

PIONEER & MODERN RECIPES



1867 ~ 1967

UKRAINIAN
C.W.L.

VEGREVILLE, ALBERTA

M. Malko

CENTENNIAL COMMITTEE

Sophie Triska
Olga Shavchuk
Georgina Tomya
Pearl Bilyk

This book is dedicated to all Canadians on the occasion of Canada's 100th birthday.

One always finds fascination in history, be it the story of the people or the description of the culinary art. Let this Cook Book hold a unique place for another century of good eating, giving the pleasure and satisfaction of savoring the traditional palatable cooking entrees.

Mrs. Mary Homenick.

APPRECIATION

Our grateful and sincere thanks to all the friends who contributed their favorite and cherished recipes for other to share.

Many of these recipes have been handed down over several generations are gathered in this Centennial Cook Book for you to enjoy.

As Chairman of the Cook Book Committee I wish to extend sincere thanks to those who helped financially through advertisements and a special thanks to the following ladies for giving of their time and voluntary help in preparation of this publication.

ANNE PONICH,
Chairman of
Cook Book Committee.

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VEGREVILLE, ALBERTA
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**RECIPE FOR HAPPINESS
IN THE CENTENNIAL YEAR
1967**

Into a large bowl pour full cup of Thoughtfulness.

Add a generous helping of Love and Friendship.

**Mix in equal amounts of Generosity, Kindliness
and Charity.**

**Using the Golden Rule, measure out a good amount of
Tolerance and Spiritual Faith, and blend thoroughly.**

Fill to the top with Good Health.

Add a dash of Cheer and a pinch of Optimism.

Let stand in the fresh air of Freedom

**And you have a recipe to be enjoyed throughout this
Centennial Year.**

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BARS and SLICES

ANGEL FOOD CUP CAKES

Make your favourite Angel Food cake. Fill cups 2/3 full or ¾. Put paper cups in your muffin tins. Smaller size baking paper cups are better. Bake as Angel Food cake. Makes 3 dozen cup cakes.

Mrs. Nancy Phillips.

APPLE PUFFINS

- | | |
|--------------------------------|-----------------------|
| ¼ cup shortening | ¼ tsp. salt |
| ¾ cup granulated sugar | ½ tsp. cinamon |
| 1 egg, beaten | ¼ tsp. nutmeg |
| ½ tsp. vanilla | 1½ cups chopped apple |
| 1 cup sifted all-purpose flour | 1 tbsp. sweet cream |
| ¾ tsp. baking soda | |

Cream shortening until fluffy, gradually add sugar. Work together until well blended. Add beaten egg and vanilla. Sift flour, soda, salt and spices. Add to creamed mixture, mixing just until blended. Butter will be stiff. Add chopped apple and cream.

Fill greased muffin tins half. Bake for 30 minutes at 350° F. oven. Serve by themselves or as a dessert with a lemon sauce.

Mrs. Kay Spak.

APPLE RICE DELUXE

- | | |
|------------------------|---------|
| 1 cup short grain rice | Vanilla |
| ½ pt. whipping cream | Sugar |
| 3 apples | |

Boil rice till thick. Cool till very cold. To this add whipped cream, sugar to taste, and 1 tsp. vanilla. Wash and dice apples with peel left on for color. Mix well. Dish out in dessert dishes. Top with crushed walnuts.

Helen Stachow.

BANANA MUFFINS

- | | |
|----------------------|--------------------------|
| ½ cup butter | 1 tsp. soda dissolved in |
| 1 cup sugar | 4 tsp. boiling water |
| 2 cups sifted flour | 1 cup mashed bananas |
| 2 tsp. baking powder | 1 tsp. vanilla |
| Pinch of salt | 1 cup chopped walnuts |
| 2 eggs, well-beaten | |

Cream butter and sugar. Add beaten eggs. Dissolve soda in boiling water and add mashed bananas. Add alternately with sifted dry ingredients to first mixture. Add walnuts. Bake in small muffin tins in moderate oven till they spring back when pressed with finger.

Mrs. J. Huzil.

BAKING POWDER BUCKWHEAT CAKES

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|--------------------------|--------------------|
| 1½ cups buckwheat flour | 1 tbsp. shortening |
| ½ cup sifted white flour | 1½ cups milk |
| 5 tsp. baking powder | 1 tsp. molasses |
| ½ tsp. salt | |

Sift dry ingredients together. Combine melted shortening, milk and molasses. Then slowly add to dry ingredients. Beat well and bake on a slightly greased hot griddle.

BUTTERSCOTCH SHORTBREAD SQUARES

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|----------------------|------------------------------------|
| ½ cup butter | ¼ cup brown sugar |
| 1 cup pastry flour | 1 cup chopped walnuts or almonds |
| ¼ cup brown sugar | |
| Filling: | ½ cup coconut |
| 2 eggs, well-beaten | 1 pkg. (6 oz.) Butterscotch chips. |
| 1 tbsp. flour | |
| ½ tsp. baking powder | |

Preheat oven to 350° F. Mix the first 3 ingredients thoroughly and press firmly and evenly in ungreased 8" square pan. Bake until golden brown about 15 to 20 minutes. Mix all ingredients for filling. Spread on top of hot shortbread. Return to oven and make until golden brown about 20 minutes. When cool cut into squares. Frost with butter icing if desired.

Mrs. Kay Spak.

CHOCOLATE FINGERS

- | | |
|-------------------------|-------------------|
| 1 cup butter | 1 cup white sugar |
| 3 tbsp. cocoa | ¾ cup walnuts |
| 2 eggs | 30 Graham wafers |
| 15 marshmallows or more | 1 tsp. vanilla |

Melt butter, add sugar, cocoa and beaten eggs. Put on stove and stir well, bring to bubbling simmer, stir constantly, while simmering for 1 minute. Remove from heat. Add marshmallows, cut in 4, Graham wafers in 4, add nuts and vanilla. Mix well, turn into buttered pan and cool in frig.

Josephine Greschuk.

COFFEE SHEET SQUARES

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|--|----------------------|
| 1 cup chopped dates on which is poured | 1 and 2/3 cups flour |
| 2/3 cup hot coffee. Let stand. | ¼ tsp. salt |
| 2/3 cup butter | 1 tsp. baking powder |
| 1 cup brown sugar | ½ tsp. cinnamon |
| 2 eggs | 1 tsp. vanilla |

Cream butter and sugar, add eggs one at a time — beating well. Sift dry ingredients and add to creamed mixture with dates and ¼ cup chopped nuts if desired. Spread on a cookie sheet. Bake at 350° F. for 25 minutes. When cool, ice and cut in squares.

Frosting:

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|-----------------------------|-----------------------|
| 1½ cups confectioners sugar | 2 tbsp. melted butter |
| 1 tsp. instant coffee | 2 tbsp. cream |
| ¼ tsp. salt | 1 tsp. vanilla |

Mrs. Nadia Yakimyshyn.

CHIFFON NUT BARS

- | | |
|--------------------------------|--------------------|
| 2 eggs | ½ cup salad oil |
| 1 cup brown sugar | 1 tsp. vanilla |
| ¼ tsp. salt | ½ cup sifted flour |
| 1 cup coarsely chopped walnuts | |

Grease baking pan 11" x 7" x 1½". Beat eggs until thick and lemon colored. Stir in salt, salad oil and vanilla. Fold in flour and ¼ cup walnuts. Stir until blended. Pour remaining walnuts over top.

Bake at 350° F. for 20 minutes. Cool 5 minutes and cut into squares.

Mrs. N. Zakordonski.

COFFEE BARS

- | | |
|----------------------------------|---------------------------|
| 1 cup raisins | Sift: |
| 2/3 cup strong coffee | 1½ cups all-purpose flour |
| Let soak 15 minutes. | ½ tsp. baking powder |
| Cream 2/3 cup shortening | ½ tsp. baking soda |
| 1 cup sugar | ¼ tsp. salt |
| 2 eggs, beat after each addition | |

Add raisin mixture. Bake 25 minutes in 350° F. oven. Glaze with icing sugar and coffee while hot.

Mrs. Mike Petryga.

CHERRY PINWHEELS

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|---|----------------|
| ½ cup maraschino cherries,
drained and chopped | 3 eggs |
| 2/3 cup all-purpose flour | ¾ cup sugar |
| ½ tsp. baking powder | ½ tsp. vanilla |
| ½ tsp. salt | Butter icing |
| | Chopped nuts. |

Preheat oven to 325° F. (slow). Grease 15"x11" Jelly Roll pan. Line bottom with waxed paper, grease again and flour lightly. Prepare maraschino cherries. Measure flour, baking powder and salt into a bowl. Stir this thoroughly to blend well. Add cherries and mix, so that cherries become coated with flour. Beat eggs until foamy. Gradually add sugar, beating constantly until mixture is light and fluffy. Add vanilla. Fold in dry ingredients carefully. Spread mixture in prepared pan. Bake at 325° F. for 25 to 35 minutes. Remove hot cake out onto waxed paper which has been sprinkled with icing sugar. Remove paper, trim edges of cake and cut crosswise into 2 rectangles. Roll each jelly roll fashion starting at widest edge. Wrap in waxed paper and cool.

To Frost: Remove paper and ice each roll all around with butter icing. Roll in chopped nuts. Cut in ½" slices when ready to serve.

Yield: 3 dozen, approximately.

M. Malko.

CHOCOLATE INJUINS

- | | |
|---|-----------------------|
| ½ cup flour | ½ cup butter |
| 3 tbsp. cocoa in about ½ cup
hot water | ½ cup chopped walnuts |
| ¾ cup brown sugar | 1 tsp. vanilla |
| 2 eggs | ½ tsp. baking powder |
| | Pinch of salt |

Mix together in order as given. Spread in pan about 8"x13", bake in 350° F. oven for about 25 minutes. When baked place marshmallows on top quite close together and put in oven until soft. Remove and spread. When cool apply icing. Cut into squares.

CARAMEL ICING

$\frac{1}{2}$ cup butter
 1 cup brown sugar
 Melt butter and brown sugar and cook 2 minutes. Add milk and stir until it comes to a boil again. Cool and add icing sugar.

$\frac{1}{4}$ cup milk
 $1\frac{1}{2}$ cup sifted icing sugar
 Doreen Wemkiw.

CHERRY SLICE

$\frac{1}{2}$ cup butter
 2 tbsp. sugar
 $1\frac{1}{2}$ cup flour
 $\frac{1}{2}$ tsp. salt
 Mix and bake 10 minutes.

1 tsp. baking powder
 2 eggs
 $1\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup walnuts
 2 tbsp. flour
 Bake.

A. Ponich.

CHOCOLATE SNOWBALLS

Mash 3 tbsp. hot potatoes. Add immediately 1 cup sifted icing sugar, 2 tbsp. vanilla or other flavouring. Add 2 more cups icing sugar or enough to make a mixture. Place in wax paper and let dry. Roll into balls. Melt 4 oz. chocolate. Add $\frac{1}{4}$ block of parowax. Dip balls in chocolate and roll in coconut.

Mrs. Jean Bushko.

CHOCOLATE-CHIP CRUNCHIES

$\frac{1}{2}$ cup sesame seeds
 2 $\frac{1}{2}$ cups sifted all-purpose flour
 1 tsp. soda
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 1 cup shortening
 1 cup white sugar

1 cup brown sugar, packed
 2 eggs
 2 cups cereal flakes
 1 tsp. vanilla
 1 6-oz. pkg. chocolate chips
 $\frac{1}{2}$ cup chopped nuts

Heat oven to 350° F. Spread sesame seeds on large shallow pan and heat in oven, stirring occasionally until golden (about 5 minutes). Increases oven temperature to 400° F. Sift flour, soda, baking powder and salt together. Cream shortening, beat in white and brown sugar, then add eggs and beat until fluffy. Blend in flour mixture, sesame seeds, cereal flakes, vanilla, chocolate chips and nuts. Drop by teaspoonfuls on ungreased cookie sheet, or roll in small balls and flatten with fork. Bake 10 to 12 minutes. Makes 7 or 8 dozen.

Mrs. Georgina Tomya.

CHOCOLATE MARSHMALLOW ROLL

1 sq. Baker's Plain chocolate
 2 sq. Baker's Semi Sweet
 Stir and cook in double boiler for 20 minutes and set to cool. Then add:
 $1\frac{1}{4}$ cup fine rolled Graham wafer crumbs
 1 cup coconut
 Sprinkle two oblong wax paper with coconut. Spread the chocolate mixture just half of it so can make 2 rolls. Place a roll of colored marshmallows in the centre close together and put the dough around them, roll and put in fridge. Slice when ready to serve.

chocolate
 1 can Eagle Brand milk
 1 cup chopped walnuts
 1 tsp. vanilla
 Pinch of salt

COCONUT CHOCOLATE ROLL

2 squares unsweetened chocolate	thickened then, add: 1 cup coconut
1 can condensed milk	1 cup crushed walnuts
Boil in double boiler until	1½ cups crushed Graham wafers

Sprinkle extra coconut (long preferred) on waxed paper and with a buttered rolling pin roll out above ¼ inch thick 6 by 12 inch sheets.

Place colored marshmallows one by one in as close as possible along side each other on the 12-inch side and roll as you would jelly roll. Store it in the waxed paper in the refrigerator for a few hours. Then unroll and slice.

Mrs. Peter Sally Krysak.

CHOCOLATE CHIFFON CAKE (Newer Fail)

¾ cup boiling water	1 tsp. salt
½ cup cocoa	½ cup Mazola oil
Mixx and stir smooth, then cool.	8 egg yolks
1¾ cups sifted flour	2 tsp. vanilla
1¾ cups sugar	8 egg whites
1½ tsp. soda	½ tsp. cream of tartar

Sift together flour, sugar, soda and salt. Make a well and add Mazola oil, egg yolks, cooled cocoa mixture and vanilla. Beat until smooth. Beat until very stiff the egg whites and cream of tartar. (Do not underbeat). Fold into the above mixture and bake 1 hour in moderate oven.

Mrs. Sophie Rurka.

CHEESE KNYDLI

3 cups cottage cheese	4 tbsp. bread crumbs
1 egg	5 tbsp. butter
3 egg yolks	Salt to taste.
⅓ to ½ cup cream of wheat	

Press cottage cheese through a sieve. Beat the egg and yolks and mix with cheese. Add salt and enough cream of wheat so that small balls, made of this mixture, will hold their shape.

Cook in boiling water until balls rise to the top. Dip with a spoon, drain well, sprinkle with bread crumbs (crushed fine) browned in butter. Serve hot.

FRYING PAN DAINTIES

2½ cups chopped dates	1 cup brown sugar
2 eggs, well beaten	2 cups Rice Krispies
½ cup chopped walnuts	Coconut

Mix dates, eggs and sugar and pour into frying pan. Cook for a good 10 minutes stirring constantly. Cool. Add walnuts and Rice Krispies. Form into balls and roll in coconut or finely chopped nuts or icing sugar.

Mrs. Jean Bushko.

GOLDEN APRICOT BARS

2/3 cup dried apricots	1/4 tsp. salt
1/2 cup butter	1 cup brown sugar, packed
1/4 cup sugar	2 eggs, well-beaten
1 1/2 cups sifted all-purpose flour	1 tsp. vanilla
1/2 tsp. baking powder	1/2 cup chopped cashews

Heat oven to 350° F. Grease a 9-inch cake pan. Rinse apricots, cover with water. Simmer 5 minutes, drain, cool and chop. Blend softened butter, sugar and 1 cup flour. Place into a pan and pack. Bake for 20 minutes. Sift remaining 1/2 cup flour with the baking powder and salt. Beat eggs well, slowly beat in brown sugar. Stir in dry ingredients, flavoring, nuts and apricots. Spread over baked layer in pan. Return to oven and bake 30 minutes longer. Cool in pan. Cut in bars or squares.

Mrs. J. Huzil.

HOPSCOTCH RECIPE

Combine in double boiler: 1 pkgs. butterscotch chips
 1/2 cup peanut butter
 Place over (hot not boiling) water until chips melt. Stir until blended.

Add: 2 cups colored marshmallows
 2 cups chow mein noodles (cut in quarters)
 Drop by teaspoonful on waxed paper. Chill.

Mrs. Kay Spak.

HOPSCOTCH MARSELS (squares)

1/2 cup peanut butter	cooled.
1 pkg. — 6 oz. butterscotch chips.	1 can—2 cups chinese chow mein noodles
Melt on top of double boiler. Remove and add stir till well	2 cups miniature marshmallows

Either drop by teaspoon on wax paper or spread in pan and cut into squares.

Josie Nahayowski.

JELLY BUSTERS (Pastry)

1/2 cup water	1/2 cup sugar
2 tsp. sugar	2 beaten eggs
2 tsp. salt	1/2 cup shortening
2 envelope yeast	7 cups flour
1 1/2 cup milk	

Dissolve yeast and sugar in water. Add milk, sugar salt, eggs, shortening and half of flour. Knead till smooth, put in bowl in warm place and let rise. Turn dough on floured board and roll. 1/2" thick. Cut with 3" cookie cutter. Let rise and fry in deep fat.

