

In the

**Kitchen**

with



A Variety of

**Recipes**

# Vegreville Ukrainian School of Dancing

Ukrainian dancing brings to mind distinct imaginative visions of exuberant young men exhibiting their strength, and dainty young ladies showing off their quick nimble steps.

Yet the Vegreville Dancers have brought more than this through their elaborate costume wardrobe from practically every region of the Ukraine. (Poltavski, Hutzulski, Transcarpathian, Bukovinian, etc.)

Through the very capable instruction of Ken Kachmar and Delores Wacho, the dancers have been able to depict a Ukrainian dance with such enthusiasm that the viewers sense that they are within that particular region.

The Vegreville Ukrainian School of Dancing consisting of approximately one hundred and thirty dancers are truly enchanting. The dancers have danced many times on hometown stages. The most memorable for Her Majesty Queen Elizabeth II and Prince Phillip, the Duke of Edinburgh. Their performances are not limited to Vegreville along. The Beginners and Junior groups perform mainly in town and nearby communities, the Intermediate groups travel is broadened to places further than the Vegreville community. The Senior group, which goes under the name of "Sopilka Dancers" have made guest artist performances in various parts of Alberta, as well as Prince George, B.C. and the National Ukrainian Festival at Dauphin, Manitoba.

The dancers with each dance portray the feelings and greatness of Ukrainian people these groups will dance their hearts out and their shoes off to please any audience. This shows their great love for their culture.

# Acknowledgement

We would like to thank the members who so kindly contributed their favorite recipes for others to share. Also the committee members for their untiring effort and sacrifice of time and energy which such work demands.

Our sincere appreciation to the donors for their financial support without them this book could not have been possible. We hope you will spend many happy hours "In the Kitchen."

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# Emergency Substitutions

- 1 egg -  $\frac{1}{2}$  tsp. baking powder plus 2 tbsp. milk
- 1 whole egg - 2 egg yolks
- 1 c. sweet milk - 4 tbsp. powdered milk plus 1 c. water
- 1 c. bottled milk -  $\frac{1}{2}$  c. evaporated milk plus  $\frac{1}{2}$  c. water
- 1 c. sweet milk - 1 c. sour milk or buttermilk plus  $\frac{1}{2}$  tsp. baking soda
- 1 c. sour milk - 1 c. sweet milk into which 1 tbsp. vinegar or lemon juice has been stirred, or 1 c. buttermilk
- 1 c. sifted all-purpose flour - 1 c. plus 2 tbsp. sifted cake flour
- 2 tbsp. flour (for thickening) - 1 tbsp. cornstarch
- 1 c. molasses - 1 c. honey
- 1 tsp. baking powder -  $\frac{1}{4}$  tsp. baking soda plus  $\frac{1}{2}$  tsp. cream of tartar
- 1 square chocolate (oz) - 3-4 tbsp. cocoa plus  $\frac{1}{2}$  tsp. shortening

# Traditional Favorites

## **BABA'S PASKA [ EASTER BREAD]**

**Vicky Triska**

7 egg yolks  
2 eggs  
1 tbsp. yeast  
1 c. water  
2 tbsp. sugar  
1 c. cream (cooked)  
1 c. water  
½ tbsp. salt  
1 tsp. orange flavouring  
flour

Dissolve sugar in 1 c. lukewarm water and sprinkle the yeast over it. Let stand 10 minutes. Combine lukewarm cream and water with soften yeast add 2 c. flour, stir. Cover and let rise in warm place until light and bubbly. Add beaten eggs, egg yolks and salt. Stir in enough flour to make a dough that is neither to soft nor to stiff. Knead until the dough no longer sticks to the hands. Turn the dough on a floured board and knead until smooth and satiny. Place in a bowl cover and let it rise in a warm place until double in bulk. Punch down and let it rise again. Shape and place in greased pans. Let rise. Bake in moderate oven for 1 hour or till done.

## **BAGELS [SOKHI KOLACHIKE]**

**Bradley Kawulych**

3 eggs, separated  
3 tsp. oil  
½ tsp. salt  
1 c. flour  
poppy seed

Beat egg yolks, salt and oil. Then add and beat in beaten whites. Add flour and mix well. Leave overnite. Use 1 tsp. dough and roll into 6" pencil, join to make a ring. Make up all dough. Boil in salted water until really puffy. Remove from water and sprinkle with salt or poppy seed and then place on board to cool. When all are boiled, place these rings on baking rack in the middle of the oven and bake 20-30 mins. at 375° F or until brown. Do not underbake, as they will collapse.

**BUKOVINIAN NACHYNKA [CORNMEAL]****Fiona Sorochan**

1 small onion (chopped fine)  
3 tbsp. butter  
1 c. cornmeal  
1 tsp. salt  
1 tsp. sugar  
¼ tsp. pepper  
¼ tsp. cinnamon (if desired)  
3½ c. scalded milk  
½ c. light cream  
2 to 3 eggs, well beaten.

Cook the onion in the butter until it is tender but not brown. Add the cornmeal along with the salt, sugar, pepper and cinnamon. Mix them to coat the cereal thoroughly with butter. Pour in the scalded milk gradually and stir briskly until the mixture is smooth and free of lumps. Cook until it thickens. Remove it from the range and blend in the cream. Beat the eggs well and fold in the cereal. Spoon into a 2 qt. casserole. Bake the Nachynka uncovered in a moderate oven (350°) for 1 hour. It should have a crisp golden brown crust all around. Serves 6 to 8.

**EARS [CRULLERS]****Virginia Chipczak**

2 whole eggs  
4 egg yolks  
Flour  
2 tbsp. sugar  
2 tbsp. cream  
Pinch of salt

Beat all eggs lightly, add sugar, cream and salt. Add flour to make soft dough (soft not sticky). Make into 2 small balls, cover with plastic, put in fridge overnight or for several hours. Then roll very thin. Cut in diamond shaped pieces and cut across each piece, pull one end through to make them look like ears. Deep fry in lard or oil. Sprinkle with powdered sugar if desired.

**HOMEMADE NOODLES****Audrey Zeleny**

2 beaten eggs  
½ tsp. salt  
4 tbsp. milk  
2 c. flour

Beat eggs until light. Add salt, milk and flour, and knead well. Dough should be fairly stiff. Cover and let stand for 20 mins. Roll out very thin and place on a tea towel to partly dry. Do not let dough dry too much. Sift some flour over dough and cut into strips.

## **JAM PERISHKI**

**Ina Kachmar**

1 c. butter or shortening  
2 c. flour  
3 egg yolks  
2 tbsp. sour cream  
2 tsp. vanilla  
2 tbsp. lemon juice  
½ c. walnuts

Jam

Meringue:

3 egg whites  
⅓ c. sugar

Beat egg yolks, add lemon juice, vanilla and sour cream. Cut the fat into the flour until the texture of meal. Add the liquid, blend to a dough. Cut small pieces and roll to the size of marbles. Chill. Roll each ball paper thin. In the centre place a little of thick jam, fold over, press together with a fork. Bake at 300° for 35 mins. Make meringue by beating the egg whites and adding the sugar in slowly. Remove the turnover, cover with a tsp. of meringue, top with a walnut half. Bake at 300° for 20 minutes or until brown.

## **KHRUSTIKI**

**Mrs. Madeline Kitz**

3 egg yolks  
¼ tsp. salt  
12 tbsp. flour  
1½ tsp. sugar  
½ tsp. vanilla  
1½ tsp. sweet cream or milk

Beat the eggs thoroughly, add the rest of the ingredients except flour and beat again; add ½ c. flour (8 tbsp.); stir and if necessary add more, a tsp. at a time until the dough is of rolling consistency (about 2 to 3 tsp.). Knead until smooth, cover and let rise for at least 15 mins. On a board that is lightly greased, roll out the dough quite thin (1/8 inch or less). To make Khrustiki, slice the rolled dough in long strips 1¼" wide, then diagonally across, cut each strip in pieces 2½ to 3 inches long. At the middle of each piece cut lengthwise a ½ inch slit; draw one end through the slit and fold back; place under a cover to prevent drying. Deep fry in oil or shortening, turning once, until golden brown on both sides. drain on brown paper. When cooled, dust with icing sugar.



**LAZY CABBAGE ROLLS****Katie Markowsky**

1½ c. uncooked long grain rice  
1 tsp. salt  
½ quart sauerkraut  
½ lb. bacon  
3 cups water  
1 small sliced onion  
(if no onion in sauerkraut)  
butter

Wash and drain rice in medium sized pot. Add sauerkraut, water and salt. Mix and boil at medium heat until most of the water is absorbed. Chop bacon and fry together with onion. Drain excess fat. Combine with rice mixture. Add butter. Cook in 325° oven for about ¾ hour, uncovered. Stir at least 3 times while cooking in oven.

**NACHINKA [CORNMEAL DISH]****Olga Youzwishen**

5 c. warm milk  
1 c. cornmeal  
1 small onion, diced  
½ c. margarine  
1 tsp. baking powder  
1½ tsp. salt  
dash pepper  
dash seasoned salt  
¼ tsp. cinnamon  
3 egg yolks  
½ c. sweet cream

Measure milk and warm in a pot. Dice the onion and fry slightly. Add cornmeal, salt, pepper, cinnamon, seasoned salt to onions, fry carefully. (for it is easy to burn). In a separate bowl beat the egg yolks with the cream. To the cornmeal add the warm milk, stir until bubbling, (stirring constantly) then add the eggs and cream. Stir until thickened. Bake in oven at 350° for 1 hour uncovered casserole.

**NACHINKA****Bernice Bzdel**

¾-1 c. cornmeal  
½ tsp. salt  
¼ c. sugar  
6 c. milk  
1 egg (2-3 make it thicker)  
Cream to make ½ c. with egg  
1 tsp. baking powder  
¼-½ c. chopped onions  
½ c. bacon  
¼ c. butter

Fry bacon. Add onions, frying until transparent. Drain lard off. Boil milk. Add butter. Stir baking powder into cornmeal. Very slowly, add to milk, stirring constantly. Add sugar, salt and egg mixture. Stir constantly so lumps will not form. Add bacon and onions. Bake at 350° until lightly browned.

### **PERISHKY**

**Vicky Topolnisky**

1 c. crisco  
8 c. flour (approx.)  
½ c. Sugar  
1 tbsp. salt  
6 c. warm water  
6 eggs  
2 pkg. Fleishman's yeast or fresh yeast (cut one pound yeast into 7 pieces and use one of these)

Filling:

3 lbs. dry cottage cheese  
3 eggs

Soak yeast in 1 cup warm water, 1 tbsp sugar. Beat 6 eggs and 5 cups water, 1 tbsp. salt, ½ c. sugar. Mix egg - water mixture and yeast mixture. Rub flour and crisco together as to make a pie. Mix as dough, adding flour until soft dough formed. You may add about two extra cups of flour. Let rise again. Cut out pieces of dough and flatten to prepare to add filling. Mix cottage cheese and eggs, adding some salt and dill to taste. Fill perishky with one tsp. filling and seal. Place sides touching in pans which have been greased. Brush with beaten eggs. Bake in 350° oven til browned. Serve with heated cream poured over top if desired.

### **PLIATZUK**

**Mrs. Ann Puk [Rev.]**

3 c. flour  
3 tsp. baking powder  
3 eggs  
½ c. sugar  
1 tsp. vanilla  
½ c. butter  
3 tbsp. sour cream

Juice and rind of orange or lemon

1 can cherry pie filling or apple

In a mixing bowl, rub together, flour, butter, baking powder, sugar and sour cream. Add the eggs and salt. Also the rind and juice of orange or lemon. Mix well. Dough must be loose. Top with cherry or apple pie filling. Bake at 350° until done.

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# BREADS

## AIR BUNS

Mrs. Elizabeth Zayat

½ c. lukewarm water  
1 tsp. white sugar  
1 envelope yeast  
½ c. white sugar  
½ c. shortening  
1 tsp. salt  
2 tbsp. vinegar  
3½ c. warm water  
8-10 c. flour

Mix together the first three ingredients and let stand for about 10 minutes. Next, mix together the remaining white sugar, shortening, salt, vinegar, and warm water, in a separate large bowl. Add yeast mixture and 8-10 cups of flour. Let rise in warm place for 2 hours. Knead down. Let rise for one hour. Knead down. Form into small balls. Bake at 400° F until done. Makes about 5 dozen buns. After the buns are baked, brush buns with 2 tsp. sugar and 1 tsp. milk.

## AIR BUNS

Grace Ronald

1 c. warm water  
2 pkg. yeast  
2 tsp. sugar  
7 c. boiling water  
1 c. lard  
1 c. sugar  
18 c. flour  
2 tbsp. salt  
2 tbsp. vinegar

Dissolve sugar in water. Sprinkle yeast and let sit 10 minutes. In another bowl, add water, lard and sugar - let cool to lukewarm and mix to dissolve sugar and lard. Then add 18 c. flour (approximately), salt, vinegar and in a well, add yeast mixture. Knead and punch 5 minutes. Let rise 2 hours. Knead again and let rise 1 hour. Make into buns and let rise 2½-3 hours. Bake 30 minutes at 350°-375° F. Makes 8 dozen.

## **ARPICOT HORNS**

**Vicky Topolnisky**

- 1 lb. butter
- 1 lb. creamed cottage cheese (can use plain)
- 4 c. flour (approx.)

### **Filling:**

- 1 lb. dried appricots
- 1 c. sugar

### **Outside Coating:**

- 1½ c. ground almonds
- ¼ c. sugar

Blend butter, cottage cheese, and flour using hands. Add flour as needed to form soft dough. Shape into 1 inch roll. Refridgerate over nite. Cook appricots till tender (just cover with water for cooking). Then drain and puree in blender, add sugar while hot. Cool. Mix almonds and sugar well, cut one inch pieces of dough, roll each dough slice into three inch round uning palm of hands. Make only ten rounds (horns) at one time so dough remains cool. Place one tsp. filling in centre and roll up in shape of a horn (like a dumpling or half circle). Dip each into one whole egg which has been beaten. With a little bit of milk. Roll into ground nut/sugar mixture. Place on a greased cookie sheet, bake at 375° for 12 minutes or lightly brown. Remove and cool on racks.

## **BREAD**

**Elizabeth Nakonechny**

- 1 c. lukewarm water
- 2 tbsp. sugar
- 2 pkg. yeast
- 3 whole eggs
- 3 egg yolks
- ½ c. sugar
- 2 c. mazola oil
- 1 tbsp. salt
- 6 c. flour
- 4 c. warm water

Dissolve sugar in water, add yeast and let stand 10 minutes. Add 4 cups warm water. In another bowl beat very well the eggs.

Beat well the sugar, oil and salt. Add yeast and water mixture and about 6 cups flour. Beat very well. Then add enough flour to make a soft dough. Let rise until double in bulk. Punch down. Let rise abain. Shape into loaves (6) loaves. Let rise and bake at 400° F. if using aluminum pans: if pans are dark, bake at 375° F. otherwise the bread will burn.

## **BUTTERHORNS**

**Carol Rudyk**

2 c. sifted flour

½ c. butter

1 egg yolk

¾ c. sour cream

Combine:

¾ c. sugar

¾ c. chopped walnuts

1 tsp. cinnamon

(1) Cut butter into flour with fingertips. (2) Add egg yolk and sour cream. Mix well. When blended shape into 3 balls. Sprinkle with flour, wrap well in wax paper. Chill in fridge for several hours. Sprinkle board lightly with flour. Remove dough from fridge and roll out one portion at a time making a large circle about 1/8 inch thick. Sprinkle with sugar and nut mixture. Cut into 12 wedged sections. Roll up each piece starting with the wide part. Place on lightly greased cookie sheet. Bake in moderate oven 350° F. about 15 to 20 mins.

## **DOO DADS**

**Ina Kachmar**

1 tsp. sugar

¼ c. lukewarm water

2 pkg. yeast

½ lb. shortening

1 tbsp. sugar

3 c. sifted flour

3 egg yolks

1 whole egg

¼ tsp. salt

1 c. sour cream

Dissolve 1 tsp. sugar in lukewarm water and add yeast. Let stand 10 minutes. Sift flour, salt and sugar in large bowl. Rub in shortening. Beat egg yolk and whole egg; Add sour cream and yeast mixture. Pour into the flour mixture. Mix well and knead. Dough maybe sticky, if so sprinkle lightly with flour. Dough should not be stiff. Place in greased bowl and put in fridge at once. Leave 4 to 5 hours in fridge. Remove from fridge and divide into 7 or 8 balls. Then roll each ball in this mixture. 1 cup sugar and 1½ tsp. cinnamon. Roll out each ball and cut into wedges. Put jam or apple pie filling on each wedges and roll. Then place on lightly greased cookie sheet. Bake in at 375° F. for 15 to 20 minutes. You don't have to let them rise.

## DANISH PASTRY

Marlene V. Kryklywicz

1 c. milk  
½ c. lukewarm water  
2 tsp. sugar  
2 pkgs. active dry yeast  
½ c. soft butter  
⅓ c. sugar  
2 tsp. salt  
2 eggs  
2 tsp. almond extract  
5½ c. cold butter

Heat milk to scalding, cool and chill.

Measure water. Add sugar and stir until dissolved. Sprinkle yeast over water and let stand 10 minutes. Stir well and chill. Cream ½ c. butter, add sugar, salt and cream again. Beat in eggs and flavoring.

Stir in chilled milk and yeast mixture.

Mixture is now curdled.

Add 3 cups flour and beat well. Add enough flour to make a soft dough. Turn onto board and pat out again. Wrap in wax paper and chill 15 minutes. Roll dough into 10 x 15 rectangle. Cover centre ⅓ with butter.

Fold over ⅓ and butter again. Fold and be sure to seal edges. Roll it into 12 x 20". Fold in thirds again. Wrap and chill for minutes. Repeat last rolling twice. In last rolling chill for ½ hour. Roll dough into 12 x 8 rectangle. Cut into 3 sections of 8 x 4. Wrap each piece and chill at least 1 hour.

Make into desired shape e.g. Cut into strips, twist and form like a butterhorn. Glaze with mixture of 1 egg and 2 tbsp. cold water. Bake 15 minutes at 375° F. Ice with glaze of 2 cups icing sugar, 2 tbsp. water and ½ tsp. vanilla or almond flavoring.

## CINNAMON BUNS

Rose Sidor

3 tbsp. yeast  
1 tbsp. sugar  
1 c. water  
Let this stay for 10 minutes.  
1½ c. sugar  
1 tsp. salt  
1 cup margarine or oil  
4 c. potatoe water  
2 tbsp vinegar  
6 eggs beat well  
Flour enough to make a soft dough.



## **DOUGHNUTS**

**Elizabeth Nakonechny**

- ¼ c. crisco
- 3 c. flour
- 3 c. warm water
- 6 egg yolks, beaten slightly
- 1 tbsp. salt
- 1 c. sugar

Mix in crisco with tips of fingers or pastry blender as for pie crust. Dissolve 1 tsp. sugar in 1 cup warm water and sprinkle 2 packages of Engedura dry yeast over. Let stand for 10 minutes.

Add the dissolved yeast and mix well, then add to the flour and crisco mixture and mix again. Add enough flour to make a soft bun dough. Knead until smooth. Cover and let rise until double in bulk. When the dough has risen fully, punch down, and let rise again. Punch the dough once more and let rise. Roll out to ½ inch thickness. Dip a doughnut cutter into flour and cut doughnuts and let stand on lightly floured board in warm place until very light, about 45 minutes. Fry in deep fat until golden brown on both sides. Turn once during the cooking. Drain on unglazed paper.

## **FOUR O'CLOCK BUNS**

**Bernice Bzdel**

- 1 c. cooking oil
- 6 eggs, beaten
- 2 tsp lemon juice
- 2 pkgs. yeast
- 1 c. water
- 1 tsp. sugar
- 5 c. lukewarm water
- 5 tsp. salt
- 1 c. sugar
- 18 c. flour

Dissolve yeast in cup of water and tsp. of sugar. Mix ingredients together. Let rise one hour. Punch down. Thereafter punch down every half hour for 5 hours. Make small buns and put in greased pans about 10 per pan. Cover and let rise overnight. Bake in the morning at 400° F for 15 minutes.

## **MAZOLA BUNS**

**Grace Ronald**

1 pkg. dry yeast (use more yeast to get dough nicer)  
½ c. warm water  
1 tsp. sugar  
4 eggs  
1 c. sugar  
1 tsp. vanilla  
½ c. mazola oil  
1 tsp. salt  
2 c. warm water

(Filling recipes follow)

Dissolve sugar in water. Add yeast and let sit for 10 minutes. Beat together the eggs, sugar, vanilla, mazola oil, salt and warm water, keeping the bowl in warm water. Add yeast and about 10 c. flour. Knead to make soft dough. Let rise till double in bulk, punch down and let rise again. Divide dough into 3 sections.

For Doughnuts: Roll to ½ inch thick, cut and let rise. Fry in deep fat.

For Perishke: Roll to ¼ inch thick, cut into rounds, place filling in center and pinch edges together. Let rise short while and fry.

## **FILLINGS FOR "MAZOLA BUNS"**

**Grace Ronald**

### **Prune Filling:**

1 c. prunes  
1 c. water  
½ c. raisins  
¼ c. sugar.  
1 tsp. lemon juice and rind  
Boil and pit prunes, add raisins and ¼ c. sugar. Simmer another 15 minutes. Chill

### **Poppy seed and Raisin Filling**

2 C. poppy seed  
¼ c. sugar  
1 C. raisins or chopped walnuts  
1 egg white  
Pour boiling water over poppy seeds and drain. Cover with warm water and soak for ½ hour. Drain, grind. Add sugar, raisins or nuts. Beat egg white till stiff and fold in.

### **Apricot Filling**

½ lb. dried appricots  
⅓ c. sugar  
1 c. water  
Boil apricots and water. Add sugar and mix until dissolved. Reduce heat, cover and simmer 45 min. Cool, sieve. Add left over juice if necessary for proper thickness.

## **POPPY SEED TWISTS**

**Barbara Rozdziabek**

6 eggs  
1 c. icing sugar  
1 c. mazola oil or salad oil  
Rind of one orange  
4 c. flour  
4 tsp. baking powder  
½ tsp. salt

Cream, eggs, sugar, oil and orange rind. Sift dry ingredients and add to creamed mixture. Knead dough and place in refrigerator for 1 hour. Take 2 small amounts of dough and shape into a roll 16" long, ¼" thick and twist together. Brush with beaten egg. Sprinkle with poppy seed. Bake at 350° F. until golden brown.

## **SWEET BREAD**

**Helen Shewchuk**

2 pkg. yeast  
1 c. water (lukewarm)  
2 tsp. sugar  
4 c. milk (scalded)  
¼ c. sugar  
6 tsp. salt  
1 c. margarine  
2 c. lukewarm water  
4 eggs, well beaten  
1 c. glazed mixed fruit  
½ c. raisins

Flour

Sprinkly yeast over water and let stand for 10 min. Then stir briskly with fork.

Four scalded milk into large bowl and add sugar, salt, margarine and water. Stir until margarine melts. Cool to lukewarm. Add yeast and 4 well-beaten eggs. Stir. Add raisins and fruit. Add enough flour to make a soft dough. Let rise, punch down, let rise, punch down, let rise. Make into bread loaves or braids if you wish. Let rise in pan. Bake at 350° for about ¼ hour or until nicely browned and done. When cool glaze with thin Icing which is made up of a bit of cream or milk, icing sugar, bit of vanilla and some orange or lemon rind. Dribble on bread and let set.

## **TWO HOUR BUNS**

**Virginia Chipertzak**

1½ c. warm water  
2 tbsp. yeast  
2 tsp. sugar (let dissolve)  
½ cup hot water  
1 tsp. salt  
6 tbsp. of oil  
2 beaten eggs  
2-6 tsp. sugar or to taste

Blend into yeast mixture with enough flour for a soft dough, approximately 8 cups of flour. Put to rise in a warm place. Knead 3 times at 15 minute intervals. At fourth rising make into buns. Bake at 375° till golden brown.

## **TUCK SHOP CINNAMON BUNS**

**Grace Ronald**

2 pkgs. instant yeast or 1 oz. Fleischman's fresh yeast  
½ c. warm water  
2 tbsp. sugar  
2 c. boiling water  
3 tbsp. margarine  
2 tsp. salt  
3 tbsp. sugar  
5¼ c. water  
3 eggs  
⅓ c. margarine  
1 c. white sugar  
1½ tsp. cinnamon

Soften yeast in water with dissolved sugar. Let set for 10 min. In a large bowl put boiling water, add margarine, salt and sugar. When margarine is dissolved and mixture is cooled a bit, add 2 cups All Purpose Flour. Beat mixture hard untill smooth and creamy (5 mins.). Then add yeast mixture, eggs and 3¼ c. more flour. Continue beating until very smooth (the dough should be very soft. If too soft to handle, add a bit more flour, however, the less flour used, the better the buns.). Cover, let rise untill doubled in bulk (1 hr.). While dough is rising add ⅓ c. margarine to a flat pan, melt and set aside. In another flat dish mix sugar and cinnamon. Turn the raised dough onto a lightly floured work surface. Let the dough set 5 to 10 minutes to "firm up". Cut into pieces about the size of an orange. Dip each piece first into the melted margarine, then coat it well in the cinnamon-sugar mixture. Stretch the piece of dough until it is 4 to 5 inches long and form it into a simple knot. Place the knots side by side in a 9" x 12" x 2" pan. (Be sure the pan is 2" deep and allow a 3" square for each bun.). Let the finished buns rise for about 45 minutes. Bake at 375° for 30 minutes. This recipe makes 18 good sized buns.

**3 O'CLOCK BUNS**

3 c. warm water  
2 tsp. sugar  
1 pkg. yeast  
2 eggs, beaten  
¼ c. sugar  
† tsp. salt  
4 tbsp oil  
8-9 c. flour

Start Buns at 3:00 P.M. Dissolve sugar in water, add yeast and let sit for 10 min. Add eggs, sugar, salt and oil to yeast mixture. Knead in flour (dough will be soft). Put in greased bowl and cover. Punch dough down every hour until 9:00 P.M. Make buns at 10:00 P.M. (make approx. 60), coat with oil, place on cookie sheets and leave at room temperature overnight (cover with cloth). Bake at 8:00 A.M. next morning for 15 minutes at 375.

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# LOAVES

## BANANA NUT BREAD

Elsie Tanasiuk

2 c. sifted flour  
2 tsp. baking powder  
 $\frac{1}{2}$  tsp. soda  
 $\frac{3}{4}$  tsp. salt  
 $\frac{1}{2}$  c. sugar  
1 c. chopped nuts  
1 egg beaten  
 $\frac{1}{4}$  c. salad oil  
1 c. mashed bananas (ripe)  
1 tbsp. lemon juice

Sift together the dry ingredients. Add  $\frac{3}{4}$  cup of the nuts. Combine the remaining ingredients and add to the dry ingredients. Stir only until flour is moistened.

