTATO PANCAKES

Mrs. W. Skoreyko

6 medium potatoes
Salt and pepper
1 egg, beaten with
2 Tbsp. milk

1 c. Co-op flour
1 tsp. baking soda
1/2 c. cottage cheese

Grate potatoes and mix in balance of ingredients. Pour into greased 8x12 inch baking pan. Bake about 45 minutes in 375 degree oven. When done cut in squares and serve immediately with sour cream. Or have ready about 1/4 lb. bacon, chopped and fried with a chopped onion. Pour over the potato squares and serve.

RAW POTATO PANCAKES

Mrs. S. Luitec

2 eggs, beaten
1/3 c. Co-op flour
1 tsp. salt
1/8 tsp. pepper

1/2 tsp. baking powder
3 medium potatoes, grated raw
3 Tbsp. milk
2 Tbsp. drippings

Beat eggs and add remaining ingredients mixing the dry materials together before adding. If potatoes are grated ahead of time, add milk or fat to them to avoid discoloration. Drop by large spoonfuls onto hot griddle. Reduce heat. Brown both sides. Serve with sour cream.

HOLUBTSI - CABBAGE ROLLS

Mrs. S. A. Lazarowich

1 medium head cabbage
1 1/2 c. rice
1 medium onion
1/2 c. butter

1 c. tomato soup
1 c. water
3 slices bacon, chopped
Salt and pepper to taste

Scald cabbage and leave immersed in hot water until steamed and leaves come apart easily. Cut the large leaves into 3 or 4 pieces. Discard the central rib. Pour 3 c. boiling water to rice mentioned above, cover and boil at medium low heat until water is absorbed. Do not stir. Fry onion and bacon. To the partly boiled rice add butter, seasoning and half the fried bacon and onion. On each cabbage piece, held on the palm, put a spoonful of rice, roll up lightly and place in a small roaster layer on layer, sprinkling each layer with salt and remaining fried bacon and onion. Combine water and tomato juice pour over the rolls. Cover roaster with aluminum foil and bake in 350 degree oven for 1 hour until the filling and the cabbage is cooked.

HOLUBTSI (Buckwheat Cabbage Rolls) Mrs. S. Luitec

2 1/2 c. buckwheat	Salt and pepper to taste
3 c. water	1 medium cabbage
2 medium potatoes cooked and mashed	1 1/2 c. tomato juice
1/2 lb. salt pork or bacon fried with 1 large onion	

Scald cabbage and let steam until leaves can easily be taken apart. In meantime cook buckwheat in boiling water until all water is absorbed. Add mashed potatoes, fried bacon and seasoning to taste. Used to fill cabbage leaves, roll and tuck in securely. Place in a pot, add hot tomato juice and cover. Bake in 350 degree oven until done. Buckwheat alone can be used.

PORK AND BEANS Mrs. Nellie Nychyk

2 lbs. dry beans	1 tsp. dry mustard
1 20-oz. can tomato juice	1 1/2 tsp. chili powder
1 can tomato soup	1 1/2 tsp. Worcestershire sauce
1 1/2 cup brown sugar	A few drops of Lobasco
1/2 bottle ketchup	1/2 lb. of salted pork or bacon, chopped (a little less, if desired)
1 cup chopped onions	
2 tsp. salt	

Soak beans overnight, simmer for 2 hours (slowly). In the meantime, fry chopped pork and onions, then add the rest of the ingredients and bring to a boil. Add beans and mix slowly. Pour into bean pot or heavy casserole dish and bake for 1 hour or until tender at 300° F.

PANCAKES Mary Gramiak

3 egg yolks	3/4 cup flour
1 tbsp. sugar	1 tbsp. melted butter
1/4 tsp. salt	3 egg whites
1 cup milk	

Beat egg yolks until thick and lemon coloured. Add sugar, salt, and 1/2 cup milk. Sift flour, and add to egg mixture with remaining milk and shortening. Fold the stiffly whipped egg whites.

Bake as directed, making the cakes a little larger than usual pancakes. Spread each cake with currant jelly, and roll while hot. Place on a platter with the lapped side down to prevent spreading. Sprinkle with powdered sugar, and serve at once.

COTTAGE CHEESE PANCAKES

Mrs. S. W. Drul

For a light luncheon, garnish these with a dab of sour cream and serve with a green salad. As a dessert, sprinkle them with cinnamon and sugar; for breakfast serve with maple syrup. Whichever way, you'll enjoy them.

1 cup any cottage cheese	$\frac{3}{4}$ cup flour
$\frac{1}{2}$ tsp. salt	Grated peel of $\frac{1}{2}$ a lemon
6 tbsp. milk	1 tbsp. butter
3 eggs, separated	

Sprinkle the cheese with the salt and gradually beat in the milk until mixture has the consistency of heavy cream. Beat in egg yolks one by one, beating well after each addition, then add flour a little at a time, stirring with each addition. Beat egg whites until stiff and fold into batter with lemon peel.

Melt butter in a 9-10" fry pan. For each pancake use $\frac{1}{4}$ - $\frac{1}{2}$ cup batter, depending on size you prefer. Cook as any pancake, turning once only.

BEET LEAF HOLUBTSI

Natalie Nikiforuk

2 cups cold water	1 tsp. salt
1 cup rice	

Bring the water, salt, and rice to a boil. Cover and steam for 10 minutes on low heat. Fry $\frac{1}{4}$ cup chopped onion in $\frac{1}{2}$ cup butter until the onions are transparent. Add $\frac{1}{8}$ cup chopped dill and add to the rice. Add salt and pepper to taste.

Pick young fresh beet leaves and wilt them in the hot sun or in an oven at 200° F for a few minutes. Then place a tablespoon of rice on the beet leaf and fold sides and roll up. Place them in layers in a casserole, and pour $\frac{1}{2}$ cup of warm water over the holubtsi. Cover and bake in oven at 300° F for $\frac{1}{2}$ - $\frac{3}{4}$ of an hour. Serve with dill sauce prepared as follows:

Dill Sauce:

1 cup sour cream	1 tbsp. chopped onion, fine
$\frac{1}{2}$ tsp. dill	Salt and pepper to taste

Simmer onion in sour cream, uncovered, very slowly for about 10 minutes. If the cream is too thin, add 1 tsp. of flour diluted in cream. Add dill, salt, and pepper to taste. Then pour same over the holubtsi.

POTATO DUMPLINGS

Sandra Iwanchuk

2 cups cold mashed potatoes	$\frac{1}{2}$ tsp. salt
2 eggs, well beaten	$\frac{1}{2}$ cup chopped onion
$1\frac{1}{4}$ cup flour	

Combine the above ingredients except onion; knead well; form into very small balls, drop into rapidly boiling water. Stir and cook for 5 minutes. Drain. Fry onions in butter, sprinkle over dumplings. Serve hot.

SPANISH RICE

Sandra Iwanchuk

Prepare 2 cups instant rice according to directions on package. In skillet melt $\frac{1}{2}$ cup butter; add 1 can mushrooms (bits and pieces). Chop very fine.

$\frac{1}{2}$ cup celery
 $\frac{1}{2}$ cup onion

1 green pepper

Simmer all ingredients together for 10 minutes. Add rice and 1 can of tomatoes; stir well. Fold into casserole and bake for $\frac{1}{2}$ hour in moderate 350° F oven. 1 can of tomato soup may be used in place of tomatoes.

SPANISH RICE

Mrs. T. Harhara

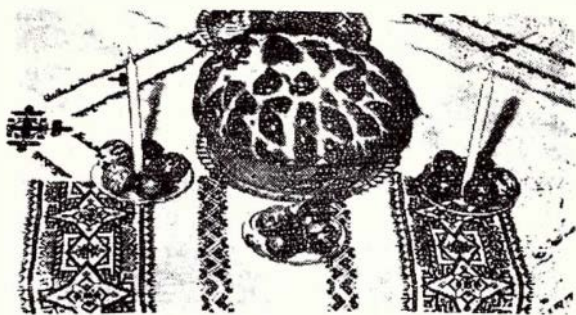
6 slices of bacon, cut up
 $\frac{1}{4}$ cup finely chopped onion
 $\frac{1}{4}$ cup chopped green pepper
3 cups boiled rice (1 cup
uncooked)

2 cups cooked tomatoes
2 tsp. salt
 $\frac{1}{8}$ tsp. pepper
Grated cheese

Fry bacon in a skillet until it is crisp, and then place it in a $1\frac{1}{2}$ quart baking dish. Add onion, celery, and green pepper to 4 tbsp. of bacon fat. Cook in skillet until the onion is yellow. Then add cooked rice, tomatoes, salt and pepper. Gently blend them together and turn into buttered casserole with bacon, sprinkle with grated cheese. Bake at 350° F for $\frac{1}{2}$ hour. Serve.

Write Extra Recipes Here:

Bread & Rolls



TRADITIONAL EASTER PASKA

Mrs. Y. Belyk

1 c. lukewarm water
1 tsp. sugar
2 pkg. yeast
3 c. scalded milk
5 c. Co-op flour
6 eggs, beaten

1/2 c. sugar
2 Tbsp. honey (melted)
3/4 c. butter
Rind of 1/2 lemon
1 Tbsp. salt
Enough warm Co-op flour to
make a medium soft dough

Dissolve the sugar in lukewarm water and sprinkle yeast over it. Let stand for 10 minutes. Combine lukewarm milk with the dissolved yeast and the 5 c. flour. Beat until smooth. Cover and let rise in a warm place until light and bubbly about 1 hour. Add the beaten eggs, sugar, melted butter, honey, rind of lemon and salt and mix thoroughly. Stir in enough flour to make a medium soft dough. Knead, sprinkling a bit of flour, until dough no longer sticks to the hand. Turn the dough on a floured board and knead until smooth and satiny. Brush dough with melted butter, place in bowl, cover and let rise until double in bulk. Punch down and let rise again. Shape into round loaves. Decorate the loaves with same dough. The central ornament on paska is usually the cross. Make some rosettes by shaping strips of dough into a roll, then with sharp scissors make the petals. Arrange these on the paska. Some homemakers decorate paska with braided rolls. Set the loaves in a warm place until almost double in bulk. Brush with melted butter. Bake in moderate hot oven (375 degrees) for about 10 minutes, then reduce the temperature to 325 degrees and continue baking for 1 more hour.

WHITE BREAD

Mrs. S. W. Drul

1 tsp. sugar	1/4 c. sugar
1/4 c. lukewarm water	1 1/2 tsp salt
1 pkg. yeast	2 Tbsp. melted shortening
4 c. boiled water, cooled to lukewarm	11 1/2 c. Co-op flour

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the softened yeast, water, sugar, salt, shortening and 6 c. of the flour. Beat until smooth. Cover and set it in a warm place to rise for about 1 1/2 hours. The sponge is ready when it is light and bubbly. Mix in the remaining flour and knead until the dough no longer sticks to the fingers. Turn it out on a floured board and knead until smooth and satiny. Place the dough in a bowl, cover, and set it in a warm place to rise until double in bulk. This will take about 2 hours. Cut the dough into 3 portions. Shape them into loaves. Place each loaf in a well greased loaf pan. Cover and let it rise in a warm place until double in bulk. Bake in a hot oven (400 degrees) for 15 minutes, then lower the temperature to a moderate heat (350 degrees) and bake for 45 minutes longer.

BROWN BREAD

Mrs. S. W. Drul

8 c. Co-op flour (all purpose)	1/4 c. honey
4 c. whole wheat Co-op flour	2 pkg. yeast
2 c. milk	2 1/4 Tbsp. salt
2 1/4 c. water	1/3 c. shortening
1/4 c. brown sugar	

Crumble yeast in 1/4 c. lukewarm warm water. Let stand for 10 minutes. Scald milk, add salt and honey and sugar, let cool. Combine milk, water and yeast mixtures. add whole wheat Co-op flour and beat well. Add melted shortening. When mixed add the all purpose flour gradually to make a dough stiff enough to handle when placed on a board. Lightly flour a board turn the dough out on it and knead well. Place dough away from drafts. Let rise until double in bulk. Punch down. Let rise again. Divide dough and shape into loaves. Place in oiled bread pans. Cover and let rise until double in bulk. Preheat oven to 375 degrees. Bake for 50 minutes.

LIGHT RYE BREAD

Mrs. P. Chyzowski

Pour 2 c. very hot water over 1 1/2 c. Co-op rye flour gradually, stirring continually with a wooden spoon to prevent lumping. Beat well and let stand about 1 1/2 hours. Scald 1 1/2 c. milk, let cool, and add to first mixture. Add enough

LIGHT RYE BREAD (cont'd.)

white flour to make a thick paste (about 2 to 3 c.). Beat well. To the above, add 2 cakes yeast which have been rising about 10 minutes in 1 1/2 c. lukewarm water and 2 tsp. sugar. Add 1 Tbsp. salt, 3/4 c. 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 degrees for 1 hour.

RYE BREAD OR BUNS

Mrs. S. Gramiak,

2 c. warm potato water	3 c. Co-op flour or enough to make a stiff dough
1 c. scalded milk (warm)	Combine and let stand 10 minutes:
1/2 c. melted shortening or lard	1 pkg. dry yeast
1 Tbsp. molasses or syrup	1/2 c. lukewarm water
1 Tbsp. salt	1 tsp. sugar
2 c. Co-op rye flour	

To yeast mixture add the rest of ingredients and knead well. Cover and keep in warm place away from draft and let rise until double in bulk, punch down and let dough rest for 10 or 15 minutes. Make into bread or buns and let rise. Bake at 400 degrees for 15 minutes reduce heat to 375 degrees until baked. (About 1 hour for bread).