Josie Nahayowski.

KHRUSTYKE (EARS)

10 eggs — 6 whole, 4 yolks	½ cup sugar
½ cup sweet cream	Pinch of salt
2 tsp. vanilla	4 cups of flour, more or less
2 tsp. baking powder	

Beat eggs well. Add sugar and cream, beat again with egg beater till light. Add sifted dry ingredients and vanilla.

Knead till does not stick to the board. Divide into 4 portions, roll into ¼ inch thickness. Cut into 3" diamonds. Make a slit 1½ inches in length and pull one corner through to make a twist effort. Deep fry until golden brown. Cool. Sprinkle with sugar (icing).

MARSHMALLOW SQUARES (dessert)

32 Graham wafers crushed	½ cup butter
½ cup brown sugar	

Mix together press in pan 13x9x2. Leave one cup of this for top. Bake till light brown. Whip 2 cups cream add 1 pkg. white miniature marshmallows. Put ½ mixture over baked cooled crust then spread 1 can of cherry pie filler or raspberries or strawberries — 1 frozen pkg. of either. Then put the rest of cream mixture. Top with wafer mixture. Keep in fridge till set for about 2 hours.

Mrs. Nick Howrish.

NANAIMO BARS

½ cup butter	¼ cup sugar
5 tbsp. cocoa	1 tsp. vanilla
1 egg	2 cups crushed Graham wafers
1 cup shredded coconut	½ cup chopped nuts

Combine butter, sugar, cocoa, vanilla and egg in pyrex bowl. Mix well and set bowl in a pot of boiling water. Cook, stirring constantly, until butter has melted and mixture resembles custard.

In separate bowl combine Graham wafers, coconut and nuts. Add the cooked mixture an dblend thoroughly. Pack evenly into a 9-inch square pan. Spread with the following icing:

Cream ¼ cup butter. Add 3 tbsp. milk which has been combined with 2 tbsps. vanilla custard powder. Then blend in 1 cup sifted icing sugar (adding more icing sugar if necessary). Spread over bars and let stand at least 15 minutes. Melt 3 squares semi sweet chocolate with 1 tbsp. butter and spread over above icing. Cut into bars.

Mrs. Peter Pankiw.

NEVER-FAIL MERINGUE

This meringue cuts beautifully and never gets sticky.

1 tbsp. cornstarch	6 tbsp. sugar
2 tbsp. cold water	Dash of salt
½ cup boiling water	1 tsp. vanilla extract
3 egg whites	

Blend cornstarch and cold water in saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until completely cold. With electric mixer at high speed, beat egg whites until foamy; gradually add sugar and beat until stiff, but not dry. Turn mixer to low speed; add salt and vanilla. Gradually beat in cold cornstarch mixture. Turn mixer again to high speed and beat well. Spread meringue on filled pie shell. Bake in moderate oven 350° F. about 10 minutes.

M. Malko.

O'HENRY BARS

½ cup margarine
½ cup milk

½ cup white sugar

Boil the above ingredients for 5 minutes. Add 1 beaten egg and boil a little longer. Remove from burner. Butter a 9"x9" pan and line with Graham wafers. In a bowl combine ½ cup chopped walnuts, 1 cup crushed wafers and 1 cup fine coconut. Pour No. 1 mixture into No. 2, mix well, when cool spread on Graham wafers and then spread Graham wafers on top of this. May be iced with peanut butter frosting.

Mrs. Wm. Zwarich.

OH HENRY SQUARES

1 cup brown sugar
½ cup milk
1 cup walnuts

1 cup wafer crumbs
1 cup coconut
½ cup butter

Bring to a boil — brown sugar, milk and butter and pour over mixture of crumbs, coconut and walnuts. Mix well. Line bottom of pan with whole wafers, then spread mixture over them. Cover with whole wafers. Press down. Cool and ice with butter icing.

Mrs. Nadia Yakimyshyn.

PINEAPPLE SQUARES

1 cup sifted pastry flour
1 tsp. baking powder
¼ tsp. salt

2 tbsp. sugar
2 tbsp. butter
1 egg

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

Filling:

1 egg
1 cup granulated sugar
2 tbsp. melted butter

1 cup coconut
1 can pineapple (crushed),
well drained

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

Mrs. Tekla Miskiw.

POPPY SEED SLICES

Bottom:
½ cup butter
¼ cup sugar

1 egg
¼ tsp. salt
1¼ cups flour

Cream butter and sugar. Add the egg and beat well. Add flour and salt and spread on a pan. Bake about 10 to 15 minutes, then on the semi-baked cake add the poppy filling and finish baking.

Filling:

1 cup prepared poppy seed
1 cup finely chopped raisins
3 eggs

1 cup sugar
2 tbsp. lemon juice
½ cup chopped nuts

Beat eggs well, add sugar slowly. Add lemon juice, continue beating. Add the poppy, nuts, raisins. Put on the semi-baked cake and continue baking for 20 to 25 minutes.

Mary Sawchuk.

PLATSOK

3 eggs, well-beaten — add	2 cups flour
1 cup white sugar	3 tsp. baking powder
½ tsp. vanilla	Pinch of salt
¾ cup Mazola oil	

Beat above ingredients until smooth. Spread half of this dough in pan. Spread cherry pie filling and then spread remaining dough on top. Bake in moderate oven 30 to 35 minutes.

Carol Zwarich.

PINEAPPLE BROWNIES

½ cup soft shortening	1 cup sifted all-purpose flour
2 sq. (2 oz.) unsweetened chocolate	½ tsp. vanilla
1 cup sugar	½ tsp. baking powder
2 eggs, well-beaten	¼ tsp. soda
½ cup well-drained crushed pineapple	½ tsp. salt
	½ cup chopped walnuts

Heat oven to 350° F. Grease 9-inch square cake pan. Combine shortening and chocolate in saucepan and heat gently until melted and blended. Remove and stir in sugar. Add eggs, pineapple and vanilla, and stir. Sift flour, baking powder, soda and salt together into mixture and blend thoroughly. Stir in nuts. Spread evenly in pan. Bake 35 minutes or until done at edges and slightly soft in centre. Cool in pan.

PINEAPPLE ICING

1 ½ cups sifted icing sugar	pineapple
3 tbsps. soft butter	1 tbsp. pineapple juice
2 tbsps. well-drained crushed	

Blend sugar and butter. Add pineapple and enough of the juice to make the icing easy to spread. This icing is lovely on the Pineapple Brownies above.

Doreen Demkiw.

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Alberta

PINEAPPLE SQUARES

Crush $2\frac{1}{4}$ cups Graham wafers ($\frac{1}{4}$ cup for topping). Melt $\frac{1}{2}$ cup butter, combine and pack into a well buttered pan and bake in medium oven for 15 minutes. Cool.

$\frac{1}{2}$ cup soft butter
2 eggs

$1\frac{1}{2}$ cups icing sugar

Beat with egg beater or mix master until light and fluffy. Spread on cool crust. Drain 1 can crushed pineapple very well. Whip $\frac{1}{2}$ pint heavy cream until thick and add pineapple and mix. Spread on top of egg mixture. Sprinkle $\frac{1}{4}$ cup Graham wafers over top and chill for several hours before serving.

Ann Hlus.

RAISIN CUP CAKES (18)

$1\frac{1}{2}$ cups seedless raisins
 $\frac{1}{2}$ cup nuts
1 tbsps. grated orange rind
 $\frac{1}{2}$ cup shortening
1 cup sugar
2 eggs, slightly beaten

2 cups sifted flour
 $\frac{1}{2}$ tsp. salt
1 tsp. vanilla
1 tsp. soda
1 cup buttermilk or sour milk

Glaze: — Mix $\frac{1}{4}$ cup sugar with 3 tbsps. orange juice. Chop or grind raisins and nuts. Add orange rind. Cream shortening, add sugar and beat till light and fluffy. Add eggs. Mix flour and salt. Add vanilla, soda to buttermilk. Add flour and liquid alternately. Stir well. Fold in raisins and nuts. Fill 3-inch greased and floured muffin tins $\frac{2}{3}$ full. Bake in 350° F. oven for 40 to 50 minutes. Cool. Take out of pans. Dip tops in glaze. Makes 18.

RAISIN CUP CAKES

Put $1\frac{1}{4}$ cup of raisins in saucepan. Add 2 cups of water. Boil 20 minutes, drain and reserve $\frac{1}{2}$ cup of liquid.

Cream $\frac{1}{2}$ cup shortening and $\frac{3}{4}$ cup of brown sugar, add 1 egg beaten well. Sift $1\frac{1}{2}$ cup of pastry flour, 1 tsp. nutmeg, 1 tsp. soda. 1 tsp. vanilla, $\frac{1}{2}$ tsp. salt. Add alternately with $\frac{1}{2}$ cup raisin liquid to creamed mixture. Add drained raisins last. Bake in 350° F. oven for 18 to 20 minutes.

SWEDISH PASTRY

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

1 cup flour
1 egg white

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

Mrs. Wm. Zwarich.

STRAWBERRY JELLO DESSERT

3 pkgs. strawberry jello	1 slim can crushed pineapple
4 cups hot water	1 pkg. frozen strawberries
1 cup mashed bananas	1 pint sour cream

Dissolve jello with water. Add strawberries, bananas and crushed pineapple. Put half of the mixture in a dish. When set spread with sour cream, cover with the remaining mixture.

Josie Nahayowski.

WALNUT SLICE

$\frac{1}{2}$ cup butter	3 tbsp. icing sugar
1 cup flour	

Cream together, spread in buttered pan and make 5 minutes at 350° F.

Beat 2 eggs	1 cup walnuts
1 cup brown sugar	1 cup cherries (8 oz. jar), cut in half
$\frac{1}{4}$ cup flour	1 tsp. vanilla
$\frac{1}{2}$ tsp. baking powder	
$\frac{1}{4}$ tsp. salt	

Mix and pour over crust. Bake about 35 minutes in moderate oven — 350° F.

Josephine Greschuk.

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Alberta

BEETS

BEEET JELLY (Preserves)

- | | |
|-------------------------|------------------------|
| 4 cups beet juice | 1 pkg. raspberry Jello |
| 4½ cups sugar | 2 tbsp. lemon juice |
| 1½ pkgs. certo crystals | |

Boil the juice and add certo. Boil for 1 minute. Add sugar and boil 10 minutes longer. At the end dissolve the Jello.

Mrs. P. Bilyk.

BEST CRISP PICKLES

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|--------------------------------|----------------------|
| 4 to 5 quarts sliced cucumbers | 1 sweet red pepper |
| 6 big white onions, sliced | ½ cup coarse salt |
| 3 cloves of garlic | 3 cups white vinegar |
| 1 green pepper | 5 cups white sugar |
| 1½ tsp. tumeric | 1 tbsp. mustard seed |
| 1½ tsp. celery seed | |

Slice cucumbers thin. Add sliced onions, garlic and peppers, cut in narrow strips. Add salt. Cover with cracked ice. Mix well. Let stand 3 hours, then drain. Combine remaining ingredients, boil and pour over cucumber mixture. Heat to boiling. Seal in sterilized jars. Makes about 8 pints.

Nancy Zaporozan.

CUKE RELISH

Peel 7 large cukes and 5 large onions, put through food chopper. Sprinkle with salt and let stand overnight. 1 red pepper can be used too.

Dressing:

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|----------------|-----------------|
| 1 cup water | 1½ tsp. tumeric |
| 3 cups vinegar | 1 tsp. ginger |
| 3 cups sugar | 1 sp. pepper |
| ½ cup flour | |

Boil dressing for 5 minutes. Drain cukes and onions and add dressing. Boil for 5 minutes and seal. Be sure to drain the cukes and onions well.

Mrs. P. Bilyk.

FRUIT RELISH

- | | |
|-------------------------|------------------------|
| 3 lbs. ripe tomatoes | 2 tbsp. pickling spice |
| 1½ cups chopped peaches | 1 red pepper |
| 1½ cups chopped pears | 1 green pepper |
| 2 cups chopped apples | 2½ cups brown sugar |
| 1½ cups chopped onions | 2 tsp. salt |
| 1 cup chopped celery | 1½ cups vinegar |

Combine coarsely chopped vegetables and fruits. Tie spices in cheese-cloth bag. Add spice bag, sugar and salt to vinegar, bring to boiling point and add other ingredients. Cook uncovered until thickened, about 1 hour, string occasionally. Remove spice bag. Pack in hot sterilized jars and seal.

Mrs. Tekla Miskiw.

FRUIT RELISH

- | | |
|------------------------|----------------------|
| 30 large ripe tomatoes | 3 red peppers |
| 6 onions | 4 cups sugar |
| 12 pears | 1 large bunch celery |
| 12 peaches | 2 tbsp. salt |
| 3 green peppers | 1 qt. cider vinegar |

Chop vegetables and fruit, mix the rest of the ingredients and boil 2 hours and seal.

Mrs. F. J. W. Fane.

HARVEST BEETS

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|--|----------------|
| 2 cups cooked diced beets | 2 tbsp. flour |
| 2 tbsp. sugar | ½ tsp. salt |
| 1 tbsp. vinegar (or more to the taste) | 2 tbsp. butter |
| | ½ cup water |

Mix sugar and flour together in a saucepan. Add water and vinegar. Place saucepan over medium heat and cook until thick, stirring constantly. Add salt, butter and diced beets. Cook until thoroughly heated and serve.

Mrs. P. Bilyk.

PICKLED BEETS

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|----------------|-----------------------------|
| 2 cups vinegar | 1½ cups sugar |
| 3 cups water | Whole spice (tied in a bag) |

Boil the ingredients together for 5 minutes. Add the skinned beets to this. Bring to the boil again and let simmer for 10 minutes. Pack hot in sealers.

Mrs. P. Bilyk.

PICKLES — RELISH

- | | |
|------------------|----------------------|
| 2 qts. cucumbers | 1 qt. green tomatoes |
| 2 qts. cabbage | 1 red pepper |
| 1 qt. onions | |

Put through meat chopper and soak overnight with ½ cup salt and pour hot water over. Next day rinse with cold water and squeeze the water out.

Brine:

- | | |
|--------------------|--------------------|
| 2 pts. vinegar | 2 tbsp. tumeric |
| 2 pts. water | 5 cups white sugar |
| 2 oz. mustard seed | 1 cup flour |

Bring this brine to a boil, then add the vegetables. Boil for 15 minutes.

Mrs. Olga Muzechka.

BREAD

BRAZIL NUT DATE LOAF

3 cup shelled Brazil nuts	$\frac{3}{4}$ cup sugar
1 lb. pitted dates	$\frac{1}{2}$ tsp. baking powder
1 cup drained maraschino cherries	$\frac{1}{2}$ tsp. salt
	3 eggs
$\frac{3}{4}$ cup sifted all purpose flour	1 tsp. vanilla

Put Brazil nuts, dates, cherries into a large bowl. Sift flour, sugar, baking powder and salt over the nut and fruit mixture. Mix until all is coated well. Beat eggs until foamy, add vanilla, stir into nut-fruit mixture until mixed well. Turn into greased and waxed paper lined 9x5½ inch pan. Bake in a slow oven 300° F. for 1 hour and 45 minutes. Cake must be cooled before slicing. This will keep fresh days—even weeks.

Vicky Kufiuk.

GINGER BREAD BOYS

$\frac{1}{3}$ cup soft shortening	1 tsp. salt
1 cup brown sugar, packed	1½ tsp. ginger
1½ cups molasses	1 tsp. cloves
$\frac{2}{3}$ cup cold water	1 tsp. cinnamon
1 tsp. vanilla	$\frac{1}{4}$ tsp. allspice
7 cups sifted all-purpose flour	$\frac{1}{4}$ tsp. nutmeg
2 tsp. baking soda	

Combine shortening, sugar and molasses and beat until well blended. Stir in water and vanilla. Sift flour, soda, salt and spices together into mixture and blend thoroughly. Chill several hours or overnight. Heat oven to 350° F. Roll dough ½ inch thick or little thinner for crispier cookies. Cut with gingerbread boy cutter or any other cutter. Bake 15 minutes or until firm. Crisp type. If wanted soft, keep in a tight container.

Mrs. Nancy Phillips.

LIGHT RYE BREAD

2 cups very hot water. Pour over 1½ cups rye flour and stir until smooth. Let stand 2 hours. Scald 1½ cups milk. Cool and add to the rye mixture with 2 to 3 cups white flour. Dissolve 2 fresh yeast in 1½ cups lukewarm water and 2 tsp. sugar. Let stand for 10 minutes. Then add to the above with 1 tbsp. salt, ½ cup melted butter and ¼ cup Mazola oil. Knead with enough white flour to make a stiff dough. Cover and let rise to double in bulk. Then make into loaves and let rise again. Bake in a 375° F. oven for 1 hour.

Mrs. Marie A. Goshko.