Pour in a greased 9 x 5 inch loaf pan. Sprinkle the remaining nuts over the top of loaf.

Bake in moderate oven 350° for 1 hour. Cool in pan.

## CARROT BREAD

Rose Sidor

1 c. oil  
4 c. sugar  
8 eggs  
4 c. carrots  
2 c. milk  
6 c. flour  
3 tsp. baking soda  
4 tsp. baking powder  
1 tsp. salt  
4 tsp. cinnamon

Add any fruit or raisins if you wish.

Combine all the ingredients into one bowl. Bake at 350° for 55 to 60 minutes.



**CARROT LOAF****Georgina D. Stark**

- 1½ c. sugar
- 1½ c. water
- ½ c. margarine
- 1 tsp. cinnamon
- ¼ tsp. cloves
- ¼ tsp. allspice
- 1 c. raisins
- 2 c. raw carrots, grated
- 2 c. flour
- 3 beaten eggs
- 1 tsp. soda
- ½ tsp. salt

Combine these 8 ingredients and cook over low heat for 20 minutes. Cool. Then add your flour, eggs, soda and salt to this mixture. Put in a loaf pan and bake for 1 hour at 325° F.

**CHRISTMAS PUMPKIN BREAD****Gladys Palahniuk**

- ½ c. vegetable oil
- 2 eggs
- 1 c. canned pumpkin
- 1¾ c. sifted all-purpose flour
- 1¼ c. sugar
- 1 tsp. baking soda
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ¼ tsp. salt
- ½ c. candied cherries (cut up)
- ½ c. chopped nuts

Combine oil, eggs, ⅓ c. water and the pumpkin. Sift together next 6 ingredients. Gradually beat into first mixture. Stir in cherries and nuts. Pour into greased and floured 9" x 5" x 3" loaf pan or two 7 3/8" x 3 5/8" x 2 1/4" pans or 20 cupcakes. Bake all sizes in moderate oven (350°) 1 hour or until done.

**CRABAPPLE LOAF****Mrs. Madeline Kitz**

- 2 c. sliced crabapples
- 1 c. sugar
- 3 tsp. cinnamon
- ½ c. melted butter
- 1½ c. flour
- 1 egg
- 1 tsp. baking soda
- 1/8 tsp. salt
- ¼ c. milk

Let crabapples, sugar and cinnamon stand for ½ hour. Beat all together the rest of the ingredients. Bake 1 hour at 350°.

### **CRAB APPLE LOAF**

**Judy Shtuka**

2 c. sliced crabapples  
1 c. sugar  
½ c. margarine  
1 egg  
¼ tbsp. milk  
1½ c. flour  
1 tsp. baking soda  
2 tsp. cinnamon  
pinch salt

Sprinkly crabapple with ¼ c. sugar. Mix together ¾ c. sugar and margarine. Mix till well blended, add egg, milk and beat well. Sift flour, baking soda, salt and cinnamon. Add this to the sugar mixture. Stir in crabapples, pour in greased loaf pan and bake 50-60 minutes at 375° F. Ice with apple juice and brown sugar. Drizzle over hot cake. Best served next day when flavours are spread throughout the cake.

### **GRANDMA'S FRUIT LOAF**

**Mrs. Zenovia Polutranko**

1 c. snipped dried apricots  
1½ c. sugar  
½ c. shortening  
4 eggs  
4 c. sifted all purpose flour  
2 tbsp. baking powder  
1 tsp. salt  
2 c. milk  
1 c. snipped pitted prunes  
½ c. chopped walnuts

Cover apricots with warm water: let stand 5 minutes. Drain: set aside. In mixer bowl, cream together sugar and shortening; add eggs and beat till light. Sift together flour, baking powder and salt; add alternately to creamed mixture with milk, beating well after each addition. Stir in reserved apricots, prunes and nuts. Pour into two greased and floured 9 x 5 x 3 inch loaf pans. Bake in 350° oven 60 to 65 minutes or till done. Cool in pans 10 minutes. Remove to wire rack; let cool completely. Wrap and store overnight for best slicing. Makes 2 loaves.

### **LEMON BREAD**

**Annie Zaharichuk**

1 c. sugar  
½ c. milk  
½ c. butter or margarine  
2 eggs  
1½ c. all purpose flour  
1 tsp. baking powder  
1/8 tsp. salt

(Continued Next Page)

Grated peel from 1 lemon

½ c. sugar

¼ c. fresh lemon juice

Cream butter with 1 cup sugar, add eggs and beat. Combine dry ingredients and add to butter along with milk. Stir in lemon peel. Pour into greased and floured 9" x 5" loaf pan. Bake at 350° for one hour. Cool slightly remove from pan and place on piece of foil. Put ½ cup sugar and lemon juice in sauce pan and heat slowly till sugar is dissolved and glaze is hot. Pour hot glaze slowly over surface, cool completely before slicing.

### **PINEAPPLE ZUCCHINI LOAF**

**Jo Ann Dubyk**

3 eggs

2 c. sugar

2 tbsp. vanilla

1 c. salad oil

2 c. grated zucchini

3 c. flour

1 tsp. baking powder

1 tsp. baking soda

1 tsp. salt

1 c. crushed pineapple, drained

½ c. raisins, optional

1 c. chopped pecans

Beat eggs until fluffy. Add sugar, vanilla, and oil. Blend well. Add zucchini, then flour mixture which has been sifted together. Stir in pineapple, raisins, and pecans. Mix well. Divide mixture into 2 greased and floured loaf pans. Bake 1 hour at 350°

### **POPPY SEED LOAF**

**Barbara Rozdziabek**

In One Bowl

1½ c. sugar

¾ c. oil

2 eggs

1 tsp. vanilla

In Second Bowl

2 c. flour

1 tsp. baking powder

1 tsp. salt

¼ c. poppy seed

1 can evaporated milk

Mix ingredients in bowl one well, and alternate bowl one with bowl two with evaporated milk. Bake at 350° for 60 minutes or until tooth pick does not stick when you stick it in.

### **PUMPKIN LOAF**

**Elizabeth Zayatz**

1½ c. flour  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cinnamon  
¼ tsp. salt  
½ c. butter (or ¾ c. vegetable oil)  
1 c. white sugar  
2 eggs, well beaten  
1 c. canned or cooked pumpkin puree  
½ c. raisins

Bake in a well greased 9 x 5 inch loaf pan for 1 hour at 350° F. or untill cake tester comes out clean.

### **PUMPKIN BREAD**

**Harriet Chomiak**

1½ c. milk  
¼ c. white sugar  
4 tsp. salt  
¼ c. shortening  
1 can pumpkin (15 oz.)  
2 tsp. sugar  
1 c. warm water  
2 envelopes yeast  
4½ c. flour

Scald 1½ c. milk and add to ¼ c. white sugar, 4 Tsp. salt and ¼ c. shortening stirring untill the shortening melts. Stir in (15 oz.) can pumpkin. Dissolve 2 tsp. sugar in 1 c. warm water and add 2 envelopes yeast. After 10 minutes, add to pumpkin mixture. Beat in 4½ c. all purpose flour. Gradually add 5-5½ c. flour. Let rise for 1½ hour. Divide into 2. Roll out each half into 8" x 12" rectangle. Brush with butter. Mix 1½ c. sugar and 1½ tsp. cinnamon and sprinkle onto buttered dough. Roll up end, seal the ends. Place in greased loaf pan. Grease tops slightly. Let rise again.

## ZUCCHINI ZIP [LOAF]

Grace Ronald

3 eggs

1 c. oil OR  $\frac{2}{3}$  c. oil +  $\frac{1}{3}$  c. milk

2 c. sugar

1 tsp. vanilla

2 c. washed, finely shredded unpared zucchini (packed)

1 $\frac{1}{2}$  c. cake flour

1 c. whole wheat flour

$\frac{1}{2}$  c. wheat germ

1 tsp. salt

2 tsp. nutmeg

1 tsp. baking soda

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

$\frac{1}{2}$  c. chopped walnuts or raisins

In large bowl, beat together eggs, oil, sugar, vanilla and zucchini. Now, with beaters on low, begin adding all ingredients as you measure them. This batter is quite thin. Line 2 loaf pans (8 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ " x 2 $\frac{3}{4}$ ") with double waxed paper (buttered). Pour in batter. Bake at 325° F. 1 hour or until done.



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VEGREVILLE

# Muffins & Cupcakes

## BRAN MUFFINS

Marietta Kowal

- ¼ c. shortening
- ½ c. brown sugar
- ¼ c. molasses
- 2 eggs
- 1 c. cold milk
- 1 c. all purpose flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ¾ tsp. salt
- 1½ c. Quaker bran
- ½ c. raisins (if desired)

Cream shortening and sugar together. Add molasses and eggs and beat together well. Add milk, then bran. Sift flour, baking powder, soda and salt together. Place in greased muffin tins. Bake in hot oven 400-425° F. for 15 to 20 minutes. Makes 16 to 18 medium sized muffins.

## CARROT MUFFINS

Marietta Kowal

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

Beat eggs until light and fluffy. Add oil, sugar and beat thoroughly. Sift flour, soda and baking powder. Add vanilla, carrots and half the dry ingredients and mix. Then add the rest of the dry ingredients, nuts and mix thoroughly. Put into muffin tin. Bake at 400° F. for 25 minutes. A recipe makes 3 dozen muffins.



### **CARROT MUFFINS**

**Elaine S. Orfino**

1 c. mazola  
1 c. sugar  
4 eggs  
2 c. flour  
2 tsp. baking powder  
2 tsp. baking soda  
1 tsp. vanilla  
2 tsp. cinnamon  
1 tsp. salt  
4 c. grated carrots  
1 c. walnuts

Mix all ingredients in the order given. Bake at 350° for about 20 minutes or until nice golden brown.

### **CARROT MUFFINS**

**Liz Toma**

1 c. sugar  
1 c. carrots  
½ c. pineapple (drained)  
2 eggs  
1½ c. flour  
1 tsp. cinnamon  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
⅔ c. mazola

Mix together eggs, sugar and mazola. Add carrots and pineapple. The add dry ingredients. Fill muffin tins ½ full and bake for 25 minutes at 350° F.

### **DATE AND ORANGE MUFFINS**

**Donna Benson**

1 whole orange  
½ c. orange juice  
½ c. dates (chopped)  
1 egg  
½ c. margarine  
1½ c. flour  
1 tsp. baking soda  
1 tsp. baking powder  
¾ c. white sugar  
1 scant tsp. salt

Cut orange into pieces and drop pieces into blender with orange juice. Blend until rind is finely ground. Add egg, dates, and butter and give another whirl in blender. Into a bowl sift flour, baking soda, baking powder, sugar and salt. Pour orange mixture over dry ingredients and stir lightly, just enough to moisten. Drop spoonfulls into 18 buttered muffin tins. Bake in 400° F. oven, about 15 minutes.

**HONE-OAT BRAN MUFFINS****Joan Toronchuk**

½ c. all-bran  
 1 c. rolled oats  
 1 c. wheat germ  
 1 tsp. cinnamon  
 ½ tsp. salt  
 ¼ c. powder milk  
 1 c. sour milk  
 1 c. liquid honey  
 2 lge eggs, beaten  
 ½ c. oil  
 1 c. all-purpose flour  
 2 tsp. baking powder  
 1 tsp. soda

Combine all-bran, oats, wheat germ, cinnamon, salt and milk powder. Mix well. Add sour milk; let stand until all the moisture is absorbed. Add honey, water, eggs and oil; mix well. Stir together; flour, baking powder and baking soda. Add sifted dry ingredients to egg mixture all at once, stir just until moistened. Fill muffin cups no more than ⅔ full. Bake at 375° F. for 20 to 25 minutes. Makes 1½ dozen.

**OATMEAL BANANNA CUPCAKES****Mr. Madeline Kitz**

½ c. margarine  
 ½ c. sugar  
 2 eggs  
 1 c. mashed bananas (3)  
 ⅔ c. honey  
 1½ c. flour  
 1 tsp. baking powder  
 1 tsp. baking soda  
 ¾ tsp. salt  
 1 c. quick oats

Cream together margarine and sugar, beat in eggs, bananas & honey. Sift together the dry ingredients and add to banana mixture. Stir well, add quick oats and stir. Bake for 20 minutes at 350°.

**REFRIGERATOR BRAN MUFFINS****Gradys Palahniuk**

3 c. whole bran cereal  
 1 c. boiling water  
 2 eggs, slightly beaten  
 ½ c. molasses  
 2 c. buttermilk or sour milk  
 ½ c. salad oil  
 1 c. raisins, dates, or prunes  
 2½ tsp. soda  
 ½ tsp. salt

(Continued Next Page)

1 c. sugar

2½ c. flour, unsifted (may use 1½ c. whole wheat flour mixed with scant cup enriched white flour)

Pour boiling water over bran in a large bowl; stir to moisten evenly. Allow to cool. Add eggs, molasses, buttermilk, salad oil and dried fruit. Blend well. Stir together soda, salt, sugar and flour, then stir into bran mixture. Store in tightly covered plastic container in the refrigerator for up to five weeks. When desired, spoon batter into greased muffin cups and bake at 425° F. (220° C.) for 20 minutes.

### **SPICE CARROT MUFFINS**

**Raseann Zemlak**

1½ c. all-purpose flour

1 tsp. baking powder

1 tsp. soda

½ tsp. cinnamon and salt

¼ tsp. nutmeg

Pinch of ginger and allspice

¾ c. brown sugar

1 egg

½ c. buttermilk or sour milk

⅓ c. oil

½ tsp. vanilla

1½ c. grated carrots

½ c. raisins

½ c. chopped nuts

Measure dry ingredients into bowl. Stir with a fork until well mixed. Beat together egg, milk, oil, and vanilla. Stir in carrots, raisins, and nuts. Pour into dry ingredients and stir until moist. Do not over mix. Baking time 17 mins. at 400° F.

### **SURPRISE MUFFINS**

**Faye Ewanchyshyn**

1½ c. flour

1 c. sugar

1 tsp. cinnamon

1 tsp. baking powder

1 tsp. vanilla

1 tsp. soda

½ tsp. salt

⅔ c. oil

2 eggs

1 c. grated carrots

½-¾ c. grated zucchini

4 tbs. cocoa (optional)

Beat oil, sugar and eggs, then vanilla. Add sifted dry ingredients. Beat well until smooth. Add zucchini and carrots. Fill muffin tins ¾ full. Bake 350° for 20 to 25 min.

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VEGREVILLE, ALBERTA

# CAKES

## APPLE COFFEE STREUSEL CAKE

Ina Kachmar

### CAKE BATTER:

- ¾ c. sugar
- ¼ c. softened shortening
- 1 egg
- ½ c. milk
- 1½ c. flour
- 2 tsp. baking powder
- ½ tsp. salt

### STREUSEL MIXTURE:

- ½ c. packed brown sugar
- 2 tbsp. flour
- 2 tsp. cinnamon
- 2 tbsp. melted butter
- ½ c. chopped nuts

Mix cake batter in given order.

Peel two apples and cut into wedges.

Place one half the batter in a greased 9" x 9" pan. Arrange apple wedges, Sprinkle nuts, and sprinkle with one half of the struesel mixture. Place remaining batter on top and sprinkle with the other half of the struesel mixture. Bake at 375° for 25 to 35 minutes.

## BACHELOR'S CAKE

Mrs. Carol Rudyk

- 3 large eggs
- 1 c. white sugar
- 1 c. crisco or fluffo
- 3 tbsp. cocoa
- 3 tbsp. strong (brewed) coffee
- 1 tsp. vanilla
- tsp. salt
- graham wafers

Beat eggs well. Add sugar and beat well again. Then add cocoa, fluffo, coffee and vanilla. Beat well at high speed on beater. Layer alternately - graham wafers and mixture. Top with walnuts on mixture. Use 9" x 9" pan.

## BANANA CHIFFON CAKE

Sally Krysak

2 ¼ c. cake flour  
1½ c. sugar  
1 tsp. salt  
1 tbsp. baking powder  
½ c. vegetable oil  
5 unbeaten egg yolks  
¾ c. cold water  
1 c. mashed bananas  
1 tsp. grated lemon peel  
1 c. egg whites (7 or 8)  
½ tsp. cream of tartar

Sift dry ingredients together into a bowl. Make a well in centre, add oil, egg yolks, water, bananas and lemon peel. Beat until smooth. Beat egg whites, add cream of tartar until very stiff. Pour egg yolk mixture into thin stream over entire surface of egg whites, beaten gently, cutting and folding with rubber spatula until completely blended. Pour into ungreased 10" cake tube pan. Bake at 325° for 10 minutes. Invert pan, let cake hang until cool

## BLACK FOREST CAKE

Lillian Yakimchuk

1 pkg. Duncan Hines Chocolate cake mix (buttertype)

### SYRUP:

¾ c. sugar  
1 c. water  
⅓ c. Kirsch

### FILLING:

2 egg yolks  
⅔ cup icing sugar  
6 oz. unsalted butter  
1 tbsp. rum

### CENTER FILLING:

1 can red pitted cherries  
soak in 2 tbsp. rum  
bring to boil with ¼ juice.

Thicken with cornstarch paste. Add ½ tsp.

Bake cake as directed (2 pans). Cool and slice each layer in half and sprinkle with syrup. Allow at least 1 hour to dry.

SYRUP: Bring to boil sugar and water and boil briskly uncovered until reduced by at least half, cool and add ⅓ c. kirsch.

FILLING: Whip 5 minutes 2 egg yolks, ⅔ c. icing sugar, unsalted butter, rum. This is used between bottom and top layers.

CHERRIES: spread between middle layers.

**CARAMEL TOPPED COFFEE CAKE****Mrs. Phillis Rusu**

- ¼ c. butter
- 1 c. flour
- ½ c. sugar
- 1 tsp. cinnamon
- 1½ tsp. baking powder
- 1 tsp. salt
- 1 egg
- 1 tsp. vanilla

**CARAMEL TOPPING:**

Heat until melted and syrupy

- 2 tbsp. butter
- 2 tbsp. brown sugar
- dash cinnamon

Melt butter in pan. Combine: flour, sugar, cinnamon, baking powder and salt. Add: egg, vanilla and butter. Blend. Put in 8 x 8 pan and bake at 350° for 20 mins.

Put caramel topping and sprinkle ½ c. nuts. Broil 2-3 mins.

**CARROT CAKE****Elizabeth Nakonechny**

- 1½ c. mazola oil
- 2 c. sugar
- 4 eggs (beat one egg at a time)
- 1 c. flour
- 2 tsp. baking powder
- 1 tsp. baking soda and add to first mixture
- 2 more c. flour
- ½ tsp. salt
- 7-8 grated raw carrots (medium) size
- ½ c. chopped nuts

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

**CRANBERRY STREUSEL COFFEE CAKE****Grace Kulba**

- ¾ c. brown sugar
- ½ c. flour
- 1 tsp. cinnamon
- ¼ c. butter

**CAKE:**

- ½ c. soft butter
  - 1 c. granulated sugar
- (Continued Next Page)



2 eggs  
1 tsp. vanilla  
2 c. flour  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
1 c. dairy sour cream  
2 c. cranberries (fresh or frozen)

TO MAKE STREUSEL: mix together sugar, flour and cinnamon; blend in butter until crumbly.

TO MAKE CAKE: cream butter with sugar until light and fluffy. Beat in eggs, one at a time, then vanilla. Sift together flour, baking powder, baking soda and salt. Add to creamed mixture alternately with sour cream.

Spread half the batter in a greased and floured 10-inch springform pan. Sprinkle with half the streusel mixture, then half the cranberries. Spread with the remaining batter. Sprinkle evenly with remaining cranberries, then remaining streusel.

Bake in a 350° F. oven about 1 hour or until skewer inserted in centre comes out clean. Cool in pan 10 minutes, then remove pan. Or bake coffee cake in a 13 x 9 inch cake pan; instead of layering the mixtures simply spread batter in pan, then sprinkle cranberries and streusel evenly over top. Bake about 45 minutes. Serve warm. Makes about 12 servings.

NOTE: To reheat coffee cake, wrap in foil and heat about 20 minutes in a 350° F. oven.

## CHOCOLATE CHIFFON CAKE

Mollie Baydala

¾ c. boiling water  
½ c. cocoa  
1¾ c. sifted flour  
1¾ c. sugar  
1½ tsp. soda  
1 tsp. salt  
½ c. mazola oil  
7 unbeaten egg yolks  
2 tsp. vanilla  
8 egg whites  
½ tsp. cream of tartar

Mix ¾ c. boiling water and ½ c. cocoa (instead of ½ c. cocoa, 2 sqs. (2 oz.) unsweetened chocolate may be used) and stir until smooth, then cool. Be sure water is boiling, it will help thicken the batter. 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. Put in cold oven and bake at 350° F. for 65-70 minutes.

**CREAM CAKE****Elizabeth Chrapko**

1 c. sugar  
 2 eggs  
 1 c. sweet (farm) cream  
 2 c. flour  
 2 tsp. baking powder  
 1 tsp. vanilla  
 ¼ tsp. salt

Beat the eggs until very light gradually add the sugar and beat again. Add cream and flavoring. Add flour, baking powder and salt which were sifted three times. Pour into two 9 inch layer cake pans (greased) and bake at 350° F. oven for 20 minutes or until done.

**CHIFFON CAKE****S. Gail Patrie**

1½ c. pre-sifted all purpose flour  
 1½ c. sugar  
 3 tsp. baking powder  
 1 tsp. salt  
 ½ c. mazola oil  
 7 egg yolks  
 ¾ c. cold water  
 1 tsp. vanilla  
 1 c. egg whites (7-8)  
 ½ tsp. cream of tartar

Combine egg whites and cream of tartar. Beat into peaks. In another bowl, combine the rest of the ingredients. Gently add the egg whites and pour into a tube pan. Bake at 325° F. for 55 min. and then at 350° F. for 10 min.

**CHOCOLATE CHIP CAKE****Lorraine Wakaruk**

1½ c. boiling water  
 1 c. chopped dates  
 1 tsp. soda  
 ½ c. butter  
 1 c. sugar  
 2 eggs beaten  
 1½ c. sifted flour  
 ½ tsp. salt  
 ⅓ tsp. soda

**TOPPING:**

Mix together  
 1 pkg. 8 oz. chocolate chips  
 ½ c. brown sugar  
 ½ c. chopped nuts (optional)

Pour boiling water over dates, add soda and cool. Cream butter and

(Continued Next Page)

sugar. Add beaten eggs and date mixture. Stir in flour, salt and soda. Beat well. Pour into greased 9 x 9 or 7 x 11 pan. Sprinkle over batter chip, nut, sugar, mixture. Bake at 350° 45-50 minutes.

### **CHOCOLATE ZUCCHINI CAKE**

**Betty Turchin**

½ c. margarine  
½ c. oil  
1¾ c. white sugar  
2 eggs  
1 tsp. vanilla  
½ c. sour milk  
4 tbsp. cocoa  
2½ c. flour  
½ tsp. baking powder  
1 tsp. soda  
1 tsp. salt  
2 c. finely chopped zucchini  
½ chocolate chips

Cream margarine and oil, add white sugar, eggs and vanilla. Sift flour, baking powder, soda and salt with cocoa. Add to creamed mixture, alternately with chopped zucchini. Add chocolate chips over batter. Grease and flour 9" x 13" pan and pour in batter. Bake at 325° for 45-50 minutes.

### **CHOCOLATE ZUCCINNI CAKE**

**Olga Youzwishen**

3 eggs  
2 c. brown sugar  
1 c. salad oil  
2 oz. unsweetened chocolate  
2 c. grated zucchini  
1½ c. whole wheat flour  
1½ c. all purpose flour  
1 tsp. salt  
1 tsp. cinnamon  
1½ tsp. baking powder  
1 tsp. soda  
1 c. chopped or ground raisins

Over low heat melt the unsweetened chocolate. In a mixing bowl add the eggs, brown sugar and salad oil. With an egg beater, beat until blended. Add the chocolate, mix again. Add dry ingredients. Blend well, add the raisins. Bake in two 9 x 5 loaf pans, greased with oil and sprinkled with flour, at 350° for 60 minutes.

## COCONUT CAKE DELIGHT

Marg Horon

- ¾ c. sugar
- ¼ c. finely chopped walnuts
- 1 c. coconut, finely shredded
- 25 graham crackers, rolled
- 1 c. milk
- 1 egg
- 1½ tsp. baking powder
- 2 tbsp. butter
- 2 tbsp. flour
- ½ tsp. salt

Combine sugar coconut, walnuts, milk, crumbs and egg; mix well. Add remaining ingredients and stir well. Pour into greased 9 inch square cake pan and bake at 350° F. for 25-30 minutes; do not over-cook. While cake is cooling, boil together for 3 minutes:

- ½ c. yellow sugar
- 2 tbsp. butter
- 1/8 c. milk

Remove from heat and stir in

- ¾ c. icing sugar
- ½ tsp. vanilla

Spread over cake while slightly warm and decorate with walnut halves.

## CRUNCHY CARROT CAKE

Sonia Prezanowski

- 4 eggs
- 2 c. brown sugar
- 2 c. grated carrots
- 3 c. flour
- 1 tsp. salt
- 3 tsp. baking powder
- ½ tsp. baking soda
- 1 c. salad oil
- 1 tsp. vanilla
- ½ c. nuts
- 1 tsp. cinnamon
- 1 c. raisins

Beat eggs, add sugar and beat, then add carrots. Sift flour and dry ingredients, adding alternately with oil. Then add walnuts and raisins.

TOPPING:

Boil this about 3 min.

- 2 tbsp. melted butter
- ½ c. brown sugar
- 2 tbsp. milk
- ¼ c. nuts

Spread on cake when its baked and return to oven for about 15 minutes.

## **DELICIOUS CHOCOLATE CAKE**

**Mrs. Ann Strap**

$\frac{2}{3}$  c. cocoa (I put  $\frac{1}{2}$ )  
2 c. white sugar  
1 c. hot water  
 $\frac{1}{2}$  c. margarine  
2 eggs  
2 tsp. vanilla  
1 c. buttermilk or sour milk  
1 tsp. baking powder  
1 tsp. baking soda  
2 c. flour  
pinch of salt

Put together cocoa, sugar, margarine and water and melt. Add eggs and vanilla and beat. Add buttermilk, baking powder, soda, flour, salt, mix. Pour into greased and floured 12 x 9 x 2 pan. Bake at 350° F. until done, usually takes about 45-50 minutes. A very moist cake.