STANDARD UKRAINIAN BABA (Easter Bread) Mrs. A. Chomiak

1 c. milk scalded and cooled	1 tsp. salt
1 1/3 c. Co-op flour	3/4 c. fine granulated sugar and
2 tsp. sugar	2 Tbsp. melted honey
2 1/2 pkg. yeast	3/4 c. melted butter
1/2 c. lukewarm water	2 tsp. vanilla
10 egg yolks	Rind of 1 lemon grated
2 whole eggs	5 to 5 1/2 c. sifted flour
	2 c. Sultana raisins (optional)

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it and let stand for 10 minutes. Put the lukewarm milk into a large bowl, add 1 1/3 c. flour, beat well, add the yeast liquid, beat well again and set aside to rise for 30 minutes. Beat the yolks and whole eggs well until foamy, beating in the sugar. Melt the butter and cool. When the sponge has risen, add the beaten eggs, sugar and honey, lemon rind, vanilla the rest of the flour and salt. Mix well and knead for 10 minutes. Add the melted butter. Knead some more for another 10 minutes, or until nice and smooth. The dough will be much lighter than ordinary bread dough. Set aside to rise for about 1 hour or until well double

STANDARD UKRAINIAN BABA (cont'd.)

in bulk. When sufficiently risen, have ready tall tins, well greased with soft butter. Take enough dough to fill 1/3 of the tins, and put again in a warm place to rise, about 40 minutes. Now brush the tops with beaten egg, put into heated oven 325 degrees for 10 to 15 minutes then reduce to 300 degrees and bake for another 30 to 40 minutes, depending on size of tin you are using. When baked, remove carefully from oven, leave in tin for 5 minutes then carefully take them out, lay them on a pillow, or something as soft, to cool, turning them carefully from time to time so they would not have flat sides.

Variations:

Almond Baba: Add 1 tsp. almond flavoring and 1 c. slivered blanched almonds.

Orange Baba: Omit vanilla; add 1/2 c. orange juice and an additional 1/2 c. flour.

Baba with Scalded Sponge: Bring the milk in the above recipe to a boil and pour over 1/2 c. flour. Mix well until smooth; and free from lumps. Cool to lukewarm. When cooled, add the additional 3/4 c. flour. Add the prepared yeast, beat well and set aside to rise. Then proceed as above.

Comments: A true Baba must be light and airy, that is why the dough is rich and thin, not stiff as in bread dough. If in doubt, and a stiffer baba is prepared add 1 c. more flour.

Use tall tins for baking. Juice or honey tins are excellent for this.

EASTER BABKA

Mrs. S. W. Drul

18 egg yolks and
2 whole eggs
2 c. milk
1/2 lb butter
4 pkg. yeast
1 c. raisins

1/2 lb. mixed fruit
1 1/2 c. sugar
2 Tbsp. melted honey
2 tsp. salt
Co-op flour to make soft
dough

Scald milk. Soak yeast in 1/2 c. water and 1 tsp. sugar for 10 minutes. In large bowl beat egg yolks and the 2 whole eggs, add sugar and honey and beat until white, add milk, yeast mixture and enough flour to make a soft dough. Knead for 15 minutes adding melted butter a little at a time, add raisins and fruit and knead for another 15 minutes. Place in warm place to rise until double in bulk. Punch down, let rise again as above; put in tall greased tins 1/3 full let rise. Bake in 325 degree oven for 10 minutes and lower oven to 275 degrees and continue baking for another hour. Remove babka from tin carefully and place on soft towels.

SPICE BREAD

Mrs. W. Belyk

1 c. milk	1/2 lb. mixed fruit
2 pkg. yeast	2 eggs, well beaten
4 Tbsp. sugar	1 c. cold water
2 Tbsp. soft shortening	1/4 c. molasses
5 1/4 c. Co-op flour or more if needed	2 tsp. salt
1 tsp. cinnamon	1/4 c. honey
1/4 tsp. cloves	1/2 tsp. allspice
	1 c. raisins

Scald milk, add water, measure 1/2 c. of this out. When lukewarm add yeast, 1 tsp. sugar. In the other 1 1/2 c. milk, add the salt, honey, sugar, molasses, shortening and well beaten eggs. Then add the rest of the ingredients, knead and set aside to rise, punch down, and let rise again. Put in loaf pans, let rise until double in bulk. Bake in 300 degree oven for 1 1/4 hours.

OVERNIGHT BUNS

Mrs. W. Belyk

1 pkg. yeast - soak in	3 c. lukewarm water
1/2 c. lukewarm water with	1 c. white sugar
1 tsp. sugar	1/2 c. oil or margarine
Let stand 10 minutes.	1 egg
Then add:	1 tsp. salt
	Flour to make soft dough

Knead well and let rise for 2 hours. Punch down and let rise again. Place in pans and let rise overnight. In the morning, preheat oven to 400 degrees, when buns are placed in the oven turn temperature down to 350 degrees and bake until done.

POPPY SEED ROLL

Mrs. S. A. Lazarowich

1 pt. milk	1 fresh yeast cake
1 c. sugar	6 egg yolks
1/4 lb. butter	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 1/2 inch thick, and spread with filling. Roll like jelly roll.

Filling:

1 lb. poppy seed	3 stiffly beaten egg whites
1/2 c. sugar	Grated rind of 1 lemon

POPPY SEED ROLL (cont'd.)

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.

BUNS WITH COTTAGE CHEESE

Mrs. P. Chyzowski

Dissolve 2 pkg. yeast in
1/2 c. warm milk and
2 Tbsp. sugar
Melt 1/2 c. shortening
1/2 c. butter

Add 1/2 c. sugar
1/2 tsp. salt
4 eggs, well beaten
5 c. Co-op flour

Combine all ingredients and knead for about 15 minutes. Cover and let rise in warm place about 40 minutes. Knead again and let rise once more. Now the dough is ready to make into desired buns, that may be filled with cottage cheese, prunes, or poppy seed filling. Put buns onto greased pan, cover and let rise. Bake in medium hot oven for 30 minutes or until done.

Cottage Cheese Filling

2 c. cottage cheese
Grated rind of 1 lemon
1/2 c. sugar
1 egg

1 tsp. melted butter
1/2 tsp. cinnamon
1/2 c. raisins
Combine and use to fill buns.

MAZOLA BUNS

Mrs. P. Chyzowski

Combine and let stand
for 10 minutes:
2 pkg. dry yeast and
1/2 c. warm water with
1 tsp. sugar
4 eggs

1 c. sugar
1 tsp. vanilla
1/2 c. Mazola oil
1 tsp. salt
2 c. warm water

Beat together all the above ingredients except the yeast mixture and keep bowl in warm water. Add yeast and about 10 c. flour and knead to make soft dough. Let rise twice. Make out into buns, let rise double in bulk. Bake in 350 degree oven until done.

AIR BUNS

Dissolve 1 pkg. yeast in
1/2 c. lukewarm water with
1 tsp. sugar
Then add 1/2 c. lard

1 tsp salt Mrs. W. Lewchuk
1/2 c. sugar
2 Tbsp. vinegar
3 1/2 c. warm water
8 to 10 c. Co-op flour

Enough flour so dough does not stick to your hands. Let rise 2

AIR BUNS (cont'd.)

hours. Then knead and let rise 1 hour more. At the end of second rise shape into buns the size of walnuts and let rise for 3 hours. Bake at 400 degrees until golden brown. After removing from oven brush with butter or glaze made of 2 tsp. sugar and 1 tsp. milk. Makes 5 doz. buns.

PAMPUSHKY

Mrs. S. Zuzak

1 c. sugar	1/4 tsp. salt
5 eggs	1 qt. warm water
1/2 c. butter	Co-op flour
1 pkg. yeast	

Dissolve 1 tsp. sugar in 1/4 c. lukewarm water, sprinkle yeast, let stand for 10 minutes. Stir well after 10 minutes and combine with water, salt, butter, sugar and well beaten eggs. Add flour and knead as for bread. Let rise until double in bulk, punch down, let rise again. Roll dough 1/4 inch thick, cut into small rounds and rill with poppy seed or prune filling. Seal edges securely and let rise for 1/2 hour, then deep fry. Sprinkle with icing sugar.

Poppy Seed Filling:	1/2 tsp. cinnamon
2 c. poppy seed	1 c. sugar
1/2 tsp. salt	1 c. chopped raisins or walnuts (optional)

Steam poppy seeds, drain and grind. Mix with other ingredients.

Prune Filling:	1/2 c. sugar
2 lb. prunes	Dash of cinnamon
Juice from 1 lemon	1/2 c. ground walnuts (optional)

Boil prunes until soft, drain, pit and chop. Add remaining ingredients and mix until well blended.

LONG JOHN BUNS

Mrs. E. Charko

1 c. Crisco	6 eggs
1 c. milk	2 tsp. vanilla
6 Tbsp. sugar	6 c. Co-op flour

Mix 1/2 c. lukewarm water, 2 Tbsp. sugar, 2 pkg. yeast and let stand 10 minutes. Scald milk and cool, add shortening, sugar, vanilla, yeast mixture and 3 c. flour. Add 1 egg at a time and knead after each addition. Then add the remaining 3 c. flour, knead well and set aside to rise, punch down and let rise again until double in bulk. Roll and cut in strips shaped for long Johns, and deep fry. Ice with butter icing.

BROWN BUNS WITH SAUERKRAUT

Mrs. S. W. Drul

2 pkgs. dry yeast dissolve
with
1 tsp. sugar in
1/2 c. lukewarm water
Add 3 c. lukewarm water
when yeast is dissolved

Beat in 2 c. whole wheat Co-op
flour and
2 c. white Co-op flour
Set sponge in warm place for 2
hours. Add
1 Tbsp. salt
1/2 c. Mazola oil
2 eggs, beaten
5 c. Co-op flour

Knead well. Cover and put in warm place for 1 hour to rise. Cut off or pinch off pieces of dough the size of large walnuts, roll out on palm of hand with fingers which have been dipped in oil to prevent sticking, place a teaspoon of prepared sauerkraut, roll up securely and place on oiled pan about 1 inch apart. Cover and let rise for 1 hour. Brush with beaten egg and bake in 400 degree oven until done. When baked let cool slightly then separate and put in roaster. Fry 3/4 lb. salt pork (or bacon) and pour over the buns, put in oven for a few minutes and serve warm. This is optional. Buns could be served plain. warm or cold. Add white flour may be used if desired. Makes 6 doz.

Sauerkraut Filling: Cook 2 qts sauerkraut for 5 minutes. Drain. Fry 3/4 lb. salt pork (or bacon) with 2 medium onions chopped. Add drained sauerkraut, 1 Tbsp. salt and pepper to taste. Fry altogether for 10 minutes. Cool and fill buns.

DOUGHNUTS

Mrs. J. Kishchuk

Dissolve 2 pkg. yeast in
1/4 c. warm water
Add 1 tsp. sugar and
2 Tbsp. Co-op flour

Mix and let stand for 15 to 20
minutes. Combine
1 c. milk and
1/2 c. sugar

Heat until sugar is dissolved. Beat 4 eggs and slowly beat into the warm milk. Add the prepared yeast and 1 tsp. vanilla. Beat in 6 c. sifted flour with 1 tsp. salt, alternately with 1/2 c. Mazola oil or melted butter. Knead the dough from 7 to 10 minutes, until it no longer sticks to the hands but is soft and elastic. Set aside to rise until double in bulk. Then roll out and cut with a doughnut cutter. Set to rise again about 20 minutes. Fry in deep hot fat.

Doughnut Ball Loaf: When making the above doughnuts and the centres which are left when doughnuts are cut may be made into a tasty loaf as follows: Melt 1/4 c. butter, add 1 tsp. cinnamon and 1/2 c. brown sugar. Grease a loaf pan and roll each little centre of dough in the above mixture and drop into the pan. Fill to half full, let rise and bake.

DOUGHNUTS

Mrs. S. Gramiak

15 eggs	Mix and let stand for 10
2 c. sugar	minutes:
1 1/2 tsp. salt	1 c lukewarm water
1 1/4 c. Mazola oil	2 pkg. yeast
2 c. potato water	2 tsp. sugar
2 c. scalded milk	Co-op flour

Beat eggs, add rest of the ingredients and yeast mixture. Add enough flour to make a soft dough, cover and let rise in a warm place free from a draft, until double in size. Punch down and let rise again. Make doughnuts, let rise again and fry in hot fat

CINNAMON BUNS

Mrs. S. W. Drul

1 fresh yeast cake	2 Tbsp. melted lard
3 c. milk	6 egg yolks
1/2 c sugar	1 tsp. salt
1/3 c. melted butter	

Scald the milk and add butter. When milk is lukewarm, add yeast, beaten egg yolks and sugar. Stir in the flour and salt, making sure you work it with a spoon. Add flour until the dough is thick enough that you can barely work it with the spoon. Grease the dough, let rise until doubled in bulk. Punch down dough and let rise another hour. Roll out to 1/4 inch thickness and spread with soft butter; sprinkle with brown sugar, cinnamon and raisins. Roll up like jelly roll and cut in 1 inch slices. Let rise until double in bulk and bake for half an hour at 325 degrees. Just before they go in the oven, top them with a mixture of beaten egg yolks and 1/3 c. cream.

CAKE DOUGHNUTS

Mrs. S. Zuzak

4 eggs	4 1/2 c. Co-op flour
1 c sugar	2 1/2 tsp. baking powder
5 Tbsp. melted butter	1 tsp. salt
1 c. milk	1 tsp. nutmeg
1 c. sweet cream	

Combine ingredients in the order given. . Wait for 1/2 hour then add more flour and fry in hot fat.

BRAN MUFFINS

Mrs. S. W. Drul

1 1/2 c. bran	1 c. Co-op flour
3/4 c. cream (sour preferred)	1 tsp. baking powder
1/4 c. milk or water	1 tsp. baking soda
1/2 c. brown sugar	1/2 tsp. salt
1 egg, well beaten	

Soak bran in liquid of cream and milk or water. Add brown sugar and well beaten egg. Sift dry ingredients and mix well with bran mixture. Bake for 25 minutes in 400 degree oven. Yield: 1 doz.

SOUR CREAM BISCUITS

Mrs. W. Sochaski

2 c. Co-op flour	1/4 tsp. baking soda
2 tsp. baking powder	2 Tbsp. butter or margarine
1/2 tsp. salt	3/4 c. sour cream

Preheat oven to 450 degrees. Grease a baking sheet with shortening. Mix and sift dry ingredients in a mixing bowl. Cut in butter or margarine until mixture is texture of coarse meal. Stir in sour cream to make a soft dough. Knead slightly on a floured board. Cut with floured biscuit cutter and place on greased pan, close together. Place a dab of butter on top of biscuit and bake for 10 to 12 minutes in a hot oven. Serve hot. Yield: 1 1/2 doz. small biscuits.

CRACKED WHEAT BREAD

Mrs. P. Ewanchuk

2 cups water	2 tbsp. yeast
3 tbsp. brown sugar	3 tsp. salt
1 cup cracked wheat	5 1/2 cups flour (about)
1/2 cup lukewarm water	1/3 cup shortening
2 tsp. sugar	

Method: Soak cracked wheat in 1 cup cold water and add brown sugar. Set aside for 2 to 3 hours for cracked wheat to soften.