OATMEAL BROWN BREAD

1 cup rolled oats
2 tsp. salt

3 tbsp. butter

Combine these and pour 2 cups boiling water. Let set until warm. In the meantime, combine: 1 tsp. sugar, $\frac{1}{2}$ cup warm water. Sprinkle over this one envelope of dry yeast. Stir with a fork and add to the oatmeal mixture. Add $\frac{1}{2}$ cup molasses. Add 1 cup of whole wheat flour and 2 cups of all-purpose flour. Beat well. Add $2\frac{1}{2}$ cups approximately all-purpose flour. Knead well until dough is soft and elastic. Let rise until double in bulk. Shape into loafs, let rise and bake at 375° F. for 30 minutes, reduce heat to 350° F. and bake for additional 30 minutes.

POTATO BREAD

1 cake yeast
 $\frac{1}{2}$ cup lukewarm water
 $\frac{1}{2}$ cup boiling water
 $1\frac{1}{2}$ tsp. salt
1 tbsp. sugar

1 tbsp. shortening
2 cups mashed potatoes
4 cups sifted flour (enough to make medium dough)

Combine in order given. Turn out onto a floured board and knead well until smooth and shiny. Let rise until double it's bulk. Divide dough into two portions and shape into loaves. Let rise in pans and bake at 425° F. for 25 minutes. Start baking at 400° F. for 10 minutes then increase heat to 425° F. for 35 minutes.

PRUNE CORN BREAD

1 cup sifted flour
1 tbsp. baking powder
 $\frac{3}{4}$ tsp. salt
1 tbsp. sugar
1 cup yellow corn meal

2 eggs, well beaten
2 tbsp. melted shortening
 $\frac{1}{2}$ cup pitted cooked prunes, chopped
1 cup milk

Sift flour, baking powder, salt and sugar together. Stir corn meal thoroughly into flour mixture. Combine eggs, shortening, prunes and milk. Add to dry ingredients. Mix well. Pour into greased pan and bake in moderate oven, 375° F. about 30 minutes. Makes an 8x8-inch loaf.

Mrs. Margie Warawa.

TROPICAL BREAD

$\frac{1}{3}$ cup shortening
 $\frac{2}{3}$ cup sugar
2 eggs
 $1\frac{1}{4}$ cups flour
 $\frac{1}{2}$ tsp. salt
1 tsp. baking powder

$\frac{1}{2}$ tsp. baking soda
 $\frac{1}{4}$ cup buttermilk
1 cup mashed banana
1 cup cooking bran
 $\frac{3}{4}$ cup chopped dried apricots
 $\frac{1}{2}$ cup chopped filberts

Cream shortening and sugar, add eggs and beat well. Add salt, mashed banana, buttermilk with baking soda mixed in; add flour, bran and baking powder and mix. Add apricots and filberts last of all and mix. Pour into a loaf pan and bake for 45 minutes at 350° F.

Mrs. E. J. W. Fane.

Easter Bread

Ukrainian Easter Breakfast

HARD BOILED EGGS	GLAZED BAKED HAM
JELLIED MEAT (studenez)	UKRAINIAN SAUSAGE (hot or cold)
KYSHKA (Buckwheat sausage)	COTTAGE CHEESE
HOLUBTZI	POTATO SALAD
FRESHLY GRATED HORSERADISH	
BEEF AND HORSERADISH RELISH	
EASTER SYRNYK (Cheese cake)	PASKA, BABKA and TORTE
	BEVERAGES

PYSANKY (Easter Eggs) and KRASHYNKY (solid colored eggs)

Pysanky (Easter Eggs) are used to decorate the table for Easter breakfast. It should be remembered that Easter in a Ukrainian home is considered incomplete without decorated Pysanky. This is one of the most beautiful of all Ukrainian traditions.

EASTER BREAD (BABKA)

3 yeast	1 cup butter (melted)
1 tbs. sugar	½ cup lukewarm water
Soak yeast, sugar in luke- warm water.	Juice from 1 orange
3 cups egg yolks	Ground rind of 1 orange
3 cups egg whites	Ground rind of 1 lemon
1½ cups sugar	2 cups warm milk
1 tsp. salt	Flour to knead a soft dough.

Mix all ingredients except melted butter. Knead dough until soft and smooth, then lastly add melted butter and knead well. Let rise until doubled in size, then punch down and let rise again. Make into loaves, let rise, and bake in moderate oven.

Mrs. Sophie Rurka.

EASTER SYRNYK (Cheese Cake)

¼ cup sugar	½ cup sugar
½ cup flour	Grated rind and juice of
3 tbsp. butter	1 orange
½ cup almonds, blanched	1 tsp. vanilla
and ground fine	1 tsp. flour
¼ tsp. almond extract	Pinch of salt
2 cups dry cottage cheese	4 egg whites
4 egg yolks	6 tbsp. sugar

Sift flour and sugar together. Work in the butter. Add almonds and extract. Pat evenly into buttered 6x10" pan. Press the cheese through a sieve. Beat egg yolks well, then add sugar gradually, and beat until light. Combine with the cheese. Stir in the grated rind, orange juice, vanilla, flour and salt. Mix thoroughly. Spread over the pastry crust and bake in oven 350° F. for about 50 minutes. Prepare the meringue by beating the egg whites until stiff. Add the sugar gradually and continue beating. Spread the meringue over the baked cheese cake. Brown in a moderate oven (375° F.) for 10 to 15 minutes. Do not remove the cake from the pan. If available, use a glass baking pan. Cool before servings.

PASKA (UKRAINIAN EASTER BREAD)

10 cups flour	2 pkgs. yeast
½ cup butter	½ cup Mazola oil
6 whole eggs and 2 yolks	1½ cups sugar
Grated rind from 1 orange	3 cups milk
3 tsp. vanilla	1 tsp. nutmeg

Dissolve yeast in ½ cup lukewarm water for 10 minutes. Warm up milk into which sugar has been dissolved. Let cool. Put 8 cups flour into a bowl. Add rising yeast and milk and work in. Beat eggs and add to dough. With your hands work in orange rind, vanilla, butter and nutmeg. Add remaining 2 cups flour, a small amount at a time and knead in. (The full 2 cups flour may not be required for desired consistency). Knead for about 10 minutes, add Mazola oil and knead again, for 5 minutes. All oil must be blended in. Let rise for 2 hours. Punch dough down and let it rise. Shape dough into round balls and put in greased pans and let it rise over top. Bake in 325° F. oven for 40- 45 minutes.

Mrs. Mary Polutranko.

UKRAINIAN EASTER PASKA

1 cup lukewarm water	8 eggs, beaten
1 tsp. sugar	½ cup sugar
1 pkg. dry granular yeast	½ cup melted butter
3 cups scalded milk, lukewarm	1 tbsp. salt
5½ cups flour	9 cups flour

Dissolve sugar in the lukewarm water and sprinkle yeast over it. Let stand for 10 minutes. Combine yeast with lukewarm milk and 5 cups of flour. Beat well until smooth. Cover and let batter rise in a warm place until light and bubbly. Add the beaten eggs, sugar, melted butter, and salt. Mix well. Stir in enough flour to make a dough that is neither too soft or too stiff. Knead until smooth and satiny. Cover and let rise until double in bulk. Punch down and let it rise again. Make paska in desired shape, place in greased pans and let rise again until doubled. Bake in moderately hot oven 400° F. for 45 minutes. Makes 2 paskas.

UKRAINIAN EASTER BABKA

10 cups flour	3 cups milk (scalded)
1 pkg. yeast	15 eggs yolks
1½ cups sugar	½ tsp. salt
1 cup melted butter	½ cup raisins
Small quantity lemon rind	½ tsp. vanilla
Small quantity saffron	

Measure half of the flour. Dissolve yeast in ¼ cup lukewarm water and 1 tsp. sugar. Let it rise for 10 minutes. Add yeast to cooled milk. Mix into flour and let rise. Beat egg yolks until lemon coloured, add sugar, salt, saffron and vanilla. (Dissolve a pinch of saffron in small amount of tepid water, strain). Mix this mixture into dough. Add remaining flour and knead after ½ hour. Knead in melted butter. Knead again after ½ hour. Add raisins and knead extra well. Put round balls of dough to ½ height into greased tall tins — lard pails are ideal.

Let rise, when dough has reached the top of tin, bake in 300° F. oven for 1 hour or until the crust is a dark golden brown. Dough may be brushed with beaten egg yolk before baking to give it a soft crust.

Mrs. Mary Polutranko.

EASTER DOVES

Use same dough as for Paska. Roll out a piece of dough about twice the thickness of a pencil. Cut a strip about 4 inches long; tie into a knot, shape for a head; flatten tail. Let rise for 1½ to 2 hours. Brush with beaten egg; put whole cloves for eyes and bake for 20 to 25 minutes.

Mrs. M. Maiko.

BABKA (Easter Bread—Sweet)

1st—Scald 2 cups milk and set aside to cool.

2nd—Warm the sifted flour — 8 to 10 cups or enough to make a soft dough. Important that the flour is warm and the dough to be very light.

3rd—Juice and rind of 2 oranges.

4th—Melt ¾ cup butter

5th—Wash ½ lb. raisins and dry (I use more)

6th—Soak 2 pkgs. fast rising yeast in ½ cup lukewarm water in which 1 tbsp. of sugar has been dissolved.

7th—Beat well 6 egg yolks and 4 whole eggs. Add 1 cup sugar and beat again. Add melted butter, beat, add cooled (lukewarm) milk, yeast, 1 tsp. salt, 1 tsp. vanilla, rind and juice. Mix in enough warm flour to make a soft dough. (Till it falls away from the hands). Lastly mix in the raisins and set aside to rise, when double in bulk — make into any desired forms — let rise again and bake in a moderate oven, cooler than for bread as the eggs burn easily. Bake for one hour.

Mrs. Nellie Hohn.

TRADITIONAL EASTER BABKA

1 cup milk	$\frac{3}{4}$ cup melted butter
$\frac{1}{2}$ cup flour	2 tsp. vanilla
$\frac{1}{2}$ cup lukewarm water	Grated rind of 1 lemon
2½ pkgs. dry granular yeast	Juice of 1 medium orange
10 to 12 egg yolks	5 cups sifted flour
2 whole eggs	1 cup or more bleached
1 tsp. salt	raisins (optional)
$\frac{3}{4}$ cup sugar	

Bring the milk to a boil and remove from the range. Add the hot milk gradually to the flour and beat thoroughly until smooth. If lumpy, press mixture through sieve. Cool to lukewarm.

Dissolve the sugar in lukewarm water, sprinkle with yeast and let stand for 10 minutes. Combine with lukewarm milk-flour paste, heat well and let rise until light and bubbly. Beat egg yolks and whole eggs together along with salt, add sugar gradually, beat well until light. Beat in butter, vanilla, orange juice and lemon rind. Combine this mixture with sponge and mix well. Stir in enough flour to make a very soft dough. Knead well for 10 minutes. This type of dough is worked over and up until it develops its elasticity. If raisins are used, add after the dough is kneaded. Cover and let rise until double in bulk. Punch down, knead a few times and let rise again. Prepare tall round tins well-buttered and sprinkled lightly with fine bread crumbs. Fill pans one-third full. Let rise in a warm place until it reaches the brim of pan. Brush with beaten egg diluted with 2 tbsp. milk.

Bake at 375° F. for 10 minutes. Lower temperature to 325° F. for about 30 minutes; then again lower temperature to 275° F. and continue baking for 10 to 20 minutes longer. Handle loaves very gently. When removed from oven, let stand in the pans for 5 or 10 minutes. Then tip each loaf from the pan onto a cloth-covered soft pillow. Careless handling of the baked babka may cause it to fall or settle. Change their position very gently as the loaves cool.

Mrs. A. Ponich.

EASTER MACARONIE CASSEOLE

2½ cups egg noodles	$\frac{1}{2}$ cup raisins (washed well)
$\frac{1}{2}$ cup sugar	3 eggs
$\frac{1}{2}$ tsp. salt	1 cup scalded milk (cooled)
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ cup butter, melted.

Cook noodles in salted water till almost done. Drain well. Add melted butter and mix well. Add raisins and the mixture of sugar, salt, cinnamon, beaten eggs and the cooled milk to macaroni. Place in a well-buttered dish and bake in a moderate oven at 350° F. for 45 minutes or until golden brown on top.

Mrs. A. Ponich.

BUNS

AIR BUNS

½ cup lard
 ½ cup sugar
 1 tsp. salt

1 tbsp. vinegar
 3½ cups water
 2 pkgs. dry yeast

Mix 2 pkgs. yeast, 1 tbsp. sugar in ½ cup of lukewarm water and let it rise for ½ hour. Blend 6 to 8 cups flour, ½ cup lard, 1 tsp. salt, 1 tbsp. vinegar, 3 cups water and the balance of the sugar. (More flour may be required for desired consistency). Add the yeast and mix to a very soft dough. Let rise for 1½ hours. Punch the dough down and place round pieces of it on a greased cookie sheet. When the dough rises again brush the tops with melted butter and bake at 375° F. until they begin to turn brown on top.

Mrs. Mary Polutranko.

BUNS

1 tsp. sugar
 ½ cup lukewarm water
 1 pkg. yeast
 1½ cups scalded milk
 ⅓ cup butter

⅓ cup sugar
 4 tsp. salt
 1 cup cold water
 3 eggs, beaten
 8 to 8½ cups flour

Dissolve the sugar in lukewarm water, sprinkle the yeast over it. To the hot scalded milk, add butter and stir until melted. Mix in the remaining ingredients. Stir in the yeast. Add flour. Knead until smooth and satiny. Cover and let it rise in a warm place until double in bulk. Puch down and let it rise again.

Shape as desired. Place in a greased baking pan and brush with melted butter. For crisp-crusteds rolls, dip each one in melted butter before placing it in the pan. Cover and let rise until double in bulk. Bake in hot oven (400° F.) for 10 minutes, then lower temperature to 350° F. and continue baking for 15 minutes longer, or until done.

Yield: 3 dozen medium-sized rolls. These rolls are delightful with coffee or with a dinner course.

Rita Hlus.

BUTTER HORNS

1 cup scalded milk	1 yeast, dissolved
½ cup shortening	3 eggs, beaten
½ cup sugar	4½ cups flour
1 tsp. salt	

Combine milk, shortening, sugar, and salt. Cool to lukewarm and add yeast and stir well. Add eggs, then flour. Mix to a smooth soft dough. Divide dough in four. Roll out each one to a 9" circle. Brush with melted butter. Cut each circle into 12 to 16 wedge pieces. Bake in a 400° F. oven for 15 minutes. When cool put icing and chopped cherries or walnuts.

Rita Hlus.

FRIDGE BUNS

3 pkgs. yeast in one cup of water	1 cup scalded milk
1 tbsp. sugar	½ lb. butter (melted)
Let rise 10 minutes	3 eggs, beat with ½ cup sugar

In a bowl mix altogether with 4 cups flour till dough is nice. Leave in a fridge overnight. Next day take out, divide into 3 parts. Roll out one part at a time on slightly floured board into a circle about 1 inch thick. Cut circle in half, then cut the halves into fourths. Cut fourths into spoke-like sections. Place any fruit such as prunes, apricots or poppy seed filling. Start at broad end of each spoke, roll tightly. Place on baking sheet and twist ends slightly to form half moon. Let rolls stand in warm place until double in bulk. Bake at 400° for 12 minutes. Brush top with beaten egg yolk.

OVERNIGHT BUNS

Dissolve 1 pkg. yeast in ¼ cup lukewarm water. Let stand 5 minutes.	
Beat 3 eggs	½ cup Mazola oil
⅓ cup sugar	2½ cups lukewarm water
2 tsp. salt	

Then add the yeast mixture to the above.

Add enough flour to make a soft dough (about 8 cups). Let rise 1 hour, then knead, let rise another 1 hour, knead and let rise again for 1 hour. Shape into small buns and let rise overnight. Bake in the morning at 375° for 15 minutes.

Mrs. Pearl Bilyk.

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Alberta

COFFEE CAKE

Prepare your favorite biscuit dough using 4 cups flour of biscuit mix. Form the dough into 1-inch balls. Mix 1 cup of sugar and 1 teaspoon of cinnamon. Sprinkle $\frac{1}{3}$ of mixture on bottom of your greased 9 or 10 inch solid tube pan. Add $\frac{1}{2}$ cup chopped nuts to remaining sugar mixture. Dip half the dough in $\frac{1}{2}$ cup melted margarine; place on bottom of pan just touching. Sprinkle with half the nut mixture. Repeat for second layer. Drizzle $\frac{1}{2}$ cup syrup on the dough.

Bake in 350° F. oven for 1 hour. Remove from pan at once and invert. Drizzle $\frac{1}{4}$ cup syrup over top. Break into spicy conversation pieces. Serve warm.

Mrs. M. Fedyna.