## **GARDEN CARROT CAKE**

**Marion Puk**

4 eggs  
1 c. honey  
 $\frac{1}{2}$  c. lightly packed brown sugar  
1 c. vegetable oil  
 $2\frac{1}{4}$  c. all-purpose flour  
 $\frac{1}{2}$  tsp. salt  
2 tsp. baking powder  
 $\frac{1}{2}$  tsp. baking soda  
1 tsp. cinnamon  
 $\frac{1}{2}$  tsp. nutmeg  
3 c. grated raw carrots  
1 c. chopped walnuts  
1 c. raisins

Beat eggs. Gradually beat in honey and sugar, beating until light. Gradually beat in oil. Sift or mix together flour, salt, baking powder, soda and spices. Stir into batter. Stir in carrots, nuts and raisins. Pour into a greased 9 x 13 inch cake pan. Bake in 325° F. oven for 45-50 minutes. Cool, then dust with icing sugar or frost with Cream Cheese Frosting.

## **CREAM CHEESE FROSTING**

Blend a 125 g. package of softened cream cheese with 2 tbsp. butter,  $1\frac{1}{2}$  to 2 c. sifted icing sugar and 1 tsp. vanilla until smooth. (for a thick frosting, make  $1\frac{1}{2}$  to 2 times the recipe)

## HARVEY WALLBANGER CAKE

Margaret Ascroft

1 orange cake mix  
1 pkg. instant pudding mix  
½ c. oil  
4 eggs  
¼ c. galino  
1 c. orange juice  
¼ c. volka

### ICING:

1 c. icing sugar  
1 tsp. orange juice  
2 tbsp. galino  
1 tbsp. vodka

Mix all cake ingredients together. Bake in Bundt pan at 350° for 55-60 minutes.

Mix icing ingredients together. Drizzle over cake.

## HOLIDAY RING CAKE

Dina Spasiuk & Dave Humphries

1 c. butter (at room temp.)  
1 pkg. (250 g. cream cheese (softened))  
1½ c. sugar  
1 tsp. vanilla  
2 tsp. grated lemon rind (optional)  
4 eggs  
1¾ c. all-purpose flour  
1½ tsp. baking powder  
½ c. seedless raisins  
½ c. golden raisins  
½ c. mixed candied fruit or peel  
½ c. chopped well drained marchino or candied cherries  
½ c. chopped nuts  
¼ c. all-purpose flour

With electric mixer, cream butter and cheese. Add sugar and cream well. Beat in vanilla and lemon rind. Add eggs, one at a time, beating well after each. Sift 1¾ c. flour with baking powder and blend in. Combine fruit and nuts and toss with ¼ c. flour. Stir into batter. Pour into greased and floured 10" Bundt or tube pan. Bake at 300° until toothpick inserted in centre comes out clean, 70-80 minutes. Cool in pan about 10 minutes, then turn out onto wire rack to cool completely. Dust cake with icing sugar or drizzle with a glaze made with icing sugar and a little milk.

## HONEY CAKE

Elana Kawulych

¾ c. sugar  
1 c. honey  
¾ c. oil  
3 c. cake flour  
8 eggs  
2 tsp. soda  
1 tsp. cinnamon, cloves or nutmeg  
¼ tsp. salt

Beat egg yolks with sugar. Add honey and beat, then add oil and beat well. Add flour and mix carefully adding spices. Beat egg whites and fold into batter. Bake at 325° F. for 1 hr. in 2 or 3 loaf pans.

## JELLY ROLL

Bernice Yakimyshyn

4 egg yolks  
½ c. sugar  
½ tsp. vanilla  
4 egg whites  
½ c. sugar  
¾ c. sifted cake flour  
1 tsp. baking powder  
¼ tsp. salt

Beat egg yolks till thick and lemon colored, gradually beat in ½ c. sugar. add vanilla. Beat egg whites till soft peaks form; gradually add ½ c. sugar and beat till stiff peaks form. Fold yolks into whites.

Sift together flour, baking powder and salt. Fold into mixture.

Spread batter evenly into greased and lightly floured 15½" x 10½" x 1" jelly roll pan. Bake in moderate oven (375°) about 10-12 min. or till done. Immediately loosen sides and turn out on towel sprinkle with confectioners sugar. Starting at narrow end, roll cake and towel together, cool on rack. Unroll, spread with favorite filling. Roll up. Makes 10 1 inch slices.

## LEMON JELLY ROLL

Ron Hunka

4 egg yolks  
¾ c. sugar  
½ tsp. lemon peel  
1 tbsp. lemon juice  
4 egg whites  
¾ c. sifted cake flour  
¼ tsp. salt

Beat yolks until thick and lemon color. (about 5-8 min.) Gradually add ¾ c. sugar beating constantly. Stir in juice and peel.

In large bowl beat whites until soft peaks form. Gradually add the rest of sugar beating until stiff peaks form.

Gently fold yolks into whites, gently fold flour (which has been sifted with

salt) half at a time into egg mixture just until blended. Spread evenly into greased jelly roll pan 15 x 10 x 1 inch. Bake at 350° for 15 minutes. Loosen sides of cake, immediately, turn out onto a towel generally sprinkled with icing sugar. Starting at narrow edge roll up cake and towel together. Cool.

**PREPARE LEMON FILLING:**

¾ c. sugar  
2 tbsp. cornstarch  
pinch of salt  
¾ c. water  
2 slightly beaten egg yolks  
1 tsp. lemon peel  
3 tbsp. lemon juice  
1 tbsp. butter

In saucepan, combine sugar, cornstarch and salt, gradually add water. Stir in egg yolks, lemon peel and juice. Cook and stir over medium heat until bubbly. Boil 1 minute, remove from heat. Stir in butter. Cool. Carefully unroll cooled cake. Spread lemon filling evenly over cake. Roll up again.

**PREPARE MERINGUE:**

2 egg whites  
¼ c. sugar

Beat whites to soft peaks. Slowly add sugar, beat to stiff peaks. Place roll on ungreased baking sheet. Spread meringue over top and sides of cake. Bake at 350° F. oven for 12 to 15 minutes.

**MIDNIGHT CAKE**

**Liz Toma**

¾ c. soft butter  
1½ c. sugar  
3 large eggs  
2¼ c. flour  
¾ c. cocoa  
¼ tsp. baking powder  
1¼ tsp. soda  
1 tsp. salt  
1½ c. water  
1 tsp. vanilla

Cream butter, sugar and eggs for 5 min. Sift together flour, cocoa, baking powder, soda, and salt. Mix alternately with water and vanilla. Bake in 12" x 7½" pan for 40-50 min. at 350° F.



**ONE BOWL CHOCOLATE CAKE****Rose Sidor**

1¾ c. flour  
1½ c. sugar  
½ c. cocoa  
1½ tsp. baking powder  
1 tsp. soda  
¼ tsp. salt  
½ c. (very soft shortening)  
2 eggs  
1¾ c. milk  
1 tsp. vanilla

Mix together. Beat 2 minutes on medium mixer speed. Scraping bowl often or 250 strokes by hand. Bake 35-45 minutes.

**PEACH UPSIDE DOWN CAKE****Gail Siracky**

1½ c. sliced peaches  
¼ c. butter  
½ c. light brown sugar

Melt butter in 8 inch square pan. Add brown sugar and blend well. Arrange fruit on bottom of pan and decorate with maroschino cherries and/or walnuts.

1¼ c. sifted flour  
2 tsp. baking powder  
¼ tsp. salt

¾ c. sugar  
¼ c. soft butter  
1 egg unbeaten

1½ c. milk  
1 tsp. vanilla

Cream butter and sugar. Add egg. Combine dry ingredients and add alternately to butter mixture with milk. Fold in vanilla. Spoon carefully over fruit in pan. Bake at 350° F. for 35-40 mins. Cool 5 mins. and invert on serving dish. Let stand one minute before removing pan.

**POPPY SEED CAKE****Nadia Bartholomew**

½ c. poppy seed  
1 c. cold water  
2 c. flour  
1½ c. sugar  
1 tsp. salt  
3 tsp. baking powder  
7 eggs (separated)  
⅓ c. mazola oil  
¼ tsp. baking soda  
2 tsp. vanilla  
¼ tsp. cream of tartar

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Soak poppy seed in cold water for 2 hours.

Sift together flour, sugar, salt and baking powder. Make well in dry ingredients and add vanilla, egg yolks, mazola oil, baking soda. Add the soaked poppy seed and mix well.

In another bowl beat egg whites and cream of tartar. Pour egg yolk mixture over egg whites folding until blended. Bake at 325° F. for 55 minutes then 350° F. for 10-15 minutes.

### **POPPY SEED CHIFFON CAKE**

**Vicky Triska**

½ c. poppy seed  
1 c. water  
2 c. flour  
2 tbsp. corn starch  
3 tsp. baking powder  
1½ c. sugar  
1 tsp. salt  
½ c. salad oil  
2 tsp. vanilla  
5 unbeaten egg yolks  
½ tsp. soda  
9 egg whites  
½ tsp. cream of tartar

Soak poppy seeds in water for 2 hours. In a bowl sift together flour, corn starch, baking powder, sugar and salt. Form a well and add salad oil, poppy seeds with water, egg yolks, soda and vanilla. Beat until smooth. In another bowl beat egg whites and cream of tartar until very stiff peaks form. Pour yolk mixture over egg whites, gently folding in (do not stir). Pour into ungreased tube pan. Bake for 50 minutes. Invert pan to cool.

### **PUMPKIN JELLY ROLL**

**Janice Dulaba**

¾ c. flour  
1 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. ginger  
½ tsp. nutmeg  
Pinch of salt  
1 tsp. lemon juice  
3 whole eggs  
1 c. white sugar  
¾ c. canned or cooked pumpkin  
1 c. chopped nuts  
icing sugar  
FILLING: 1 c. icing sugar  
2 3 oz. cream cheese  
4 tbsp. butter

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½ tsp. vanilla

Sift dry ingredients. Beat eggs until very thick, add sugar, pumpkin and lemon juice. Mix well. Fold in dry ingredients. Spread on greased and floured jelly roll pan. Sprinkle top with fine chopped nuts. Bake 30 minutes at 350° F. Tip onto iced sugar on towel. Roll cake, cool and ice with filling.

Mix filling in given order, unroll jelly roll, spread the filling. Roll up. Freezes very well.

### **SASKATOON CREEM CHEESE CAKE**

**Mrs. Madeline Kitz**

STEP I:

¼ c. corn starch

¼ c. sugar

½ c. hot water

Dash of cinnamon

¼ tsp. lemon juice

3 c. saskatoons

STEP II:

3 c. wafer crumbs

¼ c. margarine

STEP III:

12 oz. cream cheese

1 c. sugar

2 tsp. vanilla

1 container Cool Whip Topping

STEP I:

Combine all ingredients and cook until thick by stirring over medium heat. Cool

STEP II:

Combine crumbs and margarine and press half mixture into a 13 x 9 inch pan.

STEP III:

Cream the cheese and add sugar and vanilla. Fold in whip topping. Spread one-half of cream cheese mixture carefully over crumbs. Spread saskatoon filling over cheese. Spread remaining cheese mixture over saskatoons. Sprinkle remaining crumb mixture on top. Chill overnight. (Blueberries may also be used)

### **SOUR CREAM CAKE**

**Janice Zakordonski**

½ c. butter

1 c. sugar

2 eggs

1½ tsp. baking powder

1 c. sour cream

1 tsp. baking soda

(Continued Next Page)

1½ c. flour  
1 tsp. vanilla

**TOPPING:**

½ c. brown sugar  
1½ tsp. cinnamon

Cream butter, add sugar and eggs. Sift flour and baking powder. Add cream and vanilla. Pour half of the batter into 8" square pan. Sprinkle over ½ of the topping mixture. Pour in rest of the batter and sprinkle the rest of the topping mixture. Bake at 350° for 40 minutes.

**SOUR CREAM CHOCOLATE CAKE**

**Mary Horoshko Paltzat**

2 eggs  
1 c. sugar  
1 c. sour cream  
1 c. flour  
1 level tsp. baking soda  
1 tsp. vanilla  
3 tsp. cocoa

Mix together all ingredients. Beat 5 minutes. Pour into a buttered 8" x 8" pan. Bake at 350° till done.

**UNBAKED FRUIT CAKE**

**Harriet Chomiak**

1 c. currants  
1 c. walnuts  
2 c. raisins  
½ c. cherries  
4 c. graham wafers  
½ tsp. allspice  
½ tsp. cinnamon  
1 can Borden's milk  
1 c. almonds  
4 c. marshmallow  
½ tsp. salt  
½ tsp. nutmeg  
¼ tsp. cloves

Mix all ingredients and press into bread pan.

**WAFER CAKE****Sonia Tatarin**

- 1 box honey graham wafers
- 1 bag colored marshmallows
- 1 c. walnuts

**FILLING:**

- 1 lb. butter (melted)
- 1 c. sugar
- 4 eggs
- 4 tbsp. cocoa

In large mixing bowl, break wafers in halves, cut marshmallows in half and add walnuts. Mix well.

**FILLING:**

Beat eggs and sugar well. Add to butter and cocoa. Stir well until mixture begins to boil. Boil until thick. Pour over wafers and mix well. Sprinkle greased pan with wafer crumbs and press down well.

**WHITE CHRISTMAS FRUIT CAKE****Dianne Wilinski**

- 1 c. butter
- 2 c. white sugar
- 6 eggs
- 4 tsp. baking powder
- 2¾ c. flour
- 1-12 oz. tin crushed pineapple
- 1 lb. bleached raisins
- 1-16 oz. shredded medium unsweetened coconut
- 8 oz. citron peel
- 8 oz. whole blanched almonds
- 8 oz. red glazed cherries
- 8 oz. green glazed cherries
- 1 tsp. vanilla
- ¼ c. wine or fruit juice

Combine all ingredients together. Add baking powder and flour last. Turn into greased brown paper lined pan. Bake at 275° for 2½ hours.

**NOTE:**

Place in bottom of oven container or pan of water. This ensures the cake will be moist and will not dry out.

# COOKIES

## APPLE RAISIN COOKIES

Louise Ewaskiw

- ½ c. butter or margarine softened
- 1 c. packed brown sugar
- 2 eggs
- ½ c. milk
- 2 c. all-purpose flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. ground nutmeg
- ¼ tsp. ground cloves
- 2 medium apples, peeled, cored and chopped (1½ c.)
- 1 c. raisins
- ½ c. chopped walnuts

Cream butter, sugar. Add eggs and milk; beat well. Stir together flour and next five ingredients. Stir into creamed mixture. Stir in apples, raisins and nuts. Drop from tablespoon on well greased cookie sheet. Bake at 350° F. for 12-14 minutes. Immediately remove cookies to rack. Makes 4½ dozens.

## A-WAKE COOKIES

Betty Turchin

- 4 c. oatmeal
- 2 c. brown sugar
- 1 c. oil
- 2 beaten eggs
- 1½ tsp. salt
- 1 c. raisins
- 1 tsp. almond extract

Mix first 3 ingredients and let stand overnight.

In the morning add, eggs, salt, raisins and extract. Drop by teaspoon full onto lightly greased cookie sheet. Bake at 350° for 15 min.

**BROWNIES ... COOKIES**

Virginia Chiperzak

2 c. brown sugar  
 2 c. shortening  
 2 c. sour milk or buttermilk  
 2 c. white sugar  
 4 eggs  
 1½ c. molasses  
 4 tsp. soda  
 2 tsp. cloves  
 1 c. raisins  
 1 c. nuts  
 2 tsp. cinnamon

9 c. flour or enough flour so you can drop from a spoon

Mix in order given. Bake at 375° for 15 min. These can be frozen well. To store the cookies place wax paper in between the rows. The cookies are soft so if placed one on top of the other they will stick together. My favorite!

**CHERRY MACAROON COOKIES**

Sonia Triska

⅔ c. vegetable shortening  
 ¾ c. sugar  
 ½ tsp. salt  
 ¾ tsp. almond extract  
 ½ tsp. grated lemon rind  
 1 egg unbeaten  
 1¾ c. sifted flour  
 1 tsp. baking powder  
 ½ tsp. soda  
 ½ c. maraschino cherries cut in pieces  
 ¾ c. shredded coconut

Combine shortening, sugar, salt, almond extract, lemon rind and egg and beat thoroughly. Sift flour with baking powder and soda, add to shortening mixture and mix well. Add cherries, coconut and blend. Drop rounded tablespoons of dough on greased baking sheets. Bake in moderately hot oven (375° F.) 10-12 min. Makes 2½ dozen.

**CHOCOLATE CHIP COOKIES**

Mrs. R. Tymchyshyn

½ c. margarine  
 ¼ c. sugar  
 ¼ c. brown sugar  
 1 egg  
 1 tsp. vanilla  
 1 c. flour  
 ½ tsp. soda

(Continued Next Page)

½ tsp. salt

1 c. chocolate chips

Cream margarine and sugar, beat in egg and vanilla. Sift flour, soda and salt together and stir into creamed mixture. Fold in chocolate chips. Drop by teaspoons onto ungreased cookie sheets, 2 inches apart. Bake at 375° F. for 8 minutes.

### **CHOCOLATE CHIP DROP COOKIES**

**Dianne Wilinski**

1 c. shortening

¾ c. white sugar

¾ c. brown sugar

2 eggs

1½ c. flour

1 tsp. salt

1 tsp. baking soda

1½ c. semi-sweet chocolate chips

1 c. chopped walnuts

2 c. rolled oats

1 tsp. vanilla

Cream shortening and sugar. Add beaten egg and combine together. Sift flour, salt, soda and add to creamed mixture. Add remaining ingredients and combine until well mixed. Bake on greased cookie sheets. 350° for 15 minutes.

### **CHOCOLATE DROP COOKIES**

**Francis Zarudenc**

1¼ c. shortening

1 c. brown sugar

1 well beaten egg

½ c. milk

1½ c. flour

½ tsp. soda

1 tsp. cinnamon

2 sq. melted chocolate

1 c. chopped nuts

1 tsp. vanilla

Cream shortening, add sugar gradually, then the egg milk and flour (mixed and sifted with soda and cinnamon). Stir in melted chocolate, chopped nuts and vanilla. Drop by spoonful onto a well buttered pan 1 inch apart. Bake at 350° for 15 min.



### **COCOA PUFFS**

**Richard Hunka**

3 egg whites  
½ c. sugar  
3 tbsp. cocoa  
¼ tsp. vanilla

Beat egg whites until stiff. Add one-half the sugar, gradually continuing to beat until very smooth. Sift cocoa with rest of sugar and add gradually, continuing to beat. Finally beat in vanilla. Pile into dessert dishes and chill. Serve with cream. 5 servings.

### **COCOA TRUFFLES**

**Elaine Orfino**

⅓ c. cocoa  
¾ c. plus 2 tbsp. icing sugar  
½ c. butter  
⅓ c. coconut

Sift together cocoa and icing sugar. Cream butter and cocoa mixture and blend well. Make small balls using teaspoon. Roll in coconut. Refrigerate about one hour before serving.

### **CORNFLAKE COOKIES**

**Frances Zarudenc**

1 c. butter  
1 c. white sugar  
½ c. brown sugar  
2 eggs  
¼ c. milk  
2 c. flour  
1 tsp. soda  
½ tsp. salt  
2 c. rolled oats  
3 c. cornflakes  
1 c. raisins

Mix in order given and drop on cookie sheet. Bake 10 minutes at 350°. Yields 57 large cookies.

### **COTTAGE CHEESE COOKIES**

**Margaret Kawulich**

2 c. flour  
½ lb. butter  
½ lb. cottage cheese  
1 egg yolk  
4 tbsp. minced almonds  
4 tbsp. sugar

Cut flour into butter. Add cheese and cut well. Stir in beaten egg yolk. Roll thin and cut with cookie cutter. Rub tops with melted butter (or egg white) and sprinkle with sugar and almonds. Bake 20 mins. at 400° F. or until golden brown.

## **COOKIES - DATE FAVORITES**

**Elizabeth Chrapko**

½ c. shortening  
⅔ c. sugar  
1 egg  
¼ c. milk  
1¼ c. flour  
1 c. oatmeal  
¼ tsp. soda  
½ tsp. baking powder  
¼ tsp. salt  
1 c. cut up dates  
¼ c. chocolate chips  
nuts

Cream shortening; add sugar gradually and cream together. Add beaten egg and milk. Add flour, oatmeal, soda, baking powder and salt. Mix well. Add dates, nuts and chocolate chips. Drop by teaspoon fulls onto greased baking sheet and bake in moderate oven (375 Bake 15-20 minutes.

## **CRACKERJACK COOKIES**

**Diana Forstey**

1 c. margarine  
1 c. brown sugar  
1 c. white sugar  
2 eggs  
2 tsp. vanilla  
1½ c. flour  
1 tsp. baking powder  
1 tsp. baking soda  
2 c. oatmeal  
1 c. coconut  
2 c. Rice Krispies

Cream margarine, blend in sugar, beat in eggs and add vanilla. Sift dry ingredients and mix in. Stir in oatmeal, coconut and Rice Krispies. Drop on greased cookie sheet. Bake at 350° F. 10-12 minutes.

## **CUP CAKE CONES**

**Gail Siracky**

⅓ c. butter  
⅓ c. peanut butter  
1½ c. brown sugar  
2 eggs  
1 tsp. vanilla  
2 c. flour  
½ tsp. salt  
2½ tsp. baking powder

(Continued Next Page)

¾ c. milk

24 ice cream cones (flat bottoms)

Oven 350° F. - 25 mins.

Cream butter, peanut butter and brown sugar. Add eggs and vanilla. Combine dry ingredients and add alternately to butter mixture with milk. Place cones in muffin tins. Spoon batter into cones up to ¼ inch from top. Bake for 25 mins. Cool, frost and decorate with sprinkles.

### **DAD'S COOKIES**

**Bernice Yakimyshyn**

1 c. margarine

1 c. white sugar

1 c. brown sugar

2 eggs

2 c. coconut

2 c. oatmeal

2 c. flour

1 tsp. baking soda

1 tsp. baking powder

½ tsp. salt

1 tsp. vanilla

Cream margarine, sugar and eggs. Add vanilla, coconut and oatmeal. Add sifted dry ingredients. Roll into balls and flatten on cookie sheet. Bake 12-15 minutes at 350° F.

### **DATE COCONUT CONFECTIONS**

**Frances Zarudenc**

2 c. walnuts

1 c. pitted dates

1 c. brown sugar

2½ c. coconut

2 eggs, slightly beaten

Heat oven to 350°. Grind walnuts and dates in food chopper or chop very fine by hand. Add sugar, 1 cup of coconut and eggs. Mix thoroughly. Drop dough by teaspoonfuls into remaining coconut, shape into balls. Place on lightly greased baking sheet. Bake 15 minutes. Makes 4 to 5 dozens.

### **DOUBLE CRUNCHERS**

**Barbara Powley**

1 c. flour

½ tsp. soda

¼ tsp. salt

½ c. firmly packed brown sugar

½ c. white sugar

½ c. shortening

1 egg

(Continued Next Page)

½ tsp. vanilla extract  
1 c. slightly crushed cornflakes  
1 c. quick-cooking rolled oats  
½ c. flaked coconut.

In large mixer bowl combine all ingredients except corn flakes, rolled oats, and coconut. Blend well with mixer. Stir in remaining ingredients. Mix thoroughly.

Shape into balls using a rounded teaspoon for each. Place on ungreased cookie sheets. Flatten with bottom of a glass. Bake at 350° for 8 to 10 minutes. Cool. Makes 42-48 cookies.

### **FAVORITE OATMEAL COOKIES**

**Jo Ann DUBYK**

1 c. raisins  
¾ c. shortening  
1½ c. sugar  
2 eggs, beaten  
½ c. milk  
1 tsp. vanilla extract  
2 c. all-purpose flour, sifted  
½ tsp. baking soda  
1 tsp. salt  
1 tsp. baking powder  
1 tsp. cinnamon OR nutmeg  
2½ c. quick-cooking rolled oats.

A popular cookie for young and old, this recipe can be adapted to supplies on hand. Chocolate chips, chopped dried apricots, grated coconut, dates or nuts can be added in place of raisins.

Rinse and drain raisins.

Cream shortening and sugar together in a bowl. Stir in beaten eggs, milk, vanilla, and raisins.

In another bowl sift flour, soda, salt, baking powder and cinnamon. Combine with oats and stir into creamed mixture, mixing well. Drop by spoonfuls on to buttered baking sheets. Bake 12-15 minutes at 350° F. Yield: about 60 cookies.

### **GINGER SNAPS**

**S. Gail Patrie**

¾ c. butter  
¾ c. lard  
1 c. white sugar  
1 c. brown sugar  
3 eggs  
1 c. molasses  
4½ c. flour  
4½ tsp. soda (Continued Next Page)

- 1 tsp. salt
- 1 tsp. cloves
- 3 tsp. ginger
- 2 tsp. cinnamon

Cream butter, lard, sugar, eggs and molasses. Add the dry ingredients. Form into balls. Bake in a hot oven. Makes lots.

### **GUMDROP COOKIES**

**Katie Markowsky**

- ½ c. shortening
- ½ c. brown sugar
- ½ c. white sugar
- 1 egg
- 1 c. rolled oats
- 1 c. corn flakes
- 1 c. flour
- 1 tsp. salt
- ½ tsp. soda
- ½ tsp. baking powder
- ½ c. coconut
- ½ c. gumdrops, cut-up (no black)

Cream shortening and sugar together. Add egg and beat until fluffy. Sift flour, salt, soda and baking powder. Add to creamed mixture and beat until well blended; then add gumdrops, coconut, rolled oats and cornflakes. Blend into dough and drop teaspoonfuls into greased baking sheets, about 2 inches apart. Bake at 350° for 15 min. I put one gumdrop on top of each cookie before baking. Colourful, chewy and crisp. Nice at Christmas time.

### **GUMDROP GEMS**

**Judith Starko**

- 1 c. butter or margarine
- 1½ c. sifted icing sugar
- 1 tsp. vanilla
- 1 egg
- 2½ c. sifted flour
- 1 tsp. soda
- 1 tsp. cream of tartar
- ¼ tsp. salt
- 1 c. small gum drops, sliced

Cream butter, sugar and vanilla, beat in egg. Sift together flour, soda, cream of tartar and salt; gradually stir into creamed mixture; mix well. Shape dough into roll 2 inches in diameter and 12 inches long. Wrap in waxed paper, chill several hours or overnight.

Cut ¼ inch thick slices. Place on ungreased cookie sheet. Decorate tops with gumdrops (smarties). Bake in 375° oven for about 12 minutes.

## **JUMBO RAISIN COOKIES**

**Georgina D. Stark**

2 c. raisins  
1 c. boiling water  
1 c. shortening  
2 c. sugar  
3 eggs  
1 tsp. vanilla  
4 c. pre-sifted flour  
1 tsp. baking powder  
1 tsp. baking soda  
2 tsp. salt  
1½ tsp. cinnamon  
½ tsp. nutmeg  
¼ tsp. allspice  
1 c. chopped walnuts

Combine in sauce pan raisins and water and bring to boil for 5 minutes. Then cool. Cream shortening and sugar. Add eggs and beat well. Blend in cooled raisin mixture and vanilla. Mix dry ingredients, stir in 1 cup chopped nuts and add to creamed mixture and combine. Drop from teaspoon onto greased baking sheets. Bake at 350° F. for 10-12 minutes.