Dissolve yeast in 1/2 cup lukewarm water with 2 tsp. sugar for about 10 minutes. Add 1 cup of hot water to the cracked wheat mixture and the salt, stirring till it is lukewarm. Then add the yeast mixture and 2 1/2 cups of flour and beat till smooth. Add and beat in the soft shortening and remainder of flour to make a fairly soft dough. Knead till smooth and elastic. Place in greased bowl, grease top, and cover bowl. Let rise in warm place till doubled in bulk. Punch down the dough and turn out on board, divide into three portions, shape into balls, cover with tea towel and let rest for 10 minutes. Shape into loaves. Place in greased pans, let rise till doubled in bulk. Bake in hot oven 400° F for about 50 minutes. Makes 2 average sized loaves.

BUNS

(Mrs. S. W.) Katherine Drul

3 tsp. yeast
½ cup lukewarm water

2 tsp. sugar

Dissolve sugar in water, add yeast and let stand for 10 minutes.

3 cups lukewarm water
6 well-beaten eggs
1 cup sugar

1½ cup vegetable oil
1 tsp. salt
2 tbsp. baking powder

Add the dissolved yeast, remaining ingredients and enough flour to make a soft dough. Place the dough in a warm place. Let rise until double in bulk. Punch down and let rise again. Make the buns the size of golf balls. Place on greased cookie sheets and cover. Let rise in warm place. Bake in 370° F oven for 25 minutes. This dough also makes lovely doughnuts.

EASTER DOVES

Ann Harbuz

4 cups flour
½ tbsp. salt
½ cup sugar
½ cup margarine
¼ cup warm water

1 cup warm milk
2 eggs
2 cloves for each bird eye
Stick of cinnamon for beak
1 level tbsp. yeast

Let stand for 10 minutes with ½ tsp. sugar. Beat all up. Add all the ingredients. Knead for 6 minutes on lightly floured board. Place dough in greased bowl, and let rise in very warm place for 1 hour. Punch down. Let rise again. Then form doves. Place birds on greased pan quite far apart. Brush with glaze (egg and water). Bake at 350° F for 10 minutes. Remove. Brush with dissolved brown sugar and water. Return to oven for 10 minutes or until golden brown.

Roll out a piece of dough twice the thickness of a pencil. Cut a strip about 5 inches long; tie into a knot; shape for head; flatten the tail and make about three inserts. Let rise for 1½ to 2 hours.

SOUR CREAM TWISTS

Mrs. Nellie Nychyk

3 cups flour
1 cup margarine
1 pkg. dry yeast

2 eggs
1 cup sour cream

Cut the margarine into the flour. Dissolve yeast in ¼ cup lukewarm water into which 1 tsp. sugar was dissolved. Add the beaten eggs and the sour cream, and mix well with spoon. Refrigerate for at least 2 hours. Then remove half of the mixture at one time from the fridge, pat with hands on floured board until ¼- to ½-inch thickness, sprinkle quite well with white sugar, then pat sugar into the dough with hand, roll like jelly roll, slice into ½-inch thick slices and place them on buttered pan, and bake until light brown at 350° F. Cinnamon is optional with brown sugar, instead of white sugar.

SPICED APPLE MUFFINS

Anna Zawalsky

¼ cup shortening	½ tsp. cinnamon
½ cup sugar	1 egg
½ cup milk	2 tsp. B.P.
1½ cup flour	1 cup diced apples
½ tsp. salt	

Method: Mix dry ingredients; work in shortening. Beat eggs and add milk to eggs. Add to the mixture — mix lightly. Lastly, fold in finely diced apples. Fill muffin tins half full.

Topping:

⅓ cup brown sugar	⅓ cup nuts
½ tsp. cinnamon	

Sprinkle before baking. Bake in 375° F oven for 20 minutes.

CARROT MUFFINS

Mary Harbus

1 cup white sugar	1 tsp. vanilla
½ cup flour	¼ cup milk
1 tsp. baking powder	2 beaten eggs
1 tsp. soda	½ cup raisins
1 tsp. cinnamon	1 cup grated carrots (raw)
¾ cup salad oil	

Method: Sift dry ingredients; make a well and add oil, then vanilla, milk, and eggs mixed together. Beat well all together. Fold in raisins and grated carrots. Bake at 350° F in muffin pans.

BANANA BRAN MUFFINS

Minnie Woytiuk

1 cup dates, and 1 cup raisins. Simmer them in a small amount of water, and set aside to cool.

1 large banana (or 2 medium ones), add to fruit.

Blend 3 cups flour, 3 cups bran or all-bran. Add:

3 tsp. baking soda	½ tsp. salt
1 cup white sugar	3 eggs
1 cup brown sugar	3 cups buttermilk
1 tsp. vanilla	1 cup salad oil

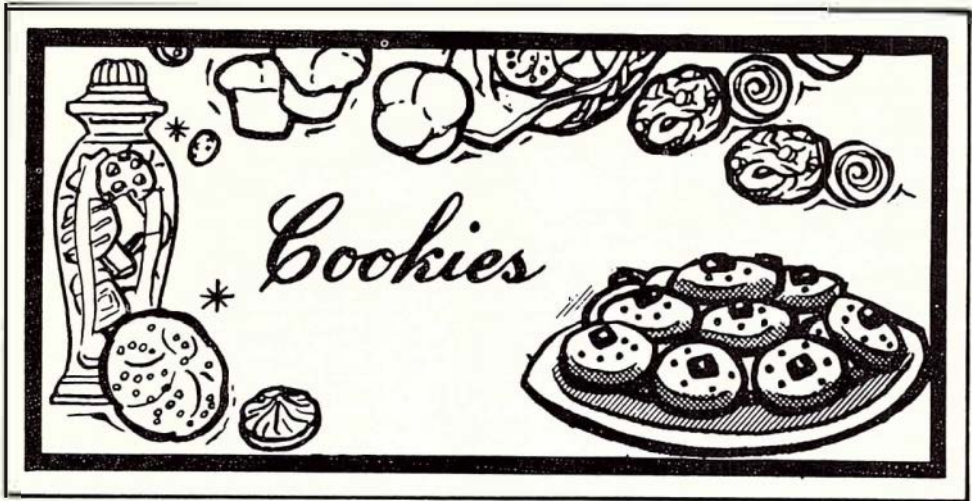
Stir in fruit mixture, and spoon into greased muffin tins. Bake in 350° F oven for 20 minutes.

WHOLE WHEAT BISCUITS

Ann Harbus

2 cups sifted whole wheat flour	½ cup dry skim milk
2 tsp. baking powder	⅓ cup oil
1 tsp. salt	¾ cup water

Sift dry ingredients together twice, including dry skim milk. Combine oil and water. Add liquid to dry ingredients. Stir until dry ingredients are absorbed. Turn out onto lightly floured board. Pat out and cut with floured cutter. Bake 12 - 15 minutes at 375° to 400° F. Makes 15 biscuits.



KHRUSTY

Mrs. W. Sochaski
Mrs. D. Harasymiw

3 egg yolks
1 whole egg
1 tsp. salt
1/4 c. icing sugar

1 tsp. vanilla
1 Tbsp. rum
1 to 1 1/2 c. Co-op flour

Beat eggs, add sugar, and salt and flavouring. Mix in 1 c. flour Sprinkle flour on bread board. Knead dough until satiny smooth (15 minutes). Cut into 2 or 3 balls, cover and set aside for 15 to 20 minutes. Roll very thin and cut dough into long strips about 1 1/4 inch in width. Then cut the strips into 2 1/2 to 3 inches in length diagonally. Slit each piece in the centre and pull one end through it to form a loose loop. Fry in shortening at 365 degrees until delicately browned. Drain on absorbent paper and sprinkle with icing sugar.

HONEY COOKIES

Mrs. Y. Belyk

1 c. melted honey
1/4 c. baking oil
1 c. brown sugar
4 eggs, well beaten
4 c. Co-op flour

1/2 tsp. salt
1 tsp. cinnamon
2 1/2 tsp. baking soda
1 tsp. baking powder

Mix together melted honey and baking oil. Beat eggs and add sugar. Sift together all dry ingredients and add alternately with honey and oil mixture, mixing well after each addition. Place in refrigerator overnight, in the morning form dough into small balls and place on a cookie sheet far apart, in order to allow enough space for cookies to spread. Bake in moderate oven 325 degrees.

HONEY DROP COOKIES

Mrs. S. Luitec

1/3 c. shortening	1 tsp. baking powder
1/2 c. honey	1/2 tsp. baking soda
1/2 c. brown sugar	1/4 tsp. salt
2 eggs, well beaten	1/2 c. chopped nutmeats
1/2 c. sour cream	1/2 c. chopped dates
1 3/4 c. sifted flour	1 tsp. vanilla
	1 c. Rice Krispies

Blend shortening and honey, add eggs and cream. Sift flour with baking powder, soda and salt. Add to first mixture. Stir in nutmeats, dates, flavouring and Rice Krispies. Drop by teaspoonfuls onto lightly greased baking sheet. Bake in moderate oven (350 degrees) about 20 minutes.

HONEY COOKIES

Mrs. A. Zawalsky

2 eggs	1/4 tsp. salt
1 c. sugar	1/2 c. crushed walnuts
6 Tbsp. honey	Grated rind of 1 lemon
1 c. cooking oil	Add 3 1/2 c. flour sifted with
	1 1/2 tsp. baking soda and
	1 tsp. baking powder

Make into small balls, place on cookie sheet and press down with a fork. Bake in 350 degree oven until light brown. This recipe makes 8 doz. cookies.

ORANGE HONEY COOKIES

Mrs. E. J. Prescesky

4 c. sifted flour	1 tsp. grated orange rind
1 tsp. baking soda	1/2 c. orange juice
1 tsp. baking powder	1 c. butter or margarine
1 tsp. salt	2 tsp. vanilla
1 1/2 tsp. mace	1 c. sugar
1 c. honey (melted)	

Sift together the 5 dry ingredients. Blend together the melted honey, orange rind and orange juice. Blend thoroughly the butter, vanilla and sugar, then add sifted dry ingredients alternately with honey mixture, mixing well after each addition. Cover and chill dough for 2 hours or longer, then roll into balls the size of walnuts. Bake on a greased baking sheet at 350 degrees for 15 minutes.

BURNT SUGAR COOKIES

Mrs. D. Harasymiw

2 eggs	2 tsp. vinegar
1 c. shortening	2 tsp. baking soda
1 c. white burnt sugar	Pinch of salt
1 c. brown sugar	3 1/2 c. flour

Cream shortening and brown sugar, add well beaten eggs. Add vinegar to burnt sugar and mix in with the first mixture. Sift the remaining ingredients and add to mixture. Chill dough. Roll out, cut with cutter. Bake in moderate oven 350 degrees 12 to 15 minutes.

BROWN SUGAR COOKIES

Mrs. S. Gramiak

2 2/3 c. brown sugar	6 c. flour
1 1/3 c. butter and lard	4 tsp. cream of tartar
4 eggs	2 tsp. baking soda
2 tsp. vanilla	1/2 tsp. salt

Cream butter and lard with brown sugar, add beaten eggs, vanilla, flour, cream of tartar, baking soda and salt. Mix all together. This is a large recipe and may be cut down to a half or quarter if desired.

BON BON COOKIES

Mrs. S. Zuzak

1/4 c. butter	1/2 tsp. baking powder
1 c. brown sugar	1/2 tsp. baking soda
1 egg	1 c. chopped raisins
1/2 tsp. vanilla	1/2 c. dates and nuts
1 1/2 c. flour	5 Tbsp. strong coffee

Cream butter and brown sugar until light and fluffy. Beat in egg, add vanilla. Sift together flour, soda and baking powder. Add to creamed mixture alternately with the coffee. Stir in fruit and nuts. Drop cookies on greased baking sheet and bake in moderate oven 350 degrees for 15 minutes.

SHORTBREAD

Mrs. A. Iwanchuk

1 lb. butter	1 c. fruit sugar
1 lb. potato flour	3 c. Co-op flour

Have butter at room temperature. Cream butter until it is light. Add sugar gradually. Add potato flour and the other flour 2 spoonful at a time. Turn out on bread board and work it with your hands. Roll 1/4 to 1/2 inch thick. Shape with any cutter you prefer. Bake in slow oven 325 to 350 degrees for 15 minutes, or until done. Let cool slightly in pan, then gently lift them out.

SHORT COOKIES

Mrs. O. Bendas

1/2 c. shortening	2 1/2 c. sifted flour
1/2 c. butter	2 tsp. cream of tartar
1/2 c. white sugar	1 tsp. baking soda
1/2 c. brown sugar	1 tsp. vanilla
1 egg	1/2 tsp. almond flavoring
1 tsp. salt	

Cream shortening and sugar, add egg. Sift dry ingredients, and mix with flavoring into first mixture. Beat. Roll into small balls, press down on oiled pans, decorate if desired. Bake in moderate oven.

REFRIGERATOR COOKIES

Mrs. S. W. Drul

2 1/2 c. Co-op flour	3/4 c. white sugar
1/4 tsp. salt	2/3 c. brown sugar
1/4 tsp. baking soda	1 egg
1 c. shortening or	1 tsp. vanilla
1/2 c. shortening and 1/2 c. butter	

Cream shortening, add sugar until blended and add egg. Add vanilla and dry ingredients, mixing well. Wrap in wax paper and chill for 2 hours.

Variations: 1/3 c. cocoa; 1/3 c. slivered almonds; 1/2 c. peanut butter; 1 c. chopped raisins or currants; 1/2 c. coconut or walnuts; 1/2 c. poppy seed; 1/2 c. green and 1/2 c. red cherries.

WINDMILL COOKIES

Mrs. P. Chyzowski

1/2 lb. Crisco	1 tsp. baking powder
3 c. Co-op flour	3 eggs
1 Tbsp. sugar	1/3 c. milk
1 pkg. yeast	

Dissolve 1 tsp. sugar in 1/4 c. lukewarm water, add 1 pkg. yeast and let stand for 10 minutes. Mix dry ingredients then cut in Crisco. Beat eggs well add milk and yeast then add to dry ingredients. Mix lightly and put in refrigerator for at least 2 hours. Combine 2/3 c. flour and 1/3 c. sugar, sprinkle on bread board, roll out dough thin and cut into 2 1/2 inch squares. Slit each corner 3/4 inch. Place 1/2 tsp. apricot jam into the middle of each square and fold every alternate petal to the middle, forming a windmill. Bake in 325 degree oven for 15 minutes. Sprinkle with icing sugar if desired.