CHEESE CAKE

1½ cups flour	¾ cup butter
2 tbs. sugar (heaping)	1 egg
¼ tsp. salt	2 tbs. sour cream
1 tsp. baking powder	

Prepare flour, add salt, sugar, baking powder, rub in butter. Beat egg and sour cream. Add this mixture of flour and make a soft dough. Pat the dough evenly in a large pan. Bake 10 to 15 minutes. Then on the semi-baked dough add the cheese filling and finish baking.

2 cups dry cottage cheese put through a sieve.	2 tbs. orange peel (grated fine)
4 eggs, separated	½ to 1 cup chopped raisins
¾ cup sugar	½ cup cream
vanilla	4 tbs. flour

Prepare filling first. Put the cottage cheese through a sieve. Beat egg yolks till yellow, add sugar. Add orange peel. Add cheese, flour, vanilla, cream. Beat egg whites, add about 6 tablespoons sugar and fold the cheese mixture and the egg whites together. Put on the semi-baked cake and bake for another ½ hour or till done.

CHEESE CAKE

A very simple recipe but a favourite one.

2 cups Graham Wafers	¾ cup butter
1 cup coconut	½ cup flour
2 tsp. baking powder	Pinch of salt
½ cup white sugar	

Mix thoroughly and put half into well buttered pan. Then spread with the following:

1 lb. cottage cheese	1 lemon (juice)
½ cup sugar	10 glazed cherries
2 eggs	

Spread this in pan where you have put the Graham wafer crust. Then put the remainder of the crumb mixture on top.

Bake for 45 minutes at 350° F.

Mrs. M. G. Gault.

CHRISTMAS CAKE

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|---------------------------|----------------------------|
| 1 lb. candied pineapple | packed) |
| ½ lb. candied cherries | ¼ lb. walnuts or pecans |
| ½ lb. mixed candied fruit | 2 cups flour (all purpose) |
| 1 lb. golden raisins | ½ tsp. mace |
| ¼ lb. currants | ½ tsp. baking soda |
| ½ lb. seeded raisins | ½ tsp. cinamon |
| ½ cup dark rum or brandy | 5 eggs |
| ¼ lb. blanched almonds | 1 tbs. milk |
| 1 cup sugar (white) | 1 tbsp. almond flavouring |
| 1 cup brown sugar (firmly | ¼ lb. butter |

Prepare all fruits. Pick over raisins and currants. Pour over rum or brandy. Cut up nuts. Line 10" cake pan, see that the paper is high. Set oven 275° F. — low heat. Sift flour, measure 1½ cups lightly by spooning it into a cup. Sift with spices and soda. Sift ½ cup flour over fruit and nuts. Beat eggs lightly, measure milk and almond flavouring. Using your hand cream butter and white sugar, finally brown sugar, until light and fluffy. Mix in eggs, milk mixture, flour and fruit. Bake 3 hours.

Ann Hlus.

COCOA CHIFFON CAKE

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|---------------------------------------|--------------------------|
| 7 eggs, separated (room temperature) | 1¾ cups granulated sugar |
| 1 tbsp. instant coffee | 2 tsps. baking powder |
| ½ cup cocoa | 1½ tsps. baking soda |
| ¾ cup boiling water | ½ tsp. salt |
| 1¾ cups once sifted all purpose flour | ½ cup Mazola oil |
| | 2 tsp. vanilla |
| | ½ tsp. cream of tartar |

Combine coffee and cocoa, add water and stir until smooth. Cool. Sift flour, sugar, baking powder, baking soda and salt into a bowl. Make a well in centre. Pour in oil, slightly beaten egg yolks, vanilla and cocoa mixture. Beat until smooth. Beat egg whites and cream of tartar until stiff. Fold in flour mixture to blend. Pour into a cake pan. Bake 1 hour.

A. Ponich

CHOCOLATE CAKE

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|-------------|--|
| ½ cup sugar | Boil together for a couple of minutes. |
| ½ cup cocoa | |
| ½ cup water | |

Add yolk of one egg — cool and then add 2 tsp. vanilla. Beat together ½ cup butter and 1 cup sugar. Beat in 2 eggs, one at a time and the extra white. Add chocolate mixture. Then add alternately 2 cups of flour, 1 tsp. baking powder and 1 cup of sour milk or buttermilk to which 1 tsp. of soda has been added. Bake in moderate oven for 35 minutes.

Mrs. M. Fedyna.

CARROT CAKE

4 eggs	2 tsp. baking soda
2 cups brown sugar	2 tsp. baking powder
3 cups grated carrots	2 tsp. cinnamon
1½ cups Mazola oil	1 tsp. vanilla
3 cups flour	½ tsp. salt
1 cup raisins	1 cup walnuts

Mix in order as given and bake for 1½ hours, usually 1 hour and 20 minutes. This will make 3 small loaf pans.

Mrs. P. Mytruk.

CHOCOLATE ROLL CAKE

Separate 5 eggs. Beat the egg whites until stiff. Now beat the egg yolks until thick. Then add ½ cup icing sugar, 2 tbsp. cocoa. 2 tbsp. flour and 1 tsp. cinnamon. Combine together then add to the well beaten yolks. Fold the yolk mixture to the egg whites. Grease a large shallow pan lined with wax paper and bake in a hot oven 400° for about 10 minutes. Turn out on a cloth that is sprinkled thickly with icing sugar. Allow to cool.

Filing:

1½ cup whipping cream, ¼ cup sugar, 2 tbsp. cocoa. 1 tsp. vanilla. Put in the fridge for one hour. Then whip like whipping cream then spread on cake and fold the ends to centre. Half way put remaining cream in the centre and put nuts.

Josie Nahayowski

CARROT CAKE

4 whole eggs	1 tsp. vanilla
2 cups sugar	½ tsp. salt
2 cups grated carrots	½ cup nuts
3 cups flour	1 cup mazola oil
3 tsp. baking powder	

Mix eggs, sugar, carrots first. Then add flour, baking powder, soda and salt. Add mazola oil last and beat well. Bake one hour.

Mrs. Mike Cikaliuk—Vegreville.

DARK FRUIT CAKE

3 cups seedless raisins	6 eggs
3 cups sultanna raisins	1½ cups pre-sifted flour
½ cup chopped glace cherries	½ tsp. salt
½ cup chopped candied pineapple	¼ tsp. baking soda
½ cup chopped citron peel	1 tsp. cinnamon
¼ cup chopped lemon peel	1 tsp. allspice
¼ cup chopped orange peel	¼ tsp. nutmeg
1 cup chopped walnuts	¼ tsp. mace
½ cup molasses	1 cup shortening
	1 cup brown sugar

Line two 9x5" loaf pans or two 8" tube pans with heavy waxed paper. Prepare fruit and nuts; dust with ¼ cup flour. Stir remaining flour, salt, baking soda and spices together. Cream shortening and brown sugar together, until fluffy. Add eggs, one at a time, beating well after each addition. Add molasses; mix well. Blend in dry ingredients; fold in fruit and nut mixture. Fill prepared pans 2/3 full. Bake in a slow oven 300° F. for 2 hours or until done.

Mrs. Mary Polutranko.

DARK FRUIT CAKE

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|---|--|
| 1 lb. butter | 1 lb. dates |
| 1 lb. brown sugar | 10 eggs (well beaten) |
| 4½ cups flour | 1 can crushed pineapple |
| 4 lbs. raisins (2 lbs. muscat raisins and 2 lbs. dark seeded raisins). | ½ cup molasses |
| 1 lb. almonds (blanched) | 2 tsp. nutmeg |
| 1 lb. walnuts | 2tsp. cloves |
| 1 lb. mixed fruits | 2 tsp. allspice |
| 1 lb. cherries (½ lb. green, ½ lb. red) | 2 tsp. cinnamon |
| | 2 tsp. baknig soda |
| | Dissolved in juice from the crushed pineapple. |

Cream butter and sugar. Add well beaten eggs. Add molasses and crushed pineapple. In a separate bowl sift together dry ingredients, (flour, spices, salt). Sift the flour and spices over the chopped fruits and nuts. Mix well until fruit is coated with flour. Add creamed mixture. Blend thoroughly. Pour into greased and lined cake pan and bake in slow oven for 3 to 4 hrs. at 275-285° F.

Josie Nahayowski.

DATE CAKE

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|-----------------------|-----------------------|
| 1½ cups chopped dates | 1 egg |
| 1 tsp. baking soda | 1 tsp. vanilla |
| 1 cup boiling water | ½ cup chopped walnuts |
| 1 cup sugar | 1½ cups flour |
| ½ cup butter | ½ tsp. salt |

Sprinkle baking soda over chopped dates. Pour boiling water over and let stand till cool. Cream butter and sugar till light. Add beaten egg, vanilla, chopped nuts. Stir well. Add date mixture and sifted flour. Beat by hand until smooth. Pour into 8"x8" greased pan. Bake at 325° F. for 35 minutes.

Mary Homenick.

GOOD HONEY CAKE

- | | |
|-------------------|--|
| ¾ cup sugar | 2 tsp. baking soda |
| 1 cup honey | 1 tsp. together cinnamon, nutmeg, cloves |
| ¾ cup Mazola oil | ½ tsp. salt |
| 3 cups cake flour | Grated rind of 1 orange |
| 8 eggs | |

Beat egg yolks with sugar. Add honey. Beat again. Add oil and beat again. Add sifted flour with baking soda, salt and spices. Add orange rind. Mix all together. Fold stiffly beaten egg whites lightly. Bake in moderate oven for 1 hour.

Mary Homenick.

ORANGE CHIFFON CAKE

2¼ cup Swansdown flour	5 egg yolks
1½ cups sugar	7 egg whites
3 tsp. baking powder	½ cup water
¼ tsp. baking soda	¼ cup orange juice
½ tsp. salt	2tsp. grated orange rind
½ cup vegetable oil	½ tsp. cream of tartar

Mix flour, baking powder, baking soda, salt, 1 cup sugar. Dig a well in centre. Pour in vegetable oil, egg yolks, water, orange juice and grated rind. Mix well until perfectly blended.

Beat egg whites until stiff but not dry. Add cream of tartar. Continue to beat until thick. Gradually add ½ cup sugar, incorporate the first egg white mixture. Bake in ungreased pan in 325° F. oven for about 1 hour. Remove from pan when cool. Garnish with icing.

A. Ponich.

PORK CAKE

Wrapped in brown paper and kept in the fridge this cake will stay fresh for a number of months.

2 lbs. ground pork (fat) or	1 tsp. allspice
4 cups.	1 tsp. cloves
4 cups raisins	1 qt. water
1 tsp. cinnamon	

Let this boil for one-half hour. Cool and add the following:

4 cups sugar	7 cups flour
6 eggs	1 cup walnuts
2 tsp. baking soda	1½ cups molasses (optional)
Dash of salt	Bake as fruit cake.

Mrs. M. Malko.

PINEAPPLE DELIGHT CAKE

2 cups cake flour	¾ cup milk
2 tsp. baking powder	3 egg yolks, beaten thick and lemon colored
¼ tsp. salt	½ tsp. vanilla
½ cup butter	
1 cup sugar	

Sift flour once, measure, add baking powder, salt, sift 4 more times. Cream butter, add sugar gradually, cream until light. Add yolks, beat well. Add flour alternately with milk in small amounts beating thoroughly, add vanilla. Bake in oven of 375° F. 25 to 30 minutes. When cool cover with pineapple filling.

Pineapple Filling:

Cook in double boiler until tickened:

1 can crushed pineapple	1 egg yolk
½ cup sugar	Juice and rind of 1 lemon
2 tbsp. cornstarch	

Cool before spreading on cake. Top with meringue made of the 4 egg whites beaten until very stiff and 8 tbsp. icing sugar added to them gradually. Sprinkle crushed nuts over all and brown in slow oven.

Mrs. Georgina Tomyn.

SOUR CREAM POPPY SEED CAKE

- | | |
|--------------------------|----------------------|
| ½ cup poppy seed | 2¼ cup cake flour |
| 3 eggs | 3 tsp. baking powder |
| 1½ cups sugar | ½ tsp. baking soda |
| 1½ cups thick sour cream | ¼ tsp. salt |
| 1½ tsp. vanilla | |

Pour boiling water over the poppy seeds and drain well over a fine sieve. Spread the poppy seeds on a tea towel or brown paper and dry well. This should be done the day before baking.

Beat eggs well. Add the sugar gradually and beat until light and fluffy. Beat in the sour cream and vanilla. Sift flour with the dry ingredients 3 times. Add the flour to the cream mixture along with the poppy seeds and mix gently with a folding motion.

Spoon the batter into 2 layer pans which have been lined with wax paper and buttered. Bake in a 350° F. oven for 35 to 45 minutes. Let the cakes stand in the pans for 10 minutes before removing to a cake rack.

Rita Hlus.

SELF-ICED DATE CAKE — (a very moist cake)

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

Boil raisins in 1½ cup water for about 5 minutes, take off stove and add chopped dates and soda. Let stand. Cream butter and sugar until smooth. Add eggs one at a time and beat well. Blend ingredients — put in a well-greased cake pan. Bake at 350° F. for 45 minutes. In the meantime mix the topping:

- | | |
|-----------------------|--------------------------|
| 4 tbsp. melted butter | ½ cup brown sugar |
| 2 tbsp. top cream | Chopped nuts or coconut. |

Blend ingredients and spread over warm cake. Put cake under broiler and brown slightly. Do not remove cake from pan.

Mrs. Paul Bilyk.

SPRINGTIME CAKE

- | | |
|----------------------|------------------------|
| 1½ cups sifted flour | ½ cup cold water |
| 1 tsp. baking powder | 2 tsp. vanilla |
| 1 tsp. salt | ½ tsp. almond extract |
| 6 egg yolks | 6 egg whites |
| 1½ cups sugar | ½ tsp. cream of tartar |

Heat oven to 325° F. Sift flour, baking powder and salt together and set aside. Put egg yolks in a small mixing bowl and beat at high speed until very thick and lemon coloured.

Beat in sugar a little at a time, beating well after each addition. Turn mixer to a low speed and add dry ingredients alternately with water and flavourings. Beat egg whites and cream of tartar and fold together.

Mrs. P. Mytruk.

ST. NICHOLAS CAKE

2½ cups all-purpose flour	4 eggs
1¾ cups sugar	½ cup white raisins
1 tsp. salt	½ cup chopped pecans
2 tsp. baking powder	¼ cup cut-up green candied cherries
1 cup butter	¼ cup cut-up red candied cherries
¾ cup milk	
1 tsp. rum flavouring	
1 tsp. vanilla	

Measure flour, add sugar, baking powder and salt. Stir well to blend. Add butter, milk and flavourings. Beat 3 minutes with electric mixer (medium speed) or 200 strokes by hand. Add eggs. Beat 2 minutes more. Stir in fruits and nuts. Spread evenly on well-greased 9x10" tube pan. Bake at 375° F. for 60-65 mins. Cool on rack 30 minutes before removing from pan. Spread top of cooled cake with glaze type icing. Let glaze run down on cake. Decorate with cherries and nuts if desired.

SOUR CREAM CAKE

1 cup sour cream	¼ tsp. salt
1 tsp. baking soda	½ tsp. nutmeg
1 cup sugar	½ tsp. cinnamon
2 eggs, separated	½ cup chopped nuts
1½ cup sifted cake flour	1 cup seedless raisins
1 tsp. baking powder	

Whip sour cream with baking soda until it thickens, add sugar. Stir in beaten egg yolks. Mix and sift dry ingredients and combine with nuts and raisins. Stir into first mixture. Fold in egg whites beaten stiff, but not dry. Turn into greased loaf pan, 8"x5". Bake in moderate oven (350° F.), 35 to 40 minutes.

VELVET CHOCOLATE CAKE

2 cups sifted Velvet flour	shortening
⅓ cup cocoa	1 cup sour milk (or buttermilk)
1½ cups granulated sugar	¼ tsp. lemon extract
1 tsp. baking soda	2 tsp. vanilla
½ tsp. salt	2 eggs, unbeaten
½ cup softened butter or	

Sift flour, cocoa, sugar, baking soda and salt into mixing bowl. Add: softened butter (or shortening), sour milk and flavourings. Beat vigorously for 2 minutes — 150 strokes per minute by hand or low speed with electric mixer. Add eggs and beat 2 minutes. Pour batter into 8-inch square pan which has been lightly greased and floured.

Bake in moderate oven for 55 to 60 minutes.

Mrs. Olga Muzechka.

WAR CAKE

2 cups brown sugar	1 lb. muscat raisins
½ cup shortening	Boil for 5 mins. Remove and cool.
3 cups flour	
2 tsp. soda	1 tsp. salt
1 tsp. cinnamon	1 tsp. nutmeg
2 cups water	½ tsp. cloves

Sift together and bake 1 hour in slow oven.

Mrs. Ann Sharun.