## **KITCHEN SINK COOKIES**

**Faye Ewanchyshyn**

1 c. oil  
1 c. butter  
2 c. brown sugar  
4 eggs  
2 c. granola  
4 c. flour  
2 tsp. baking powder  
1 c. peanut butter (optional)  
1 c. chopped nuts  
2 c. white sugar  
2 tsp. vanilla  
2 c. rice krispies  
2 tsp. soda  
½ pkg. chocolate chips  
½ pkg. butterscotch chips

Blend butter and sugar. Beat in eggs and vanilla. Stir in granola and krispies. Sift dry ingredients and add final ingredients and drop by teaspoonful onto ungreased cookie sheets.

Bake at 350° for 15 minutes. Makes about 13 dozen sumptuous cookies. Freezes very well.

## **MONSTER COOKIES**

**Helen Shewchuk**

12 eggs  
2 c. brown sugar  
2 c. white sugar  
1 tbsp. vanilla  
1 tbsp. syrup  
8 tsp. baking soda  
1 lb. butter or margarine  
3 lbs peanut butter  
18 c. oatmeal  
1 lb. raisins  
1 pkg. choco chips  
2 tsp. salt

In a very large bowl, mix ingredients in order given. Use a  $\frac{1}{4}$  cup measure to shape cookies. Bake on ungreased sheet 11-15 mins. at 350°. Makes 14 dozen cookies.

Could use smarties or gumdrops or add a variety if desired.

## **MUD PIES**

**Judith Starko**

2 c. white sugar  
 $\frac{1}{2}$  c. mild  
 $\frac{1}{2}$  c. shortening  
 $\frac{1}{2}$  tsp. salt  
1 tsp. vanilla  
5 tbsp. cocoa  
3 c. quick cooking oats  
1 c. fine coconut

Stir first 6 ingredients together in saucepan and bring to a boil. Remove from heat and at once add oats and coconut. Stir well. Drop by neat spoonfuls  $1\frac{1}{2}$  in. diameter onto cookie sheet covered with wax paper. Allow to harden. They must stand 1 to 2 hours before serving.

## **NOTHINGS**

**Maria Kawulich**

3 eggs  
 $\frac{1}{2}$  c. oil  
1 c. flour  
2 tsp. sugar  
 $\frac{1}{4}$  tsp. salt

Beat eggs and add sugar and oil. Beat 10 mins. on No. 4. Add flour, salt and beat 10 mins. on No. 1. Drop dough by teaspoonful on greased pan. Sprinkle with sesame seeds or sugar. Bake at 450° F. for 10 mins. Turn off oven and let stay in oven until cold.

## **NUTRITIOUS COOKIES**

**Marlene Kryklywicz**

- 1 c. white sugar
- 1 c. brown sugar
- 1 c. margarine
- 1 c. rolled oats
- 1 c. corn flakes
- 1 c. salted peanuts, chopped
- ½ c. shelled sunflower seeds
- 2 eggs, beaten
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. vanilla
- 2¼ c. flour

Add ingredients in order given. Bake in 325° F. oven for 12-15 mins.

## **OATMEAL BUDS**

**Bernice Bzdel**

- 2 c. sugar
- 3 tbsp. cocoa
- ½ c. butter
- ½ c. milk
- pinch of salt
- 1 tsp. vanilla
- ½ c. peanut butter
- 3 c. rolled oats

Place first five ingredients in saucepan. Bring to a full rolling boil. Boil for one minute. Remove from heat.

Stir in next three ingredients. Mix well. Drop from teaspoon on wax paper. Let stand for half hour to dry.

Make quite small, makes about 5 dozen buds. Refrigerate to blend flavors.

## **PEANUT BUTTER CHERRY BALLS**

**Sally Krysak**

- 1 c. icing sugar
- 2 heaping tbsp. butter
- 1 c. peanut butter
- 1 c. chopped pecans
- 1 8 oz. stemmed whole cherries

Mix sugar, butter and peanut butter. Roll this mixture around stemmed cherry and set in fridge for awhile. In double boiler melt semi-sweet chocolate and ¼ piece parowax.

Dip cherry balls in chocolate and set on wax paper to harden.



## **PINWHEEL REFRIDGERATOR COOKIES**

**Irene Chudyk**

½ c. butter  
1 c. sugar  
1 beaten egg  
1 tsp. vanilla  
1½ c. flour  
1½ tsp. baking powder  
¼ tsp. salt

Yeild: 70 - 2 inch cookies.

Cream butter, add sugar, egg, vanilla, flour, baking powder and salt. Mix well. Divide dough in half. To half the dough add 1 oz. unsweetened melted chocolate. If dough is soft, chill untill easily rolled. Roll each half separately into oblongs which are about 1/8 inch thick. Then place brown dough over white dough and roll up like for jelly roll. Chill 12-24 hours. Slice thinly and put on a greased cookie sheet. Bake at 400° for 8 to 10 minutes. Freeze well baked or unbaked!

## **PINEAPPLE COOKIES**

**Elsie Homeniuk**

1 c. butter  
1½ c. sugar  
1 egg  
3¼ c. flour  
½ tsp. salt  
1 tsp. baking soda  
1 c. crushed pineapple  
1 big bag coconut

Cream butter and sugar well. Add egg and beat. Add pineapple, coconut and dry ingredients. Beat. Drop by teaspoon on cookie sheet and bake at 375° for 15 to 20 min.

## **PEANUT BUTTER FINGERS**

**Betty Turchin**

1 c. sifted all-purpose flour  
¼ tsp. baking soda  
1½ tsp. baking powder  
½ tsp. salt  
½ c. soft shortening  
½ c. peanut butter  
2 tsp. grated orange rind  
½ c. brown sugar, packed  
½ c. granulated sugar  
1 egg, unbeaten  
½ c. finely ground or snipped raisins

Start heating oven to 350°. Sift together flour, soda, baking powder and

(Continued Next Page)

salt. Cream shortening, peanut butter, orange rind; beat in sugars, egg, raisins until very light and fluffy. Add flour mixture, blending well. Pinch off small amounts of dough, rolling each with palms of hands into 2" long rods: place on ungreased cookie sheet. With tines of fork, press lengthwise. Bake 12-15 minutes, or until golden.

### **RAISIN CRISS CROSS COOKIES**

**Elsie Homeniuk**

4 c. butter  
6 c. sugar  
8 eggs  
4 tsp. lemon extract  
14 c. flour  
6 tsp. cream of tartar  
6 tsp. baking soda  
1 tsp. salt  
6 c. raisins

Cream butter and sugar. Add eggs. Beat. Add dry ingredients and mix well. Add raisins and mix in slowly.

Drop by teaspoon and press down with a fork - criss cross. Bake at 350° for 15 minutes.

### **RAISIN SUGAR COOKIES**

**Elizabeth Nakonechny**

1 c. margarine or butter  
1½ c. sugar  
3 eggs beaten  
3 c. flour  
1 c. water  
1 tsp. vanilla  
1 tsp. baking soda  
½ tsp. salt  
1½ c. raisins

Boil raisins in water until all water has gone. Watch so they don't burn. Cool.

Cream butter and sugar, add beaten eggs, vanilla and dry ingredients. Refrigerate until well chilled. Drop by teaspoon into sugar, shape in balls, Bake at 375 F. on greased cookie sheets for about 12 minutes or until lightly browned.

### **SHORTBREAD PUFFS**

**Nadia Bartholomew**

1 c. butter  
1 c. flour  
½ c. cornstarch  
½ c. icing sugar  
½ tsp. vanilla

(Continued Next Page)

1/8 tsp. salt

Put butter in mixmaster bowl. Add small amounts of icing sugar at a time and beat. Add small amounts of cornstarch and then flour until it is used up. Add vanilla and salt. Beat hard. Drop from teaspoon onto ungreased cookie sheet. Bake 15-20 minutes until slightly brown in 300 F. oven. These are supposed to melt in your mouth.

### **SUGAR COOKIES**

**Deborah Lynda Hergot**

1/2 c. shortening

1 c. sugar

1 well-beaten egg

2 tbsp. milk or cream

1/2 tsp. vanilla

1 3/4 c. all-purpose flour

2 tsp. baking powder

1/2 tsp. salt

Preheat oven to 375°. Cream shortening and sugar. Add egg, milk or cream, vanilla and beat until light and fluffy. Blend or sift together flour, baking powder and salt. Add to mixture and combine well. Chill dough. Turn chilled dough onto a lightly floured surface. Roll to 1/2" thickness. Cut out with floured cookie cutters. Bake on greased baking sheets in oven for 6-8 minutes. Yield about 5 dozen cookies.

### **SHORTBREAD**

**Betty Turchin**

1 lb. butter

1/2 c. icing sugar

1/2 c. brown sugar

4 c. flour

1/2 tsp. vanilla

Cream butter until light and fluffy, add sugars. Blend in flour and vanilla. Roll 1/2 teaspoon of mixture into balls. Place on ungreased cookie sheet. Bake at 375° for 10 min.

### **SUPER CHIP COOKIE**

**Mrs. Ann Strap**

1/2 c. butter or margarine (softened)

1/4 c. white sugar

1/4 c. firmly packed brown sugar

1 egg

1 tsp. vanilla

1 1/3 c. unsifted all-purpose flour

1/2 tsp. baking soda

1/4 tsp. salt

1 pkg. (6 oz.) semi-sweet chocolate chips

1/2 c. chopped nuts (optional) (Continued Next Page)

Preheat oven to 350° F. Grease a 13 inch pizza style pan. In large bowl measure butter and sugars, cream till light and fluffy. Beat in egg and vanilla. On low beat in flour, soda, salt until well mixed. With wooden spoon fold in chips and nuts. Spread dough uniformly throughout. Bake 15-20 minutes, or until golden brown. The cookie is done when it feels set and dry to the touch. Remove from oven and let cool in pan completely then cut into wedges (16) squares.

### **SWEDISH PASTRY**

**Marlene Kryklywicz**

¼ c. brown sugar  
1 egg yolk  
½ c. butter  
1 c. flour  
egg whites (slightly beaten)  
nuts (of your choice)

Mix first four ingredients well. Roll dough into small balls, (size of walnuts) dip into slightly beaten egg whites and roll in finely chopped nuts. Place on well buttered sheet in 350° F. oven. After 5 minutes of baking, place dents in top of each cookie, with your finger, and bake another 20-25 minutes. After the cookies are baked, fill the dent with jam or a marachino cherry.

Very dainty for an afternoon tea.

### **QUICK CHERRY BALLS**

**Joanna Triska**

16-18 maraschino cherries  
½ c. butter or margarine  
1½ c. sifted confectioners sugar  
1½ c. flaked coconut  
2 tsp. almond extract  
1 tbsp. evaporated milk  
½ c. graham cracker crumbs

Combine butter, sugar, almond extract and milk. Beat until well blended. Wrap a teaspoonful of batter around each cherry covering completely. Roll in cracker crumbs. Place on wax paper lined cookie sheet. Chill for 1 hour.

### **WHIPPED SHORTBREAD**

**Carol Rudyk**

1 lb. butter  
½ c. cornstarch  
1 c. icing sugar  
3 c. flour

**NOTE:** Do NOT substitute margarine for butter.

Beat butter with electric mixer until fluffy. Add cornstarch and sugar. Beat again then add flour. Beat all together (the more it is beaten the finer the texture) Drop by teaspoon on cookie sheet and bake at 325° for 25 mins. or less.

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*Leather  
by Lillian*

# SQUARES

## ALMOND BARS

Audrey Zeleny

1 lb. butter  
2 c. brown sugar  
½ tsp. vanilla  
graham waffers  
flaked almonds

Put graham waffers on a cookie sheet. Bring butter, brown sugar and vanilla to a boil. Pour hot mixture over graham waffers. Sprinkle almonds on top. Bake at 350° F. for 5 minutes only. Cut while hot.

## ALMOND SLICE

Jeanette Soldan

30 large marshmallows  
½ c. butter  
2½ c. cornflakes  
1 c. coconut  
½ c. split almonds

Melt marshmallows and butter over low heat as you would for rice krispies. Then add cornflakes, coconut, and almonds.

Press in 8" x 8" pan. Cool

## BANANA-CHIP BARS

Louise Ewaskiw

¾ c. butter or margarine, soft  
⅔ c. granulated sugar  
⅔ c. packed brown sugar  
1 egg  
1 tsp. vanilla  
2 ripe bananas, mashed (1 cup)  
2 c. all-purpose flour  
2 tsp. baking powder  
½ tsp. salt  
1-6 oz. semi-sweet chocolate pieces

Cream butter and sugar till fluffy. Add egg and vanilla; beat well. Stir in banana. Stir together flour, baking powder, and salt. Add to creamed mixture; beat well. Stir in chocolate pieces. Spread in greased and floured 15½ x 10½ inch baking pan. Bake at 350° for 25 mins. Cool, cut into bars. Makes 36.

## **BANANA TEA SQUARES**

**Ina Kachmar**

Graham wafers

½ c. soft margarine

½ c. icing sugar

1 egg yolk

½ c. quartered maraschino cherries

½ c. chopped walnuts

½ c. mashed bananas

1 tsp. lemon juice

1 c. fine cocoanut

Line bottom of an 8 inch square pan with graham wafers, cut to fit exactly. Beat margarine, icing sugar and egg yolk together until fluffy. Stir in the next 5 ingredients and spread mixture evenly over the wafers. Then spread another layer of wafers on top and press down lightly. Then spread cherry icing on top and chill 24 hours. Spread with cherry butter icing.

Cream 2 tbsp. soft butter and gradually add 1 c. icing sugar and enough maraschino cherry juice to make a soft icing.

## **BIKINI BARS**

**S. Gail Patrie**

**BATTER:**

½ c. or (⅔ c.) sweetened condensed milk

2½ c. med. grind coconut

1 tsp. vanilla

1 pinch of salt

½ c. chopped walnuts

2 c. chopped dates

¼ c. chopped up maraschino cherries

**ICING:**

1½ c. icing sugar

3 tbsp. margarine

½ tsp. vanilla

1 tbsp. + 2 tsp. water

**DRIZZLE:**

1 oz. square unsweetened chocolate

**BATTER:**

Measure the milk, coconut, vanilla, salt, nuts, dates and cherries into a large bowl. Stir to combine them. Spread into a greased 9 x 9 pan. Bake at 350° F. for ½ hr. Cool. Spread icing then drizzle.

**ICING:**

Beat well and if necessary adjust the liquid. Spread over the cooled bars.

**DRIZZLE:**

Melt over low heat. Drizzle over the icing.



## **BROWNIES**

**Elizabeth Zayatz**

1½ c. flour  
1 tsp. salt  
2 c. sugar  
8 tbsp. cocoa  
2 tsp. vanilla  
1 c. vegetable oil  
4 eggs  
¼ c. water  
½ c. walnuts  
12 large marshmallows  
3 tbsp. cocoa  
¼ c. water  
1½ c. icing sugar  
1 tsp. vanilla

Mix together first 9 ingredients. Bake in cookie sheet for 30 minutes at 350° F.

Heat together marshmallows, cocoa and water till marshmallows melt. After mixture is cooled add icing sugar and vanilla. Spread on Brownies.

## **CARAMEL-COCONUT SQUARES**

**Louise Ewaskiw**

½ c. butter or margarine  
½ c. sifted powdered sugar  
1 c. all-purpose flour  
1-14 oz. pkg. butterscotch pieces  
1½ c. flaked coconut  
1 tsp. vanilla

Cream butter and sugar till fluffy; add flour and mix well. Pat into ungreased 9 x 9 x 2 inch baking pan. Bake at 350° for 12-15 mins. Combine milk, butterscotch pieces, coconut and vanilla; spread over partially baked layer. Bake at 350° till golden brown around edges, 25-30 mins. (cookies will not appear set, will firm up as they cool) Cool, cut into squares. Makes 36.

## **CARAMEL CRUNCHIES**

**Jeauette Soldan**

Graham wafers  
1 c. butter  
¾ c. brown sugar  
¼ lb. slivered almonds

Line 9 x 13 inch pan with graham wafers.

Boil remaining ingredients in saucepan for 5 minutes. Pour over graham wafers and bake at 350° for 10 minutes. Cut and serve.

## **CHERRY CHEESE SQUARES**

**Harriet Chomiak**

1/2 lb. Philadelphia Cream cheese

1/4 c. sugar

1 egg well beaten

1 tsp. vanilla

1/4 lb. glazed cherries cut fine

Crush 30 graham wafers and add 1/2 c. butter. Mix well and pat firmly into baking pan. Top this with mixture. Bake in moderate oven 325° F. for 30 minutes.

## **CHILLIWACK CHOCOLATE SQUARES**

**Barbare Rozdziabek**

250 ml. butter

100 ml. granulated sugar

50 ml. cocoa

2 eggs

1 1/2 stacks Premium Plus Crackers (coarsley broken)

10 ml. vanilla

### **BUTTER ICING**

50 ml. butter

500 ml. icing sugar

25 ml. milk

5 ml. vanilla

Combine first four ingredients in top of double boiler. Cook until thick, (approx. 20 minutes) stirring constantly. Add crackers, and vanilla; stir well. Press in 2 L. greased cake dish. Frost with butter icing and store in fridge.

## **CHIPITS CHEWY NUT BARS**

**Faye Ewanchyshyn**

1/2 c. margarine

2 c. firmly packed brown sugar

1 tsp. vanilla

2 eggs

1 1/2 c. sifted all-purpose flour

2 tsp. baking powder

1 tsp. salt

6 oz. pkg chocolate chips

1 c. coarsly chopped nuts

Melt margarine in large sauce pan. Remove from heat. Add sugar and vanilla and stir until well blended. Add eggs one at a time beating well after each addition. Stir together flour, baking powder, and salt. Add to sauce pan and mix well. Spread in greased 9 x 13 x 2 inch rectangular pan. Sprinkle chips and nuts over surface of cookie mixture. Press down lightly. Bake at 350° for 35-50 mins.

## **CHOCOLATE MARSHMALLOW BROWNIES**

**Marion Puk**

- ½ c. butter or margarine
- ¼ c. Fry's cocoa
- 1 c. sugar
- 2 eggs
- ½ tsp. vanilla
- ¾ c. sifted all-purpose flour
- ½ tsp. baking powder
- ¼ tsp. salt
- ¾ c. chopped walnuts
- 20 marshmallows cut in half

Melt butter or margarine in sauce pan; add cocoa mixing until smooth. Remove from heat and cool. Measure sugar into mixing bowl; add cocoa mixture mixing until well blended. Add eggs and vanilla; beat until smooth and creamy. Sift together flour, baking powder, and salt; stir into cocoa egg mixture. Add nuts mixing until well blended. Spread in lightly greased 9 x 13 x 2 inch pan. Bake in moderate (350° F.) oven 20-25 mins. Remove from oven and cool slightly the place cut marshmallows on top. Reutrn to oven for 5 mins. Cool in pan then ice with chocolate icing.

## **CHOCOLATE TOPPED CRUNCHIES**

**Sally Krysak**

- ½ c. firmly packed brown sugar
- 3 tbsp. corn syrup
- 2 tbsp. crunchy peanut butter
- 2 tbsp. melted butter
- ½ tsp. vanilla
- 2 c. Post Bran Flakes
- 4 sq. Baker's semi-sweet chocolate
- ½ c. crunchy peanut butter

Combine brown sugar, corn syrup, 2 tbsp. peanut butter, butter and vanilla, mixing well. Add cereal, mixing well. Press into greased 8 inch square pan. Bake at 350° F. for 5 min. Melt chocolate and ½ c. peanut butter over hot water. Spread evenly over baked layer. Cool and store in refrigerator. Makes 32 2 x 1 inch bars.

## **CHRISTMAS SHORTBREAD**

**Jeanette Soldan**

- 1 c. margarine
- ¼ c. white sugar
- 2 c. flour
- 1½ c. coconut
- ¾ c. cherries
- ¼ c. raisins or currents
- ½ c. chopped walnuts

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1 can Eagle Brand milk

Cream margarine and sugar together. Blend in flour till coarse crumbs. Pack down into 9 x 13 inch pan. Bake at 350° F. for 20 mins.

Combine remaining ingredients and spread over shortbread. Bake at 350° F. for 30-35 minutes. Cool and cut into bars.

### **COCOA KRISPIE ROLL**

**Marion Puk**

¾ c. corn syrup

¾ c. granulated sugar

¾ c. peanut butter

2 tbsp. butter

4½ c. Kellogg's Rice Krispies

½ c. butter

2 tbsp. milk

1½ c. icing sugar

⅓ c. Fry's Cocoa

Cook corn syrup and granulated sugar over medium heat until sugar dissolves and mixture bubbles. Remove from heat; blend in peanut butter and 2 tbsp. butter. Add rice krispies, stir until well coated. Press and mix firmly into buttered (15 x 10 x ¼ inch) jelly roll pan. Melt ½ c. butter with milk over low heat. Remove from heat; sift into icing sugar and Fry's Cocoa. Blend thoroughly. Remove rice krispies mixture from pan; spread evenly with cocoa mix. Starting at short end, roll up to form a log. Wrap in greased wax paper; refrigerate until firm. Remove 30 mins. before serving; cut into ½ inch slices.

### **CRUNCHY MALLOW SQUARES**

**Monica Triska**

2-6 oz. pkgs. semi-sweet chocolate

1 c. crunchy peanut butter

4 c. miniature marshmallows

Melt chocolate with peanut butter in double boiler or in sauce pan over low heat. Stir until smooth. Fold in marshmallows. Pour into greased 9 inch square pan, chill until firm. Cut in squares.

### **GERMAN CREAM CHEESE BROWNIES**

**Zenovia Polutranko**

1 pkg. (4 oz.) Bakers German Sweet Chocolate

5 tbsp. butter

1 pkg. (3 oz.) cream cheese (Philadelphia)

1 c. sugar

3 eggs

½ c. plus 1 tbsp.

unsifted flour

1½ tsp. vanilla

½ tsp. baking powder (Continued Next Page)

½ tsp. salt

½ c. coarsely chopped nuts

¼ tsp. almond extract

Melt chocolate and 3 tbsp. butter over very low heat, stirring constantly. Cool. Cream remaining butter with cream cheese until softened. Gradually add ½ cup sugar, creaming until light and fluffy. Blend in 1 egg, tbsp. flour, and ½ tsp. vanilla. Set aside. Beat remaining eggs until thick and light in color. Gradually add remaining ¾ c. sugar, heating until thickened. Add baking powder, salt and remaining ½ c. flour. Blend in cooled chocolate mixture, nuts, almond extract and remaining 1 tsp. vanilla. Measure 1 c. chocolate batter and set aside. Spread remaining chocolate batter in a greased 9 inch square pan. Top with a cheese mixture. Drop measured chocolate batter from tbsp. onto cheese mixture; swirl with spatula to swirl.

Bake at 350° for 35-40 mins. Cool. Then cut. Cover. Store in the refrigerator. Makes about 20 brownies.

### **EASY BROWNIES**

**Judith Starko**

⅔ c. flour

½ tsp. baking powder

1 c. brown sugar

1 egg

¼ c. melted butter or margarine

2 heaping tbsp. cocoa

½ tsp. vanilla

½ c. walnuts

pinch of salt

Beat together. Spoon into a greased 8 inch square pan. Bake at 375° for 15-20 minutes. Cool and then ice.

### **GRANT'S SPECIAL SQUARES**

**Elizabeth Chrapko**

½ c. butter or margarine

½ c. granulated sugar

½ c. packed brown sugar

2 c. all-purpose flour

2 tsp. baking powder

½ tsp. salt

1 tsp. baking soda

2 egg yolks

3 tbsp. milk

1 tsp. vanilla

### **SECOND LAYER:**

1 c. (5 oz. pkg.) semi-sweet chocolate chips (Continued Next Page)

**THIRD LAYER:**

2 egg whites

1 c. packed brown sugar

**FIRST LAYER:**

Measure all ingredients into large bowl. Crumble well. Press in ungreased 9 x 9 inch pan at least 2 inches deep. This is a higher square than most.

**SECOND LAYER:**

Sprinkle chips over top of first layer.

**THIRD LAYER:**

Beat egg whites until frothy. Add sugar  $\frac{1}{3}$  at a time until stiff. Spread over top of chips.

**GRANT'S SPECIAL SQUARES**

**Elizabeth Chrapko**

**FIRST LAYER:**

$\frac{1}{2}$  c. butter or margarine

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

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

2 c. all-purpose flour

2 tsp. baking powder

$\frac{1}{2}$  tsp. salt

1 tsp. baking soda

2 egg yolks

3 tbsp. milk

1 tsp. vanilla

**SECOND LAYER:**

1 c. (6 oz. pkg.) semi-sweet chocolate chips

**THIRD LAYER:**

2 egg whites

1 c. packed brown sugar

**FOURTH LAYER:**

$\frac{3}{4}$  c. chopped salted peanuts

**FIRST LAYER:**

Measure all ingredients into large bowl. Crumble well. Press in ungreased 9 x 9 inch pan at least 2 inches deep. This is a higher square than most.

**SECOND LAYER:**

Sprinkle chips over top of first layer

**THIRD LAYER:**

Beat egg whites until frothy. Add sugar  $\frac{1}{3}$  at a time until stiff. Spread over top of chips.

**FOURTH LAYER:**

Sprinkle peanuts over top of the beaten whites, pressing lightly as they tend to fall off when baked. Bake in 350° F. oven for 35 minutes. Cut into 36 squares. Keep covered so meringue softens enough to cut.

## HELLO DOLLIES

Nadia Bartholomew

- ¼ c. margarine
- 1 c. crushed graham wafers
- 1 c. coconut
- 1 c. peppermint chocolate chips
- 1 c. walnuts
- 1 can Eagle Brand milk

Melt margarine in 9" square pan. Add crushed graham wafers and pat down. Spread coconut over this, then chocolate chips, then walnuts. Pour Eagle Brand condensed milk over this. Bake for 30 mins. at 320° F. When baked, loosen around edge with knife and put in fridge until need.

## HONEY SQUARES

Patricia O'Neill

- 1 c. honey
  - ½ c. sugar
  - ¼ c. butter
  - 1 tbsp. vinegar
- Boil together and cool
- ¼ c. milk
  - 3 egg yolks
  - 1 tsp. cinnamon
  - 1 tsp. cloves
- mix together in bowl
- ¼ c. milk
  - 3 tsp. baking soda
  - 3½ c. flour
  - 1 pkg. 6 oz. cream cheese (soft)
  - 1 c. icing sugar sifted
- raspberry jam and apricot jam

Boil first 4 ingredients together and cool. Add ¼ c. milk and 3 tsp. baking soda. Then add milk, yolks, cinnamon and clove mixture. Then add flour and refrigerate overnight. Divide into four parts, roll each out to fit 9 x 5 cookie sheet, lightly greased. Bake each layer 325° oven, approx. 10 mins. Cool & remove from pans (can be removed in about 5 mins. if pan needed for other layers) When cooled, spread first layer with raspberry jam (thin layer of jam) then place second layer on top and spread mixture of cream cheese and icing sugar, then put third layer on top and spread apricot jam and place remaining fourth layer on top, let set in refrigerator. Can then be sliced into four long pieces (2¼" x 15") and frozen.