APRICOT TOASTIES

Mrs. E. J. Prescesky

1 c. dried chopped apricots	1 tsp. vanilla
1/2 c. water	1/4 tsp. almond flavoring
1 c. butter	1 3/4 c. sifted flour
1/2 c. brown sugar	1/2 tsp. salt
1/2 c. white sugar	2 tsp. baking powder
1 egg	1 1/2 c. shredded coconut

Cook apricots in water until tender and cool. Cream butter and sugar together, blend in egg and flavouring. Sift flour, salt and baking powder together. Stir in together with the cooled apricots and mix well. Drop by teaspoonfuls onto shredded coconut and form into balls. Place on a greased cookie sheet, top with an almond and bake for 15 minutes or until slightly toasted in a 375 degree oven.

BANANA COOKIES

Mrs. E. Charko

2 1/4 c. flour	1/2 c. shortening
2 tsp. baking powder	1 c. sugar
1/2 tsp. salt	2 eggs beaten
1/4 tsp. baking soda	1/2 tsp. vanilla
1 c. mashed bananas	1/2 c. nuts

Mix all ingredients above and drop by teaspoonfuls on greased baking sheet, press down with fork. Bake in 350 degree oven.

SOFT MOLASSES COOKIES

Mrs. D. Lutzak

1 c. shortening	3 c. flour
1 c. sugar	1 1/2 tsp. cinnamon
1 egg	1 tsp. ginger
1/2 c. light molasses	2 tsp. baking soda
1 tsp. cider vinegar	1 tsp. salt
1 c. dairy sour cream	

Blend shortening and sugar. Add egg and molasses and beat well. Add vinegar and sour cream and combined sifted dry ingredients; blend thoroughly. Drop by tablespoonfuls on greased baking sheet. Bake in 350 degree oven 10 to 12 minutes. (6 doz. cookies approximately.) These delicious cookies are very soft textured therefore keep them in a tightly covered container and place waxed paper between layers.

OATMEAL COOKIES

Mrs. O. Bendas

1 c. butter (no substitute)	3 1/2 c. oatmeal
1 c. brown sugar	1/2 tsp. salt
1/2 c. sour cream	1 tsp. baking soda
2 c. Co-op flour	1 tsp. almond extract
	1 tsp. vanilla

Cream butter and sugar, add dry ingredients alternately with sour cream. Add flavorings. Mix thoroughly. Roll very thin, cut in shapes desired and bake in moderate oven on oiled pans.

OATMEAL ICE BOX COOKIES

Mrs. O. Bendas

1/2 c. shortening (not lard)	1 tsp. salt
1/2 c. butter	1 tsp. vanilla
1 c. brown sugar	1/2 tsp. almond extract
1 c. Co-op flour	1/4 c. boiling water
4 c. oatmeal	1 tsp. baking soda

Mix all ingredients. Shape into a roll and place in freezer until required. Thaw slightly at room temperature, slice and bake in moderate oven.

OATMEAL MACAROONS

Mrs. S. Zuzak

1/2 c. sugar	1 tsp. vanilla
1/2 c. brown sugar	1 banana, mashed
1/2 c. melted shortening	1/2 tsp. baking soda
1 egg, beaten	1 c. sifted flour
1/2 tsp. salt	2 c. oatmeal
1/2 c. coconut	

Combine the ingredients in the order given, drop with teaspoon on greased baking sheet. Press down. Bake in moderate oven 350 degrees 12 to 15 minutes.

CARROT HONEY COOKIES

Natalie Nikiforuk

2/3 cup butter	1 cup seedless raisins
1 cup honey (liquid)	2 tsp. baking powder
2 eggs	1/4 tsp. salt
1 cup finely grated carrots	1/4 tsp. baking soda
1 3/4 cups sifted flour	1/2 tsp. cinnamon
2 cups quick cooking oats	1/2 tsp. nutmeg

Method: Cream butter and honey. Beat in eggs, one at a time. Stir in carrots. Sift flour, baking powder, salt, soda, and spices. Mix with oats and raisins. Add to creamed mixture gradually, blending well. Drop from teaspoon onto greased cookie sheet. Bake at 350° F for 12 to 15 minutes.

CINNAMON BALLS

Sally Lazarowich

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|--------------------------------|-------------------------------------|
| 2 cups sifted cake flour | 2 tsp. vanilla extract |
| 1 tsp. cinnamon | 1 cup finely chopped pecan meats |
| ½ cup corn flake crumbs | 1½ cups sifted confectioner's sugar |
| 1 cup soft butter or margarine | |
| ⅓ cup sugar | |

Sift together flour and cinnamon, mix with corn flake crumbs. Blend butter, sugar and vanilla. Add dry ingredients and pecan meats, mix well. Shape into small balls, place on greased baking sheets. Bake in 350° F oven about 25 minutes. Remove from baking sheets and roll at once in confectioner's sugar. Yield about 4 dozen balls, 1½ inches in diameter.

ORANGE TORTE COOKIES (Almond Roll)

Mrs. S. W. Druhl

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|-----------------------------------|--|
| 1½ cup all purpose flour | 1 cup ground almonds |
| ¼ cup sugar | ¾ cup sugar |
| ½ cup (¼ lb.) butter or margarine | ¼ cup sifted icing sugar |
| 1 egg yolk, slightly beaten | 1 tbs. orange juice |
| 2 tsp. slightly beaten egg white | Strips of candied peel & cherries, whole or halved |

Sift flour, measure 1½ cups and sift again with ¼ cup sugar. Cut in butter as for pastry. Stir in egg yolk. Gather into a ball, work between palms for 2 minutes until you have a smooth dough. Roll out into 5 x 10" rectangle on floured board.

Mix together egg white, almonds and ¾ cup sugar. Turn onto board and press firmly to form a log about 8" long. Place down the middle of the dough; bring up the two sides to encase the filling, overlapping edges slightly to seal. Pinch ends together to seal. Carefully lift roll onto oiled pan. Bake in 400° F oven for 15 minutes or until golden. Cool. Drizzle top with icing sugar mixed with the orange juice. Decorate with peel and cherries, or other trimmings. To serve, cut in thin slices; or, in little thicker slices, halved.

SALTED PEANUT COOKIES

Mrs. Mary Chyzowski

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|----------------------|----------------------|
| 1 cup white sugar | 1 cup corn flakes |
| 1 cup brown sugar | 2 eggs |
| 1 cup shortening | 1 tsp. soda |
| 1 cup salted peanuts | 1 tsp. baking powder |
| 2 cups flour | 1 tsp. vanilla |
| 2 cups oatmeal | |

Cream shortening together with white and brown sugar, then add eggs, one at a time, beating well; add vanilla. Sift flour, soda and baking powder, then add oatmeal, corn flakes and salted peanuts. Mix well. Drop from a spoon. Bake in a 375° F oven for about 10 to 15 minutes.

Write Extra Recipes Here:



UKRAINIAN HONEY CAKE

Mrs. P. J. Semko

1 c. honey
 1 c. brown sugar
 8 eggs, separated
 1 c. butter
 3 1/2 c. flour

1 tsp. baking soda
 1 tsp. baking powder
 1/2 tsp. cloves
 1/2 c. pecans

Boil honey and brown sugar slowly, stirring with wooden spoon to dissolve honey real well. Then beat well with egg beater 5 minutes. Add egg yolks, one at a time, beating well after each addition. Add butter, beat well, until creamy. Add sifted dry ingredients. Add pecans. Fold in stiffly beaten egg whites. Bake 1 hour in slow oven 300 to 325 degrees in cake pan 9x13 inches.

HONEY CAKE

Mrs. S. Zuzak

1 c. butter
 1 c. white sugar
 1 c. liquid honey
 1 c. strong coffee
 1 tsp. baking powder

1 tsp. baking soda
 1 c. chopped raisins
 1 c. chopped walnuts
 4 c. flour
 4 eggs

Cream butter and sugar. Mix in honey. Beat egg yolks until light and blend with the honey mixture. Sift flour, soda and baking powder. Add alternately with the coffee. Lastly stir in the beaten egg whites, walnuts and raisins. Spoon in buttered pan and bake 1 hour in moderate oven (325 degrees).

SOUR CREAM NUTMEG CAKE

Mrs. S. W. Drul

1/4 c. shortening	1/2 tsp. nutmeg
1 1/2 c. brown sugar	1 1/4 c. sour cream
2 eggs	1/2 tsp. vanilla
2 c. flour	Topping: 1/3 c. butter
2 tsp. baking powder	1/2 c. brown sugar
1/2 tsp. baking soda	1/2 c. flaked coconut
1/2 tsp. salt	1 1/3 c. crushed cornflakes

Cream shortening and sugar until light and fluffy. Add eggs, and beat thoroughly. Add sifted dry ingredients alternately with sour cream and vanilla that have been combined together. Beat well after each addition. Pour batter into greased 9 inch square cake pan. Bake in preheated oven 350 degrees for 45 minutes. Meanwhile melt butter in saucepan, stir in remaining ingredients. Spread mixture on hot baked cake; return to oven and broil 2 or 3 minutes or until topping is gold in colour.

SOUR CREAM CAKE

Mrs. A. Nikiforuk

2 eggs, separated	1 tsp. baking soda
1 c. sugar	1 tsp. baking powder
1 c. sour cream	1/4 tsp. salt
1 1/2 c. flour	1 tsp. vanilla

Beat egg yolks, add a little of the cream, then gradually beat in the sugar, beating thick with each addition. Sift the flour with the rest of dry ingredients and add alternately with the rest of the cream and vanilla, mixing only enough to combine all ingredients. Finally fold in the stiffly beaten egg whites. Bake in moderate oven 350 degrees for about 40 minutes or until done in an 8x8 inch pan. For variety omit vanilla and add: 1/2 tsp. cinnamon. 1/2 tsp. nutmeg and 1/2 c. chopped walnuts or raisins.

CHRISTMAS POPPY SEED CAKE

Mrs. S. W. Drul

6 eggs	2 c. flour
2 c. sugar	2 tsp. baking powder
1 1/4 c. Mazola oil	1 c. chopped walnuts
1 c. dry poppy seeds	1/2 c. quartered maraschino cherries
1/2 c. milk	Pinch of salt

Pour boiling water over the poppy seeds, drain and dry on tea towels. Beat eggs with sugar, add oil and beat. Add poppy seeds, milk, sifted flour, baking powder, salt and walnuts. Mix well. Pour into greased and floured 9x13 inch

CHRISTMAS POPPY SEED CAKE (cont'd.)

pan. Top with quartered maraschino cherries and bake 1 hour at 325 degrees. Cool and sprinkle with icing sugar.

POPPY SEED TORTE

Mrs. S. Zuzak

8 egg yolks	1 c. ground almonds
8 whole eggs	2 lemons (grated rind)
2 c sugar.	1 c. ground poppy seeds

Steam poppy seeds, dry Grind poppy seeds and walnuts. Beat eggs and sugar well. Add rind of lemons. Mix in poppy seeds and walnuts. Spoon into 4 greased and lightly floured round layer pans and bake for 1/2 hour in a 350 degree oven. Use chocolate filling and frosting.

POPPY SEED COFFEE CAKE

Mrs. O Bendas

1/2 c. Crisco	1/3 c. poppy seed
1/2 c. butter	Mix 8 oz. sour cream with
1 1/2 c. white sugar	1 tsp. baking soda
4 egg yolks medium size	In a separate bowl mix
4 egg whites beaten stiff	1/2 c. light brown sugar
but not dry	1 Tbsp. cocoa
2 1/2 c. sifted flour	1 tsp. cinnamon
2 tsp. baking powder	

Cream Crisco and butter well, add sugar gradually and keep on creaming. Add egg yolks one at a time and continue to beat mixture until very light and fluffy. Stir in poppy seed, add flour alternately with the sour cream and mix well. Fold in the egg white. Have ready tube pan 7 1/2x3 1/2 inches greased and lightly floured. Put 1/3 of cake batter in prepared pan, on top of this sprinkle 1/2 of the cocoa mixture, add 1/3 more batter, balance of the cocoa mixture and on top of that the remaining 1/3 of the batter. Bake in 350 degree oven, 1 hour and do not disturb the cake while it is baking, however should your cake look too brown after the first 1/2 hour, a strip of aluminum foil may be placed on top of cake. Do not remove the cake from the pan before it has properly cooled. Leave as is. Cake may be dusted with icing sugar before it is served.

NO BAKE CREAM CHEESE CAKE

Mrs. O. Krawchenko

24 to 30 graham wafers,	1 pt. whipping cream
crushed fine	1 - 8 oz. pkg. cream cheese
1/4 lb. melted butter	1 c. sugar
1 Tbsp. white sugar	1 tin cherry pie filling

NO BAKE CREAM CHEESE CAKE (cont'd.)

Prepare graham wafers, melted butter and sugar and spread in large pan 13x9 inches. Whip whipping cream, beat together cream cheese and sugar and mix both mixtures until well mixed. Pour over prepared crust. Pour the tin of cherry pie filling over filling and let set overnight in refrigerator.

CHEESE CAKE

Mrs. O. Krawchenko

Top and Bottom:	Filling:
1/4 lb. butter	1 lb. cream cheese
2 1/2 c. crushed corn flakes	1/2 c. white sugar
1 c. sifted flour	4 Tbsp. flour
1 c. brown sugar	1/2 c. milk
1/2 tsp. baking soda	5 eggs, separated
	1 tsp. vanilla
	1 tsp. cream of tartar

Top and Bottom: Combine all ingredients and spread 1/2 of the mixture on bottom of a 2 qt. pyrex baking dish or large pan. Save the other 1/2 of the mixture for topping. Beat cream cheese, and sugar until smooth. Add egg yolks one at a time, beating after each. Add milk and vanilla and stir in co-op flour. Beat egg whites until stiff and dry and fold to cheese mixture very carefully. Pour in pan. Sprinkle the remaining top and bottom mixture. Bake 1 hour in 325 degree oven or until sides are golden brown. Let cake cool in oven. Leave oven door open. Cake settles and will not be as high as it was when baking.