CARROTS

DILLED CARROTS

- | | |
|---------------------|-----------------|
| Dill | 2 cups water |
| 1 clove garlic | 4 cups vinegar |
| 2 tsp. mixed spices | 4 tbsp. salt |
| Horse radish | Mrs. M. Fedyna. |
| 2 cups sugar | |

GOLDEN GLAZED CARROTS

- | | |
|----------------------------------|---------------------------|
| 1½ lbs. baby carrots OR | ¼ tsp. thyme |
| 1½ lbs. carrots, cut in strips | 1 tbsp. cider vinegar |
| 2 tbsp. all-purpose flour | 1 tbsp. fresh lemon juice |
| ¼ cup light brown or maple sugar | ½ cup orange juice |
| ½ tsp. salt | Grated peel of 1 orange |
| | 2 tbsp. butter |

Place carrots on a saucepan. Pour boiling water over them and boil exactly 5 minutes. Drain thoroughly. Blend together the flour, sugar, salt and thyme. Add vinegar, juices and orange peel. Bring to a boil while string, and continue stirring until creamy. Add butter, cook 5 minutes over very low heat. Line a casserole with foil, leaving enough around edge to cover, put in the blanched carrots and pour the sauce over. Freeze uncovered. When frozen, cover completely with the foil. Remove package from casserole and put back in freezer. To serve, unwrap carrots, put back in same casserole. Bake, covered in a 350° F. oven about 40 minutes. Uncover the last 15 minutes. Serves 6.

Mrs. Jean Bushko.

BACHELOR'S CASSEROLE (Serves 4)

- | | |
|---|-------------------------|
| Ham pieces (odds and ends off ham bone) | 2 medium onions, sliced |
| 3 or 4 medium sized potatoes, sliced | Brown sugar |
| | Keen's mustard (dry) |

Into a greased casserole place layers of potatoes, onions, ham. Sprinkle the ham layer with brown sugar and mustard. Repeat. Cover and bake for one hour at 375° F. or until potatoes are soft. If ham is not salty you may want to use some salt.

Mrs. Mary Kudryk.

SCALLOPED POTATOES

- | | |
|--------------------------|---------------------|
| 10 medium sized potatoes | 1 can mushroom soup |
| 1 large onion | 1 cup milk |
| Salt and pepper | |
- Slice vegetables, salt and pepper and place in casserole. Mix mushroom soup and milk, and pour over vegetables. Cook for 1 hour.

Mrs. Josephine Greschuk

SIX LAYER CASSEROLE

- | | |
|-----------------------|-------------------------------|
| 1 cup potatoes, diced | 1 cup uncooked rice |
| 1 cup onions, diced | 1 can tomatoes or tomato soup |
| 1 cup carrots, diced | 1 pint boiling water |
| 1 lb. hamburger | |

Put ingredients in casserole in order given. Sprinkle each layer with salt and pepper, dot with butter. Cover casserole and bake 2 to 2½ hours.

Mrs. Sophie Aronitz.

SPANISH CASSEROLE

- | | |
|--------------------------------|----------------------|
| 12 sausages rolled in 6 pieces | 2 large carrots |
| side bacon. Fry on pan, | 1 green pepper |
| then add: | Sauce: ½ cup ketchup |
| 2 onions, chopped | ½ cup water. |

Pour over the vegetables and sausages. Cover and bake at 400° F. for about ¾ hour. The last 15 minutes remove the cover and let it brown.

Mrs. Pearl Bilyk.

TUNA AND NOODLE CASSEROLE

Cook 8 oz. noodles in 2 quarts salted water until tender Drain well. Spread crushed cracker crumbs in bottom of a greased baking dish. Arrange ½ of the noodles over the crumbs, then a layer of 1 can drained tuna, a layer of ½ cup chopped celery, and a layer of finely minced onion. Cover with remaining noodles. Pour over ½ cup mushroom soup mixed with ½ cup milk. Top with cracker crumbs or crushed potato chips and bake for 1 hour at 350° F.

Mrs. P. Bilyk.

CORN MEAL

- | | |
|---------------------------|--------------------------|
| 1 cup corn meal | 1 tbsp. sugar |
| 4 cups milk or soup broth | Dash of allspice, ground |
| 2 tbsp. lard | ½ cup cream |
| ½ an onion | 2 eggs, well beaten |
| 1 tsp. salt | |

Put milk to boil, add a few drops yellow food colour, if preferred yellower, 1 tsp. salt, 1 tbsp. sugar, pinch of spice, if preferred. Fry onions and lard a little, add corn meal and stir watching not to burn onions, until quite hot. Put slowly into boiling milk, mixing well so it will not lump. Then add cream and last beat in well-beaten eggs, stirring well not to curdle. Bake in oven for about 1 hour at 325° F.

Mrs. Ann Sharun.

COLE SLAW

CHURCH SUPPER COLE SLAW

- 10 large cabbages (17 lbs.-shredded).
10 small onions (1½ lbs.)

- 1 can red pimento (optional)
2 lbs. carrots (grated)

Dressing:

- 1 qt. Mazola oil
2 qts. white vinegar
9 cups sugar

- 8 tsp. salt
1 qt. honey

Prepare 3 or 4 days in advance.

Combine honey, oil, sugar and salt. Bring to a boil and pour immediately over shredded cabbage and onions. Do not stir. Place in refrigerator at once, covered.

For church suppers the onions are placed on top of the cabbage and removed before serving. The flavour remains without the onions. Do not use until the third day.

FAMILY-SIZE COLE SLAW

- 1 cabbage (shredded)
1 can pimento (optional)

- 1 onion
1 small green pepper

Dressing:

- ½ cup honey
2/3 cup salad oil
1 cup vinegar

- 2 tbsp. sugar
1 tsp. aslt

Use same preparation as for large salad. Do not stir, and do not serve until 3rd day. This will keep for a week and be delicious.

You can omit pimento and green pepper, use carrots instead.

Fill enough shredded cabbage to fill a 7-cup jar lightly packed.

Mrs. Nancy Phillips.

Demkiw & Yakimetz

Equip. Ltd.

VEGREVILLE,

Alberta

COOKIES

DAD'S COOKIES

- | | |
|--------------------------|---------------------------|
| 1½ cups shortening | ½ tsp. baking powder |
| 2 cups brown sugar | 1 tsp. baking soda |
| 1 tsp. vanilla | 2 cups rolled oats |
| 2 eggs | 2 cups dessicated coconut |
| 2 cups all-purpose flour | ½ tsp. salt |

Cream shortening well, gradually add the sugar and beat until light and fluffy, Add vanilla and well beaten eggs. Sift flour and measure. Sift again with soda and baking powder. Add rolled oats and coconut. Add dry ingredients to first mixture and blend well. Drop from teaspoon into greased cookie sheet and press flat with a floured fork and bake at 375° F. for 8 to 10 minutes. These cookies spread while baking.

Mrs. Kay Spak.

EASY MACAROONS

- | | |
|-----------------------------------|----------------|
| 2 8-oz. packages shredded coconut | condensed milk |
| 1 15-oz. can (1½ cups) | 2 tsp. vanilla |

Mix ingredients. Drop from teaspoon onto well-greased cookie sheet. Bake in moderate oven (350° F.) for 8 minutes. Cool slightly. Remove to rack. Makes 4½ to 5 dozen.

Mrs. Pauline Nasadyk.

GINGER CRINKLES

- | | |
|--------------------|-------------------------------|
| 2/3 cup Mazola oil | ½ tsp. salt |
| 1 cup sugar | 2 tsp. soda |
| 1 egg | 1 tsp. cinnamon |
| 4 tbsps. molasses | 1 tsp. ginger |
| 2 cups flour | ¼ cup white sugar for dipping |

Mix oil and sugar thoroughly. Add egg well beaten. Stir in molasses. Sift dry ingredients together and add to first mixture.

Drop by teaspoonful into sugar. Form into balls coated with sugar. Place in ungreased sheet. Bake 15 minutes at 350° F.

Mrs. Kay Spak.

GRANDMA'S FAMOUS AMMONIA COOKIES

Dissolve a teaspoonful of baking ammonia in 1 tbsp. of milk. Beat until creamy: 1 cup sugar and ½ cup butter or shortening. Add 1 egg, well beaten in the "ammoniated milk". Then stir in 2 cups flour. Roll out and cut into shapes, squares or oblong wafers as desired. Bake on a floured tin in a quick oven, 375° F. to 400° F., but watch carefully, as they burn easily. This recipe can be varied by adding extract of lemon or vanilla, cinnamon, or any preferred flavouring. This is an old-fashioned recipe.

Mrs. P. Bilyk.

GINGER SNAPS

- | | |
|-------------------|-----------------|
| ¾ cup butter | 4½ cups flour |
| ¾ cup lard | 4½ tsp. soda |
| 1 cup white sugar | 1 tsp. salt |
| 1 cup brown sugar | 1 tsp. cloves |
| 3 eggs | 3 tsp. ginger |
| 1 cup molasses | 2 tsp. cinnamon |

Form into balls and bake in hot oven.

Ann Hlus.

HONEY MARSHMALLOWS

- | | |
|----------------------------|--------------------------------------|
| 1½ tbsp. plain gelatine | 1 tbsp. lemon juice |
| ¼ cup cold water | ¼ lb. coconut or crushed corn flakes |
| 1 cup light honey (warmed) | |
| 1 egg white | |

Soak gelatine in cold water, then warm honey. Beat egg whites stiff. Slowly add warm honey and gelatine mixture. Add lemon juice and beat until mixture holds peaks. Pour into shallow greased pan. Place in cool place until stiff and cut with wet knife. Roll squares in coconut or finely crushed corn flakes and store in tightly closed can.

For variety: (1) Dip finished marshmallows in melted chocolate. (2) Add nuts, cherries, raisins or dates to mixture when beating is finished.

(3) Substitute water with juice from maraschino cherries to make pink marshmallows.

Cash Foods Ltd. I.G.A.

TABLERITE MEATS, VEGETABLES AND PRODUCE

GROCERIES

Vegreville,

Alberta

JUMBO RAISIN COOKIES

- | | |
|-------------------------------|--------------------------|
| 2 cups raisins | and all). |
| 1 cup water | Sift together: |
| Boil 5 minutes and set aside | 4 cups all purpose flour |
| to cool. | 1 teaspoon baking powder |
| Cream: | 1 teaspoon soda |
| 1 cup shortening | 2 teaspoon salt |
| 2 cups sugar | 1½ teaspoon cinnamon |
| 3 eggs | ¼ teaspoon nutmeg |
| 1 teaspoon vanilla | ¼ teaspoon allspice |
| Add cooled raisins (use juice | |

Add to raisin mixture. Add 1 cup chopped nuts if desired. Mix well and drop by teaspoons full. Bake at 375° F. for 12 to 15 minutes. Makes 5 dozen cookies.

Mrs. F. Gogal—Vegreville.

JELLO SQUARES

- | | |
|---------------------|-------------------------|
| 1 pkg. orange Jello | Juice of 1 orange |
| 1 pkg. Lemon Jello | 1 can Alpha Milk (tall) |
| 1 cup boiling water | Graham Wafers |
| ¾ cup sugar | |

Roll enough Graham wafers to make 2 cups, add ¼ cup melted butter and 3 tbsp. brown sugar. Mix well and line and 8x12 pan, leaving about half a cup of crumbs for the top. Dissolve Jello in boiling water and cool till lukewarm. Whip your milk and gradually add your sugar and beat till well beaten. Then add your Jello and orange juice. Mix and pour into the pan with the Graham wafers, then sprinkle the remaining crumbs on top. Let set in the refrigerator overnight.

Mrs. Marie A. Goshko.

MOM'S COOKIES

- | | |
|-------------------------------|-----------------|
| 8 eggs | 2 cups milk |
| ½ cup soft lard | 1 tsp. salt |
| 2 cups sugar or more | 2 cups raisins |
| 2 rounded tbsp. baking powder | 1 tbsp. vanilla |
| 1 rounded tsp. baking soda | 1 tsp. nutmeg |
| 1½ cups thick sour cream | 10 cups flour |

Rub flour with lard, enough to mix well. Then add the rest of the ingredients Wash raisins. Add flour and beat well. Work with the spoon only to a soft dough. Use more flour while rolling out. Do not put too much flour — it makes them hard. The softer the dough, the lighter the cookies. You can use 3 cups sugar and sweet cream instead. Bake in a very hot oven at 425° F. Bake 15 minutes or till nice and brown.

Mrs. Nancy Phillips.

PEA-NUTS (Cookies)

½ cup shortening	1 cup flour
½ cup brown sugar	1 tsp. baking powder
½ cup white sugar	½ tsp. baking soda
½ cup rolled oats	1 egg
1 cup corn flakes	1 tsp. vanilla
1 cup whole salted peanuts	

Cream shortening, sugar, add egg and vanilla. Sift flour and dry ingredients. Add corn flakes, rolled oats and peanuts. Drop from spoon on cookie sheet.

Anne E. Bilyk.

QUICK OAT COOKIES (2 dozen)

¼ cup shortening	¾ cup Robin Hood pre-sifted all purpose flour
¼ cup butter	½ tsp. salt
½ cup brown sugar	¼ tsp. nutmeg, if desired
½ tsp. vanilla	1 cup Robin Hood Oats
½ tsp. soda	1 egg
2 tbsps. hot water	

Cream shortening, butter, brown sugar and vanilla. Mix soda with hot water and add to creamed mixture. Measure flour (without sifting) and combine with salt and nutmeg stirring well to blend. Stir in oats, add dry ingredients to creamed mixture. Mix well shape dough into 1 inch balls and place on greased baking sheets flatten with tines of fork. Bake at 400° F. for 5 to 6 minutes.

Mrs. F. Gogal—Vegreville.

SUGAR BALLS

1 cup butter or margarine	2 cups flour
¼ cup icing sugar	1 cup nuts or peacans (chopped)
2 tsp. vanilla	
1 tbsps. water	

Cream dough

Shape into balls 1" diameter and roll into colored sugar, red and green. Bake 350° F. for 25 to 30 minutes.

Mrs. Josephine Greschuk.

UKRAINIAN COOKIES

1 cup thick sour cream	Start with 4 cups of flour.
1 cup butter (not soft)	

With a pastry blender (or use table knives) work the flour, cream and butter until the dough holds together. Add more flour if necessary to make your dough thick enough for rolling. Roll out about ½ inch thick. Cut whatever form desired. Cover each cookie with sugar and bake in a hot oven until a golden brown.

Mrs. Georgina Tomyk.

DILLS

PICKLED EGGS

Peel and place in quart jar:
12 to 16 hard-cooked eggs.

Add to jar:

1 sprig of dill

Combine:

Bring vinegar mixture to simmering point and simmer 8 minutes. Strain and pour over eggs, filling jar to overflowing. Seal. Let stand for two days before using.

2 cups cider vinegar

2 tbsp. sugar

1 tsp. salt

1 tsp. mixed spices (pepper-corns, cloves, celery seed)

WINTER DILLS

5 cups water

1 cup vinegar

Bay leaf

Process in hot water for 10 minutes.

1 tbsp. brown sugar

2 tbsp. salt

Dill, garlic & whole spice

Dora Hawrish.

you're
twice
the
cook...

...with a
new
electric
range



**CANADIAN UTILITIES
LIMITED**

DOUGHNUTS

CAKE DOUGHNUTS

- | | |
|-------------------------|-------------------------------------|
| 2 eggs | 4 level tsp. baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{3}{4}$ tsp. salt |
| 1 cup milk | 1 tsp. grated nutmeg |
| 4 cups flour | $\frac{1}{4}$ cup melted shortening |

Put eggs, sugar, shortening and milk into bowl. Mix well. Sift together remaining ingredients. Add to the first mixture. Mix well. Roll out to $\frac{1}{4}$ inch thickness on floured board; cut with doughnut cutter. Fry in deep shortening at 380° F. until light brown, turning only once. Makes 24 doughnuts.

Mrs. M. Fedyna.

DOUGHNUTS

- | | |
|--|----------------|
| $\frac{3}{4}$ cup crisco | 3 cups flour |
| 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 pkgs. active dry yeast over. Let stand for 10 minutes. | |
| Combine: 3 cups warm water | 1 cup sugar |
| 6 egg yolks, beaten slightly | 1 tsp. vanilla |
| 1 tbsp. salt | |

Add the dissolved yeast and mix well, then add to the flour and crisco mixture. 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. Roll out to $\frac{1}{2}$ inch thickness. Dip a doughnut cutter into flour and cut doughnuts. Let stand on floured board in warm place until very light. Fry in deep fat until golden brown on both sides. Drain on unglazed paper.

Mrs. Peter Pankiw.

DOUGHNUTS—NEVER-FAIL

- | | |
|---|--------------------------------|
| $\frac{3}{4}$ cup Crisco | 6 egg yolks, well beaten |
| 4 cups flour — rub together with Crisco | Pinch of salt |
| 4 cups water | 1 tsp. vanilla |
| 3 pkgs. fast rising yeast | More flour just to make dough. |
| $1\frac{1}{2}$ cups sugar | |

Soak your yeast in four cups warm water. Beat your egg yolks and sugar, salt and vanilla. Add your flour rubbed with Crisco, add a little more flour to make the dough just medium so you would be able to work with it. Let it rise once, then make out doughnuts.