### **MARSHMALLOW ROLLS**

**Eleanor Homeniuk**

- 4 sq. semi-sweet chocolate
- 2 tbsp. butter
- 1 egg
- 1 tsp. vanilla
- 1 c. icing sugar
- 1 c. chopped walnuts
- 4 1/2 c. mini-marshmallows (colored)

Melt chocolate and butter over hot water. Beat egg well, add vanilla. Mix with melted chocolate and cook for a couple of minutes. Cream in sugar, add rest and mix well. Let stand for 5 minutes. Divide in half and roll in coconut on wax paper. Store in fridge.

### **MINCEMEAT SQUARES**

**Irene Chudyk**

- 1 c. mincemeat
- 2 1/2 c. flour
- 3/4 tsp. baking soda
- 1/2 tsp. salt
- 1 1/2 c. brown sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 3/4 c. soft shortening
- 3 eggs
- 1 c. walnuts

Place mincemeat in 1/2 c. water and boil. Cream shortening and the other ingredients plus mincemeat and mix well. Pour into a greased pan. Bake at 375° F. for 20 minutes. Cool and frost.

### **NO BAKE BROWNIES**

**Joan Beaudette**

- 3 c. graham wafers (crushed)
- 3/4 c. coarse walnuts
- 1 1/2 c. chocolate chips
- 1 can evaporated milk
- 1 tsp. vanilla

In bowl combine crumbs and walnuts. In saucepan over low heat, stir chocolate chips, milk and vanilla. Reserve 1/2 c. of chocolate mixture. Mix crumbs with rest of chocolate mixture. Press into 8" buttered pan. Spread 1/2 c. chocolate mixture over top. Chill well and then cut into squares.



### **OATMEAL CRUNCH BARS**

**Annie Hunka**

- 4 c. quick-cooking rolled oats
- 1½ c. chopped walnuts
- 1 c. brown sugar
- 1 c. coconut
- 1 tsp. salt
- ¾ c. melted margarine or butter
- ¾ orange marmalade

Heat oven to 400° F. Grease 15 x 10 inch jelly roll pan. In large bowl, combine all ingredients. Mix well. Press into prepared pan. Bake at 400° F. for 18-22 mins. or until golden brown and bubbly. Cool thoroughly. Cut into bars. Makes 48 bars.

### **PEANUT BUTTER SQUARES**

**R. Tymchyshyn**

- 1 c. peanut butter
- 2 6 oz. pkgs. caramel chips
- 1 pkg. colored marshmallows
- ¼ c. butter

Melt all the marshmallows in large sauce pan over low heat. Stir in marshmallows. Spread in 9 inch square pan and let set for at least 3 hours before cutting into squares.

### **POPPY SEED BARS**

**Liz Toma**

- 7 eggs, separated
- 1¾ c. sugar
- 2 c. flour
- 1½ c. oil
- 1½ c. poppy seed
- ¼ tsp. salt
- 2 tsp. baking powder
- ½ c. milk
- ½ c. chopped nuts
- ¾ c. margarine
- 1½ c. icing sugar
- 1 egg (whole)
- 2 sq. semi-sweet chocolate
- 2 tbsp. margarine

Beat egg whites until stiff (put in fridge). Beat yolks gradually and add sugar, oil and milk. Mix egg whites and yolk mixture together. Add poppy seed, salt, baking powder and nuts. Bake at 350° F. for 20-25 mins. in an ungreased 7 x 12 cookie sheet. To make icing beat together margarine, icing sugar and egg. If too thick, add 1 more egg white. Spread on cool cake. Then melt 2 sq. or more of chocolate with 2 tbsp. margarine, so it is runny. Put on top of icing and blend in with icing.

## **PUMPKIN ICE-CREAM SQUARES**

**Francis Zarudenc**

- ¼ c. graham crumbs
- ¼ c. sugar
- ¼ c. melted butter
- 16 oz. pumpkin pie filling
- ½ c. brown sugar
- ½ tsp. salt
- 1 tsjp. cinnamon
- ¼ tsp. ginger
- 1/8 tsp. cloves
- 1 qt. vanilla ice-cream, soft

Mix crumbs with sugar and butter. Press into bottom of 9 inch pan. Combine pumpkin with sugar, salt, and spices. Fold in ice-cream. Pour into lined pan. Cover. Freeze until firm. Cut into squares about 20 mins., before serving. Top with whipped cream. Makes 9 3" squares.

## **RHUBARB BARS**

**Gladys Palahniuk**

- 1 c. flour
- 1 tsp. baking powder
- ¼ tsp. salt
- ¼ c. butter
- 1 egg
- 1 tbsp. milk
- 2 c. finely chopped raw or frozen rhubarb
- 1 3-oz. pkg. strawberry jelly powder
- ¼ c. butter
- 1 c. sugar
- ½ c. flour

Sift together one cup flour, baking powder and salt. Cut in ¼ c. butter. Add egg and milk; mix. Spread in greased 9 x 9 inch pan. Cover with rhubarb. Sprinkle jelly powder evenly over rhubarb. Combine ¼ c. butter, sugar, and ½ c. flour. Mix until crumbly. Sprinkle over mixture in pan. Bake 45 mins. in 375° F. (190° C.) oven.

## **SNACKIN' GRANOLA BARS**

**Debbie Gargus**

- 850 ml. oatmeal
- 250 ml. raisins
- 250 ml. chopped nuts
- 300 ml. melted butter
- 130 ml. brown sugar
- 150 ml. corn syrup
- 1 egg, beaten
- 2 ml. vanilla
- 2 ml. salt

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Toast oatmeal for 15-20 mins. at 180° C. Combine oatmeal with remaining ingredients. Press firmly into a well greased jelly roll pan. Bake for 20 mins. at 180° C. Cool and cut.

### **STRAWBERRY SLICE**

**Ina Kachmar**

2 pkg. strawberry jello  
8 oz. pkg. cream cheese  
1 pkg. frozen strawberries  
2 pkg. Dream Whip  
2 tbsp. brown sugar  
3 c. graham wafers  
1/3 c. butter  
3/4 c. icing sugar  
1 tsp. vanilla

Mix jello with 3 c. boiling water and add the frozen strawberries. Place in fridge to set partially (not to stiff). Mix wafer crumbs with butter and brown sugar. Put 2 c. of this mixture in bottom of pan and have the remaining cup for top. Prepare Dream Whip as directed on pkg. and then add cream cheese which has been softened and beaten until smooth. Then add icing sugar and vanilla. Put 1/2 Dream Whip mixture on top of crumbs. Then put jello on top of Dream Whip, then spread remaining Dream Whip mixture and top with wafer crumbs. Chill overnight.

### **TANGY LEMON SQUARES**

**Betty Turchin**

1 c. butter or margarine, softened  
1/2 c. unsifted powdered sugar  
2 1/2 c. unsifted flour  
4 eggs  
2 c. sugar  
1/3 c. lemon juice  
1 tsp. baking powder

Powdered sugar for topping

Cream butter and powdered sugar until fluffy. Add 2 c. of the flour, beating until blended. Spread on bottom of greased 9" x 13" pan. Bake at 350° for 20 mins.

Beat eggs until light and foamy. Add sugar gradually, beating until thick and blended. Add lemon juice, remaining 1/3 c. of flour and baking powder; beat until blended. Pour lemon mixture over baked crust and return to oven. Bake about 20 mins. or until golden brown and custard is set. Remove from oven and sprinkle evenly with powdered sugar. Cool. Cut into squares when cold.

**BUTTER TARTS****Bernice Bzdel**

- 1/3 c. butter
- 1 c. brown sugar
- 2 tbsp. milk or cream
- 1 c. raisins
- 1 egg
- 1 tsp. vanilla
- 1/2 c. walnuts

Scald raisins, drain leaving 3 tbsp. water. Add butter and sugar while hot. Add other ingredients. Fill lined muffin tins 2/3 full. Bake 8 mins. at 450°, reduce to 350° (watch closely), bake till delicately brown.

**CUSTARD RHUBARB PIE****Mrs. Ann Puk [Rev.]**

- 1 uncooked pie shell
- 2 c. finely chopped rhubarb
- 2 eggs
- 1 c. sugar
- 1/2 tsp. salt
- 2 tbsp. flour
- 2 tbsp. butter
- 1 c. milk

Place rhubarb into pie shell

Beat next 5 ingredients together.

Add milk and beat again. Pour over rhubarb and bake in 350° oven till custard sets. Bake 10 minutes longer. Cool and serve.

**DANISH PUFF****Grace Kulba**

- 1/2 c. butter, softened
- 1 c. flour
- 2 tbsp. water
- 1/2 c. butter
- 1 c. water
- 1 tsp. almond extract
- 1 c. flour
- 3 eggs
- chopped nuts

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Heat oven to 350° F. Cut ½ c. butter into 1 c. flour until particles are size of small peas. Sprinkle 2 tbsp. water over flour mixture; mix with fork. Gather pastry into a ball; divide into halves. Pat each half into rectangle, 12 x 3 inches, on ungreased cookie sheet. Rectangles should be about 3 inches apart.

Heat ½ c. butter and 1 c. water to rolling boil; remove from heat. Quickly stir in almond extract and 1 c. flour. Stir vigorously over low heat until mixture forms a ball, about 1 minute; remove from heat. Add eggs; beat until smooth and glossy. Spread half of the topping over each rectangle. Bake until topping is crisp and brown, about 1 hour; cool. (Topping will shrink and fall, forming the custardy to.) Spread with Sugar Glaze; sprinkle with nuts.

**GLAZE:**

Mix 1½ cups powdered sugar, 2 tbsp. margarine or butter, softened, and 1½ tsp. vanilla. Stir in 1 to 2 tbsp. warm water, 1 tsp. at a time, until smooth and of desired consistency.

Yield: 2 coffee cakes (5 or 6 servings each)

**FAST LEMON PIE**

**Diana Forstey**

1 pkg. lemon pie filling

¼ c. margarine

¼ c. brown sugar packed

2 c. shredded wheat - yield 1½ c. crushed

Prepare pie filling and let set. Combine butter and sugar in 9" x 13" pan and heat until melted. Add cereal and mix thoroughly. Spread evenly and bake 12 min. at 350° F. Cool. Pour lemon filling over top. Blend ½ c. whipped cream into the pie filling or spread whipped cream on top of filling.

**FROZEN FLUFFY STRAWBERRY PIE**

**Tammy Dulaba**

2½ c. coconut

⅓ c. margarine

3 oz. cream cheese

14 oz. Eagle Brand Milk (NOT evaporated milk)

2½ c. mashed strawberries (fresh or frozen)

3 tbsp. lemon juice

1 c. whipping cream

Melt margarine, stir in toasted coconut. Mix well. Press in pie plate (up the side also) Chill. Beat the cream cheese until fluffy, beat in Eagle Brand Milk; stir in strawberries and lemon juice. Fold in whipped cream. Pour into coconut crust. Freeze 4 hours or until firm. May be garnished with fresh strawberries before serving.

**GRASSHOPPER PIE****Sally Krysak**

1 pkg. chocolate wafers (finely crushed)  
¼ c. melted butter or margarine  
32 white large marshmallows  
1 c. milk  
1 pkg. dream whip  
1 tsp. peppermint flavoring  
few drops green food color

Mix together wafers and melted butter. press ⅔ or crumbs in a large pie plate or square pan. Save some crumbs for topping.

Melt marshmallows in milk in double boiler. Cool well. Beat 1 pkg. dream whip as directed on pkg. Add peppermint flavoring and a few drops green food coloring. Add to marshmallow mixture. Beat well. Pour over crumbs and sprinkle remaining crumbs. Chill in fridge.

**IMPOSSIBLE PUMPKIN PIE****Marlene V. Kryklywicz**

⅔ c. sugar  
½ c. Bisquick baking mix  
2 tbsp. margarine  
1 13 oz. can evaporated milk  
2 eggs  
1 can (16oz.) pumpkin  
2½ tsp. pumpkin pie spice  
2 tsp. vanilla

Preheat oven to 350°. Grease deep pie plate. Beat all ingredients until smooth (1 min.) in blender or 2 min. by beater. Pour into plate. Bake until knife inserted in centre comes out clean. (55-65 min.)

**PUMPKIN PIE****Harriet Chomiak**

2 eggs  
⅔ c. white sugar  
1 tsp. cinnamon  
¼ tsp. ginger  
¼ tsp. nutmeg  
¼ tsp. allspice  
a few grains of salt  
1½ c. prepared pumpkin  
½ c. milk

Blend all ingredients in blender. Pour in pie plate lined with pastry (uncooked). Bake in oven at 350° till knife comes out clean. Cool and top with whipped cream.

**PASTRY****Harriet Chomiak**

3 c. flour  
1 c. lard  
1 tsp. baking powder  
pinch salt  
¾ c. water  
5 c. flour  
2 c. lard  
1 egg  
2 tsp. vinegar

**RHUBARB CUSTARD PIE****Georgina D. Stark**

2½ c. cut rhubarb  
2 egg yolks  
1 c. sugar  
2 tbsp. flour  
1 tbsp. melted butter

**MERINGUE:**

2 egg whites  
½ c. sugar  
½ tsp. vanilla

**FILLING:**

Beat egg yolks to a thick froth; gradually add sugar, flour and butter. Then add rhubarb cut in ½ inch pieces. Pour into uncooked pastry shell and bake at 325° F.

**MERINGUE:**

Beat egg whites until soft peaks form; add sugar gradually. Beat until stiff peaks form. Add vanilla. Then bake at 325° F. until meringue peaks start turning brown.

**TARTS****Harriet Chomiak**

2 c. flour  
½ tsp. salt  
1 tsp. baking powder  
½ c. lard  
½ c. margarine

**FILLING FOR RAISINS:**

½ c. white sugar  
1 tbsp. margarine  
2 eggs  
1 tsp. lemon  
1 c. raisins  
2 tbsp. milk or cream

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1 tsp. vanilla

**FILLING FOR COCONUT:**

1 c. white sugar

1 tbsp. butter

2 eggs

1 tbsp. vinegar

1 1/2 c. coconut

2 tbsp milk or cream

1 tsp. vanilla

**PASTRY DIRECTIONS:**

Mix with fork. Into measuring cup put 1 egg, 2 tsp. vinegar, beat and add cold water to make 1/2 c. of liquid. Mix in a small bowl. Bake at 350° for 20 minutes.



# DESSERTS

## ANGEL FOOD DELIGHT

Roseann Zemlak

- 1 c. sugar
- 2 c. milk
- 2 eggs, separated
- 1 large box red or yellow jello
- 2 c. whipped cream
- 1 (2½ c.) can crushed pineapple, drained
- 1 6 oz. bottle maraschino cherries (cut up)
- ½ c. chopped walnuts
- 1 angel food cake

Cook sugar, milk and egg yolks until creamy. Stir in jello, cool. Add stiffly beaten egg whites; let partially set. Stir in whipped cream, add pineapple and cherries. Break cake into small pieces. Line 9" x 13" cake pan with half the cake. Sprinkle with nuts. Add ½ the chilled mixture and remaining cake. Top with remaining mixture. Chill 24 hours. Serve with whipped cream.

Will keep several days refrigerated.

## BABA'S CHEESE CAKE

Patricia O'Neil

- 2 lbs. fresh cottage cheese
- 5 eggs separated
- 1 c. sugar
- ¼ tsp. salt
- 1 tsp. vanilla
- 4 tbsp. flour
- 1 c. crushed and drained pineapple
- rind from 1 lemon
- juice from ½ lemon
- ¼ c. nuts finely chopped
- 1 c. finely crushed bread crumbs
- ¼ c. butter melted

Put cheese thru blender or food processor until creamy, add egg yolks, sugar, salt, flour, vanilla, lemon juice, lemon rind and pineapple. Beat egg whites until stiff, add to above. Spread butter in 9 x 13 pan, sprinkle with fine bread crumbs. Add cheese mixture. Sprinkle with nuts. Bake 350° 1 hour, then turn oven off and leave 1 more hour.

## BESQUE

Elaine Orfino

- 1 c. graham crumbs
- 1 c. melted butter
- 1 pt. cream
- 1 pkg. miniature marshmallows (white)
- 1 can cherry pie filling

Mix graham crumbs and butter; line bottom of pan. Whip cream; mix in marshmallows. Pour half onto crumbs. Pour 1 can cherry filler on top of the cream and marshmallows. Then spread the remaining cream and marshmallows on top of filler. Sprinkle with graham crumbs. Chill overnight.

## CHEESECAKE

Lillian Yakimchuk

- 4 lb. cream cheese
- 1 pt. whipping cream
- 4 oz. gelatin
- 4 oz. sugar
- 4 oz. grand marnier

### SAUCE:

- 1 c. any fruit (soft)
- 1 c. sugar

### CRUST:

Digestive biscuits or graham crackers  
(am. enough to bind the biscuit together)

**METHOD:** Bring cheese to room temperature. Mix until smooth. Add sugar and grand marnier. Add gelatin. Fold in whipped cream. Pour onto biscuit and put in refrigerator to set.

### SAUCE:

Bring fruit and sugar to boil. Blend in a blender  
Serve on cheese cake.

## CHEESE CAKE DESSERT

Sally Krysak

- 1/2 c. melted margarine
- 2 1/2 c. fine graham wafer crumbs
- 1 pkg. Dream Whip
- 1 pkg. (8 oz.) Philadelphia cream cheese
- 1 c. icing sugar
- 1 tin (15 oz. cherry) cherry pie filling

Mix together. Pat lightly into 9" x 10" pan. (leave some crumbs for topping)

Beat Dream Whip as directed on pkg. then beat in the cream cheese. Beat in 1 c. icing sugar and spread this over wafer crumb mixture. Now over this spread evenly the cherry pie filling. Top with remaining wafer crumb mixture.

Chill real well before serving. (Freezes very well too)

## **CHERRY CHOW CHOW DESSERT**

**Irene Chudyk**

- 36 graham wafers
- ½ c. butter
- ½ c. sugar (optional)
- 2 c. whipped cream or 2 pkg. dream whip
- 1 pkg. miniature marshmallows
- 1 can cherry pie filling

Roll graham wafers until fine. Add sugar and butter. Mix. Save ½ c. for topping. Press remainder of crumb mixture into a 9" x 12" pan (ungreased) and bake for 5 to 10 min. Cool. Spread pie filling over crumb base. Whip cream or Dream Whip as directed and fold in marshmallows. Spread over pie filling. Sprinkle saved crumbs over top refrigerate.

## **COCKTAIL DESSERT**

**Margaret Ascroft**

- 1 14 oz. can fruit cocktail (drained)
- 1 egg, well beaten
- 1 tsp. soda
- ¼ tsp. salt
- 1 c. sifted flour
- 1 tsp. vanilla

### **TOPPING:**

- ½ c. brown sugar
- ½ c. chopped walnuts

Mix ingredients (filling) together except for fruit cocktail. Fold in fruit cocktail. Put in greased pan and top with topping. Bake 325° for 35-40 mins. Serve warm with whipped cream.

## **COMPANY CHEESECAKE**

**Barbara Powley**

- 1¾ c. graham cracker crumbs
- 2 tbsp. sugar
- 3 tbsp. butter, melted
- 2 8-oz. pkg. cream cheese ples
- 1 3-oz. pkg. cream cheese, softened
- 1 cup sugar
- 2 teaspoons grated lemon peel
- ¼ tsp. vanilla
- 3 eggs
- 1 c. dairy sour cream or Strawberry Glaze

Heat oven to 350°. Stir together graham cracker crumbs on 2 tsp. sugar. Mix in butter thoroughly. Press mixture evenly in bottom of 9 inch springform pan. Bake 10 mins. Cool. Reduce oven temperature to 300°. Beat cream cheese in large mixer bowl. Gradually add 1 c. sugar, beating until fluffy. Add lemon peel and vanilla. Beat in eggs, one at a time. Pour over crumb mixture. Bake 1 hr. or until center is firm. Cool to room

temperature. Spread with sour cream or glaze. Chill 3 hr. Loosen edge with knife before removing side of pan. Strawberry Glaze - Mash fresh strawberries to measure 1 c. Blend 1 c. sugar and 3 tbsp. cornstarch in saucepan. Stir in  $\frac{1}{4}$  c. water and berries. Cook, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Cool thoroughly.

### **EMILY'S "LIGHT LEMONY" CHEESECAKE**

**Emily Kuly**

$\frac{1}{4}$  c. butter (melted)  
2 tbsp. sugar  
 $1\frac{1}{2}$  c. graham wafers  
16 oz. Philadelphia cream cheese  
2 c. sugar  
2 tsp. vanilla  
3 pkgs. lemon jello  
10 oz. hot water  
10 oz. cold water

Combine and blend first 3 ingredients, butter, sugar and wafers. Line pan bottoms (2 spring form or 2 large pans). Bake 10 minutes at 325° F. Combine next 3 ingredients, beat well with electric mixer or blender. Dissolve jello and water. Set aside

Beat 2 big cans evaporated milk which have been partially frozen until stiff. Add cold jello mixture and blend. Add cheese mixture and blend also. Pour over cooled crumb mixture. Chill in fridge overnight.

NOTE: This dessert may be frozen. Also it may be halved as it makes a large amount.

### **FRUIT CRISP**

**Sonia Tatarin**

$\frac{3}{4}$  c. brown sugar  
 $\frac{1}{2}$  c. whole wheat pastry flour (white flour may be used)  
 $\frac{1}{2}$  c. brown sugar  
 $\frac{1}{4}$  c. chopped walnuts  
 $\frac{1}{4}$  c. toasted wheat germ  
 $\frac{1}{4}$  tsp. salt  
4 tbsp. margarine  
6 large fresh peaches, peeled and sliced  
 $\frac{1}{2}$  c. fresh or frozen blueberries

Other combinations or single fruits may be used

Combine dry ingredients, cut in the margarine until pea size. Place fruit into baking dish; sprinkle with crumble mix; pressing down gently.

Bake at 350° F. until fruit is done and top of crust is slightly brown. This can be served warm with light cream or whipped cream.

**ICE CREAM DESSERT****Roseann Zemlak**

1 c. brown sugar  
1 c. butter  
4 c. rice krispies or cornflakes  
1 c. coconut, toasted  
1 c. slivered almonds, toasted  
Melt together sugar and butter

Crush rice krispies, but not too fine. Mix all ingredients together. Put  $\frac{1}{2}$  in bottom of pan. Slice ice cream 1" thick to cover pan. Cover with other half of mix. Cut up in pieces. Put in freezer.

**JELLO ANGEL DESSERT****Vicky Topolnisky**

1 baked angel cake  
3 pkg. strawberry jello  
2 pkg frozen strawberries  
4 $\frac{1}{2}$  c. boiling water

Mix jello, strawberries, and boiling water. Place in large Tupperware fix 'n' mix bowl and chill until jello begins to jell.

Submerge cake into the jello liquid so it is absorbed into the cake. Place in fridge to set. Remove from pan (by running hot water over bottom of dish) Top with whipped cream or whipped Dream Whip

**JELLO LAYER DESSERT****Virginia Chipczak**

5 pkg. jello; Lime, Cherry, Lemon, Strawberry, Orange  
7 pkg. Knox Gelatin

Mix 1 pkg. of gelatin with  $\frac{1}{4}$  c. of cold water until dissolved. Add 1 c. of boiling water with Lime jello. Do the same for the other jello pkgs. Also do the same with the other 4 pkgs. of gelatin.

Then add the gelatin to the jello. Let stand until cool. Grease a 9 x 13 pan. A Tupperware and pam is what I use.

Add first layer of lime jello. Let gel in refrigerator. (approx. 15-20 mins.) Hopefully your fridge is level.

Then melt the remaining 2 pkgs. of gelatin in  $\frac{1}{2}$  c. cold water. Add one cup of boiling water. Add 1 can of Eagle Brand milk. Let stand in warm water, so it won't gel. Scoop  $\frac{3}{4}$  c. of this mixture and pour over first layer of lime jello after it has jelled. Let this layer set in the refrigerator and then continue with the other layers of jello and milk, alternating. Use the jello in the order I have outlined above. The top layer will be orange. This is very colorful and good. A very nice square for the ladies.

## **MINIATURE CHEESE CAKES**

**Elsie Tanasiuk**

1 lb. cream cheese  
2 eggs  
24 vanilla wafers  
 $\frac{3}{4}$  c. sugar  
1 tsp. vanilla

2 tins pie filling (preferably blueberry or peach)

With mixer or blender, whip cream cheese, sugar, eggs and vanilla. Line cupcake tins with double paper liners and put a vanilla wafer in bottom of each. Fill liners  $\frac{3}{4}$  full with cheese mixture. Bake 12 minutes at 375°. Cool and cover with pie filling.

## **PISTACHIO DESSERT**

**Dave Humphries and Diana Spasiuk**

1 c. flour  
 $\frac{1}{2}$  c. chopped walnuts or crushed almonds  
 $\frac{1}{2}$  c. butter or margarine  
1 8-oz. pkg. cream cheese  
1 c. icing sugar  
1 c. cool whip (from 9 oz carton)  
2 pkg. Pistachio pudding  
 $2\frac{2}{3}$  c. milk

Mix together first 3 ingredients and press into 9" x 13" pan. Bake at 400° F. till brown. Cool.

Mix together next 3 ingredients. Spread on first layer.

Beat together next 2 ingredients for 2 minutes (until thick). Place on top of other layers.

Top dessert with remainder of cool whip and grate semi-sweet chocolate and chopped walnuts over the top.

## **QUICK RAISIN CARAMEL PUDDING**

**Mrs. Phillis Rusu**

**BATTER:**

1 c. sifted flour  
2 tbsp. baking powder  
pinch of salt  
 $\frac{1}{3}$  c. brown sugar  
1 c. raisins  
 $\frac{1}{2}$  c. milk

**SAUCE:**

1 c. brown sugar  
1 tbsp. butter  
 $1\frac{1}{2}$  c. boiling water

**BATTER:**

Mix milk and first 5 ingredients. Turn into baking dish or pan.

**SAUCE:**

Pour this sauce over batter. Bake at 350° for 30 mins.

**RHUBARB DESSERT****Elsie Tanasiuk**

½ c. butter  
1 c. flour  
1 tbsp. sugar  
2½ c. rhubarb (cut up)  
3 egg yolks  
½ c. milk or cream  
1 c. sugar  
2 tbsp. flour  
¼ tsp. salt

Blend first three ingredients, butter flour and sugar. Rub into crumbs. Pat in 9" x 8" pan and bake at 350° for 10 minutes.