CHEESE CAKE

Mrs. O. Bendas

30 graham wafers, crushed fine	1 Tbsp. sweet cream
1/4 lb. melted butter	2 eggs
1 Tbsp. white sugar	1/2 c. sugar
1/2 tsp. cinnamon	Vanilla or lemon juice
1/2 lb. cottage cheese sieved	1 pt. sour cream
1/2 lb. cream cheese	2 Tbsp. icing sugar
	1 or 2 drops food coloring (green)

Combine wafers, butter and 1 Tbsp. sugar and cinnamon, spread on buttered pan (square for deeper cake or large oblong for thinner slices). Mix thoroughly and spread on crust cottage cheese, cream cheese, sweet cream, eggs, sugar and vanilla or lemon juice. Bake 20 minutes in moderate oven (350 degrees). Take out, cool 15 minutes. Mix and spread on cake sour cream, icing sugar and food coloring. Return to oven for 5 minutes for glazing. Cool before cutting. Store in refrigerator.

NO BAKE CHEESE CAKE

Mrs. D. Lutzak

1. Mix 2 env. Knox unflavoured Gelatine, 1 c. sugar and 1/4 tsp. salt together thoroughly in top of double boiler.
2. Beat together 2 egg yolks and 1 c. milk, add to gelatin mixture. Cook over boiling water, stirring constantly until gelatin is thoroughly dissolved, about 8 minutes.
3. Remove from heat; add 1 tsp. grated lemon rind; cool.
4. Stir in 3 c. creamed cottage cheese (24 oz.) sieved, 1 Tbsp. lemon juice and 1 tsp. vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.
5. While mixture is chilling, make crumb topping as follows: Mix 2 Tbsp. melted butter, 1 Tbsp. sugar, 1/2 c. graham wafers, 1/4 tsp. cinnamon and 1/4 tsp. nutmeg. Sprinkle half into 9x13 inch pyrex pan. Save half crumb mixture.
6. Fold 2 egg whites stiffly beaten and 1 c. heavy cream whipped into chilled gelatin mixture.
7. Turn into pan and sprinkle top with crumbs. Chill until firm. Variations: Omit vanilla and stir 1 c. well drained canned pineapple into cheese mixture.

CHOCOLATE CHIP CAKE

Mrs. O. Krawchenko

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|--------------------------------|---------------------------------|
| 1 c. dates | 1 3/4 c. Co-op flour |
| 1 c. hot water | 2 eggs |
| 1 tsp. soda | 1 Tbsp. cocoa |
| Mix above ingredients together | 1 tsp. vanilla |
| and let stand until cool. | 1 c. chocolate chips (reserve |
| 1 c. sugar | 1/2 for topping) |
| 1 c. shortening | 1/2 c. chopped nuts for topping |

Prepare date mixture. Cream shortening and sugar, add eggs one at a time, beating after each addition. Add vanilla and cocoa. Then alternate date mixture with flour a little at a time. Add chocolate chips last. Pour into pan and cover with 1/2 c. chocolate chips and 1/2 c. walnuts. Bake in large pan 13x9 inches in 350 degree oven for 40 minutes.

CHOCOLATE JELLY ROLL

Mrs. P. J. Semko

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|---------------------------|------------------------|
| 4 egg yolks, beaten | 6 Tbsp. cocoa |
| 4 egg whites, beaten | 1/2 tsp. baking powder |
| 3/4 c. fine white sugar | 1/2 tsp. salt |
| 6 Tbsp. sifted cake flour | 1 tsp. vanilla |

Add sugar gradually to stiffly beaten egg whites. Fold in egg yolks. Add the rest of ingredients after sifting altogether. Bake in cookie sheet which has been greased and floured and lined with wax paper. Bake in 400 degree oven for 10 minutes. Turn on damp cloth sprinkled with icing sugar. Spread with jam or jelly - roll up. Wrap in wax paper and let cool.

SUPERIOR RED DEVIL'S FOOD CAKE

Mrs. O. Bendas

1/4 c. butter	1/2 c. buttermilk or thick sour milk
1 c. sugar	2 qts. unsweetened chocolate
2 eggs, separated	1 tsp. baking soda
1 1/2 c. sifted cake flour	1 tsp. vanilla
1 tsp. baking powder	1/4 c. boiling water
1/2 tsp. salt	

Cream butter very well, gradually sifting in sugar while creaming. Sift together the flour (which must be sifted before measuring) baking powder and salt. Add beaten yolks to butter mixture, mix well. Sift in flour mixture alternately with the buttermilk or sour milk, a small amount at a time. Melt chocolate with 1/4 c. boiling water, stirring constantly to prevent scorching. Cook until thick. Add soda and cool slightly, add to cake batter. Add vanilla. Beat egg whites stiff but not dry and fold into cake batter. Oil and lightly flour layer cake pans or large oblong pan. Bake at 350 degrees 25 minutes for layer cakes or 30 minutes for cake. Spread with marshmallow icing or fudge icing.

ORANGE NUT CAKE

Mrs. J. Policha

Grind together 1 orange (reserve juice)	1 c. sugar
1 c. raisins	1 tsp. salt
1/3 c. walnuts	Add 1/2 c. shortening or butter or margarine (omit salt if margarine is used)
Sift together 2 c. flour	
1 tsp. soda	

Add 3/4 c. milk to the above flour mixture, beat 2 minutes at medium speed. Add 2 eggs unbeaten and 1/4 c. milk. Beat 2 more minutes. Fold in orange, raisin mixture. Pour into greased pan. Bake in 350 degree oven for 40 to 50 minutes. Topping: 1/3 c. orange juice, 1/3 c. sugar, 1 tsp. cinnamon. Mix and pour over hot cake. Sprinkle 1/4 c. chopped nuts over topping.

WHOLE WHEAT CHERRY LOAF CAKE

Mrs. R. Czuy

1/2 c. butter	1 tsp. vanilla
3/4 c. white sugar	2 c. whole wheat flour
2 eggs	2 tsp. baking powder
1/4 c. milk	1/2 c. walnuts
1/4 tsp. salt	1/4 lb. glazed cherries

Cream butter and sugar, add beaten eggs, vanilla, milk, flour, baking powder, salt, cherries and nuts. Place in loaf pan lined with wax paper. Bake for 1 hour in 325 degree oven.

PINK MINT CHIFFON

Mrs. J. Policha

In first bowl sift together: 6 unbeaten egg yolks
2 c. sifted cake flour 3/4 c. +4 Tbsp. cold water
1 1/2 c. sugar 1 tsp. peppermint flavouring
3 tsp. baking powder Blend until smooth
1 tsp. salt In second large bowl put
Make a well, add in order: 6 egg whites
1/2 c. Mazola oil 1/2 tsp. cream of tartar

Beat egg whites stiff, stiffer than for meringue. Fold egg yolk mixture into stiffly beaten egg whites. Sprinkle over the batter 1/2 tsp. red coloring. Fold in with 3 or 4 strokes. Pour into large ungreased tube pan. Bake at 325 degrees for 65 minutes. Invert pan and let cool.

CHRISTMAS CAKE

Mrs. N. Pluta

1 lb. dates 1 c. white sugar
1/2 lb. mixed peel 1 c. brown sugar
1/2 lb. glazed cherries 12 eggs
1/2 lb. almonds 1 tsp. vanilla
1/4 lb. walnuts Juice and rind of 1 lemon
3 lbs. raisins 1/4 tsp. nutmeg
1 lb. currants 2 tsp. cinnamon
5 c. Co-op flour 1 tsp. mace
1 lb. butter 1 tsp. baking soda
 2 tsp. cream of tartar

Cream butter and sugar, add beaten eggs, vanilla, juice and rind of lemon. Sift flour with spices, baking soda and cream of tartar. Add fruit and bake at 275 degrees. (Small tins approximately 2 hours, large tins 3 1/2 to 4 hours). Place a pan of water at bottom of oven while baking.

LEMON LOAF

Mrs. D. Kotyk
Mrs. D. Harasymiw

2 eggs, well beaten 1 1/2 tsp. baking powder
6 Tbsp. Crisco or other 1/4 tsp. salt
shortening 1/2 c. milk
1 c. sugar Grated rind of 1 lemon
1 1/2 c. Co-op flour

Mix as for cake, bake 1 hour in 350 degree oven. Combine 1/3 c. sugar and juice of 1 lemon for glazing. When loaf is removed from oven, cover with glazing. Holes may be punched in loaf with skewer to allow glazing to penetrate.

CHERRY LAYER TORTE

Mrs. S. W. Drul

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| 3 eggs | 1/4 tsp. salt |
| 1 cup white sugar | 1 tin E. D. Smith cherry pie filling |
| 3/4 cup Mazola oil | |
| Rind of 1 orange | 1/2 cup white sugar, mixed with about 1 tsp. cinnamon and, if desired, chopped nuts |
| 1/3 cup orange juice | |
| 2 cups flour | |
| 2 tsp. baking powder | |

Beat eggs well, add sugar, oil, rind and juice. Add flour, mixed with dry ingredients. Use 13 x 9" pan (greased). Put half batter in the pan, then sprinkle half sugar mixture, and then cherry filling. Keep filling away from edge (outer). Add rest of batter and top with rest of sugar mixture. Bake at 350° F for about 1 hour; or at 325° F in Pyrex pan.

WALNUT TORTE

Caroline Belyk

A light and tender torte — good with any filling.

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|----------------------------|--------------------------|
| 8 eggs, separated | 1 tsp. grated lemon rind |
| 1 cup powdered sugar | 1 tbsp. lemon juice |
| 1 1/2 cups walnuts, ground | Few grains salt |
| 4 tbsp. flour | |

Line 2 deep layer cake pans with waxed paper and butter them well. Add the sugar gradually and beat constantly until light and fluffy. Stir in the nuts, flour, lemon rind, lemon juice, and salt. Beat the egg whites until stiff and fold into the mixture. Spoon the batter into the prepared pans. Bake in a moderate oven (350° F) for about 30 minutes, or until done. Allow the cakes to stand in the pans for a few minutes, and then remove to a cake rack. Spread any favorite filling between the layers and over the top sides.

COFFEE FILLING

Caroline Belyk

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|---------------|-----------------------------|
| 1/2 cup milk | 2 tbsp. strong black coffee |
| 2 tbsp. flour | 1/2 cup sugar |
| 2 egg yolks | 1/2 cup butter |

Mix together with milk and flour and cook over medium heat, stirring constantly until thick. Remove from heat, cool slightly and add egg yolks and coffee. Beat well until smooth. Cream butter with sugar and combine with milk and flour mixture. Mix well. Set in refrigerator until well chilled and thickened. Ground nuts may be added, if desired.

RHUBARB CAKE

Natalie Nykiforuk

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|------------------|--------------------|
| 2 cups flour | 1/2 cup shortening |
| 1 1/2 cups sugar | 1 egg, beaten |
| 2 cups rhubarb | 1 tsp. vanilla |
| 1 tsp. soda | 1 cup sour milk |

Mix in order given. Sprinkle on top 3/4 cup brown sugar, and 3 tsp. cinnamon. Bake in a glass dish at 350° F for about 45 to 55 minutes till done.

BREAD TORTE

Katherine Drul

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|--|----------------------------------|
| 6 egg yolks | 1 cup sugar |
| 1 cup almonds (blanched
and grated) | 1 cup bread crumbs |
| 1 tsp. cinnamon | ½ tsp. cloves |
| ½ tsp. allspice | 1 lemon juice and grated
rind |
| 1 tsp. baking powder | 6 egg whites |

Beat egg yolks until light. Add sugar and beat for several minutes. Add the almonds and mix well. Combine the bread crumbs with the juice and grated rind of the lemon. Add the spices and the baking powder and then combine with the egg mixture.

Line 2 deep layer cake pans with waxed paper and butter them well. Spoon the batter into the prepared pans. Bake in a moderate oven (350° F) for about 30 minutes, or until done. Allow the cakes to stand in pans for a few minutes, and then remove to a cake rack. Spread any favorite filling between the layers and over the top sides.

CHOCOLATE TORTE FILLING

Katherine Drul

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

CHEESE CAKE

Mary Harbus

Ingredients: (Mix all together and blend well).

- | | |
|---------------------------------|---------------------|
| 1½ cup crushed Graham
wafers | 1 tsp. cinnamon |
| ¼ cup granulated sugar | ¼ cup melted butter |

Filling:

- | | |
|--------------------------|--|
| 1 envelope Knox gelatine | 1 tbsp. milk |
| ¼ cup cold water | ¾ lb. Philadelphia cream
cheese at room temperature |
| 2 egg yolks, well beaten | 1 tsp. vanilla |
| 2 tbsp. lemon juice | 2 egg whites (beaten) |
| Rind of 1 lemon | 1 cup cream (whipped) |
| ½ cup granulated sugar | |

Method: Put half of wafers in pan. Dissolve gelatine in cold water and let stand. Beat egg yolks in top of double boiler, add sugar and milk, and mix well. Place over double boiler and cook until slightly thick. Remove from heat. Add gelatine, stirring until gelatine is thoroughly dissolved. In large mixing bowl cream cheese well. Add to it gradually the gelatine mixture. Creaming well to get rid of all the lumps. Add lemon juice, rind and vanilla. Beat egg whites until they stand in peaks. Fold into mixtures. Whip cream and add to above. Pour over crumbs; sprinkle remaining crumbs on top. Refrigerate for about 6 hours.

VIENNESE TORTE

Marie Bendas

3	1-oz. squares unsweetened chocolate	2	eggs
		1	tsp. vanilla
$\frac{2}{3}$	cup sugar	1	tsp. almond
$\frac{1}{2}$	cup milk	2	cups sifted cake flour
1	beaten egg	1	tsp. soda
$\frac{1}{2}$	cup butter	$\frac{1}{4}$	tsp. salt
1	cup sugar	$\frac{2}{3}$	cup milk

Combine chocolate, $\frac{2}{3}$ cup sugar, $\frac{1}{2}$ cup milk, and 1 beaten egg in saucepan. Cook over low heat until chocolate is melted, and mixture thickens. Cool well.

Cream butter till soft. Add sugar gradually, beating in mix-master until fluffy. Add the flavourings. Add the eggs, one at a time, beating well after each addition. Sift together the dry ingredients, then add to butter mixture alternately with milk, beating well between additions. Now blend in the chocolate mixture. Bake in 4 well-oiled and flavoured round cake pans at 350° F for 25 minutes or until done. Cool layers thoroughly. The torte may also be baked in an angel food pan, and split into layers when cool. Bake about 1 hour for this method.

Put cake layers together with different fillings. Apricot or raspberry preserves or currant jelly for one layer; rich vanilla, chocolate or walnut cream fillings may be used in any layers. Make basic cream filling and divide by adding different flavourings.