HONEY DIPPED DOUGHNUTS

2/3 cup milk	3 cups sifted flour
2 tbsp. shortening	1 egg, beaten
1/4 tsp. salt	1/4 tsp. nutmeg
1/3 cup honey	1/4 tsp. cinnamon
1/2 yeast cake	

Scald milk, add shortening, 1 tbsp. honey and cool to lukewarm. Stir in yeast and 1 cup flour and beat well. Raise this sponge 1 hour.

Combine remaining honey with egg and spices and then stir into sponge. Blend in the rest of the flour and knead 1 minute. Let rise until double. Roll out. Cut and let rise again. Fry in fat at 350° F. Drain and cover with following glaze:

Glaze:

1/8 tsp. unflavoured gelatin	2 1/4 cups confectioners sugar
1/2 cup water	1/8 tsp. salt
1 tbsp. honey	1 tsp. vanilla

Combine gelatin and water. Add honey and heat over hot water until warm or on a very low heat. Add sugar, salt and vanilla. Stir until smooth. Keep glaze warm over hot water and dip doughnuts in it, placing them on rack to dry.

Mrs. Nancy Phillips.

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Alberta

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POLISH DOUGHNUTS

A very high, fluffy, light doughnut.	½ cup sugar
1 yeast cake	½ cup butter
2 cups milk, scalded and cooled	1 tsp. vanilla
5 egg yolks and 1 egg	½ tsp. salt
	7 cups flour

Dissolve yeast in lukewarm milk and add 2 cups flour. Set in warm place for ½ hour. Beat yolks and egg with sugar, salt and flavouring until light. Add to sponge. Melt butter over hot water and add this also to the sponge. Blend in 5 cups of flour and cover. Let rise for one hour or until double in bulk. Turn onto pastry board and pat or roll out to ½ inch thickness. Cut with doughnut cutter, cover and let rise again until light. Fry in deep fat. Be sure to drop the top side down as this side is lightest. The underside will have a chance to raise a little more. Yields about 2 dozen.

Mrs. Nancy Phillips.

RICH DOUGHNUTS (25)

4 egg yolks or 2 whole eggs	1 tsp. baking soda
1 cup sugar	½ tsp. salt
2 tbs. soft shortening	¼ tsp. nutmeg
¾ cup buttermilk	¼ tsp. cinnamon
3½ cups sifted all-purpose flour	2 to 3 lbs. shortening to fry
2 tsp. baking powder	or lard

Beat eggs wel. Beat in sugar and shortening. Stir in buttermilk. Sift together remaining ingredients and work them into the batter. CHILL dough 2 hours. Roll out ½ inch thick, cut with floured doughnut cutter. Brown doughnuts about 1 minute on each side in 3-inch lard heated to 370° F. Drain on absorbent paper. Makes 25. While frying do not put too many at one time to prevent from absorbing fat.

Mrs. Nancy Phillips.

SWEET MILK DOUGHNUTS (30)

3½ to 4 cups all-purpose flour, sifted before measuring.	1½ tsp. salt
4 tsp. baking powder	1 cup sugar
¼ tsp. cinnamon	4 tbs. shortening
¼ tsp. nutmeg	3 eggs
	1 cup sweet milk

Sift flour with baking powder, spices and salt. Cream sugar and shortening till light and fluffy. Add unbeaten eggs, one at a time, Beat thoroughly after each addition. When eggs are completely blended, add milk and 3½ cups flour alternately to mixture first adding half the flour, then half the milk. The mixture may need more flour so add whatever is needed from the ½ cup left. Chill in refrigerator one hour. Roll ¼ to ⅜ inch thick.

Frying temperature — 375° F. Do not put too many at one time to prevent from absorbing too much fat.

Mrs. Nancy Phillips.

FISH

BAKED FISH WITH CELERY STUFFING

3 lbs. whole fish or	$\frac{3}{4}$ cup chopped celery
2 lbs. fish fillets	1 tsp. salt
2 cups soft bread crumbs	$\frac{1}{8}$ tsp. pepper
3 tbsp. shortening	1 tbsp. lemon juice
$\frac{1}{4}$ cup finely chopped onion	1 tbsp. minced parsley

Melt shortening in skillet, add onions and celery and cook until tender. Mix together bread crumbs, salt, pepper, lemon juice and parsley. Stir into vegetables in skillet. Allow crumbs to brown slightly.

Place fish in greased baking pan. Stuff lightly. If fillets are used, arrange stuffing between, secure sides with wooden toothpicks. Bake 30 minutes at 400°.

Mrs. Annie Toronchuk.

PICKLED FRESH FISH

Clean 2 medium fish, white or jack. Wash in cold water. Cut into small pieces and put in a dish. Sprinkle with 2 cups of salt and let stand for 6 days in a cool place. On the 7th day wash in two or three times in cold water. Place in the quart jars, add 1 tsp. pickling spice and 1 medium onion into each jar. Make a brine of 4 cups cold water, $4\frac{1}{2}$ cups vinegar. Pour over fish and seal. Store in cool place. Ready to eat in two days.

We used this recipe in the olden days when deep freeze was not on the market.

Mary Kulmatycki.

PICKLED FISH

Cut fish in 2" pieces, salt each piece separately and well. Place lightly (do not pack) into a crock or glass container, and let stand for 3 days, turning the fish over 2 or 3 times during the salting period. Keep in room temperature. On the third day take the fish out of the brine piece by piece. (Do not wash). Place in a clean container, also glass or crock, with layers of fish and sliced onion. Cover with vinegar, $\frac{3}{4}$ cup of water may be added to a qt. of vinegar. Let say 24 hours longer. Keep in refrigerator.

Mrs. Jean Fedechko.

JELLIED FISH

1 Jack fish
1 Pickerel

1 onion
Salt to taste.

Clean fish and scale. Cut into 2-inch slices and arrange in bottom of pot. Salt to taste and add chopped onion. Cook cleaned heads with fish. Add boiling water to cover and boil about 1 hour. Put fish pieces in bowl and cover with strained juice. Set in cool place to jell.

SALMON LOAF

1 cup flaked salmon (7¾ oz. tin). Do not drain.
1 cup stale bread crumbs soaked in 1 cup scaled milk.
1 tsp. salt

2 tbsp. finely chopped onions
2 egg yolks, beaten
1 tsp. lemon juice
2 stiffly beaten egg whites,

folded in last.

Mix and bake in a well-greased pan at 350° F. for ¾ hour.

Mrs. Mary Kudryk.

STUFFED JELLIED FISH

1. Scale fish, do not open stomach. Cut in 4 inch pieces, clean insides out. Salt overnight, use about 1 tsp. of salt.
2. Rinse pieces of fish in the morning, and fill with dressing made of crackers rolled coarsely, half crackers and half bread crumbs may be used. I prefer crackers alone; two large onions fried in butter; salt and pepper to taste. Moisten dressing with lukewarm water, just enough to hold together.
3. Stuff pieces of fish not too tightly and tie around with string. I use size 10 sewing thread.
4. Place pieces in a pot with a wider bottom. Cover with lukewarm water, just enough to cover the fish. Add one small chopped onion, salt and pepper, just a little more salt than otherwise to taste; the fish will absorb.
5. Boil 15 minutes for whitefish, 20 minutes for jackfish and pickerel.
6. Remove from heat, chill a little. Take out fish piece by piece, remove string.
7. Place in serving bowl. Cover with brine the fish has boiled in. Chill to set.

(Mrs. Joe) Jean Fedechko.

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HOLUPCHI

HOLUBTZI (Cabbage Rolls)

- | | |
|-----------------------------|-----------------|
| 1 medium head sweet cabbage | 1 onion, medium |
| or sour | 1 tbsp. salt |
| 1 tbsp. butter | Dash of pepper |
| 1 cup rice | |

Cut core from centre of cabbage and pour boiling water on cabbage. Let stand few minutes or until soft. Remove leaves and cut into small pieces. Take off thick viens to make easier to roll. Put few leaves on bottom of pan where Holubtzi will be baked.

Pick rice over, wash. Place in pan half filled with water and cook for 15 to 20 minutes, stirring constantly. When rice is cooked, chop onions in a bit of butter and saute until brown. Add to rice. Season and mix well. Place a teaspoonful of the mixture on a leaf of a cabbage and roll. Put each Holubtzi side by side in a pan. Pour hot water over them just enough to cover and bake about 1½ to 2 hours. When using sour cabbage, put a little salt over the Holubtzi, then cover with boiling water and bake.

HOLUBTZI (with Krupy) — BUCKWHEAT CABBAGE ROLLS

- | | |
|-------------------------|--------------------------|
| 2 cups Buckwheat dried | 4 tbsp. cooking oil |
| in oven | Salt and pepper to taste |
| 1 medium onion, chopped | 3 lbs. head of cabbage. |
| 4 cups water | |

Put buckwheat in boiling water and bring to a boil. Fry onions chopped fine in cooking oil and add to the buckwheat, add salt and pepper to taste. Cover tightly and simmer for 20 minutes. Set aside.

Core cabbage and pour boiling water over it. Let steam for a few minutes until softened, add ½ tsp. salt. Separate the leaves, cutting larger leaves into 3 or 4 pieces depending on the size of the leaf. Add 1 tsp. of filling, folds ides over filling and roll bottom to top.

Place in layers in casserole. Pour warm water till it almost reaches the top layer. Add 1 tbsp. oil, cover and bake at 350° F. approximately 2 hours.

Mrs. Tekla Miskiw.

LAZY HOLOPCHI

- | | |
|--------------------|-------------------------------|
| 2 cups rice | 1 medium sized onion (sauteed |
| 4 cups water | in 4 tbsp. lard or butter). |
| 1 quart sour kraut | |

Boil rice till it thickens a bit. Salt and pepper to taste. Add sour kraut and boil a few minutes longer. Set in oven and bake for 1 hour at 350° F.

Mrs. J. Fedechko.

BEEF LEAF HOLUBTSI

2 cups cold water
1 cup rice

Salt and pepper to taste

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

Pick young beet leaves, wilt them in the hot sun or oven at 200° F. for 5 to 10 minutes. Place a tbsp. rice on beet leaf. Fold sides over rice and roll them from bottom to top. Place in layers in casserole. Pour $\frac{1}{2}$ cup of water, cover and bake in oven 300° F. for $\frac{3}{4}$ of an hour. Serve with dill sauce.

Dill Sauce:

2 cups sour thick cream
1 tsp. dill, chopped fine

1 tbsp. chopped onion
Salt and pepper to taste

Simmer onion in sour cream, uncovered for about 5 to 10 minutes. If sauce is too thin, add 1 tsp. of flour diluted with cream. Add dill, salt and pepper, pour over Holubtsi. Dough may be used for these holubtsi. It may be plain bread dough or bun dough. When dough has risen to double in bulk place a piece of dough the size of a walnut on beet leaf roll up. Place holubtsi loosely in the pot to allow for dough to rise, to double in bulk again. Arrange in layers dotting each layer with butter. Cover tightly and bake in oven 300° to 350° F. for 1 hour. Serve with dill sauce.

Mrs. P. F. Malko.

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LOAF CAKES

CARROT LOAF

1 cup sugar	1 tsp. cinnamon
$\frac{3}{4}$ cup salad oil	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ cup flour	1 cup grated raw carrots
1 tsp. baking powder	2 eggs
1 tsp. baking soda	$\frac{1}{2}$ cup chopped walnuts

Mix sugar and oil, then add sifted flour with dry ingredients. Add carrots and blend well. Add eggs one at a time, beating well. Add nuts last and blend well. Bake in loaf pan at 375° F. for 55 minutes to 1 hour.

CRANBERRY NUT LOAF

2 cups flour	$\frac{1}{2}$ tsp. soda
1 cup sugar	1 tsp. salt
$1\frac{1}{2}$ tsp. baking powder	

Sift together dry ingredients. Add: Grated rind of 1 orange and juice. 2 tbsp. melted shortening. Add boiling water to make $\frac{3}{4}$ cup liquid. Beat 1 egg and add. Mix wel. Add $1\frac{1}{2}$ cup raw cranberries, halved, $\frac{1}{2}$ cup walnuts. Bake in a greased and lightly floured loaf pan for 50 to 60 minutes at 350° F.

Mrs. Margie Warawa.

DATE AND NUT LOAF

Pour:	Stir in the dates and water.
$1\frac{1}{2}$ cups boiling water over	Sift together and stir in:
$1\frac{1}{2}$ cups cut-up dates. Let cool.	$2\frac{1}{4}$ cups sifted flour
Mix thoroughly:	1 tsp. soda
$\frac{1}{2}$ cup brown sugar (packed)	$\frac{1}{2}$ tsp. salt
1 tbsp. soft shortening	Blend in 1 cup broken nuts
1 egg	

Pour into well-greased 9"x5"x3" loaf pan. Let stand 20 minutes before baking. Temperature: Bake 60 to 70 minutes.

A. Ponich.

DATE LOAF

1 cup chopped dates	1 egg
1 cup boiling water	1 and 2/3 cups cake flour
½ cup margarine	¼ tsp. salt
1 cup white sugar	½ cup chopped walnuts
1 tsp. vanilla	1 tsp. baking soda

Cover dates with boiling water. Stir thoroughly and cool to lukewarm. Thoroughly cream margarine with sugar, add the egg and vanilla and beat well. Add date mixture, sifted dry ingredients and beat well. Finally, add the nuts. Bake in a loaf pan for 1 hour in a 325° F. oven.

Mrs. N. Zakordonski.

HOLIDAY FRUIT PUFFS

Make 8 desert puffs from 1 stick cream puff mix.

Sauce: Drain syrup from 16-oz. can fruit cocktail. Add water to make 1 cup liquid. Blend 1 tbsp. cornstarch, 2 tbsp. sugar. Stir in liquid. Boil 1 minute, stirring. Blend in 1 tbsp. butter, ½ tsp. grated lemon rind, 1 tbsp. lemon juice, fruit cocktail. Cool. Fill puffs with ice cream and pour over sauce.

Mrs. Pearl Bilyk.

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MEATS

APRICOT BEEF ROLLUP

½ cup chopped dried apricots	margarine
½ cup water	1¼ tsp. salt
2 lbs. meat-loaf mixture (ground beef, pork and veal)	½ tsp. pepper
2 tbsp. chopped parsley	2 cups ready-mix bread stuffing
1 egg	¼ cup chopped celery
¼ cup dairy sour cream	Dash of cayenne
2 tbsp. melted butter or	4 slices bacon

1. Simmer apricots in water 1 minute. Remove from heat.
2. Mix meat-loaf mixture lightly with parsley, egg, sour cream, 1 tsp. salt and pepper until well blended. Pat into a rectangle 16x10 inches on an waxed paper or foil, for easy handling, paper should be a few inches longer than meat layer.
3. Stir bread stuffing, celery, melted butter, remaining ¼ tsp. salt and cayenne into apricot. Spread evenly over meat to within 1 inch of edges. Roll up, jelly roll fashion, using waxed paper or foil as a guide. Pinch together at ends to seal.
4. Place rol, seam side down, in a greased large shallow baking pan, top with bacon slices.
5. Bake in moderate oven (350° F.) 1 hour, or until richly browned.

Mrs. Margie Warawa.

BARBECUED SPARERIBS

2 lbs. small meaty spareribs 1 medium sized onion

Place a layer of spareribs in bottom of 2-qt. casserole, cover with sliced onions. Pour barbecue sauce over top. Repeat once. Cover. Bake 1½ hours at 350° F.

Barbecue Sauce:

½ cup catsup	1½ tsp. salt
¼ tsp. batasco sauce	½ tsp. chili powder
1 cup water	½ tsp. dry mustard
2 tbsp. brown sugar	

Mix ingredients together well.

Mrs. Annie Toronchuk.

BARBECUED SAUSAGES

Fry one onion and one-half cup celery in a little butter until soft and transparent. In the meantime boil sausages (about 1 lb.) for two minutes to remove excess fat. Then brown slightly in pan with celery and onions and cut into bite-sized pieces. Add the following sauce and simmer, covered, for about ½ hour.

Sauce:

½ cup catsup	4 tbsp. sugar
¼ tsp. pepper	1 tbsp. prepared mustard
1 tsp. salt	1 tsp. paprika
1 tsp. Worcestershire Sauce	¾ cup water
4 tbsp. vinegar	

Mrs. Georgina Tomyn.

BARBECUED RIBLETS

Cut 3 lbs. lamb riblets in 2-inch pieces. Place on rack in shallow roasting pan. Bake in shallow roasting pan. Bake in centre of very hot oven 425° F. for 30 minutes. Pour off fat. Remove rack and cover riblets with 3 cups barbecue sauce. Reduce oven temperature to 325° F. and continue baking one hour, basting several times with sauce. Serves 6.

Barbecue Sauce:

2 tbsp. brown sugar	1½ tbsp. spicy meat sauce
1½ tsp. dry mustard	3 tbsp. vinegar
1½ to 1¾ tsp. chili powder	¾ cup finely chopped onion
1 tsp. salt	3 cups tomato juice
½ tsp. pepper	

Mix brown sugar and seasonings. Add remaining ingredients. Mix. Simmer 10 minutes. Makes 3 cups.