Mix remaining ingredients and pour over crust. Top with beaten egg white with 4 tbsp. sugar and ¼ tsp. vanilla. Brown in oven. Can be served with whipped cream.

**RHUBARB CRISP****Olga Youzwishen**

5 c. diced rhubarb  
1 c. brown sugar  
¼ c. tapioca pudding  
pinch of salt  
1 tsp. cinnamon  
1½ c. cooking rolled oats  
½ c. brown sugar  
4 tbsp. margarine

Dice and measure rhubarb. Add 1c. brown sugar, salt, tapioca pudding and cinnamon. Mix

Pour mixture into deep baking casserole, 10" round.

Mix rolled oats, ½ c. brown sugar and margarine with your hands (crumb it). Pour over rhubarb mixture. Bake in oven of 350° for 45 minutes. Delicious to eat warm with vanilla ice cream.

**STRAWBERRY MALLOW****Jo Ann Dubyk**

1 c. crumbs  
¼ c. melted margarine  
1 c. boiling water  
1 pkg. strawberry jello  
1 pkg. frozen strawberries  
1 pkg. Dream Whip  
2 c. small marshmallows

Combine crumbs and margarine. Press in 8" x 8" pan. Brown in oven. Dissolve jello in hot water, add strawberries. Stir in and let stand until partially set. Add whipped cream and marshmallows. Pour into crust. Sprinkle with crumbs and refrigerate until set.

## **STRAWBERRY TRIFLE**

**Elsie Tanasiuk**

- 1 pkg. yellow or white cake mix
- 1 pkg. (16 oz.) frozen strawberry halves, thawed
- 2 c. vanilla pudding
- 1 c. chilled whipped cream
- ¼ c. sugar
- ¼ c. toasted slivered almonds

Bake cake in oblong pan 13" x 9" as directed on pkg. Cool. Cut cake crosswise in half. Reserve one half for another dessert. Cut remaining cake into 8 pieces. Split each piece horizontally. Arrange half the pieces in 2-quart glass serving bowl; cutting pieces to fit bowl. Pour half the strawberries (with syrup) over cake. Spread with 1 c. of pudding. Repeat with remaining cake pieces, strawberries and pudding. Chill at least 4 hr. In chilled bowl, beat cream and sugar until stiff. Spread over trifle. Sprinkle with almonds and if desired garnish with fresh strawberries. Spoon into dessert dishes. 8 to 10 servings.



# MEATS

## ALMOND CHICKEN CHOW MEIN

Elizabeth Chrapko

- 1½ c. coarsly chopped onion
- 2 tbsp. cooking fat or oil
- 2 tbsp. cornstarch
- 1 tsp. salt
- 1 tbsp. sugar
- 2 c. broth
- 2-3 tbsp. soya sauce
- 3 c. diced cooked chicken
- 2 c. sliced celery
- 1 med. green pepper
- ½ lb. mushrooms or 1 can sliced mushrooms (drained)
- 1 can bean sprouts (drain if preferred)
- sliced almonds

Use large frying pan. Saute onions in hot fat 3-5 min. Mix cornstarch salt and sugar. Blend to a smooth paste with some of broth. Add remaining broth and soya sauce to the pan. Stir in cornstarch mixture, cook until thickened and clear, stirring constantly. Add chicken, celery, green pepper cut in ¼ inch strips, and mushrooms. Cover and cook gently 5-8 min. stirring occasionally. Add bean sprouts (if used).

NOTE:Two chicken bouillan cubes dissolved in two cups boiling water can be used instead of the two cups broth.

## BARBECUED CHICKEN

Marlene Kryklywicz

- 2 tbsp. butter
- 1 tbsp. cooking oil
- 3½ lbs. chicken, cut up or 3 cornish hen, halved
- salt and pepper
- ½ c. mushroom pieces
- ½ c. onion, chopped
- 1 c. ketchup
- 1 c. water
- ¼ c. lemon juice
- 2 tbsp. vinegar
- 3 tbsp Worcestershire sauce
- 2 tbsp. brown sugar
- 1 tsp. salt

- 1 tsp. dry mustard
- 1 c. chopped celery

Brown the meat in the butter in a skillet. Season to taste. Place chicken into roaster. Saute mushrooms in drippings, then sprinkle over meat. Saute onion in drippings and sprinkle over meat. Combine remaining ingredients and stir until smooth. Simmer for 30 minutes. Heat oven to 325° F. Pour prepared sauce over chicken pieces. Cover and cook about 1 hour or until chicken is tender. Serve with sauce spooned over it. Delicious.

### **BARBECUE HONEY GARLIC RIBS**

**Louise Ewaskiw**

- 4 lbs. of ribs
- 1 c. honey
- 2 c. ketchup
- 1/2 c. soya sauce
- 8 cloves garlic - crushed

Simmer ribs in salted water for one hour. Drain. Combine honey, ketchup, soya sauce and crushed garlic. Heat till boiling. Put ribs in oven to bake until tender. Baste ribs with sauce. The ribs may be barbecued or broiled also. Delicious

### **BARBEQUED SPARERIBS**

**Diana Forstey**

#### **SAUCE:**

- 2 tbsp. vinegar
- 4 tsp. brown sugar
- 1 can tomato soup
- 1/2 can water
- 1 tbsp. lemon juice
- 1 tbsp. H.P. sauce
- 1 tbsp Hienz Sauce

Use 1 1/2 lbs. ribs

Brown ribs in 2 tbsp. fat. Take the ribs out and add the sauce to the fat. Bring it to a boil and pour over ribs. Bake at 400° F. 30-40 minutes.

### **BARBECUED SPARERIBS**

**Marietta Kowal**

- 3-4 lbs. spareribs
- 1 small onion, chopped
- 1 10-oz. can tomatoe soup
- 1/2 c. water
- 2 tbsp. vinegar
- 1 tbsp. Worcestershire Sauce
- 1 tsp. salt
- 1 tsp. chili pepper
- 1/4 tsp. cinnamon

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Brown spareribs under broiler. Combine remaining ingredients in saucepan and heat to boiling. Pour sauce over ribs, bake covered at 350° F. for 40 minutes per pound.

### **BAR-B-QUE RIBS**

**Elsie Tanasiuk**

4 lbs spareribs

1 tbsp. salt

½ tsp. pepper

2 tbsp. flour

2 tbsp. butter

1 tbsp. horseradish

½ c. ketchup

½ c. water

2 medium onions chopped

Cut ribs in pieces. Roll in flour first. Salt and pepper well. Brown in butter real well. Mix sauce and pour over and simmer 2 hours.

### **BARBECUED RIBS**

**Phillis Rusu**

3 lbs country or back style spareribs

2 tbsp. vegetable oil

2 onions, chopped

2 cloves, crushed garlic

2 stalks celery chopped

½ tsp. tabasco

1 14-oz. can tomato sauce or ketchup

1 c. water

⅓ c. honey

1 tbsp. Worcestershire Sauce

1½ tsp. prepared mustard

½ tsp. salt

Cook ribs until brown. Cook onions and garlic 5 minutes in separate pan. Stir in remaining ingredients. Bring to boil. Simmer uncovered for 10 minutes to blend flavours. Stir often. Preheat oven to 350°. When ribs are tender, drain well and place in baking dish. Cover with sauce. Bake 45 minutes to 1 hour. Baste every 15 minutes.

### **BEEF IN WINE SAUCE**

**Catherine Olineck**

3 lbs. beef, chuck or round steak, cut in 1½ to 2 inch cubes

garlic powder

1 can golden mushroom soup

1 envelope onion soup mix

¾ c. dry sherry

1 can sliced mushrooms (Continued Next Page)

Sprinkle meat lightly with garlic powder. Put in a heavy casserole. Mix together remaining ingredients. Pour over meat. Mix well, cover and bake at 325° F. for two hours, or until meat is tender. Add carrots to meat just before meat is fully cooked if desired.

Nice served with fresh buns and coleslaw.

### **BREADED DRY SPARERIBS**

**Judith Starko**

4 c. spareribs, cut in 1½" pieces

3 tsp. light soya sauce

½ tsp. salt

1 tsp. vinegar

2 tbsp. flour

2 eggs, well beaten

Place spareribs in large bowl. Add soya sauce, salt, vinegar, beaten eggs and very little flour. Mix together. Add more flour and mix well so spareribs are all coated. Deep fry 375° about 7 minutes or until cooked and browned. Serve Hot.

Garnish with wedged of lemon.

### **CHICKEN**

**Marg Horon**

2 lbs. chicken

½ c. mayonnaise

½ tsp. salt

3 c. cornflakes (crush to 1 c.)

Wash chicken pieces and pat dry. Dip in mixture of mayonnaise and salt, turning to coat. Coat evenly with crushed corn flakes and place in a single layer, skin side up in a well greased or foil lined shallow baking pan. Bake at 350° F. for 1 hour. DO NOT cover or turn chicken during baking.

### **CHICKEN WINGS CACCIATORE**

**Zenovia Polunfranko**

4 lbs. chicken wings

½ c. flour

salt and pepper to taste

6 tbsp. olive oil

½ tsp. instant minced garlic

2 tbsp. instant minced onion

1 can (1 lb.) tomatoes with juice

1 can (4 oz.) mushrooms, stems and pieces, undrained

1 large green pepper

Cut off third joint or wing end leaving 2 drumsticks connected. Combine flour, salt and plenty of pepper in paper or plastic bag. Add wings and shake until thoroughly coated. Heat oil in large cast iron skillet. Fry wings on both sides until golden brown. Return all chicken to skillet, sprinkle

with more salt and pepper, garlic, and onion. Add tomatoes and mushrooms and green pepper cut lengthwise. Cover and simmer very, very slowly.

Occasionally stir gravy up from bottom seeing that all chicken pieces are coated and shifting top pieces to bottom. Cook slowly about ½ hr. or until chicken is tender and sauce is thick. Serves 4-6. Serve with rice.

### **CHICKEN IN WINE**

**Nadia Bartholomew**

- 2 lbs. chicken parts
- 2 tbsp. shortening
- 1 can tomato soup
- ¼ (½c.) chianti or dry red wine
- ½ c. chopped onion
- 1 (2) cloves of garlic
- 1 tsp oregano
- ¼ tsp. salt
- ½ med. green pepper

Brown chicken in shortening. Add everything except pepper. Cover and cook at low heat for 30 minutes. Add pepper and cook for 15 minutes more.

### **CHICKEN 'N WINE SAUTE**

**Joann Emaudie**

- chicken breasts and thighs
- salt to taste
- ¼ tsp. nutmeg
- 1 tsp. tarragon
- 1 onion, sliced (medium)
- 2 c. mushrooms, sliced
- 1 med. (300 g.) zucchini, sliced
- ¼ c. chicken broth
- 2 c. dry white wine
- Parsley

Yield: 6 servings

Sprinkle salt, nutmeg and tarragon over bottom of teflon skillet. Brown chicken over medium heat, stirring occasionally. Add sliced onions, mushrooms and zucchini. Combine flour with chicken broth to form smooth paste. Add wine. Pour over chicken. Simmer until sauce has thickened about 10 mins.

Srpinkle parsley over top.

VARIATION: Substitute 2 c. broccoli flowerettes for zucchini.

NOTE: Skin, bone and visible fat may be removed from chicken. Cut chicken diagonally about ¼" slices.

**CHICKEN IN SOUR CREAM [DILLY CHICKEN]****Elsie Tanasiuk**

- 1 frying chicken
- 1 can cream of mushroom or cream of chicken soup
- 1 pt. sour cream
- 2 tbsp dry onion soup
- 1 tbsp. lemon juice
- 1 tbsp dill weed
- butter
- salt
- pepper
- paprika

Butter casserole dish and place cut up chicken. Sprinkle with salt, pepper and paprika. Combine remaining ingredients and pour over chicken. Bake in 350° F. oven 1¼ to 1½ hours. Cook slow. Add flour to thicken if necessary.

**CHINESE PORK ROAST****Jo Ann Dubyk**

- 1 tbsp. sugar
- 1 tbsp. honey
- 3 tbsp. Chicken Bouillon
- 1 tsp. salt
- 1 tbsp. soy sauce

2 lbs. fresh pork butt or shoulder of pork, cut in 3 pieces, lengthwise. Mix the marinade together in bowl until well combined. Soak pork for ¼ of an hour, in marinade, turning occasionally. Remove from bowl and place on rack in a roasting pan, adding a few tablespoons of water to prevent from smoking. Roast in moderate oven at 350° for about 1½ hours, turning occasionally. Slice pork and serve immediately with hot mustard.

**COUNTRY FRIED CHICKEN****Grace Kulba**

- 4 to 5 lbs. frying chicken pieces
- 2 eggs, beaten
- 1½ c. vegetable oil
- 2 cloves garlic, crushed
- 3 tsp. seasoned salt
- 1 tsp. paprika
- ¼ tsp. basil, oregano or Italian seasoning
- seasoned flour (about 1½ c. flour, 2 tsp. salt, ½ tsp. pepper)
- Vegetable oil for frying

Combine eggs, oil, garlic and seasonings. Pour over chicken pieces in a shallow pan, turning to coat each piece. Allow to marinate about 1 hour. In a large skillet, heat oil for frying (for a 10 inch skillet use about 1 cup

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oil). You will need 2 skillet or cook chicken in 2 batches.

Dip chicken pieces in seasoned flour, and brown on both sides in skillet over medium-high heat. Reduce heat, cover and cook until tender, about 30 minutes longer. Remove cover for last 5 minutes to crisp the chicken. May be served hot; or for picnic, wrap and chill thoroughly before packing. Makes 8 to 10 servings.

### **CREAMY MEATBALLS**

**Marg Horon**

1 lb. ground beef  
¼ c. fine dry bread crumbs  
¼ c. finely chopped onions  
1 egg, slightly beaten  
¼ tsp. salt  
1 can cream of mushroom soup  
½ c. water  
2 tbsp. chopped parsley

Mix beef, bread crumbs, onion, egg and salt; shape into meatballs. In frying pan, brown meatballs, pour off fat. Stir in soup, water and parsley. Cover; cook over low heat 20 minutes; stir now and then. Serves 4.

### **DRIED GARLIC SPARERIBS**

**Nadia Bartholomew**

Spareribs  
Gourmet powder  
Chinese cooking wine  
light soy sauce  
sugar  
salt or garlic salt  
garlic  
pepper  
sesame oil

Marinate spareribs with 1 tbsp. wine, 1 tbsp. of light soy sauce and gourmet powder for 30 minutes.

Deep fry spareribs in hot oil for 5 minutes. Remove to a plate for later use. Use a hot wok, add 1 tbsp. of peanut oil until smoke arises. Pat in minced garlic to brown for a few seconds, then add spareribs, sugar, pepper, garlic salt, 1 tbsp. of wine, 1 tbsp. of soy sauce and sesame oil. Stir fry for 3 minutes with medium heat.

### **FILLET THERMIDOR**

**Joanne Maudie**

1½ lb. Sole Fillets, frozen  
¼ c. flour  
¼ c. margarine  
2 c. skim milk (or 2%)  
½ c. grated cheddar cheese

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- ¼ tsp. salt
- ½ tsp. dry mustard
- 1 slice bread, cubed (or dry bread crumbed)
- ½ tbsp. margarine, melted

Partially thaw fillets to ease cutting. Cut into 6 equal portions. Place in a shallow baking dish. In a sauce pan melt margarine (first amount) and blend in flour, salt and mustard. Add milk gradually.

Cook and stir over medium heat until smoothly thickened (can use microwave). Add cheese and stir till melted. Spoon sauce over fillets. Top with bread crumbs or cubes mixed with melted margarine.

Place in moderate oven (350° F.) and bake until fish is cooked (flaky) and bread crumbs browned, about 35 mins.

### **HAWAIIAN STYLE RIBS**

**Diane Spasiuk and Dave Humphries**

- 4 lbs. spare ribs
- 3 tbsp. brown sugar
- 2 tbsp. cornstarch
- ½ tsp. salt
- ¼ c. vinegar
- ½ c. catsup
- 1 15-oz. can crushed pineapple and juice
- 1 tsp. soya sauce

Brown ribs. Add some salt, pepper, onion and garlic and bake with lid on for 1-1½ hours at 325° F. Drain off fat.

Combine remaining ingredients and cook until thickened and pour over drained ribs. Cover and bake at 325° F. till tender.

### **HONEY GARLIC CHICKEN WINGS**

**Judy Shtuka**

- 1½ lb. chicken wings
- 1 tbsp. lemon juice
- 5 tbsp. oil
- 1 tbsp. soya sauce
- salt and pepper to taste
- 1½ tsp. garlic flakes
- 2 heaping tbsp. honey
- 2 heaping tbsp. orange marmalade
- 1 tbsp. vinegar

Cut off tips of wings. Mix ingredients and baste wings for 1-2 hours. Bake at 350° F. for 1½ hours.



**MARY'S BEEF SURPRISE****Mary Horoshko Paltzat**

3 lb. blade, cross rib or shoulder beef, cut into 1" cubes  
3 tbsp. butter  
¼ c. flour  
2 10-oz. cans condensed beef consomme, undiluted  
⅔ c. chopped onion  
1 garlic clove, minced  
1 tsp. salt  
½ tsp. parsley flakes  
pinch of pepper

1 c. fresh sliced mushrooms, or canned mushrooms

In large skillet, brown beef in butter. Add flour and stir until flour is browned. Gradually pour in consomme, mixing constantly. Remove from heat. Add the onion, garlic, salt, parsley flakes and pepper. Place all this in a covered baking dish or roaster. Bake about 2 hours at 350° F. Add mushrooms and continue cooking until meat is tender.

This beef dish is equally good with potatoes, rice or noodles.

**MAN SIZE MEATLOAF****Gladys Palahniuk**

2 eggs, slightly beaten  
1½ c. soft bread crumbs  
2 envelopes Lipton Onion Soup Mix  
7½ oz. can tomato sauce  
2 tbsp. prepared mustard  
2 lbs. ground beef

Beat eggs in mixing bowl, add crumbs, water, onion soup mix, ½ c. tomato sauce, prepared mustard and ground beef. Mix thoroughly. Shape into loaf; pour remaining sauce over top. Bake in moderate oven 350° F. for 1 to 1½ hours. Makes 4 servings.

**MEAT LOAF****Katie Markowsky**

1-1½ lb. ground beef  
2 eggs  
2 tbsp. cut up parsley or parsley flakes  
1-2 stalks cut up celery  
1 finely sliced or diced onion  
½-¾ c. fine bread or cracker crumbs  
2 tbsp. ketchup  
4 tbsp. milk  
1 tsp. worchestershire sauce  
salt and pepper

A few chunks of cheddar cheese, other herbs or tbsp. of mustard if you like. (Continued Next Page)

Mix everything, pack into a loaf pan and bake in 325° oven for 1½ hour. Sometimes I put about ¼ inch of water on top of the loaf so it won't brown too quickly; or I put strips of bacon across the top for the last half hour.

### **MEAT LOAF**

**Bernice Yakimyshyn**

2 lbs. ground beef  
¾ c. fine dry bread crumbs  
½ pkg. onion soup mix  
1 egg beaten  
½ cup water  
½ c. rolled oats  
salt and pepper to taste

1 can tomato soup

Mix ground beef, bread crumbs, ½ pkg. onion soup mix, egg, water and rolled oats together. Add salt and pepper. Put in loaf pan or casserole. Pour tomato soup over and bake at 350° F. for 45-60 minutes.

### **MUSHROOM CHICKEN**

**Bernice Yakimyshyn**

1 large chicken, cut up  
½ c. flour  
¼ tsp. pepper  
1 tsp. salt  
¼ tsp. paprika  
¼-½ c. butter or salad oil  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 can cream of celery soup  
1 can whole mushrooms, some liquid  
½ green pepper, cut up, if you wish  
1 tsp. parsley  
½ c. cooking wine, if you wish

Combine flour, pepper, salt and paprika. Coat chicken pieces in flour mixture and brown in butter (or oil).

Combine mushroom soup, chicken soup, celery soup, mushrooms, green pepper, parsley and wine, mixing thoroughly.

Pour over the browned chicken in a casserole or baking dish. Bake 1 to 1½ hours at 350° F.

**NEWFOUNDLAND FRIED CHICKEN****Barbara Ann Hergot**

DRY MIX ( enough for 4 chickens)

4 c. flour  
1 tsp. dry mustard  
1 tsp. onion salt  
1 tsp. paprika  
1 tsp. tumeric  
¼ c. salt  
2 tbsp. pepper  
3 tbsp. MSG (can be omitted)  
2 tbsp. meat tenderizer  
1 tsp. garlic powder  
1 tsp. ground cloves  
1½ tsp. sage

Mix above thoroughly before using

DIP

1 beaten egg  
1 c. milk  
mix above well

Wash, then cut frying chickens into serving pieces. Shake off excess water. Do not dry. In heavy pot, heat ¼" oil to 350° F. (frying temperature).

Dip chicken pieces into egg/milk mixture. Shake off excess egg/milk mixture and dip into flour/spice mixture.

Fry chicken - 4 pieces at a time - on both sides until golden. (about 5 minutes) Transfer pieces to foil-lined cookie sheet. Bake 325°-350° F. for 45-60 minutes or until chicken is baked.

Store leftover flour/spice mixture in containers with tight lids and store in freezer.

**SHORT RIBS A LA BISTRO****Margaret Ashcroft**

2 lbs. short ribs (lean)  
2 cans tomatoes  
½ c. water  
½ c. white dry wine  
1 medium onion  
1 tsp. salt  
¼ tsp. sweet basil  
¼ tsp. minced parsley  
crisco

Brown ribs in crisco shortening. Put browned ribs in a large pot. Add remaining ingredients, simmer 1½ hours or until tender.

## **PORK CHOPS "SUPREME"**

**Wes Shewchuk**

- 6 pork chops
- 1 c. salad oil
- 2 large onions (chopped coarse)
- 2 cans mushrooms
- 6 potatoes
- 6 carrots
- 1 yellow turnip (if desired)
- 3 small cloves garlic

Brown chops in oil. Remove from pan. Place onions in pan and saute slightly. Add mushrooms and continue cooking for about 3 minutes. Cut up vegetables into small pieces. On a piece of foil, place a pork chop, 1/2 clove garlic, potato, carrot and turnip pieces. Top with a portion of the onion and mushroom mixture along with the oil. Make up 6 pkgs. this way. Seal, place on shallow baking pan and bake in 400° oven for about 1 1/2 hours.

## **SWEET AND SOUR MEATBALLS**

**Annie Zaharichuk**

- 2 lbs. hamburger
- 2/3 c. dry bread crumbs
- 1/2 c. chopped onions
- 1 1/2 tsp. salt and pepper
- 1 1/2 tsp. worcestershire sauce
- 1 tsp. dry mustard
- 2 eggs, slightly beaten
- 2/3 c. milk

### **SAUCE:**

- 1 15-oz. can of tomatoe juice
- 2 tbsp. flour
- 2/3 c. ketchup
- 1 20-oz. can pineapple tidbits
- 1/2 c. pineapple juice

Mix the ingredients and form into small balls and place on oiled cookie sheet and bake at 400° F. until brown.

Cook the ingredients for sauce until thick. Place the meatballs in casserole and pour the sauce over the meat. Bake in the oven for approximately 2 hours at 350° F.

Makes 10 servings. This recipe can be frozen. Serve with steamed rice.

## **SWEET-SOUR PORK**

**Mrs. Carol Rudyk**

1½ lb. lean pork, (cut in stripes)  
2 tbsp. shortening  
1 c. water  
1 chicken boullion cube  
¼ tsp. salt  
20½ oz. can pineapple chunks  
¼ c. brown sugar  
2 tbsp. cornstarch  
¼ c. vinegar  
1 tbsp. soya sauce  
½ tsp. salt  
1 medium green pepper (cut in stripes)  
¼ c. thinly sliced onion

Brown pork in hot shortening. Stir in 1 c. of water, chicken boullion cube and salt. Cover, simmer about one hour. Drain pineapple reserving syrup. Combine brown sugar and cornstarch, then add reserved pineapple syrup, vinegar, soya sauce and salt. Cook and stir until bubbly. Add sauce to pork; mix well. Stir in pineapple chunks, green pepper and onion. Cook 2 to 3 mins.  
Serve over hot cooked rice.

## **SWISS STEAK**

**Katie Markowsky**

1 pkg. round or rib steak  
2 stalks celery, cut up  
1 onion, cut up  
1 can mushrooms  
1 can tomato soup  
1 tsp. worchestershire sauce  
½ c. water  
salt and pepper

Brown steak, remove from fry pan; place in roasting pan. Combine soup, mushrooms, water, celery, onion and worchestershire sauce and place on top of meat. You may add drippings from fry pan by adding water to the hot pan that you browned your meat in. Add this juice to roasting pan. Cook for 2½ hours at low heat (300-350°)

**TETRAZZINI****Faye Ewanchyshyn**

2 tbsp. chopped onion  
1 tbsp. butter  
1 c. cream of mushroom soup  
½ c. water  
½ c. sharp cheddar cheese (shredded)  
1 tbsp. sherry  
1 c. diced chicken, turkey or ham  
2 tbsp. chopped pimento  
1 tbsp. chopped parsley  
2 c. cooked spaghetti  
Great way to use leftover meat.

In saucepan cook onion in butter till tender. Blend in soup, water, cheese and sherry. Heat until cheese melts. Stir. Add chicken, pimento, parsley and spaghetti. Heat.

**VEGETABLE MEAT LOAF****Marietta Kowal**

1½ lbs. ground beef  
1 egg  
¾ c. bread crumbs  
1 tsp. salt  
½ tsp. pepper  
1 small onion, chopped  
1 10-oz. can vegetable soup  
Combine all ingredients and mix thoroughly. Shape into loaf form and bake in greased pan at 350° F. for 1½ hours. Serves 4 to 6.

# CASSEROLES

## **BORSH CASSEROLE**

**Louise Ewaskiw**

2 lbs. short ribs  
1 tbsp. oil  
2 c. sliced carrots  
1½ c. turnip stripes  
1 c. sliced celery  
1 c. sliced onion  
4 c. water  
1 6-oz. can tomato paste  
1 tbsp. salt  
1 tsp. pepper  
1 c. water  
1 tbsp. sugar  
1 tbsp. vinegar  
2 c. beets, strips  
1 small head of cabbage (cut in wedges)  
sour cream

Brown ribs in dutch oven in oil. Add carrots, turnips, celery, onions. Blend in 4 c. water, tomato paste, salt and pepper. Pour over vegetables cover and bake at 350° for 2 hours. Skim off fat. Combine remaining water, sugar and vinegar. Add to meat. Add beet strips and place cabbage wedges on top. Cover and continue baking 1½ hrs. or more. Serve with sour cream.