Cream Filling:

1	cup milk or creammilk	2	eggs
1	cup sugar	1	tbsp. butter
2	tbsp. cornstarch		Vanilla or almond

Scald milk in double boiler. Mix dry ingredients, stirring in part of the scalded milk. Add to milk in double boiler, cook until thickened, stirring constantly. Beat eggs slightly, add some of the cooked mixture, stir and return to milk mixture. Cook again for one minute. Remove from heat, add butter and flavourings. Cool well before spreading on layers.

CARROT LOAF or CAKE

Mary Harbus

$1\frac{1}{2}$	cups Crisco oil	1	tsp. baking powder
2	cups sugar	1	tsp. soda
4	eggs	$\frac{1}{2}$	tsp. salt
2	cups grated carrots (raw)	2	tsp. cinnamon
14-	or 12-oz. can crushed pineapple and juice	1	cup raisins
1	cup ground walnuts	8	ounces mixed glace fruit (more or less)
$2\frac{3}{4}$	cups flour		

Method: Pour oil over sugar, add beaten eggs. Add sifted dry ingredients. Beat well, alternately with pineapple and juice. Add grated currants and fruits and nuts. Bake in 2-loaf pans for $1\frac{1}{2}$ hours at 325° F.

POPPY SEED CAKE

Anna Zawalsky

½ lb. poppy seeds	2 tsp. baking powder
7 eggs	¾ tsp. baking soda
1 cup cooking oil	½ tsp. salt
1½ cups sugar	½ cup chopped walnuts
1½ cups bread crumbs	

Place poppy seeds into pot with just enough water to cover. Cook ½ hour. Put through grinder twice. Beat egg yolks, add sugar gradually and continue beating. Add oil, baking powder, soda, salt, and bread crumbs. Beat after each addition. Beat egg whites and fold in gently. Stir in walnuts. Bake in 9 x 13" pan at 350° F for 40 minutes.

Glaze:

In a sauce pan, combine the following:

2 tbsp. cocoa	1 tbsp. Crisco oil
2 tbsp. water	1 tbsp. corn syrup

Stir over low heat until smooth. Remove from heat, beat in 1 cup icing sugar. Drizzle over cake.

RECEPTION CAKE

Sylvia Pidwerbeski

¾ cup butter	¼ tsp. salt
2 cups fine sugar	¾ cup milk
2 cups flour	½ tsp. vanilla
1 cup cornstarch	Whites of 6 eggs
1¼ tsp. baking powder	Fruit coloring

Cream butter, gradually adding sugar, and beat till light. Sift together three times flour (which has been sifted once before measuring), cornstarch, salt, and baking powder. Add to butter and sugar alternately with the milk. Add vanilla and beat well. Lastly, fold in stiffly beaten whites of eggs. Put in 3 layer cake pans. Add a drop of pink fruit coloring to one-third of the mixture so that middle layer is a delicate pink. Bake in moderate oven of 350° F for 20 minutes. Then turn out and let cool. Fill with the following:

Filling:

½ cup sugar	1 cup cocoanut
1¼ tbsp. cornstarch	Yolks of 6 eggs
¼ tsp. salt	½ tsp. vanilla
½ cup milk	

Mix together sugar, cornstarch, and salt. Gradually add milk, then cocoanut, beaten egg yolks, and vanilla. Cook in double boiler stirring constantly till it thickens. Do not let mixture boil. While still warm, spread between layers of cake.

CARROT HONEY CAKE

Minnie Woytiuk

6 eggs	½ tsp. salt
2¾ cups sifted flour	2 tsp. baking powder
1¼ cup salad oil	½ tsp. nutmeg
¼ cup honey	2 cups sugar
2 cups walnuts	2½ cups shredded carrots

Method: Separate 6 eggs, placing whites in a large bowl, and yolks in a second large dish. (Eggs - room temperature.) Butter pans, lined with waxed paper. Preheat oven to 350° F. Bake for 45 to 50 minutes. Sift together 2¾ cups sifted flour, 2 tsp. soda, and ½ tsp. nutmeg. With electric egg beater, beat egg yolks until thick and light. Gradually add sugar, beating until light and fluffy. Fold in flour mixture, then add carrots and walnuts.

Beat whites with ½ tsp. salt until stiff peaks are formed when beaters are raised. Add egg yolks and fold until no egg whites appear. Divide evenly into pans.

POPPY SEED CHIFFON CAKE

Katherine Drul

Soak: ½ cup poppy seed in 1 cup water for 2½ hours.

Into a bowl sift:

2 cups flour (sift flour before measuring)	1½ cup sugar
3 tsp. baking powder	1 tsp. salt

Make a well in the middle of flour mixture and add in order: ½ cup salad oil, 7 unbeaten egg yolks, poppy seed with water, 2 tsp. vanilla, ¼ tsp. baking soda and beat mixture until smooth. In a separate bowl beat 7 egg whites until stiff and ½ tsp. cream of tartar, beat again until whites form very stiff peaks. Do not underbeat. Pour egg yolk mixture gradually over whipped egg whites, gently folding in with a spatula. Do not stir. Pour into ungreased tube pan. Bake for 50 minutes at 325° F then increase to 350° F for 10 - 15 minutes. When done, immediately turn pan upside down placing tube part over a funnel. Let stand until cool, for about 2 hours.

CHOCOLATE CHIFFON CAKE

(Mrs. John) Annie Bobesko

Mix ¾ cup boiling water and ½ cup cocoa and stir until smooth, then cool. (Be sure water is boiling.) It will help thicken the batter.

1¾ cups sifted flour	½ cup Mazola oil
1¾ cups sugar	7 unbeaten eggs
1½ tsp. soda	2 tsp. vanilla
1 tsp. salt	8 egg whites
½ tsp. red coloring	½ tsp. cream of tartar

Sift together the flour, sugar, soda and salt and make a well and add in order: Mazola oil, 7 unbeaten egg yolks, the cooled cocoa mixture and 2 tsp. vanilla. Beat until smooth. Then beat until very stiff the egg whites and cream of tartar. (Do not underbeat.) Pour egg yolk mixture gradually over beaten egg whites. Bake 1 hour in moderate oven.

APPLE CAKE

Caroline Belyk

1½ cups flour	2 eggs
1 tsp. soda	1 tsp. vanilla
1 tsp. cinnamon	½ cup cold coffee
¼ tsp. salt	2 cups finely chopped apple with peel (use knife for chopping)
½ cup butter	
1 cup brown sugar	

Sift flour with soda, cinnamon, and salt; cream butter and sugar well. Add egg and vanilla and beat well. Add flour and coffee at a time, and beat after each addition. Lastly, add chopped apple. Place batter in buttered pan 9 x 13". Put on top of cake the following:

½ cup sugar	½ cup of walnuts (chopped)
½ cup of coconut	

Bake at temperature of 325° for 45 to 50 minutes.

BANANA BREAD

Mrs. P. Ewanchuk

1¾ cup sifted all purpose flour	½ cup vegetable oil
3 tsp. baking powder	⅔ cup sugar
¼ tsp. baking soda	2 eggs
½ tsp. salt	½ cup coarsely chopped nuts
1 cup ripe mashed bananas	

Mix and sift dry ingredients. Combine bananas, oil, sugar, and eggs in large bowl. Beat with rotary beater till light and foamy. Add sifted dry ingredients and mix with spoon till well blended. Pour into well greased loaf pan (8 x 4 x 2") and bake in moderate oven (350° F) for 70 minutes or till done. Cool thoroughly before cutting. Freezes well.

PUMPKIN CAKE ROLL

Mary Chyzowski

¾ cup flour	1 cup sugar
1 tsp. baking powder	⅔ cup pumpkin, cooked or canned
1 tsp. cinnamon	1 tsp. lemon juice
1 tsp. ginger	1 cup fine-chopped walnuts
½ tsp. nutmeg	Powdered sugar
Sprinkle of salt	
3 whole eggs	

Filling:

1 cup powdered sugar	4 tbsp. butter
2 3-oz. pkgs. cream cheese	½ tsp. vanilla

Sift together the first six dry ingredients and set aside. Beat eggs 5 minutes with electric mixer or until very thick. Gradually beat in 1 cup sugar. Stir in pumpkin and lemon juice. Fold dry ingredients in pumpkin mix. Spread in a greased and floured 15 x 10" baking pan or jelly roll pan. Sprinkle top with fine-chopped nuts. Preheat oven to 375° F and bake for 15 minutes. Loosen edges and turn out immediately on a towel sprinkled with powdered sugar. Wax paper will do. Starting at narrow end, roll towel and cake together, cool and unroll. Combine powdered sugar, cream cheese, butter and flavouring and spread over cake. Roll and chill before slicing to serve.

Write Extra Recipes Here:

ICINGS

MARSHMALLOW ICING

Mrs. P. Tkatchuk

2 egg whites
1 c. corn syrup

8 marshmallows

Beat egg whites with the syrup in double boiler until thick and fluffy. Add marshmallows and beat until they melt. Remove from heat and beat until icing is thick enough to stand in peaks and spread on cake immediately.

ICING FOR CHIFFON CAKE

Mrs. O. Bendas

1 c. whipping cream
1/2 c. icing sugar
1/4 c. cocoa

Dash of salt
1/4 tsp. almond extract
1 tsp. vanilla extract

Mix together and whip until thick. Good over chiffon cakes, angel cakes and tortes. Decorate cake with almond slivers.

UNBOILED FROSTING

Mrs. S. Zuzak

1 large egg white
Dash of salt

1/2 c. syrup
1/4 tsp. almond flavouring

Beat egg white and salt until peaks hold. Add syrup and flavouring 1 Tbsp. at a time and beat until all syrup is used.

MOCH WHIPPED CREAM ICING

Minnie Woytiuk

1/2 cup butter
3/4 cup icing sugar

2 tbsp. cream

Beat till light, then add 2 tbsp. of hot water. Beat again until it looks like whipped cream. Add vanilla or lemon juice. Great to keep, especially on frozen cakes.

Write Extra Recipes Here:

SQUARES

CHEESE DREAMS

Mrs. R. Czuy

1 3/4 c. Co-op flour
1/4 tsp. baking powder
1/4 tsp. salt
1 Tbsp. brown sugar

1/4 lb. grated cheese
1/4 lb. chilled butter
Grape jelly or jam

Measure flour and sift with baking powder and salt. Mix in brown sugar and add the cheese. Cut in butter finely using 2 knives or a pastry blender. Spread half the crumbs in a lightly greased 8x8 inch pan. Spread generously with jelly, and cover with remaining crumbs. Bake in 350 degree oven 30 minutes.

DELICIOUS FRUIT BARS

Mrs. P. Malisky

2 c. sifted flour
3/4 c. sugar
1/4 tsp. salt
3/4 tsp. baking soda

1/2 c. butter
1 Tbsp. lemon juice
1/2 tsp. lemon rind
1 c. light cream

For filling use canned blueberry or cherry pie filling. Sift the flour with dry ingredients, cut in butter. Add lemon rind, lemon juice and cream to the flour mixture. Mix lightly. Line an 8x12 inch pan with the above dough, leaving a small amount for the top. Spread fruit filling over dough. Add a little more flour to the remaining dough to make it more firm. Roll out and cut into strips and make a cross strip design on top. Bake 1 hour in a moderate oven 325 degrees.

ICED BRAZIL NUT BARS

Mrs. S. Zuzak

1/2 c. butter	1/2 c. flaked coconut
1 c. flour	1 c. chopped Brazil nuts
1/8 tsp. salt	1 c. semi-sweet chocolate morsels
2 eggs	1 Tbsp. water
3/4 c. firmly packed brown sugar	1/4 c. corn syrup
1 tsp. vanilla	1/2 c. chopped Brazil nuts

Blend butter, flour and salt. Press firmly into greased 9 inch square pan. Bake in 375 degree oven for 15 minutes. Beat eggs until light, add brown sugar and beat until fluffy. Add vanilla, Brazil nuts and coconut. Spread evenly over baked crust. Return to oven for 15 minutes. Cool in pan. Melt chocolate morsels over hot water. Stir in corn syrup and water. Spread over baked mixture. Sprinkle with 1/2 c. Brazil nuts. Let stand until chocolate topping is firm. Cut into 3x1 inch bars.

BANANA SQUARES

Mrs. D. Harasymiw

1 1/2 c. flour	Filling:
2/3 c. butter or shortening	18 cherries, halved
3 Tbsp. sugar	1 large banana, sliced
Mix and bake 15 minutes	1/2 pkg. miniature marshmallows
in 350 degree oven	Spread above over baked crust.

Topping or Icing:

8 Tbsp. butter	2 Tbsp. ice cold water
2 Tbsp. boiling water	12 Tbsp. icing sugar

Mix well, beat until light and fluffy. Spread over filling above and place in refrigerator.

STRAWBERRY SLICE

Mrs. D. Harasymiw

Bottom Part:	1/4 c. shortening
1 c. coconut	1 c. flour
1 c. brown sugar	Pinch of salt

Mix and pat in pan. Bake 15 minutes in moderate oven. Cool. Filling: 2 c. fresh strawberries or 1 pkg. frozen strawberries. Add sugar to taste. Dissolve 2 env. gelatin in 1/2 c. cold water, add to strawberry mixture, let cool. Spread over baked crust, sprinkle with coconut. Place in refrigerator.

CHOCOLATE BROWNIES

Mrs. O. Bendas

2 sq. unsweetened chocolate	3/4 c. flour
1/2 c. melted butter	1 c. sugar
2 eggs	1 tsp. vanilla
1 c. chopped walnuts	1/2 tsp. salt
3/4 tsp. baking powder	

Melt chocolate in double boiler (by adding 1/4 c. water in ordinary saucepan, and cooking until thick, same result is obtained). Beat eggs, add sugar, beat together. Add to melted chocolate. Sift in dry ingredients, add walnuts and vanilla, and melted butter last. Mix well, spread thinly on 8x16 inch pan. Bake in oven of 350 degrees until done. Do not over bake, as brownies are apt to be dry. When cool, cover with frosting.

Frosting. Melt 2 sqs. unsweetened chocolate in top of double boiler. Add 1 c. icing sugar, 1 egg beaten (or 2 yolks), 2 Tbsp. butter and 1 tsp. vanilla to melted chocolate. Remove from heat at once, and when brownies are cool, spread thinly with icing. Let cool thoroughly in pans before cutting into diamond shapes or squares.