Mrs. Tekla Miskiw.

BARBECUED SPARERIBS

4 lbs. spareribs	Salt and pepper
2 onions, sliced	1 recipe Barbecue Sauce

Place spareribs in roaster and add sliced onions. Sprinkle with salt and pepper. Pour the sauce over spareribs. Cover pan and cook in moderate oven 350° F. for 1½ hours. Remove cover and roast 20 minutes longer. Serve with cooked rice for 6.

Mrs. Margie Warawa.

CHICKEN IN CREAM (Ukrainian)

1 young chicken	¼ tsp. salt
4 cups water	½ tsp. pepper
3 cups medium cream (sweet or slightly sour)	Onion.

Select 3 to 4 months old chicken. Dress, clean, wash in slightly salted water. Cut in pieces, cover with water and boil 45 minutes. Drain stock. Add cream, onions and seasoning. Boil again until meat is tender. Serve with new potatoes and young peas.

CHICKEN LOAF

2 cups cooked chicken	or	1 stalk celery with leaves
2 5½-oz. cans of chicken		2 sprigs parsley
¾ cup milk		1 tsp. salt
1½ cup soft bread crumbs		½ tsp. black pepper
2 tbsp. butter		2 eggs, beaten
1 small onion		

Start your oven 375° F. or moderate. Cut chicken in small pieces. Heat milk until a film wrinkles over top, then pour milk over bread crumbs. Add butter or margarine, let stand about 5 minutes.

Meanwhile, chop up onion, celery, parsley and mix with the chicken. Season with salt and pepper.

Beat eggs slightly, stir into bread crumbs. Add chicken and mix thoroughly. Pour into 4 greased custard cups or medium casserole. Set in pan of warm water and bake 45 minutes or until a silver knife come out clean when tested in centre of loaf.

Garnish with border of sliced (green) olives and serve with olive

CHINESE SPARERIBS

Allow 1 lb. spareribs for one person.

4 cloves garlic (don't change)	¼ cup catsup
1 tsp. salt	4 lbs. pork spareribs
¼ cup honey	1 tsp. cornstarch
¼ cup Soya sauce	Water
1 cup chicken stock	

Mash garlic to fine pulp, mix with salt. Mix with honey, soya sauce, chicken stock and tomato catsup. Marinate ribs in this mixture for several hours or overnight if possible. Turn ribs often so all surface are soaked. Start oven at 450° F. Bake ribs 10 minutes, reduce heat to 325° F. and then bake until done, about 1 hour and 30 minutes. Baste frequently. Make gravy with cornstarch and water and serve with hot mustard.

CHOP SUEY

1 lb. fresh pork, cut into small pieces	1 tsp. salt
3 tbsp. cooking oil	1 tsp. sugar
2 tbsp. soya sauce	1 tsp. vinegar
2 cups celery, cut long strips	1 can mushrooms, sliced
3 cups onion, sliced lengthwise	2 cups soup broth or more,
1 can Bean Sprouts, drained	nearly to cover vegetables

Heat oil, add fresh pork or any left over chicken or other meat. Fry until brown. Add soya sauce over meat. Then add soup stock and mushroom juice, add celery first. It takes longer than other vegetables. Then onions. Simmer a little, add vinegar, salt, sugar, then mushrooms and bean sprouts. Add more liquid if necessary. Simmer slowly for a few minutes. Add a little cornstarch to thicken the liquid. Serve with steamed rice and sweet and sour ribs.

Mrs. Ann Sharun.

HAMBURGERS

6 lbs. ground pork	2 eggs
1½ lb. ground beef	1 cup sweet cream
1 cup bread crumbs (fine)	Salt, pepper, to taste
¾ cup fried onion in lard	Garlic, if preferred, ¼ tsp.

Mix all together well and roll in balls. Flatten slightly in flour, roll first to coat with flour and flatten. Fry in hot fat till light brown. Put in a casserole and bake till done. They freeze well.

Mrs. Nancy Phillips.

HOME-MADE PORK GARLIC SAUSAGE

Cut pork into ½-inch pieces, (I use pork alone), and salt well overnight. Add enough garlic, salt and pepper to have a bit stronger flavor than to your taste, the meat will absorb the seasoning.

Work with the meat in a kneading cycle for a good half an hour. Fill the casings not too tightly and do not have your sausage more than 2 feet long or it may crack here and there.

Prick sausage with a pin or needle during stuffing to loosen any air accumulated.

Bake at 325° F. for about 1½ hours turning over to brown it on both sides. handle carefully. Prick at least once during baking period.

Mrs. Hnat Daciuk.

ITALIAN SPAGHETTI WITH MEAT SAUCE

1½ tbsp. butter	¼ tsp. nutmeg
1 medium onion	½ tsp. cinnamon
1 lb. hamburger	¼ tsp. ginger
1¼ tsp. salt	¼ tsp. allspice
1 20-oz. can tomato soup	¼ tsp. cloves
1 cup water	1 lb. spaghetti
½ cup catsup	Grated cheese
½ tsp. chili powder	

Heat butter in saucepan, add onion and brown lightly. Add hamburger, and stir constantly to keep well-separated while browning lightly. Then add salt and tomato soup and other ingredients. Simmer at low heat 30 to 40 minutes, stirring often.

Meanwhile cook spaghetti in 4 qts. of boiling salted water, dipping ends in boiling water and slowly punching rest in as ends become softend. Cook until tender, about 20 minutes, drain, rinse with hot water and again drain. Heap onto hot platter, pour hot meat sauce over spaghetti and sprinkle grated cheese on the top. Garnish with fresh parsley.

Mrs. Doreen Demkiw.

JELLIED PORK HOCKS

Singe, scrape and wash, 4 fresh pork hocks. Cover with cold water, bring to rapid boil for about 5 minutes. Pour off all water and wash again. Add enough cold water to cover pork hocks. Bring to a boil and then turn off to simmer.

Add washed unpeeled large onion, bay leaf, carrot and 2 tablespoons salt. Simmer for 3½ hours, then add 2 cloves of garlic chopped fine, simmer for another ½ hour.

Remove bones and skin, arrange meat in shallow pan. Pour broth over meat through strainer. Set in cold place to jell.

You may add a beef or pork shank to pig's feet. This will give you a meatier loaf.

KYSHKA (BUCKWHEAT SAUSAGE)

2 lbs. pork neck bones or spareribs	1 bay leaf
4 qts. water	2 lbs. whole buckwheat
2 whole onions	2 lbs. fresh pork
2 Maggi bouillon cubes	2 cups fresh blood
Salt and pepper	6 beef casings

Boil 2 lbs. pork neck bones or spareribs in 4 qts. water. Add 2 whole onions. Salt and pepper. Boil till meat parts from the bones. When done remove bones and add 2 Maggi bouillon cubes.

Dry 2 lbs. whole buckwheat in an oven (300° F.) for about ¾ hour. Dice 2 lbs. fresh back fat or grind (in a grinder) and fry until golden brown. Add buckwheat or crackling and fat. Mix well. Add 2 cups fresh blood. Mix well over low heat until thick. Takes 10 minutes. Pour boiling strained pork stock over the buckwheat. Bring to a boil, simmer 5 minutes. Rinse casings in warm water, tie one end and fill loosely with buckwheat mixture. The buckwheat mixture should be of pouring consistency. Place in boiling water in a shallow pan or roaster. Put 2 tinfoil pie plates upside down on the bottom of the roaster. (Cake racks could be used). Lay the kyshka on top of the plates or racks, prick in several places with a needle and boil uncovered for 25 minutes, and heat 25 minutes at 275° F.

Kyshka may be sliced in 1½" pieces and fried in oil in a frying pan. serve hot.

PORCUPINE MODERN MEAT BALLS

1 lbs. ground beef	½ cup rice
1 small onion, finely chopped	1 tsp. salt
2 tbsps. shortening	1½ cup canned tomatoes
1 cup tomato sauce	1 cup celery, in 1" pieces
1 cup green pepper, chopped (optional).	1 10-oz. can mushroom pieces.

Thoroughly mix beef, onion, rice and salt. Form into 8 balls. Brown meat balls in hot shortening. Place in 2-qt. casserole. Add tomatoes, tomato sauce, celery, green pepper and mushrooms.

Refrigerate several hours if they are to stand in oven before cooking begins. Cover and bake 1 hour at 350° F.

Mrs. Annie Toronchuk.

PIQUANT MEAT LOAF

1 lb. ground beef)	
½ lb. ground pork)	
2 eggs)	
1 cup milk)	Mix and spread in a loaf pan.
¼ cup grated onion)	
1 tsp. salt)	
½ tsp. pepper)	
½ tsp. sage)	

Sauce:

3 tbsps. catsup	2 tbsps. brown sugar
1 tsp. mustard	¼ tsp. nutmeg

Mix and spread over top of loaf. Bake at 350° F. Serves 8. Good hot or cold and served with a tossed salad.

Mrs. M. G. Gault.

RICE CHINESE STYLE

Use deep saucepan with tight fitting cover. Rinse 2 cups rice in cold water several times. Drain and add enough cold water to cover 1 inch above rice. Cover pan tightly and bring to boil. When steam escapes cooks 3 minutes, turn heat to medium and cook 2 minutes. Turn heat to low and cook 15 minutes. Serves 6.

RICE AND BEEF SUPPER

Saute 1½ lbs. boneless rump, cut in bite size pieces and 1½ cups (¼ lb.) fresh mushrooms, sliced, in 2 tbsps. salad oil, in a 2-qt. casserole.

Combine browned meat and mushrooms, 2 cups finely chopped onions, ½ cup finely chopped celery, 2 cups water, 1 can (10½ oz.) condensed cream of mushroom soup, 1 tsp. salt and ½ tsp. pepper. Bake uncovered at 350° F. for 1 hour or until meat is tender.

Stir in 1½ cups Minute Rice, 1½ cups sliced cooked carrots, and 1 cup cooked peas. Continue baking 20 minutes longer. Stir before serving. Makes 6 servings.

Mrs. P. Bilyk.

SWEET AND SOUR SPARE RIBS

2 lbs. spareribs (cut small)	¼ cup vinegar
1 cup brown sugar	3 tsp. cornstarch
1 cup water	¼ cup water

Fry spareribs on 2 tbsps. lard till brown.

In saucepan put brown sugar and water together. Bring to a boil, add vinegar, then bring to a boil again. Add cornstarch (dissolved in ¼ cup water) till thickened.

Drain spareribs, add to syrup, simmer for 1 hour.

Mrs. Mike Petryga.

SAUERKRAUT UKRAINIAN SAUSAGE

1 ring Ukrainian sausage	¼ cup chopped onion
1 qt. sauerkraut	1 tbsps. oil

Fry onions until light brown in oil, add sauerkraut and mix well. Place in a roasting pan the sauerkraut and the sausage. Bake for ½ hour in 350° F. oven.

Mrs. Tekla Miskiw.

SWEET AND SOUR SPARERIBS

Allow 1 lb. spareribs per person.

Cut ribs into individual serving pieces. Brown them in a heavy skillet in a little hot lard. Drain all fat. Make a sauce of:

½ cup or less brown sugar	1 tbsps. cornstarch
¼ cup vinegar	Salt
1 cup water	

Combine above ingredients and cook the sauce for a few minutes. If too thick add more water. Pour sauce over spareribs and let simmer for about ¾ to 1 hr.

Note: You may increase the amount of vinegar or brown sugar to your taste.

Mrs. N. Zakordonski.

SAUERKRAUT WITH PORK SHOULDER

Place half of the kraut in a baking dish. Add the meat and then the rest of the kraut. Pour enough boiling water over it to cover. Heat to boiling on a surface burner. Cover, then place in the oven at 350° F. for 2½ hours. This may be served with:

Dumplings:

1 egg	1 tsp. baking powder
½ cup milk	½ tsp. salt
¾ cup flour	

Beat egg well and add milk. Sift the flour, powder and salt together. Add this to the egg mixture, stirring in make a smooth soft dough. Drop dumpling dough on top of the kraut and meat mixture at the end of baking time. Cover and return to the oven at 350° F. for 20 minutes.

Mrs. Dave Rurka.

SWEET AND SOURS

1½ cups water	1 tbsp. cornstarch.
¾ cup vinegar	Boil.
1 cup brown sugar	3 lbs. spareribs.
2 tsp. chinese sauce (soya)	

Fry spare ribs until borwn on both sides. Pour the sauce over the spare ribs. Cover and simmer for about ½ hour.

Mrs. Ann Sharun.

UKRAINIAN SAUSAGE

6 lbs. trimmed pork butt	3 tbsp. salt
4 lbs. shoulder veal	¾ tsp. pepper
5 cloves garlic (crushed)	1 qt. water

Cut meat in cubes, add garlic, salt and pepper. Add more salt if desired. Mix well. Add water. Continue to mix until all water is absorbed. Rinse casings and fill with meat. Prick casings with needle to let the air escape. Smoke or bake sausages.

To bake sausages, place them in a pan. Fill with water almost covering the sausages and bake for 1 hour at 350° F. Baste often until sausages are nicely browned.

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Wild Game

BRAISED MOOSE

4 lbs. ripened moose	½ cup water
4 strips salt pork	½ bay leaf
Salt and pepper	1 onion, sliced
½ tsp. cinnamon	1 cup claret or cranberry juice
⅛ tsp. cloves	1 cup milk

2/3 cup claret or weak vinegar

Trim off any musty parts of moose and lard with salt pork. Sprinkle with salt, pepper, cinnamon and cloves. Marinate in claret or vinegar for 2 or 3 days in cold place. Drain, place in baking pan. Add water. Cover and cook in slow oven 300° F. about 1 hour. Add bay leaf, onion and claret or cranberry juice. Cover and cook until tender, about 1 hour longer. Remove meat and add milk to drippings. Heat to boiling and serve with moose. Serves 6 to 8.

Mrs. Margie Warawa.

CREAMED PHEASANT

Cut pheasant in pieces, dip in flour and brown in 2 to 3 tbsp. butter. Lay pieces in a roaster or deep casserole in layers of meat and sliced onion. Add salt and pepper to taste. Cover with sweet cream and roast in oven for 1½ hours.

Mrs. J. Fedechko.

ELK STEAK

Remove all skin and fat. Pound or put through tenderizer. Coat with flour, garlic salt and pepper. Brown in generous amount of butter. Add water to pan. Finish cooking in slow oven till done. A can of mushrooms may be added to make sufficient gravy. Thicken with flour.

DEERBURGERS:

2 lbs. ground venison	¼ cup chopped onions
¼ lb. suet	Salt
A handful of moist bread crumbs	pepper

Mix wel and fry like hamburgers and you'll have venison at its best.

MOOSE SWISS STEAK (tough steaks)

1½ round steak	1 cup tomatoes
3 large onions	2 tbsp. Worcestershire sauce
1 medium stalk celery	Salt and pepper

Cut steaks into 1½ inches thick, dredge with flour and season with salt and pepper, then brown in fat. When browned on all sides, add the other ingredients. Cover tightly and cook in medium oven (350° F.) or over low heat on top of stove until tender (1¾ hrs.) Remove meat to platter and make a gravy from drippings in the pan. Serve with baked potatoes.

OVEN BROILED MOOSE STEAKS

Set oven for broiling. Choose 1"—1½" steaks for oven broiling. Slash edges of steaks to prevent curling. Place meat on rack in broiling pan so surface of meat is about 5" from source of heat. Spread heavily with soft butter, (like buttering bread). Broil for approximately 3 minutes and season with: garlic salt, barbecue seasoning, salt and pepper, continue broiling for another 3 minutes. Turn steaks, rebutter, broil for 3 minutes, and season. to test for doneness cut a slit in the centre of the steak and note the color. Broiling time will vary depending on ones preference of a rare, medium or well done steak.

Vicky Kiefiuk.

ROASTED WILD GOOSE

Stuff wild goose with following dressing:

2 tbsp. Mazola oil	add to 1 qt. sour kraut.
1 medium chopped onion,	

Bake 1½ to 2 hours at 350° F. Pour ½ cup wine over goose twice during roasting period.

Mrs. J. Fedechko.

SWISS DEER OR MOOSE STEAK

1 lb. deer steak or chops	1 can tomato soup
1 large onion	Salt and pepper

Preboil the meat just enough to get the scum off. Rinse well under cold water tap. Fry steaks in a tbsp. of lard till a light brown on both sides. Add onion (sliced), tomato soup diluted in one and a half can water, salt and pepper to taste and let simmer for 1½ hours.

Mrs. J. Fedechko.

VENISON BARBECUE:

Steaks or chops. Sear 3 lbs. venison in frying pan with slices of salted pork. Mix following ingredients in saucepan:

1 cup catsup	1 onion sliced thin
1 tablespoon salt	½ cup beef steak sauce
3 slices lemon	1 tbsp. chile powder (for hot sauce).
3 tbsps. tarragon vinegar (may be omitted)	

Bring mixture to a boil — stir constantly to avoid burning. Cover venison with the sauce and bake in a moderate oven (350° F.). Cook 1½ to 2 hours. Turn occasionally.