## **BROCCOLI CASSEROLE**

**Dave Humphries and Diana Spasiuk**

½ c. chopped onion  
½ c. chopped celery  
¼ c. margarine  
1 c. cooked rice  
1 pkg. cooked chopped broccoli  
1 can mushroom soup  
½ to ¾ c. grated cheese  
1 can drained mushrooms (optional)  
dry noodles

Fry onion and celery briefly in margarine. Heat soup and mix all ingredients together in casserole. Sprinkle with dry noodles. Bake at 350° for ½ hour.

**BROCOLLI RICE CASSEROLE****Mrs. Phillis Rusu**

1 pkg. frozen brocolli  
½ large onion  
1 c. Cheez Whiz  
1 can cream of chicken soup  
1 c. cooked rice  
salt and pepper  
butter

Chop and saute brocolli and onions in butter. Mix with rice, cheez whiz, soup, salt and pepper to taste. Put in greased casserole, dot with butter. Bake 350° F. for ½ hour.

**BUCKWHEAT CASSEROLE****Patricia O'Neill**

2 c. buckwheat  
1 egg, beaten  
4-5 tbsp. bacon fat  
2 tsp. salt  
5 strips bacon crisped and cut in 1" pieces  
1 small onion fried lightly  
2 tbsp. chicken in mug  
Put buckwheat on cookie sheet and combine with egg and dry in oven 350° stirring often (about 20 mins.)  
Then put buckwheat in dutch oven add 2 c. water, bacon fat, salt and chicken in mug and boil till water absorbed. (add bacon and onion and put in casserole. Bake 325° for 1 hour.

**FISH LOGS****Elsie Kawulich**

beet leaves  
4 c. ground fish  
1 tsp. salt  
¼ tsp. ginger  
¼ tsp. pepper  
1 14-oz. tin cream of mushroom soup  
Wilt beet leaves. Prepare fish and add seasonings. Use 1 heaping tsp. fish and place on beet leaf. Roll up lightly and place in greased casserole. Mix condensed soup with half tin water and pour over logs. Bake in covered bowl for 60 minutes.

**FIVE LAYER DINNER****Elaine Orfino**

2 c. raw sliced potatoes  
1 c. sliced onions  
2 c. canned tomatoes  
1 c. cooked rice  
2 c. hamburger  
Place in order in buttered casserole. Bake at 325° for 1½-2 hours.



## **GREEN BEAN CASSEROLE**

**Patricia O'Neill**

2 tbsp. flour  
2 tbsp. butter  
1 c. milk  
1 tsp. salt  
1 pkg. 4 oz. cream cheese  
6-8 small onions  
6 slices bacon (fried crisp)  
3 c. frozen green beans  
½ c. crushed potato chips

Melt butter, add flour and cook on low heat a few minutes, remove from heat and gradually add milk, return to low heat and cook until thickened, add salt and cream cheese blend together well. Cook green beans until slightly soft. Combine all ingredients in casserole and bake at 350° oven for 30 mins. Remove casserole top and sprinkle casserole with ½ c. crushed chips. Return to oven and bake until hot through - approx. another 15 mins.

## **MEXICAN SKILLET**

**Bernice Bzdel**

2½ c. macaroni  
2 c. sour cream  
¼ tsp. chili powder  
2 tbsp. sugar  
¼-½ tsp. salt  
1 can (48 oz.) tomatoes  
¼-½ c. chopped onions  
weiners

Mix together in a roaster and cook. When almost ready put boiled wieners in and cover. Green peppers can be added.

## **NEW TWIST DISH**

**Barbara Powley**

½ c. finely chopped onions  
⅓ c. chopped green pepper  
1 tbsp. butter  
4 oz. corkscrew shaped macaroni, cooked and drained  
1 can pork luncheon meat, cubed (12 oz.) or chopped wieners

1 can cream of mushroom soup (10½ oz.)

½ c. catsup

½ c. shredded cheddar cheese

Heat oven to 400°. Cook and stir onion and green pepper in butter until onion is tender. Combine with remaining ingredients. Pour into 1½ qt. casserole. Cover; bake 30 mins., or until bubbly. Garnish with twist of tomatoe, if desired. 6 servings.

### **RICE PARISAN**

**Elaine Orfino**

4 tbsp. butter

2 c. minute rice

1 pkg. onion soup

2 c. water

1 can sliced mushrooms

Melt butter in pot. Add minute rice and saute over medium heat until golden brown. Stir in water and add mushrooms. Bring to boil over medium heat. Cover; simmer for 15 mins. to ½ hour.

# SAUCES & DIPS

## CHINESE SWEET AND SOUR SAUCE

Joan Toronchuk

1 c. sugar  
3 tbsp. cornstarch  
1 c. vinegar  
1 c. cold water  
3 tbsp. catsup  
1 tsp. salt  
1/8 tsp. pepper  
1/2 tsp. monosodium glutamate  
3 tbsp. cooking oil  
2 large tomatoes, cut in wedges  
red coloring, optional

Combine sugar and cornstarch. To the mixture, add vinegar and water; then stir well until dissolved. Add catsup seasonings, cooking oil and tomatoes. Bring to a boil. Cook, stirring constantly until clear and thickened. Stir in food coloring. Makes 2 1/2 c.

## DILLED SHRIMP DIP

Barbara Powley

1/4 c. milk  
1 8-oz. pkg. cream cheese, softened  
1 4 1/2-oz. can shrimp, rinsed, drained, and chopped  
1 tsp. lemon juice  
1 tsp. worcestershire sauce  
1/2 tsp. garlic salt  
1/4 tsp. dill weed

Blend milk gradually into cream cheese. Stir in shrimp, lemon juice, worcestershire sauce, garlic salt and dill weed. Cover; refrigerate at least 1 hour.

Yield: 1 1/2 cups.

## HORSE RADISH SAUCE

Vicky Topolnisky

3 c. ground horse radish  
3 c. vinegar  
3 c. sugar  
3 c. sweet cream  
5 eggs  
1 tsp. salt  
2 tbsp. flour

Mix and cook in double boiler until thick. Can be placed in sterilized jars to keep, keeps well in fridge. Especially good at Easter with ham or boiled eggs.

**SPICEY APPLE SAUCE****Joanne Maudie**

1¼ c. plain apple sauce

½ c. apple juice

3 whole cloves

2" cinnamon stick

1 tsp. butter or margarine

artificial sweetener or sugar (sweeten to taste)

(serve with pancakes, waffles, gingerbread, ice cream)

In small saucepan, combine sauce, juice, cloves and cinnamon. Bring to boil, reduce heat and simmer uncovered until some of liquid has evaporated and sauce has slightly thickened, stirring occasionally. Be careful sauce does not burn. Stir in 1 tsp. butter or margarine. Cool sauce to lukewarm. Sweeten with artificial sweetener or bit of sugar, if desired. Yield: 1½ c.

**SPREAD [FRENCH BREAD]****Janice Zakordonski**

½ c. butter

1 tsp. parsley flakes

¼ tsp. oregano

¼ tsp. dill weed

¼ tsp. garlic powder

Spread thickly on bread on one side. Place bread in foil boat. Sprinkle parmesan cheese on loaf and put in oven for 20 minutes at 350°.

**TUNA DIP****Judith Starko**

1 envelope gelatin

½ c. cold water

1 can tomato soup

8 oz. pkg. cream cheese

1 c. mayonnaise

½ c. diced green pepper

½ c. diced celery

½ c. chopped onion

¼ c. pickle relish

7 oz. can tuna, flaked

Soften gelatin in water. Bring tomato soup to boil; add gelatin, stir to dissolve. Add the cream cheese in chunks; beat with rotary beater till smooth. Add mayonnaise. Chill till partially set. Fold in the vegetables and drained tuna. Chill. Makes a large quantity.

**VEGETABLE DIP****Diana Forstey**

1 c. sour cream  
½ c. salad dressing  
½ tsp. dill weed  
½ tsp. parsley flakes  
1 tbsp. onion flakes  
¼ tsp. lemon juice  
salt and pepper to taste  
1 tbsp. Bon Apetit

Put all ingredients into blender. Mix well. Put in airtight container and chill.

**VEGETABLE DIP****Dianne Wilinski**

1 c. Best Foods Mayonaise  
2 tsp. red wine vinegar  
dash black pepper  
½ tsp. salt  
1/8 tsp. thyme  
2 tbsp. Heinz Chili Sauce  
1 tbsp. grated onions or onion powder  
½ tsp. curry powder

Combine all ingredients in blender and blend at high speed for approximately 2 minutes.

Refrigerate for 2 hours before using.

# SALADS

## BARB'S FRUIT SALAD

Barbara Rozdziabek

- 1 honey dew
- 1 cantelope
- 2 peaches
- 1 c. grapes (red or green)
- 4 bananas
- 1 c. dates
- 2 c. miniature marshmallows
- 1 small basket fresh strawberries

### DRESSING:

- 1 c. sugar
- 1 tsp. paprika
- 1 tsp. dry mustard
- 1 tsp. poppy seed
- 4 tbsp. tarragon vinegar
- 1 c. salad oil

Various kinds of fresh fruit may be used for this recipe. The following fruit is my favorite. Cut all fruit into small peices and use dressing recipe. To make dressing, combine sugar, paprika, mustard, salt and poppy seed. Using electric beaters, add salad oil, beating at all times. As mixture thickens add vinegar, slowly. Last add onion juice. This recipe is an ideal summer desert which will bring you many comments.

## CABBAGE SALAD

Annie Zaharichuk

- 6 lbs. shredded cabbage
- 6 carrots shredded
- 4 onions chopped
- 2 c. cooking oil
- 2 c. vinegar
- 2 c. sugar
- 2 tbsp. salt
- 2 tbsp. celery seeds

Bring brine to a boil and pour over mixture, mix well. Pack into containers. Keeps well in fridge for 2 to 3 months. Also freezes well. Just drain some of the brine out after it thaws out.

**CARROT SALAD****Barbara Ann Hergot**

- 1 lb. carrots (cooked crispy tender)
- 1 med. onion, sliced raw
- 1 med. green pepper, raw
- 1 can tomato soup
- ¼ c. sugar
- ½ c. salad oil
- ½ tsp. dry mustard
- ⅓ c. vinegar
- ½ tsp. salt
- ½ tsp. pepper

In a large bowl, blend carrots, onion, green pepper and tomato soup. Heat sugar, oil, vinegar, mustard, salt, pepper until sugar and mustard have dissolved. Pour over ingredients in bowl and mix. Cover and refrigerate overnight before using. May be kept several days in fridge.

**COLE SLAW****Emily Kuly**

- 3 gallons shredded cabbage
- ¼ c. salt
- 1 qt. carrots
- 6 onions
- 3 red peppers

**SYRUP:**

- 1 qt. vegetable oil
- 1 c. water (optional)
- 3 tsp. sugar
- 2 tbsp. pickling spice (in cheese cloth)

Pour boiling water over cabbage and let stand 2 hours. Drain. Add salt and let stand overnight.

Shred carrots and chop onions and peppers and mix with ¼ cup salt. Let stand overnight. In the morning drain vegetables well and mix together. Boil syrup for 5 minutes. Pour over vegetables and freeze or seal in jars boiling for about 10 minutes.

**COLESLAW****Mary Horoshko Paltzat**

- 1 head cabbage
  - 3 carrots
  - 2 small onions
- BRINE:**
- ¼ c. sugar
  - 2 tsp. pickling salt
  - 1 c. vinegar
  - 1 tsp. dry mustard
  - 1 tsp. celery seed

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Chop one head of cabbage. Add 3 grated carrots and 2 onions (chopped very finely).

**BRINE:**

Add together all the ingredients for the brine. Bring to a boil, then  $\frac{3}{4}$  c. oil. Pour over cabbage when hot. Mix well. Refrigerate overnight. Serve cold.

**FOUR BEAN SALAD**

**Sonia Tatarin**

- 1 19-oz. can cut green beans
- 1 19-oz. can cut yellow wax beans
- 1 19-oz. can red kidney beans
- 1 19-oz. can lima beans
- One spanish onion, thinly sliced
- 1 green pepper, thinly sliced

**DRESSING:**

- $\frac{1}{2}$  c. sugar
- $\frac{1}{2}$  c. vinegar
- $\frac{1}{2}$  c. salad oil
- 1 tsp. salt
- pepper to taste
- $\frac{1}{2}$  tsp. dry mustard
- $\frac{1}{2}$  to 1 tsp. taragon
- $\frac{1}{2}$  to 1 tsp. basil
- 2 tbsp. parsley

Marinate several hours or overnite and stir vegetables several times in dressing

Drain before serving. Reserve marinade. Return any leftovers to it, cover and refrigerate.

**FRUIT SALAD**

**Sheryl Kuly**

- 1 16-oz. can pineapple cubes
- 3 oranges (peeled and cut)
- 3 apples (cored and cut)
- 3 bananas
- 1 egg
- 1 c. sugar
- 2 tbsp. flour

Drain pineapple juice and heat. Beat 1 egg with 1 c. sugar and 2 tbsp. flour. Add to hot juice and cook until thick.

Pour over fruit. Any other fruit may be substituted; example: fresh cherries, grapes etc.



**INCREDIBLE EGG MACARONI SALAD****Marg Horon**

17¼ oz. pkg. Kraft Macaroni and Cheese Dinner

1 10-oz. frozen peas

1 medium tomato chopped

¾ c. Miracle Whip Salad Dressing

½ c. celery slices

¼ c. chopped onion

½ tsp. salt

dash of pepper

6 hard cooked eggs

Prepare Kraft Dinner as directed on pkg. Add peas, tomato, salad dressing, celery, onion and seasonings; chop 5 eggs; add to dinner mixture. Mix lightly. Chill. Stir in additional salad dressing before serving, if desired. Garnish with remaining egg, sliced.

6-8 servings.

**JELLIED CUCUMBER SALAD****Jo Ann Dubyk**

2 pkg. Lime Jello

1½ c. hot water

2 tbsp. lemon juice

2 c. sour cream

2 c. cucumbers, peeled and finely chopped

1 c. celery, chopped

2 tsp. onion

Dissolve Jello in hot water. Add lemon juice and cool. When partially set, fold in cream, cukes, celery and onion.

Pour into 5 cup ring mold. Chill.

**JELLIED CUCUMBER SALAD****Diana Forstey**

1 (3-oz.) pkg. lime jelly powder

¾ c. boiling water

3 tsp. lemon juice

1 tsp. grated onion

1 c. finely chopped cucumber, skin on and drained

Dissolve jelly powder in boiling water. Add lemon juice and onion. Chill until partially set. Stir in sour cream and cucumber. Blend thoroughly.

Pour into a 3 cup mold and chill overnight. Serve with mayonnaise.

**MACARONI SALAD****Vicky Topolnisky**

1 pkg. macaroni and cheese dinner

1 10-oz. can peas (if using frozen or fresh peas, cook first)

1 medium tomato (chopped)

½ c. chopped celery

½ c. chopped onions (Continued Next Page)

- 1/2 tsp. salt
- dash of pepper
- 1/4 c. salad dressing
- 6 hard boiled eggs

Make macaroni dinner according to pkg. directions. Add peas and chopped tomatoes. Chop and add 5 boiled eggs. Add remaining ingredients. Mix salad dressing in at the last. Garnish with remaining egg which has been sliced. Pour and pack into mold. Chill until firm. Serve on mound of lettuce.

### **MACARONI AND HAM SALAD**

**Mrs. Phillis Rusu**

- 1 1/2 c. macaroni
- 1 1/2 c. diced cooked ham
- 1 c shredded carrots
- 1 c. thinly sliced celery
- 1/4 c. thinly sliced green onion tops
- 1 small clove garlic, crushed
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/2 c. salad dressing or mayonaise

Cook macaroni in boiling water (salted) until just tender. Drain and run cold water through the macaroni to chill and separate pieces. Drain thoroughly. Combine macaroni, ham and vegetables and toss lightly. Chill. Sprinkle with salt and pepper. Add salad dressing and toss to coat lightly. Serve on lettuce and garnish with devilled eggs and tomatoes.

### **MARSHMALLOW FRUIT SALAD**

**Liz Toma**

- 1 tbsp. melted butter
- 2 tbsp. sugar
- 3 egg yolks
- 2 tbsp. pineapple juice
- 2 tbsp. vinegar
- 1 large tin pineapple tidbits or crushed pineapple, drained
- 2 oranges, cut up
- green grapes
- 1/2 bag miniature marshmallows
- 2 bananas
- 1 can fruit cocktail (drained)
- 1 container whipping cream

Put first 5 ingredients in top of double boiler over simmering water. Beat constantly till fluffy. Cool. Combine pineapple, oranges, green grapes, bananas, fruit cocktail and marshmallows. Whip cream and combine with first mixture. Add fruit and fold gently.

**RASPBERRY-CRANBERRY WINE SALAD****Grace Kulba**

- 1 (6 oz.) pkg. raspberry gelatin
- 2 c. boiling water
- 1 (15 oz.) can whole cranberry sauce
- 1 (8 oz.) can crushed pineapple
- ½ c. Burgundy
- ⅓ c. chopped walnuts

**Garnish:**

- orange sections
- grapefruit sections

Dissolve gelatin in 2 c. boiling water. Stir in cranberry sauce, undrained pineapple, Burgundy and nuts. Chill until partially set. Pour into mold and chill until set. Unmold carefully. Garnish.

**VARIATION:**

½ c. orange juice may be substituted for the Burgundy.

**VEGETABLE SALAD****Mrs. Ann Strap**

- 1 Head cauliflower
- a basket of raw button mushrooms (or 1 tin mushrooms)
- 2 stalks broccoli
- 4 carrots, cut in strips
- radishes (optional)
- 1 bunch green onions
- 4 stalks celery, sliced
- 1 small box cherry tomatoes (optional)
- 1 bottle Italian dressing

Mix ingredients. Put in a bowl (use a bowl that has a tight cover or cover bowl with plastic bag). Pour dressing over top. Turn bowl upside down once in a while. Leave over night. Next day add tomatoes and radish.

**WALDORF SALAD****Lillian Yakimchuk**

- 1 tub com. sour cream
- 2 small tins mandarin oranges
- 2 small tins pineapple tidbits
- 1 pkg. miniature marshmallows

Drain juice, stir all ingredients together. Let set overnight.

Serve as dessert or as salad with roast turkey or baked ham.

# SOUPS

## ADELE'S CLAM CHOWDER SOUP

Fiona Sorochan

3 slices bacon, finely diced  
1 qt. boiling water  
1½ tsp. salt  
1 c. diced carrots  
1 c. diced celery  
1 c. diced onion  
2 c. cubed potatoes  
1 can tomatoes  
¼ tsp. pepper  
½ tsp. thyme  
2 tins baby clams  
water and flour to thicken

Fry bacon. Add water and simmer 5 minutes. Add salt and vegetables except potatoes and tomatoes.

Simmer 20 minutes. Add potatoes, tomatoes and spices. Cook 20 minutes. Add clams and juice. Cook 10 minutes. Add thickening

## FRENCH ONION SOUP

Margaret Ascroft

2 spanish onions  
4 oxo cubes (beef) or Bouril beef bouillan instant mix  
4 c. water  
4 thin slices toast  
6 oz. mozerella cheese  
6 oz. white wine  
2 tbsp. butter  
½ tsp. sugar

Slice onion and ring. Fry in butter until tender and transparent. Sprinkle with sugar. Salt and pepper (optional). Add oxo and water. Simmer 15 mins.

Just before serving, heat soup and add wine. Put soup into onion soup bowls. Put toast on top of soup. Put grated cheese on top of toast. Put under broiler on center rack. Broil until cheese is bubbly and starts to brown. Serve.

## **HAMBURGER VEGETABLE SOUP**

**Judy Shtuka**

- 1 lb. ground beef
- 1 c. onions, diced
- 1 c. potatoes, diced
- 1 c. carrots, sliced
- 1 c. celery, diced
- 4 c. cooked tomatoes
- ¼ c. uncooked rice
- 3 c. water
- 3 tps. salt
- ¼ tsp. basil (optional)
- ¼ tsp. thyme (optional)
- 1 bay leaf (optional)

Brown ground beef and onions in small amount of oil. When lightly browned, drain off excess fat. Combine with remaining ingredients in large kettle. Simmer, covered for one hour.

## **OLD FASHIONED POTATO SOUP**

**Mrs. Ann Puk [Rev.]**

- 2 medium onion, diced
- 2 tbsp. butter or oil
- 2 tbsp. flour
- 3 medium potatoes, diced
- 1 qt. water
- 1 tbsp. salt
- ½ tsp. pepper
- ¼ c. noodles

Saute onions in oil or butter in a medium saucepan. Add flour to make a paste. Add potatoes, water and seasonings. Cook until potatoes are tender. Add noodles and cook 10 min. If soup gets to thick, add more water and seasoning.

Makes 6 servings.

## **ORANGE AND TOMATO SOUP**

**Lillian Yakimchuk**

- 3 tbsp. butter
- 4 garlic cloves
- 2 c. finely chopped onions
- 2 c. peeled and finely chopped potatoes
- 16 oz. can of tomatoes chopped
- rind of 1 orange
- 10 oz. can chicken broth
- ½ c. whipping cream

In large saucepan melt 3 tbsp. butter and sautee 4 minced garlic cloves, onions, potatoes for 4-5 mins. Add chopped tomatoes, juice and rind of 1

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orange, chicken broth. Bring to boil, turn to simmer and cook 30 mins. Just before serving add ½ c. whipping cream, salt and pepper to taste and small amount of sugar if desired.  
Puree and serve immediately.

## **WON TON SOUP**

**Gail Siracky**

### **WRAPPERS:**

1 c. flour  
1 egg  
½ tsp. salt

### **FILLING:**

½ lb. ground pork  
1 tbsp. soya sauce  
½ tsp. salt  
½ tsp. sugar  
¼ tsp. m.s.g.

### **BROTH:**

2 qts. rich chicken broth  
sliced mushrooms  
1 tsp. light soya sauce  
1/8 tsp. white pepper  
¼ c. scallions  
1 lb. roast pork

### **WRAPPERS:**

Sift flour and salt. Break egg into flour and knead. Cover with wet towel. Let stand 20 mins. Roll paper thin in 4 inch squares. Wrap filling.

### **FILLING:**

Bring 3 qts. water to boil. Add wontons. Cook 5 mins. Take out of water and use in broth. Approx. 40 won tons.

### **BROTH:**

Heat broth. Add mushrooms and seasonings. Add wontons. Continue heating. Serve with scallions diced on soup and one slice of roast pork per serving.

# VEGETABLES

## **BRAISED RED CABBAGE**

**Dianne Wilinski**

1 tbsp. vegetable oil  
4 tbsp. butter  
1 small onion (chopped)  
1 unpeeled apple (chopped)  
6 c. shredded red cabbage  
2 tbsp. brown sugar  
¼ c. dry red wine  
2 tbsp. vinegar  
1 tsp. salt  
dash of black pepper  
pinch of cloves

Heat oil and butter in large pot. Add onion, apple and shredded cabbage and toss over high heat for about 3 minutes or until well coated with oil and butter. Reduce heat to low, add sugar, vinegar, red wine and salt, dash pepper and cloves. (more can be added if you prefer a spicier dish) Cover, simmer for 1 hour, stirring occasionally and some water if necessary. Serve hot in own juices. Serves. 6

## **COTTAGE BAKED POTATOES**

**Vicky Triska**

4 medium potatoes, cooked and peeled  
1 c. small curd cottage cheese cream style  
1/8 tsp. pepper  
2 tbsp. chopped parsley  
1 egg  
1 tsp. salt  
1 tbsp. butter  
paprika

Combine potatoes (slightly cooled) cottage cheese, egg, salt and pepper. Beat with electric mixer until blended. Stir in parsley. Pile into greased 1½ qt. casserole pot, top with butter; sprinkle with paprika. Bake uncovered at 350° F. for 35 minutes.

**CUKE AND CARROT STICKS****Marlene Kryklywicz**

10 medium cukes  
6 large carrots  
3 sweet red peppers (optional)  
6 c. sugar  
3 tbsp. mustard seed  
2 tsp. tumeric  
1 tbsp. salt  
4 c. vinegar  
3 tbsp. celery seed

Cut cukes into 2" strips. Cover with salt brine ( $\frac{1}{2}$  c. salt to 1 qt. water). Let stand overnight. Rinse and drain.

Pare carrots into strips ( $\frac{1}{4}$ " x 2"). Cook in small amount of water for 2 mins. Cut peppers into strips.

Combine vegetables. Pour syrup over ingredients. Heat to boiling point. Pour into jars and seal.

**GERMAN SWEET-SOUR BEANS****Grace Kulba**

2 strips bacon  
1 c. minced onion  
1 tbsp. flour  
 $\frac{1}{2}$  c. bean liquid  
 $\frac{1}{4}$  c. water  
 $\frac{1}{4}$  c. vinegar  
2 tbsp. sugar  
1 tsp. salt  
 $\frac{1}{4}$  tsp. pepper

1 pkg. frozen green beans, cooked, OR 1 can green beans, drained, OR 2 c. fresh beans, cooked

Brown bacon until crisp. Remove bacon. Saute onion in bacon fat until yellow. Stir in flour. Add liquid and seasonings; bring to a boil. Stir in beans. Heat through. Sprinkle with crisp bason bits. Serves 5.

**GREEN PEPPER ROMANO****Dianne Wilinski**

$\frac{1}{2}$  large green pepper  
2 tsp. butter  
1 small onion (chopped)  
1 c. fresh tomatoe, peeled  
2 tins kernel corn (2 oz.)  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. oregano  
4 oz. Velveta Cheese, cubed  
Romano Cheese

(Continued Next Page)



Chop green pepper and saute in butter until tender. Add chopped onion to green pepper and cook till tender. Add green pepper mixture to remaining ingredients. Mix and place mixture in greased casserole dish. Sprinkle top with Romano or Parmesan cheese and bake at 350° for 30-35 minutes.

### **MARINATED CARROTS**

**S. Gaile Patrie**

1 lb. carrots cut into fingers  
1 onion thin cut in circles  
1 green pepper cut in strips

#### **SAUCE:**

1 can tomatoe soup  
¼ c. sugar  
½ c. mazola oil  
½ tsp. dry mustard  
⅓ c. vinegar  
½ tsp. salt  
dash of pepper

Put the carrots in the microwave for 3 or 4 minutes. Drain and add to the other vegetables.

#### **SAUCE:**

Put in bowl and beat with electric beater. Pour over vegetables and let stand 24 hours stirring occasionally.