TUTTI FRUITTI BARS

Mrs. S. Zuzak

1/4 c. butter or margarine	1/2 c. finely chopped dates
1/4 c. honey	1 c. coarsely chopped walnuts
1 tsp. vanilla	
1/4 tsp. ground cloves	2 c. mixed candied fruits
1 c. fine graham wafer crumbs	1/2 c. powdered sugar

Cream butter until soft, blend in honey, vanilla, cloves and wafer crumbs. Add dates, nuts and fruit. Stir until ingredients are well mixed. Pack mixture evenly in 8x8x2 inch baking pan. Cover pan with foil and store in refrigerator at least 5 days to allow flavours to develop and blend. Cut with sharp knife lengthwise into quarters one way, then crosswise into eighths to make 32 bars. Sift powdered sugar on top. Will keep 3 to 4 weeks.

PINEAPPLE MARMALADE SQUARES

Mrs. R. Czuy

1/2 c. lukewarm water	2 tsp. grated orange rind
1 tsp. sugar	1 1/2 c. flour
1 env. yeast	1/4 c. butter
2 eggs	3/4 c. flaked coconut
1 tsp. salt	1/2 tsp. vanilla
2 Tbsp. sugar	1/4 c. cream
1/3 c. butter (melted)	1 c. pineapple marmalade

PINEAPPLE MARMALADE SQUARES (cont'd.)

Dissolve 1 tsp. sugar in warm water. Sprinkle on yeast. Let stand for 10 minutes. Stir well. Beat eggs in bowl until light. Stir in salt, sugar, butter, orange rind, yeast and 1 c. flour. Beat until smooth and elastic. Stir in additional flour to make thick batter (about 1/2 c. more). Let rise in warm place covered until doubled, about 1 1/4 hours. Stir down batter. Spread in greased jelly roll pan. Let rise again. Cream butter. Blend in coconut, vanilla and cream. Spread marmalade over risen batter. Top with coconut mixture. Bake 350 degrees for 30 to 35 minutes. Cool in pan, then cut in strips.

CHERRY TRIANGLES

Louise Peterson

1 1/2 cans cherry pie filling	1 cup butter
2/3 cup scalded milk	2 1/2 cups flour
1 pkg. yeast	4 egg yolks, slightly beaten

Cool milk to lukewarm; add yeast. Cut butter into flour until crumbly. Add milk and eggs to flour. Mix thoroughly. Knead dough, just a little. Divide dough in half. Roll to cover ungreased cookie sheet. Spread with cherries (several drops of lemon juice added). Cover with second layer of dough. Pinch edges and pick top a little. Rise for 15 minutes. Bake at 350° for 35 to 45 minutes. Ice when cool.

Icing:

1/4 cup butter	1 tbsp. cream
1/2 tsp. vanilla	1 1/2 cup icing sugar

Toasted cocoanut may be sprinkled on top if desired.

EMILLY'S SCRUMPTIOUS BROWNIES

Mary Harasymiw

2 eggs	1/2 cup butter or margarine
1 cup white sugar	1/2 cup flour
1 tsp. vanilla	1/8 tsp. salt
2 1-oz. unsweetened chocolate (melted)	1 cup walnuts

Grease 11 x 7" pan. Beat eggs till thick, and lemon colored; gradually add sugar and beat till fluffy. Stir in melted chocolate, butter, and vanilla. Fold in flour and salt, and add part of the walnuts. Sprinkle rest of walnuts over the top. (I melt my chocolate with margarine or butter.) Bake for 20 minutes at 350° F.

CHERRY BARS

Natalie Nykiforuk

Base:

½ cup butter	1 tbsp. milk
⅞ cup flour	¼ cup sugar
1 tsp. baking powder	Salt (few grains)
2 egg yolks	

Mix the above ingredients, press into a 9 x 9" pan and bake approx. 15 minutes at 350° F.

Topping:

Beat 2 eggs well. Add 1 cup brown sugar firmly packed, and beat until well mixed. Stir in 1 cup of cut-up red cherries, 1 cup cocoanut, and ½ tsp. of almond flavouring. Spread mixture evenly over baked base. Bake at 350° F for about 25 minutes until golden brown. Cut when cool.

LEMON COCOANUT SQUARES

Natalie Nykiforuk

1 cup all-purpose flour	2 eggs
¼ cup icing sugar	¾ cup sugar
½ cup margarine	½ tsp. baking powder
¾ cup cocoanut	2 tbsp. lemon juice

Method: Mix flour, icing sugar, and margarine together thoroughly and press mixture evenly into an 8-inch square pan. Bake at 350° F for 15 to 20 minutes. Sprinkle with cocoanut. Beat remaining ingredients together and pour on top. Then bake for 20 - 25 minutes. Cool and mark into squares with a wet knife. When cold, cut up completely and remove from pan.

SQUARES

Irene Yarmuch

⅓ cup butter	¾ cup lukewarm water
2 cups flour	½ tsp. salt
2 tbsp. sugar	1 pkg. yeast

Mix flour, salt and sugar into a large bowl. Cut in butter like for pie crust until it forms coarse crumbs. Add yeast mixture and vanilla; mix and roll out about 12 x 10" in pan and let it stand for about 25 minutes. Brush with egg white.

Filling:

½ cup brown sugar	½ cup crushed corn flakes
1 cup chopped walnuts	½ cup Marashino cherries

Stir in ⅓ cup melted butter. Mix and spread on top of pan and bake for about 25 to 30 minutes in medium oven. Cut into squares when cool.

TURKISH DELIGHT SQUARES

Katherine Drul

Bottom:

½ cup butter	1 egg yolk
1 cup flour	1 tsp. baking powder
3 tbsp. brown sugar	

Mix above and put in a pan (9 x 9") — should be a light dough. Cut ½ lb. Turkish delights lengthwise and put on top of bottom mixture.

Top:

4 egg whites, beaten stiff	Rind of lemon
1 cup icing sugar	½ cup of cocoanut
1 cup ground nuts	

Combine and spread over delights and bake 350° F for ½ hour.

Write Extra Recipes Here:

PIES

RHUBARB PIE

Mrs. E. Charko

2 c. diced rhubarb
1 c. raisins
1/2 c. white sugar

Grated rind and juice of 1 lemon
1 egg
2 Tbsp. Minute tapioca

Cover the rhubarb with boiling water and let stand for 5 minutes then drain. Wash raisins, mix with rhubarb and add the remaining ingredients. Pour into pie crust shell and cover with top crust. Bake 35 to 40 minutes in 375 degree oven.

PUMPKIN PIE

Mrs. O. Bendas

1 1/2 c. canned pumpkin
2/3 c. brown sugar
1 tsp. cinnamon
1/2 tsp. ginger

1/4 tsp. cloves
1/2 c. milk
1/2 c. cream or creamilk
1/2 tsp. salt
3 large eggs

Mix ingredients, pour into unbaked pie shell, bake at 400 degrees for 15 minutes, reduce heat to 350 degrees and bake until custard is set. Cool. Serve with whipped cream.

FRENCH APPLE PIE

Mrs. O. Bendas

Crust: 2 1/2 c. flour
3/4 c. shortening
1 tsp. salt
5-6 Tbsp. cold water
Filling: 5-6 apples

1 c. sugar
1 tsp. cinnamon
1/4 tsp. salt
1/2 c. soft butter
1 tsp. lemon juice

Place sliced apples in unbaked shell. Sprinkle with lemon juice. Mix other ingredients and spread over apples. bake at 400 degrees for 15 to 20 minutes, reducing heat to 325 degrees. Serve with whipped cream, ice cream or cheese slices if desired.

SEVEN-UP PIE CRUST

1 c. sifted Co-op flour
1/2 tsp. salt

1/4 to 1/3 c. shortening
3 Tbsp. chilled 7-Up (about)

Measure flour and salt into bowl. Cut in shortening with a pastry blender or fork until particles are size of small peas. Add 7-Up gradually, a few drops at a time, tossing with a fork to distribute evenly. Press into ball; allow to rest 15 minutes. Roll out on a lightly floured surface into a circle 1/8 inch thick. Fit into a 9 inch pie plate. Trim 1/2 inch from edge of pie plate. Fold this under and flute. Prick pastry with a fork. Bake in a hot oven (425 degrees) about 15 minutes. Cool and fill. Seven-Up added to a prepared pie crust mix makes a flakier crust.

CURRANT PIE

Mrs. S. Zuzak

1 c. steamed currants
1/3 c. brown sugar
2 egg yolks
1 c. sour cream
1/2 tsp. baking soda

2 Tbsp. flour
1 tsp. vanilla
1/2 tsp. cinnamon and nutmeg
Salt

Beat these ingredients and add to steamed currants. Boil together 5 minutes. Fill baked pie shell, top with meringue or whipped cream. Place in refrigerator for 1 hour before serving.

BUTTER TARTS

Mrs. P. Tkatchuk

1 recipe of pastry
1/3 c. butter
1/2 c. corn syrup
1/2 c. brown sugar

1/4 tsp. cinnamon
1/4 tsp. salt
2 eggs, beaten
1 c. raisins (scalded)

Prepare pastry, line medium tart tins, and cover with raisins. Melt butter, mix in remaining ingredients except eggs. Add beaten eggs, combine well, pour filling over raisins into pastry lined tins. Bake on lowest rack in 450 degree oven for 10 minutes. Reduce temperature to 350 degrees and continue baking for 15 minutes. Remove from oven, let stand 10 minutes then remove from tins. Yield: 12 to 16 tarts.



RICE PUDDING

Mrs. N. Pluta

2 well beaten eggs
 1/2 c. sugar
 1/4 tsp. salt
 2 c. scalded milk

1 1/4 c. cooked cooled rice
 1 c. seedless raisins
 1 tsp. vanilla
 Dash of cinnamon
 Dash of nutmeg

Combine eggs, sugar and salt. Gradually add scalded milk. Add rice, raisins, vanilla, cinnamon and nutmeg. Pour into greased 1 qt. casserole, set in shallow pan. Pour hot water into pan 1 inch deep. Bake in slow oven 325 degrees for 1 1/2 hour. If richer pudding is preferred reduce milk quantity to 1 1/2 c. milk and 1/2 c. cream or 1 1/2 c. milk and 2 Tbsp. butter.

WHIPPED CREAM

Mrs. S. W. Drul

1 1/2 tsp. plain gelatin
 2 Tbsp. cold water
 2 c. whipping cream

1/3 c. icing sugar
 1 tsp. vanilla

Combine gelatin and cold water in a small heavy pyrex bowl and let stand for 5 minutes. Place over hot water and leave until dissolved; remove from heat and cool to lukewarm. Into a chilled bowl pour whipping cream. Using a chilled beater, beat the cream until it is quite thick. Pour lukewarm dissolved gelatin all at once into the middle of the cream; continue to beat until almost stiff; then beat in icing sugar and vanilla and continue to beat until stiff. Cover closely and chill until needed. Beat slightly with a spoon before using. This cream may be prepared ahead of time, does away with the last minute worries about the beating. It stands up dependably for hours. Lovely with cream puffs, rolled cakes, salads, etc.

LEMON CHIFFON

Mrs. O. Bendas

Beat $\frac{1}{2}$ cup whipping cream until stiff.

Beat 4 egg whites until stiff (use eggs which have stood at room temperature at least 1 hour). Beat 4 egg yolks with 1 cup white sugar for about 4 minutes. Then add grated rind and juice of 1 lemon. Dissolve 1 pkg. Knox Gelatine in enough cold water to just cover the gelatine. Then dissolve over low heat. Add gelatine to egg yolk mixture. Now combine whipped cream, beaten egg whites and yolk mixture quickly, folding with spatula. Refrigerate (not in freezing compartment). Use ornamental bowl, and decorate dessert before serving with almonds and cherries.

LEMON PUDDING

Mrs. O. Bendas

2 Tbsp. butter	2 eggs (separated)
1 c. sugar	2 Tbsp. flour
Juice and grated rind of 1 lemon	$\frac{1}{2}$ c. Carnation milk diluted with $\frac{1}{2}$ c. water

Cream butter and sugar, add juice and rind of lemon, egg yolks, flour and milk. Stir well. Beat egg whites and fold into first mixture. pour into casserole, bake in pan of hot water in moderate oven for 45 minutes. Serve hot or cold, with cream if desired.

CARROT PUDDING (Canned)

Mrs. P. Malisky

Sift together:	Stir in:
3 c. flour	3 c. raisins
2 tsp. baking powder	3 c. currants
3 tsp. salt	Combine well to coat fruit (set aside)
3 tsp. cinnamon	Cream together:
1 tsp. allspice	1 $\frac{1}{3}$ c. butter or margarine
	1 $\frac{1}{3}$ c. brown sugar

Dissolve 2 tsp. baking soda in 4 beaten eggs. Gradually add to creamed mixture. Stir in: 4 c. grated carrots, 3 c. grated raw potatoes and 2 c. grated apple. Mix all ingredients well and put in quart sealers about $\frac{2}{3}$ full and seal. Set in warm water, bring to a boil and boil for 3 hours.

PINEAPPLE DESSERT

Mrs. M. Iwanchuk

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

Mix well, take out 1 c. mixture and pack the rest in a pan

PINEAPPLE DESSERT (cont'd.)

about 14x8 inches. Drain a 20 oz. tin of crushed pineapple. Heat juice and pour over 1 pkg. pineapple Jell-O powder. Chill until Jell-O sets. Whip 2 c. cream, add 1 tsp. orange juice, beat in 1 c. white sugar. Beat thickened Jell-O and add to whipped cream. Fold in crushed pineapple. Spread this mixture evenly over crumb crust and sprinkle over top the saved crumbs. Let stand overnight in refrigerator.

SAGO PUDDING

Mrs. S. Zuzak

2 Tbsp. sago	2 Tbsp. butter
1 c. cold milk	1 c. raisins or dates
1 c. bread crumbs	1 tsp. baking soda
1 egg (beaten)	1/4 tsp. cinnamon and nutmeg
1/2 c. sugar	

Soak sago overnight in 1 c. milk. Add the rest of the ingredients and steam in double boiler for 2 1/2 hours. Serve with hard sauce or cream.

DREAM SALAD

Natalie Nykiforuk

2 pkgs. lime Jell-O	1/2 cup salad dressing (Miracle Whip)
2 cups boiling water	
1 can (20-oz.) crushed pineapple	3/4 cup cottage cheese
3/8 cup canned milk	1/4 cup broken or chopped walnuts (optional)

Dissolve Jell-O in boiling water. Mix together 1 cup pineapple juice (drained from can), milk, salad dressing and cottage cheese. Beat until smooth. Add this mixture to the Jell-O liquid and blend well. When partly set, add the well drained crushed pineapple and walnuts. Mix thoroughly and chill until set. If a more tart flavour is desired, add a little vinegar or lemon juice to taste.