### **MARINATED ONIONS**

**Faye Ewanchyshyn**

6 spanish onions  
Soak onions (sliced) in brine:

½ c. water  
¾ c. sugar  
½ c. vinegar  
2 tsp. salt

Drain: then Add:

1½ c. salad dressing  
2 tsp. celery seed  
salt and pepper

### **ONION RINGS**

**Eleanor Homeniuk**

2 eggs  
1 tsp. baking powder  
½ c. milk  
1 c. flour  
¼ tsp. salt  
1 large Spanish onion  
1 c. mazola oil

Beat eggs and milk together. Add flour, baking powder, and salt. Slice the onion in rings. Coat the rings and deep fry in mazola oil.

**POTATO PANCAKES****Gail Siracky**

4 medium potatoes, grated raw  
2 rounded tbsp. flour  
½ tsp. salt  
3 eggs, beaten  
1 c. milk

Drain grated potatoes well. Add flour, eggs, milk and salt. Mix well. Drop tbsp. of this mixture into frying pan and fry in butter until brown and crisp on both sides. Serve with apple sauce. Delicious with grilled sausage.

**STIR FRIED BROCCOLI****Cheryl Paziuk**

2½ c. broccoli pieces  
1 tbsp. oil  
1 clove minced garlic  
¼ tsp. ginger  
1 chicken bouillon cube  
1 tbsp. soy sauce  
¼ c. boiling water  
10 water chestnuts, sliced thinly

Soak broccoli in cold water with 1 tsp. salt for 5 minutes. Drain well. Heat oil in frying pan or wok and saute garlic and ginger till golden. Add drained broccoli, stir and toss. Stir in chicken broth, (bouillon cube dissolved in ¼ boiling water) soysauce and water chestnuts. Cover and steam gently for about 6 minutes, until broccoli is barely tender and bright green.

Serve with fluffy rice.

**SWEET AND SOUR BEETS****Annie Hunka**

6 c. shredded beets (boiled)  
6 c. sugar  
2 c. vinegar  
1 tsp. salt  
1 box certo

Bring to a boil the first 4 ingredients then add certo. Boil a few minutes more. Put in jars and seal.

# BREAKFAST IDEAS

## BLUEBERRY PANCAKES

Joan Toronchuk

- 2 c. sifted flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2 tbsp. sugar
- 2 eggs, slightly beaten
- 2 c. buttermilk
- 2 tbsp. melted fat
- $\frac{2}{3}$  c. blueberries

Sift dry ingredients into bowl. Add eggs, buttermilk and melted fat, stirring only until flour is barely moistened. Gently fold in well drained berries. Bake on hot, lightly greased griddle. Turn cakes when surface bubbles break. Makes 1 dozen 4 inch pancakes.

## BREAKFAST PIZZA

Sonia Tatarin

- 1 lb. bulk pork sausage
- 1 pkg. (8) refrigerated crescent rolls
- 1 c. frozen loose-pack hash brown potatoes, thawed
- 1 c. shredded sharp cheddar cheese (4 oz.)
- 5 eggs
- $\frac{1}{4}$  c. milk
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{8}$  tsp. pepper
- 2 tbsp. grated parmesan cheese

In a skillet cook sausage till browned; drain off excess fat. Separate crescent dough into 8 triangles. Place into an ungreased 12 inch pizza pan, with points toward the center. Press over bottom and up sides to form a crust; seal perforations. Spoon sausage over crust. Sprinkle with potatoes. Top with cheddar cheese. In a bowl beat together eggs, milk, salt and pepper. Pour over crust. Sprinkle parmesan over all. Bake in a 375° oven for 25-30 minutes. Makes 6 to 8 servings.

NOTE: Try this pizza with Swiss or Monterey Jack cheese in place of cheddar too.

## **HURRY HURRY BREAKFAST**

**Debby Gargus**

675 ml. orange juice  
90 ml. honey  
6 eggs  
30 ml. lemon juice

Place all ingredients in blender. Blend well, and serve at once. Makes one blender full.

## **FRENCH TOAST**

**Francis Zarudenec**

8 sliced French bread,  $\frac{3}{4}$  inch thick  
4 eggs  
1 c. canned milk  
1 c. brown sugar

Mix eggs, milk and sugar. Dip bread into mixture coating evenly. In hot butter in skillet saute bread until brown about 4 minutes on each side. Makes 4 servings.

## **MORNING MILK SHAKE**

**Debby Gargus**

250 ml. bran flakes  
300 ml. cold milk  
1 banana  
1 egg  
15 ml. honey

Place all ingredients in a blender. Blend well, approximately 30 seconds. Serve immediately.

## **OATMEAL PANCAKES**

**Olga Youzwishen**

1 c. wholewheat flour  
1 c. rolled oats  
2 tsp. baking powder  
2 tsp. baking soda  
1 $\frac{1}{2}$  c. buttermilk  
2 eggs  
 $\frac{1}{4}$  c. cooking oil

In one mixing bowl add all the ingredients in order as they are. With a beater beat until well blended. Let rest for at least 5 minutes, for the dough thickens a little. Fry in a little amount of cooking oil in a frying pan. Eat with your favorite homemade jam or pancake syrup.

## **PALA PANCAKES**

**Joanne Maudie**

2 c. whole wheat flour  
1 tbsp. brown sugar  
2 tsp. baking soda  
1½ tsp. salt  
2 c. buttermilk  
4 eggs  
2 medium apples, unpeeled and chopped  
¼ c. peanuts, chopped  
1½ tbsp. oil

Combine dry ingredients. Mix together buttermilk and eggs. Stir dry ingredients into milk mixture. Add apples and peanuts.

Heat oil in skillet as needed and pour ¼ c. batter/pancake. Cook until bubble appear on surface. Turn and cook on other side till golden brown. Pancakes may be frozen. To serve wrap frozen pancakes in tin foil and heat at 400° for 8-10 mins.

See Spicey Apple Sauce for topping.

## **SCOTCH EGGS**

**Lillian Yakimchuk**

6 large eggs (hard boiled)  
1 lb. sausage meat  
½ c. minced onion  
1 tsp. marjoram  
½ tsp. rosemary  
½ tsp. sage  
¼ tsp. pepper

In a bowl combine sausage meat, onion, margoram, rosemary, sage and pepper. Mix well to combine flavours. Divide into six portions.

TO COOK: Enclose each egg with sausage mixture, dip into mixture of egg and water {1 egg beaten and 1 tsp. water} then into breadcrumbs. Pat crumbs into meat. Deep fry in 325-350° oil until golden and cooked.

## WHOLE WHEAT PANCAKES

Virginia Chipertzak

2 eggs  
2 c. buttermilk or sour milk  
1 tsp. soda  
1 c. sifted all-purpose flour  
1 tbsp. mollasses  
¼ c. soft butter  
2 tsp. baking powder  
1 tsp. salt  
½ c. soft butter  
½ c. liquid honey  
2 tsp. orange juice  
grated rind of orange

Beat eggs well, beat in buttermilk and soda. Stir in flour, mollasses, ¼ c. butter, baking powder and salt and beat until smooth. Bake on lightly greased griddle until underneath browns and bibbles form on top. Turn and brown on otherside. Makes about 2 dozen. Serve hot with honey-orange butter. To make Honey-Orange Butter, beat ½ c. butter until light. Add honey and orange juice gradually and continue beating until fluffy. Fold in orange rind.

# BEVERAGES

## CHERRY SHAKE

Vicky Topolnisky

- 1 egg
- 6 fresh strawberries
- 175 ml. milk

Blend all ingredients in blender. Makes one serving. If you want a thicker shake substitute by using only 100 ml. milk and some ice cream.

## FRUIT PUNCH

Judy Shtuka

- 1 mickey Apricot Brandy
- 1 26-oz rye whisky
- 1 tin frozen orange juice
- 1 tin frozen lemonade
- 1 bottle club soda
- cut oranges and bananas
- 1 frozen strawberries
- 7-up

Mix together first five ingredients, add 7-up to taste and garnish with cut bananas, cut oranges and carton frozen strawberries.

## GIN SLUSH

Fiona Sorochan

- 1 12-oz. frozen orange juice
- 1 can frozen pink lemonade
- 1 c. strong tea
- 7 c. hot water
- 1 26-oz. lemon gin

Mix all ingredients together. Freeze at least 2 days. Add 2 scoops to a large glass. Fill with 7-up or Gingerale.

Nice drink on a hot day.

## HAWAIIAN FRUIT PUNCH

Mary Horoshko Paltzat

- 1 48-oz. can Allen's Tropical Fruit Punch
- 1 26-oz. bottle gingerale
- 1 6-8 oz. can Minute Maid Frozen Concentrated Lemonade
- 1 12-oz. can Minute Maid Frozen Concentrated Orange Juice

Mix together all above ingredients. Add volka or gin if you wish.

**RHUBARB PUNCH****Annie Zaharichuk**

2 lbs. rhubarb

3 c. water

3 oranges

1 lemon

1 c. sugar

1 bottle of gingerale

Wash rhubarb and (do not peel) cook in the water until tender, strain and chill. To each quart of juice add:

juice of 3 oranges

juices of 1 lemon

1 cup sugar

When serving add 1 bottle of gingerale and crushed ice (optional). Very nourishing in vitamins and high minerals.

**7-UP GOLDEN GLOW****Eleanor Homeniuk**

1 qt. orange juice (chilled)

3 c. unsweetened pineapple juice (chilled)

12 bottles (7 oz.) 7-up (chilled)

1 c. lemon juice (chilled)

Combine all ingredients in punch bowl. Add ice cubes.

Makes 36 (4 oz.) servings.

**SLUSH****Joan Beaudetts**

4 c. water

1 $\frac{3}{4}$  c. sugar

2 oranges (squeezed)

1 lemon

2 bananas

1 small can pineapple

15 marachchino cherries and some juice

 $\frac{1}{2}$  c. lemon juice

Boil for 20 minutes the water and sugar.

Put all fruit in blender and blend. Pour fruit, water and sugar mixture, and 4 c. pineapple juice into a ice cream pail and add 16 oz. of gin or vodka.

Freeze and while it is freezing mix it about three times. When frozen fill glass  $\frac{3}{4}$  full and the rest with 7-up. Use straw.



**SLUSH****Mrs. Ann Puk [Rev.]**

6 c. water  
2 c. sugar  
1 48-oz. can pineapple juice  
1 12-oz. frozen lemon juice  
1 12-oz. frozen orange juice  
2 c. lemon gin  
2 c. vodka

Boil water and sugar. Chill

Add remaining ingredients to water and sugar mixture. Freeze, stirring a few times while freezing.

TO SERVE: Place 2 tbsp. slush into tall glass. Fill with 7-up.

**SLUSH****Janice Dulaba**

7 c. cold water  
2 c. white sugar  
1 12-oz. frozen orange juice  
1 12-oz. frozen lemon juice  
2 c. strong brewed tea  
3 c. Five Star Brandy  
7-Up or Sprite

Mix in order given. Place into freezer. Mixing every 6 hours until slushy. When ready to use, fill glass  $\frac{1}{2}$  full and add 7-up or Sprite. Stir and drink.

**STRAWBERRY PUNCH****Janice Zakordonski**

2 6-oz. frozen pink lemonade  
2 6-oz. frozen lemonade  
2 large bottles Tahiti Treat  
1 large bottle gingerale  
1 pkg. frozen strawberries  
ice

2 to 4 quarts water.

Vodka or any other liquor

Mix all ingredients. Serve.

# PRESERVES

## ANTIPASTO

Janice Zakordonski

- 2 c. cauliflower
- 2 c. chopped carrots
- 2 1/2 c. silver skinned onions (cut in half) or pickled onions in jar
- 2-3 sweet red and green peppers (chopped)
- 2 tins pitted olives (chopped)
- 2 tins green beans (drained)
- 2 tins tiny shrimp (drained)
- 2 tins flaked tuna (drained)
- 4 medium bottles catsup
- 1 1/2 c. olive oil
- 1 c. white vinegar

Boil cauliflower and carrots 10 minutes or till tender. Chop all vegetables and boil gently for 5 minutes in olive oil (except beans if canned). Add mushrooms, beans, catsup and bring to a boil. Add fish and vinegar and bring to a boil again. Pour into sterile jars and steam 10 minutes.

Yield: 12-13 pints.

Recommended for use on crackers.

## APRICOT JAM

Janice Dulaba

- 8 c. quartered apricots
- 4 1/2 c. white sugar
- 1/4 c. brown sugar
- 1 orange cut in pieces
- 1 c. crushed pineapple
- 1/2 tsp. salt

Put all ingredients in a heavy pot. Bring quickly to a boil. Cook rapidly, stirring often for about 30 minutes.

### **CARROT JAM**

**Sheryl Kuly**

3 lemons (shredded with peel)  
3 oranges (shredded with peel)  
2 c. unsweetened pineapple juice  
12 c. shredded carrots  
12 c. sugar

1½ c. unsweetened pineapple juice

Cook first 3 together for ¾ of an hour until soft.

Combine carrots, sugar and juice and cook 25 minutes.

Mix carrot mixture together with shredded peel mixture and cook till carrots are soft. About 1½ hours. Paraffin and seal in jars or may be frozen.

### **DILL CUCUMBERS**

**Joan Beaudette**

12 c. water  
¾ c. brown sugar  
1 c. vinegar  
6 tbsp. salt or more  
dill

Pour brine over the prepared whole cucumbers. Seal and keep jars in hot water bath for 2 hours.

### **PICKLED CARROTS**

**Joan Beaudette**

9 c. water  
2 c. vinegar  
½ c. salt  
garlic  
dill

Scrape carrots and pack in jars. Add garlic and dill. Boil water, vinegar and salt for 5 minutes. Pour over carrots. Seal jars.

**PICKLED GREEN AND YELLOW BEANS****Janice Zakordonski**

10 c. cooked beans (cooled)

4 c. chopped onions

2 c. ketchup (any brand)

1 c. vegetable oil

1 c. vinegar

1 c. sugar

Fry onions in oil. Add rest of ingredients. Stir well add cooked beans. Bring to a boil and fill jars while hot.

Yield: 4 quarts

**STRAWBERRY-RHUBARB PRESERVE [LOW CALORIE]****Joanne Maudie**

2 c. rhubarb cut into 1" pieces

3 c. strawberries

1/2 c. water

artificial sweetener to taste

(if calories no concern, add brown sugar to taste)

Mix fruit together in a saucepan. Cover with water and bring to a boil.

Reduce heat and allow to simmer until fruit is very soft (add more water during simmering if necessary). Remove from heat and cool. Add artificial sweetener. Refrigerate.

Yield: 3 cups

**SWEET PICKLES****Georgina D. Stark**

cauliflower

carrots

pickling onions

green beans

yellow beans

small cucumbers

BRINE:

1 c. vinegar

2 c. water

1 c. white sugar

Combine 4 qt. water and 1 c. pickling salt and boil. Pour over vegetables and let stand overnight. Next morning drain vegetables and wash under cold water. Drain and fill jars with vegetables, 1/2 tsp. pickling spice, dill and 3 cloves garlic.

BRINE:

Boil brine of vinegar, water, and sugar and then fill jars and seal.

## YUM YUM PICKLES

Elizabeth Zayatz

6 qts. cucumbers (thickly sliced)

1 qt. onions

4 green peppers

2 red peppers

½ c. salt

4 qts. cold water

6 c. sugar

6 c. vinegar

1 tbsp. tumeric

1 tsp. celery seed

1 tsp. mustard seed

Slice cucumbers without peeling, slice onions, cut up peppers (not fine).

Dissolve salt in water and pour over vegetables. Let stand 3 hours then

drain. Then combine vinegar, sugar tumeric, and celery seed and

mustard seed. Bring to a boiling point, add vegetables and bring to the

poiling point.

Put in jars and seal.

# MISCELLANEOUS

## BAILEY'S IRISH COFFEE

Lorraine Wakaruk

- 1 c. scotch
- 3 eggs
- 1 tbsp. chocolate syrup
- 1 tsp. coconut extract
- 1 1/2 tsp. instant coffee
- 1 pt. whipping cream
- 1 tin Eagle Brand Milk

Blend chocolate syrup and instant coffee. Add remaining ingredients at a slow speed. Then mix at a high speed for 60 seconds only. Store in fridge.

## BEAT AND EAT FROSTING

Donna Benson

- 1 egg white
- 1/4 c. sugar
- 1/4 tsp. cream of tartar
- 1 tsp. vanilla
- 1/4 c. boiling water

NOTE: Substitute for 7 min. frosting.

Combine unbeaten egg white, sugar, cream of tartar and vanilla in small deep bowl. Mix well. Add boiling water and beat until mixture stands in peaks, about 4 to 5 mins. Spread on cake.

## BLENDER MAYONNAISE

Barbara Ann Hergot

- 1 egg
- 3/4 tsp. salt
- 1/2 tsp. dry mustard
- 1/4 tsp. paprika
- 1 tbsp. vinegar and 1 tbsp. lemon juice OR 2 tbsp. vinegar
- 1 c. salad oil

Put the egg, seasonings, vinegar, lemon juice and 1/4 cup of oil into blender container, cover and process at WHIP. Immediately remove feeder cap and pour in the remaining oil in a steady stream. Use rubber spatula if necessary to keep ingredients flowing to processing blades.

Yield: 1 1/4 cups

**BUN FILLING**

Patricia O'Neill

- ¼ lb. velveeta cheese
- 3 hard cooked eggs chopped
- 1 tin flaked tuna, drained
- 2 tbsp. green pepper, chopped
- 2 tbsp. olives, chopped
- 2 tbsp. sweet pickle chopped
- ½ c. salad dressing

Shred cheese and combine all ingredients.

Fill parker house rolls, wrap in foil and heat in 350° oven until warm through. (Maybe made ahead and refrigerated)

**CARAMEL POPCORN**

Marg Horon

- ½ c. syrup
- 1 c. margarine
- 1½ c. brown sugar
- 1 c. peanuts
- 18-20 c. popped popcorn

Boil first 3 ingredients for 10 minutes at medium heat. Pour over popcorn add nuts and spread on cookie sheets.

When cool, store inclosed container.

**CHEESE AND PINEAPPLE MOLD**

Sonia Triska

- 1 pkg. lemon gelatin
- 1 c. boiling water
- 1 can pineapple juice
- 1 c. crushed pineapple
- 1 c. cottage cheese  
(put cheese through sieve)
- ¼ tsp. salt
- dash red pepper
- strips of red and green peppers
- mayonnaise

Stir and dissolve gelatin in boiling water. Add pineapple juice. Chill until partly congealed, add pineapple, cheese, salt and red pepper. Decorate individual molds with strips of red and green peppers and pour gelatin in. Chill until firm. Unmold on crisp lettuce. Garnish with stuffed olives. Serve with mayonnaise blended with an equal quantity of cream.

### **CHEESE BALL**

**Eleanor Homeniuk**

- 2 1/2-oz. pk. Philadelphia Cream Cheese
- 2 c. shredded Cracker Barrel Cheddar Cheese (medium)
- 1 t. finely chopped onion
- 1 t. worcestershire sauce
- 1 t. lemon juice
- dash of cayenne
- dash of salt
- finely chopped pecans or walnuts

Combine softened cream cheese and cheddar cheese, mixing until well blended. Add onion, worcestershire sauce, lemon juice and seasonings; mix well, chill. Shape into ball or logs roll in nuts.

**VARIATION:** Omit pecans. Adjust foil stripes onto ball. Roll in finely chopped parsley, remove foil strips. Decorate with pimienta cut into star shapes or any of your favorites.

Good Luck!

### **CHEESE CANDLE**

**Donna Benson**

- 3 c. sharp cheddar cheese (shredded)
- 8 oz. pkg. Philedelphia Cream Cheese (softened)
- 1/4 c. sour cream
- 1/4 c. green onions, chopped fine
- dash tabasco
- dash worcestershire sauce

Blend together well, shape into a ball, chill overnight. May be rolled in walnuts if desired.

Serve with snack or your choice of bread.

### **CHOCOLATE ICING**

**Marietta Kowal**

- 3 tbsp. soft butter
- 3 tbsp. sifted icing sugar
- pinch of salt
- 3 or 4 tbsp. cocoa
- 3 tbsp. hot milk
- 1/2 tsp. vanilla

Cream the soft butter and blend in the icing sugar; add pinch of salt, cocoa, hot milk and vanilla. Beat until right consistency to spread on the cake.



## **CHRISTMAS TOFFEE**

**Donna Benson**

- 1 c. white sugar
- 1 c. corn syrup
- 1 can Eagle Brand Milk
- 3 tbsp. margarine

Put in a heavy frying pan, margarine, milk, syrup and sugar. Stir until sugar dissolves. Then time yourself, stir, and boil (full rolling) for 20 minutes. Pour into greased pan. (Makes 3 small pie plates). Toffee stays soft.

## **CORN FRITTERS**

**Audrey Zeleny**

- 2 eggs
- ½ c. sugar
- 2 tsp. baking powder
- 1 tbsp. melted butter
- 1 c. milk
- 1 tsp. salt
- 1 c. flour
- 1 c. corn

Beat yolks and whites separate. Yolks first. Add milk, sugar, salt, flour, baking powder. Mix well. Add butter, egg whites; fold them into the batter. Add corn.

Drop by spoonful into fat. Fry till golden brown.

## **GARLIC BREAD**

**Fiona Sorochan**

- 1 loaf french bread
- ½ lb. mild cheddar cheese
- ½ lb. velveta cheese
- ¼ c. mazola oil
- ¼ lb. butter
- 2 cloves garlic (crushed in a little of salt)
- parsley flakes

Combine oil, butter and garlic till soft paste. Grate cheese and add butter mixture. Add parsley flakes. Spread over bread. Wrap in foil and warm in oven.

## **GARLIC BREAD**

**Antonia Triska**

- ½ c. butter or margarine
- 2 cloves garlic cut up and crushed
- 1 loaf french bread
- paprika

Cream butter and crushed garlic, slash bread diagonally to within ½ inch of crust. Spread butter mixture between slices and over top. Sprinkle loaf with paprika. Place on baking pan. Heat in moderate oven (350° F.) 10-15 minutes.

**HAM AND CHEESE BALL****Barbara Powley**

8 oz. pkg. cream cheese  
¼ c. mayonnaise  
2 8-oz. tins Burns Flaked Ham  
2 tbsp. chopped parsley  
1 tsp. minced onion  
¼ tsp. dry mustard  
¼ tsp. tabasco  
¼ c. chopped walnuts

Beat cheese and mayonnaise until smooth. Stir in next 5 ingredients. Cover and chill several hours. Form into two medium sized balls. Roll in nuts to coat. Freezes well.

**HAM AND CHEESE PUFFS****Sonia Tatarin**

1 c. water  
⅓ c. margarine  
¼ tsp. salt  
1 c. flour  
5 eggs  
1½ c. grated cheese  
1 c. grated ham  
¼ tsp. dry mustard

In pot place water, margarine and salt. Bring to a boil. Add flour all at once and stir vigorously until batter leaves sides of pan. Remove from heat; cool one minute. On low speed add eggs one at a time beating after each egg until dough is smooth. Fold in cheese, ham and mustard. Space on greased cookie sheet and bake at 425° for 25-30 minutes. These may be frozen.

**HOMEMADE EAGLE BRAND  
MAKES 1 QT.****Lorraine Wakaruk****DISSOLVE:**

In mixing bowl  
¼ c. margarine  
1 c. boiling water

**ADD:**

2 c. white sugar  
Beat with mixer until dissolved. Gradually add 4 c. skim milk powder. Stores in fridge up to one year.

**MOUNTAIN MIX****Debby Gargus**

125 ml raisins  
175 ml peanuts  
175 ml mixed nuts  
50 ml sunflower seeds

Combine all ingredients, mix well. Store in air-tight containers.

### **NUTS AND BOLTS**

**Debby Gargus**

500 ml bite sized shredded wheat cereal e.g. Shreddies

500 ml O-shaped cereal e.g. Cheerios

250 ml salted peanuts

250 ml pretzel sticks

75 ml cooking oil

2 ml celery salt

5 ml garlic salt

2 ml onion salt

15 ml worcestershire sauce

Combine cereals, peanuts and pretzels in a large pan. Sprinkle oil over cereal mixture, add seasonings and mix well.

Bake 1 hour at 120° C., stirring frequently (about every 10 minutes) to prevent scorching. Store in air-tight container.

### **PICKLED EGGS**

**Gail Siracky**

12 hard boiled eggs

2 c. apple cider vinegar

1 c. beet pickle juice

2 tsp. sugar

1 tsp. salt

½ tsp. mustard seeds

4 whole cloves

2 bay leaves

Shell eggs and place in half gallon jar. Bring vinegar and remaining ingredients to a boil and pour over eggs. Cover and let stand at least one week in fridge before using.

### **PIZZA DOUGH**

**Audrey Zeleny**

¾ c. milk

⅓ c. oil

1 tsp. salt

2¼ c. flour

1 pkg. yeast OR 2 tbsp. from can

½ c. water

1 tbsp. sugar

Bring milk and oil to a boil. Let cool.

Mix yeast.

Then mix in all ingredients.

NOTE: Dough can be frozen.

### **SALMON LOAF BALL**

**Donna Benson**

- 15 oz. can salmon, drained
- 8 oz. pkg. Philadelphia Cream Cheese, softened
- 1 tbsp. lemon juice
- 2 tsp. onion, grated
- 1 tsp. horseradish
- ¼ tsp. salt

Mix together and shape into a loaf shape or circular shape. It may be covered with walnuts or your choice of nuts. Chill for several hours. Can be served with snack crackers or your choice of bread.

### **7-MINUTE FROSTING**

**Mary Horoshko Paltzat**

- 3 egg whites (use 2 for smaller cake)
- ¾ c. brown sugar
- 2 tbsp. cold water
- ⅓ c. corn syrup
- ½ tsp. cream of tartar

Put all the ingredients into a double boiler and beat with egg beater until stiff peaks form. Take off heat and add 1 tsp. vanilla and beat to desired thickness.

### **SHAKE AND BAKE**

**Annie Zaharichuk**

- 4 c. fine bread crumbs
- 1 tbsp. salt
- 1 :tbsp. seasoned salt
- 1 :tbsp. lemon powder
- 1 : pkg. onion soup mix
- 1 tsp. paprika
- 1 tsp. black pepper
- 1 tbsp. onion salt powder
- 1 c. vegetable oil

Put bread crumbs through flour sifter to achieve a fine crumb mixture. Add other ingredients, combining well. Store in fridge or freezer. Used as coatings for chicken, beef, fish, etc.

**SHRIMP MOLD****Helen Shewchuk**

- 1 pkg. unflavored gelatin
- 3 tbsp. water
- 1 can cream of chicken soup
- 8 oz. pkg. Philadelphia Cream Cheese
- 1 c. mayonaise
- 1 c. celery, chopped fine
- ¼ c. green onion, chopped fine
- 2 cans small cocktail shrimp
- dash worchestershire sauce

Mix gelatin and water together.

Mix soup, gelatin and cheese. Heat over low heat until quiet warm. Add all other ingredients and heat again. Pour into a mold (white Tupperware is perfect size). Let set overnight. Invert on platter and serve with Ritz crackers.