EASY DESSERT

Mary Harbus

2 1/2 cups pineapple Ted bits	1 cup whipped cream
2 cups miniature marshmallows	1/4 cup cut-up and blanched almonds and toasted cocoanut
1/4 cup drained marachino cherries, cut in 1/4's	

Method: Drain pineapple. Reserve 1/4 cup syrup. Combine pineapple, marshmallows, cherries, and reserved syrup. Let stand for about 2 hours or overnight in fridge. Fold in whipped cream. Spoon into dessert dishes and chill. To serve, sprinkle with toasted walnuts and cocoanut.

CHERRY DESSERT

Mrs. Jean Halewich

Crust for base:

$\frac{1}{2}$ cup flour $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ cup margarine
Bake 10 minutes at 325° F.

First layer:

1 can cherries 1 cup boiling water
1 pkg. cherry Jell-O
Dissolve jell in water. When set a bit, add cherries.

Second layer:

1 pkg. lemon Jell-O 1 cup boiling water
Mix 12 oz. Philadelphia cheese with $\frac{1}{2}$ cup sugar. Whip well. Prepare 1 pkg of Dream Whip, add to cheese and sugar mixture; then add to lemon Jell-O which is partly set. Put cherry mixture over crust, then lemon mixture over that. Chill in refrigerator.

FRUIT COCKTAIL PIE

Olga Ruzesky

Drain one 14-oz. can cocktail. Reserve $\frac{1}{3}$ cup for top. Dissolve 1 pkg. (small) cherry Jell-O in 1 cup of boiling water. Whip 2 pkgs. of Dream Whip according to directions and beat partially set Jell-O into cream. Add remaining cocktail and refrigerate for 15 minutes. Pour into Graham wafer crust and put the $\frac{1}{3}$ cup cocktail on top. Let set.

PEACHY LEMON WHIP

Mrs. T. Szczudlyk

$1\frac{1}{4}$ cups Graham wafer crumbs 2 tbsp. lemon juice
 $\frac{1}{4}$ cup melted butter 2 cups well drained, sliced
1 4-oz. pkg. lemon pie filling peaches
 $\frac{2}{3}$ cup undiluted evaporated
milk

Mix crumbs and butter, save $\frac{1}{4}$ cup of mixture for topping. Press 2 tbsp. of crumb mixture in bottom and sides of 8 dessert dishes; chill. Prepare pie filling according to label directions; cool, stirring often.

Chill evaporated milk in refrigerator tray until soft ice crystals form around edges of tray (10 - 15 min.). Whip until stiff; add lemon juice, whip until stiff. Beat cooled pie filling until light and fluffy, fold evaporated milk into filling. Spoon into chilled dessert dishes. Top with peaches and remaining $\frac{1}{4}$ cup of crumbs. Chill until ready to serve. Serves 8.



MARMALADE

Mrs. O. Bendas

3 oranges
2 lemons

1 grapefruit

Grind. Add 3 c. water to 1 c. fruit. Let stand overnight. Boil 20 to 30 minutes. Let stand 24 hours. Boil again for 20 minutes. Add 1 c. sugar to 1 c. fruit. Boil rapidly until mixture jells when dropped from spoon. (Do not overcook).

CHOCKECHERRY JELLY

Mrs. O. Bendas

8 c. pure chokecherry juice (use enough water in extracting juice to keep fruit from scorching) and 8 c. sugar. Boil juice and sugar, and add 2 tsp. tartaric acid. Continue boiling mixture 40 minutes. Pour into sterile jars and cool before sealing with wax.

CARROT AND RHUBARB MARMALADE

Mrs. A. Srayko

4 c. rhubarb (cut finely)
4 c. carrots (grated)
2 oranges

2 lemons
6 c. sugar
1 1/2 c. water

Cook rhubarb in 1 1/2 c. water until soft. Add the rest of the ingredients and cook until thickens. About 1/2 hour. Seal in sterilized jars.

RASPBERRY AND RHUBARB JAM

Mrs. J. Kishchuk

4 c. prepared fruit
1/2 bottled Certo (fruit pectin)

6 1/2 c. sugar

Prepare rhubarb by cleaning then cutting into pieces 1/8 to 1/4 inch across the grain of rhubarb. Cook rhubarb with just enough water to prevent scorching, until well done. Measure rhubarb and raspberries using equal amount of each. Put fruit and sugar into a large saucepan and mix well with a wooden spoon. Place over high heat, bring to a full rolling boil and boil hard for 1 minute, stirring constantly. Remove from heat; at once stir in Certo. Skim off foam with metal spoon. Stir and skim for 4 to 5 minutes to cool slightly to prevent floating fruit. Pour into sterilized glasses or pint jars. Cover at once with 1/8 inch of hot paraffin or wax. When cool and air spaces are present in wax, pour another layer of melted wax to seal well. Apply lids or waxed paper for storing.

Write Extra Recipes Here:



SOUR CREAM CABBAGE

Mrs. E. J. Prescesky

1 medium head cabbage
 2 Tbsp. butter
 2 Tbsp. minced onion
 2 Tbsp. chopped celery
 1 Tbsp. flour

1 c. sour cream
 2 tsp. vinegar
 1/2 tsp. sugar
 3/4 tsp. salt
 Dash of pepper
 Paprika
 1 Tbsp. chopped parsley leaves

Cut cabbage into 6 wedges and cook until just tender in boiling salted water. Melt butter in a saucepan over low heat, add onion and celery and cook until tender but not brown, blend in flour and cook until bubbly. Stir in sour cream, vinegar and seasoning, except paprika and parsley leaves, and cook until thickened, stirring constantly. Pour sauce over the hot drained cabbage. Sprinkle with paprika and chopped parsley leaves.

CREOLE LIMAS

Mrs. M. Sraychuk

1/2 lb. diced bacon or
 leftover ham
 2 medium size onion (chopped)
 2 c. tomatoes
 1 bay leaf

1/4 tsp. pepper
 1/4 tsp. paprika
 1 lb. lima beans cooked (dried
 or fresh)
 1/2 tsp. salt

If using dried lima beans, soak overnight then cook and drain. Fry bacon, remove and brown onion. If ham is used brown onions only. Mix remaining ingredients above, bacon and browned onion and combine with drained lima beans, simmer for 10 minutes and serve. Serves 8.

SANDWICH FILLING

Mrs. S. W. Drul

1 lb. cream cheese (Kraft)	1 finely chopped dill pickle
2 Tbsp. butter	1 finely chopped tomato
3 Tbsp. salad dressing	2 finely chopped hard boiled eggs
1 finely chopped celery stalk	

Mix well, cream cheese, butter and salad dressing. Then add chopped celery stock and dill pickle, mix again. Finally add eggs and tomato. Make sandwiches and place in refrigerator to cool for at least 2 hours before serving.

CARROT WINE

6 lbs. carrots (sliced thick)	3 sliced oranges
3 qts. water	1 lb. raisins
6 lbs. sugar	

Cook carrots in the water specified for 1/2 hour. Place into a crock and add the sugar, oranges and raisins. Sprinkle 1 pkg. yeast on top of toast and place on top of ingredients when lukewarm. Let stand for 9 days, stir every day. Strain and bottle.

FIG WINE

5 lbs. figs (ground)	1 yeast cake
1 lb. raisins	2 gal. boiling water
5 or more lb. sugar	

Stir once a day for 3 weeks. Strain and bottle.

TUNA or SALMON TARTS

(Mrs. William) Thelma Lewchuk

1 small tin tuna or salmon	1½ tsp. lemon juice
1 tin cream of chicken soup	¼ tsp. pepper
½ cup cheese	1 egg, beaten
½ cup soft bread crumbs	Few drops of
¼ cup chopped onions	Worcestershire sauce

Mix above together. Cut crust off bread, and butter on wrong side. Fit into muffin tins and pour mixture. Bake at 350° - 375° F for 20 to 30 minutes.

DELICIOUS ONION DISH

Mrs. Nellie Nychyk

- | | |
|------------------------|------------------------------------|
| 2 large Spanish onions | Celery seed (just enough to taste) |
| 1 cup white vinegar | |
| ½ cup salad dressing | ½ cup white sugar |

Mix vinegar and sugar, and slice onions into this solution, refrigerate for 8 hours. Drain after 8 hours, and add the salad dressing and celery seed.

BAKED EGGS

Sylvia Pidwerbeski

Grease custard cup with butter. Place 2 tbsp. of tomato catsup in each custard cup. Break 1 egg in each custard cup. Cover top of each egg with grated cheese and season with salt and pepper. Bake in a moderate oven in about 300° to 325° F till done.

FISH STUFFING

Sylvia Pidwerbeski

- | | |
|-----------------------|--------------------------|
| 1 cup cracker crumbs | A few gratings of onions |
| 4 tbsp. melted butter | 1 tsp. minced parsley |
| ¼ tsp. salt | 1 tsp. capers |
| ⅛ tsp. pepper | 1 tsp. sour pickles |

Mix in the order given, but use no liquid.

Write Extra Recipes Here:

Write Extra Recipes Here :

OVEN TEMPERATURE CHART

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

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

OVEN TEMPERATURE CHART (Continued)

MISCELLANEOUS

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

TIME CHART FOR ROASTS

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

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

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

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks - 1-inch thick	Rare or medium, 8-10
1 1/2-inch	Rare or medium, 10-15
2-inch	Rare or medium , 18-25
Pork chops, thin	8-10
Lamb chops, rib	6-8
Loin or shoulder	8-10
Mutton chops 1-inch thick	15-20
Veal cutlets, very thin	6-8
Chops	10

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

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on

TIME TABLE FOR BROILING AND PAN BROILING (Continued)

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

TEMPERATURES FOR BAKING FLOUR MIXTURES

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

TABLE FOR COOKING CEREALS

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

TABLE FOR DRIED FRUITS

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

SAUCES

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

Use No. 1 sauce for cream soups.
 Use No. 2 sauce for creamed or scalloped dishes or gravy.
 Use No. 3 sauce for souffles.
 Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

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

CANDY THERMOMETER HINTS

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

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

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies

234-236 degrees, soft ball

Fondants (mints, etc.)..... 234-236 degrees, soft ball

Marshmallows 238-240 degrees, soft ball |

Caramel mixtures..... 246-252 degrees, firm ball

Taffies 254-270 degrees, hard ball |

Butterscotch..... 280-300 degrees, crack

Brittles 290-310 degrees, hard crack |

Boiled frostings:

1 egg white to 1 c. sugar - 238-242 degrees, soft ball or thread

2 egg whites to 1 c. sugar - 244-248 degrees, soft ball or thread

3 egg whites to 1 c. sugar - 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake . 275-325 degrees - 40 minutes to 1 hour

Loaf cake ... 325-350 degrees - 40 minutes to 1 hour

Cup cakes ... 350-375 degrees - 15 to 25 minutes

Layer cake .. 375-400 degrees - 20-30 minutes

FOR THE COOKY JAR

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

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

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ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey.....	3 to 4 hours
8 to 12-lb. turkey	4 to 5 hours
12 to 16-lb. turkey	5 to 6 hours
16 to 20-lb. turkey	6 to 7 1/2 hours
20 to 24-lb. turkey	7 1/2 to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time (Hours)
8 to 10	325 degrees F.	4 to 4 1/2
10 to 12	325 degrees F.	4 1/2 to 5
12 to 14	325 degrees F.	5 to 5 1/4
14 to 16	325 degrees F.	5 1/4 to 6
16 to 18	325 degrees F.	6 to 6 1/2
18 to 20	325 degrees F.	6 1/2 to 7 1/2
20 to 24	325 degrees F.	7 1/2 to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)

3 1/2 to 5	325 degrees F.	3 to 3 1/2
5 to 8	325 degrees F.	3 1/2 to 4
8 to 12	325 degrees F.	4 to 5

(Foil Wrapped Turkeys)

8 to 10	450 degrees F.	2 1/4 to 2 1/2
10 to 12	450 degrees F.	2 1/2 to 3
12 to 16	450 degrees F.	3 to 3 1/4
16 to 20	450 degrees F.	3 1/4 to 3 1/2
20 to 24	450 degrees F.	3 1/2 to 3 3/4

INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1 3/4 cups (approximately) all-purpose flour equals 2 cups cake flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1 1/2 cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2 1/2 cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- 1/2 teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equals 1 can (tall)
- 2 1/2 cups equals No. 2 can
- 3 1/2 cups equals No. 2 1/2 can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals 1/2 cup juice
- 2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp.	teaspoons
T. or Tbsp.	tablespoons
c.	cup
pt.	pint
qt.	quart
lb.	pound
3 t.	1 T.
16 T.	1 c. (4 T. - 1/4 c.; 8 T. - 1/2 c.)
2 cups	1 pint
2 pints	1 qt.
4 qt.	1 gal.

MEASURES OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3 1/4 to 3 1/2 cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qt. dry beans
20 qt. salad
4 lb. butter
4 qt. cream

4 lb. salt pork
20 doz. rolls
20 pies
2 lb. coffee

HASH SUPPER FOR 100:

40 lb. corned beef
32 qt. potatoes
20 doz. rolls
20 qt. chopped cabbage

5 qt. salad dressing
5 lb. butter
2 lb. coffee
4 qt. cream

CABBAGE SALAD FOR 175:

20 lb. cabbage
1 1/2 qt. Miracle Whip

4 large cans crushed
pineapple
2 bunches carrots

HAM SUPPER FOR 225:

48 lb. canned ham
24 potato salads (solicited)
5 lb. coffee
1 pt. cream
45 qt. strawberries
6 pkg. Bisquick equals
3/4-inch biscuits

2 qt. milk
1 lb. Crisco
5 to 6 c. water
48 pkg. peas
8 qt. milk
6 qt. heavy cream
1 pkg. Starlac
1 c. sugar, add to Bisquick

BRAISED BEEF FOR 200:

65 lb. stew beef
60 lb. potatoes
36 pies

Harvard beets
Cabbage salad
40 lb. turnip
2 lb. cheese

TURKEY DINNER FOR 250:

7 turkeys
75 lb. butternut squash
20 large cranberry rings

75 lb. potato
10 bunches celery
44 pies

CHICKEN SHORTCAKE FOR 135:

60 lb. chicken
30 pkg. frozen peas
12 cans cranberry sauce

3 large pkg. Bisquick
17 pkg. Flakon corn mix
2 bunches celery