Vicky Kiefiuk.

WILD DUCK A L'ORANGE

- | | |
|---------------------------|--------------------------------|
| 3 ducks—pieces | ½ cup current jelly |
| ½ cup flour | 1 tsp. salt |
| 1 tsp. salt | 1 tsp. bottled sauce for gravy |
| 1 cup salad oil | snipped parsley |
| ½ cup minced onion | 2 preserved oranges (optional |
| 1 can frozen orange juice | for garnish). |

Before preparing the duck, simmer duck necks, and giblets in 1 quart of water, covered, for 1 hour. Strain, measure liquid and add enough water to make 1 quart. Meanwhile, remove any fat from the prepared ducks. Lightly coat pieces with flour mixed with salt. Reserve left over flour. In a little hot oil in a dutch oven or heavy skillet. brown duck, a few pieces at a time, adding oil as needed. When all duck is browned, in the same fat, saute onion until golden, stir left over flour, and gradually add broth. Cook over medium heat, stirring constantly, until thickened and smooth. Stir in orange juice, current jelly, 1 tsp. salt and bottled sauce for gravy. Add browned duck; simmer, covered, stirring occasionally, until tender—1½ hours. If sauce is too thick, add a little water at serving time. Arrange in a keep warm server. Top with parsley and garnish with oranges. Serve with rice.

Vicky Kupiuk

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MISCELLANEOUS

APPLE EGGNOG

2 eggs
 $\frac{3}{4}$ cup chilled apple juice
 $\frac{1}{2}$ cup lemon juice

$\frac{1}{2}$ cup sugar
 3 cups chilled milk

Beat eggs, then add juices, and sugar. Chill. Add slowly to chilled milk, beating constantly. Serve at once.

Mrs. Dave Rurka.

ALFALFA TEA

Place 12 tbsp. of medicated Alfalfa seed in 2 qts. water. Boil slowly for 20 minutes, then strain and put in bottle. This should make 1 qt. Be sure to squeeze all the juice out of the seeds. Store in refrigerator. Put $2\frac{1}{2}$ or 3 oz. in a glass and fill with hot water. Drink this 3 times a day before meals. In severe case take 4th dose at bedtime. Should drink this for 6 weeks. Very good for those who suffer from arthritis.

BANANA SHAKE

1 cup milk
 $\frac{1}{2}$ cup mashed bananas

$\frac{1}{2}$ cup vanilla ice cream
 or a little cream

Buzz ingredients in a blender or beat with rotary beater. (An excellent weight builder).

Mrs. Dave Rurka.

CANNED TOMATOES

Fill pint jars to $\frac{3}{4}$ full with ripe red tomatoes. Put whole or halved but do not squeeze. Fill jar with Heinz or Libbys canned tomato juice. Seal. Boil for 20 minutes. Same as bought.

Mrs. Nancy Phillips.

COFFEE FLOAT

3 cups milk
 1 level tbsp. instant coffee
 1 tbsp. sugar

Few grains salt
 3 scoops of vanilla ice cream

Combine first four ingredients, blend well and chill. Pour into glasses and top with ice cream. Makes about three and one-half cups.

Mrs. Dave Rurka.

GREEN PUNCH

- | | |
|-----------------------|----------------------|
| 1 qt. pineapple juice | 1 qt. lime sherbet |
| 2 qts. gingerale | 1 pkg. lime Kool Aid |

Pour Kool Aid into punch bowl. Add pineapple juice slowly, stirring till dissolved. Add gin. Spoon in sherbet. Pour gingerale over top slowly. (Serves 25). Add gin before sherbet (about ½ bottle), more if preferred.

Mrs. Sophie Aronitz.

HARD BOILED EGGS

Cover eggs in pan with cold water to come at least 1 inch above the eggs. Bring rapidly to boiling. Turn off heat and if necessary set pan off burner to prevent further boiling. Cover and let stand for 15 minutes. Cool promptly and thoroughly in cold water. This makes the shells easier to remove and helps to prevent dark surface on yolk. Put eggs in 1 imperial quart jar. They keep well for weeks.

Mrs. Nancy Phillips.

HOME MADE EGG NOODLES

- | | |
|---------------|-------------|
| 1 egg | 1 cup flour |
| 1 tbsp. water | ¼ tsp. salt |

Beat eggs slightly and combine with the remaining ingredients to make a stiff dough. Knead on a lightly floured board until the dough is smooth. Cover and let it stand for 30 minutes. Roll to almost paper-thinness and allow to dry partially. Turn the dough over to dry other side. It must neither be sticky nor dry and brittle. Fold into a roll or cut into strips and stack on top of each other. Cut the strips crosswise into fine shreds. Separate the shreds by tossing them lightly. Spread noodles out to dry well. These may be used at once or stored in a container for future use.

HOBO'S HEAVEN

- | | |
|-----------------------------------|----------------------------|
| Temperature 350° F. | 1½ tsp. salt |
| Yield 4-6 servings. | 2 eggs, slightly beaten |
| 4 tbsp. butter or margarine | 1 can kernel corn, drained |
| 1 medium onion, chopped fine | 1 can green beans, drained |
| 1¼ tsp. green pepper (if desired) | ½ cup dry bread crumbs |
| 1 lb. hamburger | Soft butter |

Cook onions and green pepper in hot butter or margarine for 3 minutes. Add meat and brown well. Stir in salt. Remove from heat and mix with eggs. In greased 2½ quart casserole, spread half the meat mixture, then a layer of beans. Season with salt and pepper and repeat the layers. Cover with crumbs and dot with butter. Bake for 35 minutes or till crumbs are browned and meat is done.

Vicky Kiefiuk.

15-MINUTE STROGANOFF

- | | |
|--|---------------------------|
| 1 lb. round steak, $\frac{1}{4}$ inch thick | soup mix |
| 1 3-oz. can ($\frac{2}{3}$ cup) broiled
sliced mushrooms with liquid | 1 cup dairy sour cream |
| 1 envelope or can dry onion | 2 tbsp. all-purpose flour |

Trim fat from meat and reserve. Cut meat diagonally across grain in very thin strips. Heat fat in skillet till you have about 3 tbsp. melted fat. (If necessary, add butter). Remove trimmings. Brown meat.

Add $\frac{2}{3}$ cup water and mushrooms. Stir in onion soup mix. Heat to boiling. Blend sour cream and flour. Add to hot mixture. Cook and stir till mixture thickens-sauce will be thin. Serve over noodles. Serves 5 to 6.

Mrs. Pauline Nasadyk.

MUSTARD

- | | |
|--|-----------------|
| Take $1\frac{1}{2}$ cups vinegar into a
small pot and heat. | 6 tps. sugar |
| 6 tps. flour | 2 tsp. salt |
| 6 tps. mustard | Pinch of pepper |
| | 2 tsp. tumeric |

Mix the dry ingredients together, then add $1\frac{1}{2}$ cups of milk. Take 2 well-beaten eggs and add to mixture. Put slowly into the hot vinegar stirring until it thickens.

Mrs. Ann Sharun.

ORANGEADE

- | | |
|--------------------------------|---|
| 4 oranges | 2 qts. boiling water |
| 3 lemons (grated rind of both) | $1\frac{1}{2}$ oz. citric acid (2 tsp.) |
| 4 cups sugar | |

Cut oranges and lemons in small pieces and mash to get all the juice. Add sugar, citric acid and boiling water and boil for a few minutes. Seal in jar. To use put 1 inch of this orangeade cordial in a glass and fill with cold water.

Mrs. P. Bilyk.

WHIPPED CREAM FILLING (For Cream Puffs)

- | | |
|-------------------------------------|-----------------------------|
| 1 cup heavy cream (well
chilled) | 1 tsp. unflavoured gelatine |
| 2 tbsp. sugar | 1 tsp. vanilla |

Combine gelatine and $1\frac{1}{2}$ tbsp. water in a small metal cup. Place cup over low heat for a few minutes until gelatine dissolves and looks clear. Beat cream in a chilled bowl. Add gelatine and sugar as cream thickens. Beat until stiff. Add vanilla. Refrigerate until needed.

Miscellaneous

SHIPWRECK

Temperature 350° F. Yield 3-4 servings. In bottom of a buttered 3 quart casserole, Slice: 1 large or 2 medium onions. Season: with salt, pepper, and paprika. Over this: place thin slices of raw potatoes (2 medium). Repeat: seasonings. Next: a thick layer of uncooked ground steak (1¼ lbs.) sprinkled with ¼ tsp. monosodium glutamate. Then add: ¼ cup uncooked rice and 1 cup diced celery. Top with: 1 can tomato soup and 1 can boiling water. Cover: and bake for 1½-2 hours.

Vicky Kiefiuk.

SCRAMBLE

2 lbs. mixed salted nuts.	squares
1 pkg. bite-size shredded wheat squares	1 pkg. slim pretzel sticks
1 pkg. crisp doughnut-shaped oat cereal	2 cups salad oil
1 pkg. bite-size crisp rice	2 tbsp. Worcestershire sauce
	1 tbsp. garlic salt
	1 tbsp. seasoned salt.

Mix all ingredients in very large roaster, tub, or on a large sheet of brown paper. Bake in very slow oven. (250° F.) 2 hrs., stirring and turning mixture with wooden spoon every 15 mins. (Be careful not to crush cereals). Make about 8 quarts.

SEA PUNCH

4 tea bags in 2 cups boiling water Simmer 10 minutes.

Add 1 cup sugar and 1 cup water, 1½ cups orange juice, ¾ cup lemon juice. Pour in punch bowl. Add 1 carton frozen or 1½ cups fresh strawberries and 2 pts. gingerale. Mix and chill.

Mrs. P. Bilyk.

7-UP EMERALD PUNCH

1 can (48 oz.) unsweetened pineapple juice (chilled)	¼ cup honey
4 cans (6 oz.) limeade concentrated, thawed	Green food coloring (few drops)
	12 bottles (7 oz.) 7-Up, chilled

Combine pineapple juice and concentrate in punch bowl. Add honey, stir. Add 7-Up. Add few drops green food coloring. Add ice when serving. Makes 36 (4 oz.) servings.

Mrs. Pearl Bilyk.

7-UP GOLDEN GLOW

- | | |
|--|---------------------------------------|
| 1 qt. orange juice, chilled | 12 bottles (7-oz. each) 7-Up, |
| 3 cups unsweetened pineapple
juice, chilled | chilled
1 cup lemon juice, chilled |

Combine all ingredients in punch bowl. Add ice cubes. Makes 36 (4-oz.) servings.

Mrs. P. Bilyk.

WITCH'S BREW

- | | |
|----------------------------------|----------------------------|
| Temp. 375° F. | noodles. |
| Yield: 6 servings. | 2 cups canned tomatoes, or |
| 2 tbs. butter or margarine | 3 large ripe tomatoes |
| 1½ lbs. hamburger | 2 tsp. salt |
| 2 large onions, chopped | 1 tsp. garlic salt |
| 1 tin mushrooms, drained | Pepper |
| 1 can kidney beans, drained | 1 tsp. oregano |
| 2 cups cooked spaghetti, rice or | 4 slices bacon. |

Fry hamburger in butter or margarine, till brown. Add onions and cook 10 mins. Stir in mushrooms, beans, cooked spaghetti and tomatoes, and season with salt, pepper, garlic salt and oregano. Combine well. Simmer 20 mins, if raw tomatoes are used. If canned tomatoes are used, place the mixture in a 2 quart buttered casserole, cover with crumbs and trim with slices of bacon. Cook in oven 25-30 minutes or until bacon is done.

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PANCAKES

NALYSNYKY

4 eggs
1 cup flour

3 cups milk
4 tsp. sugar

Beat eggs well and add milk, flour, sugar and salt. Beat hard. Make batter very thin. Pour about 2 tbsp. batter into hot greased pan, making your pancakes about 2½" to 3" in diameter. Bake until cake is browned. Turn out on plate and spread brown side with filling. Roll up and place in casserole. Arrange attractively. Pour over top, 1 cup cream and bake in moderate oven for 30 minutes.

Filling:
½ lb. dry cottage cheese
2 tbsp. sugar

1 egg
1 tsp. vanilla
Mrs. Josephine Greschuk.

NALASNYKY

4 eggs
2 cups milk

1 cup flour
¼ tsp. salt

Beat the eggs well, add 1 cup milk, then gradually add flour. When well blended add the rest of the milk. Mix well. Drop by spoonful onto a hot ungreased skillet. Fry on both sides.

1½ lb. cottage cheese
Add a little cream

Filling:

Salt and pepper.
Mrs. Mike Cikaliuk.

POTATO PANCAKES (1)

3 cups grated raw potatoes
1 large grated onion
1 slightly beaten egg
1 tsp. salt

3 tbsp. crushed bread crumbs
1 tbsp. flour
Pinch each of pepper and nutmeg.

Put all ingredients in a bowl and mix well. Fry the pancakes using either bacon drippings or cooking oil, just enough to grease the frying pan. Use 2 or 3 heaping tablespoons of mixture for each pancake.

Level and fry until browned on both sides. Place in layers on a fireproof plate and keep warm in a 200° F. oven. Stir the mixture to keep ingredients blended. Serve with thick sour cream, brown gravy or mushroom sauce.

POTATO PANCAKES (2)

4 cups grated potatoes
1 egg
½ cup flour

Salt and pepper to taste
1 tsp. baking powder

Mix well and fry like pancakes till brown. Melt butter and season with garlic salt and pour over pancakes. Can be eaten with sour cream.

Helen Stachow.

PIES

BUTTERSCOTCH PIE

Follow recipe for cream pie, increasing butter to 2 tbsp. and using 1 cup brown sugar. Melt butter and blend with sugar, and add to hot milk.

CREAM PIE

$\frac{1}{2}$ cup sugar	1 tbsp. butter
$\frac{1}{3}$ cup flour	1 tsp. vanilla
$\frac{1}{8}$ tsp. salt	2 egg whites
$\frac{1}{2}$ cut cold milk	Pinch of salt
$1\frac{1}{2}$ cup hot milk	3 tbsp. fruit sugar
2 egg yolks	

Mix together sugar, flour and salt. Combine with cold milk, stir into hot milk and cook in double boiler about 10 minutes, stirring constantly. Beat egg yolks, combine with a little of hot mixture and add to mixture in double boiler. Cook 3 minutes.

Remove from heat and add flavouring. Pour into baked pie shell. Beat egg whites until stiff, add sugar gradually, and spread the meringue over filling. Bake in a slow oven (325°) about 15 minutes or until delicately browned.

CHOCOLATE CREAM PIE

Follow recipe for cream pie, add 3 tablespoons coffee to the milk and bring to boiling point. Let stand 10 minutes. Strain.

FRENCH PASTRY

2 pkgs. dry yeast	$\frac{1}{2}$ cup lukewarm water
2 tbsp. sugar	

Put yeast, water and sugar together and let stand for 10 minutes.

4 cups flour	1 tsp. salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ lb. shortening
$\frac{1}{2}$ cup milk	4 eggs
Jam	

Take flour and shortening. Work the 2 together like for pie pastry. Then make a well and add all other ingredients, e.g. beaten eggs, milk, sugar, yeast, salt and sugar.

Then mix together to a soft dough. Let rise for 4 hours.

Roll out dough then and cut in 2-inch squares. Put dab of jam on square and roll up corner to corner. Dip into egg white and crushed walnuts. Bake for 20 minutes at 350° .

Mrs. Helen Stachow.

FLAKY PIE CRUST

1 lb. lard
2 tsp. baking powder

1½ tsp. salt
1 cup boiling water

Beat slowly in mixing until like whipped cream, and add 6 cups flour. Stir well with wooden spoon. Chill and bake. Could be frozen for later use.

Mrs. Mike Petryga.

FLAKY PASTRY (4 pies)

5 cups flour
1 tsp. baking powder
1 tsp. salt
2 cups lard (1 lb.)

1 egg
2 tbsp. vinegar
Ice cold water

With a blender, combine dry ingredients with 1 cup lard to form of cornmeal, then work in another 1 cup of lard to coarse particles. Then add ice cold water to mixture. Beat 1 egg in a cup to a slight foam. Add 2 tbsp. vinegar, fill the rest of the cup with cold water. Add water mixture by sprinkling over flour mixture tossing upwards with a fork to form a ball. Then press dough together and let dough sit for about 5 to 10 minutes in refrigerator or a cold place. Sprinkle only 2 tbsp. of water at a time.

Rolling: Roll dough with very little flour. Start from centre to another end. Roll ½ inch thick. Heap up your fruit to avoid leaking. Brush top with milk. Bake at 450° F. for 15 minutes, turn heat off to 350° F. and bake 35 to 40 minutes longer. For a frozen pie bake 30 minutes longer.

Mrs. Nancy Phillips.

PUFF PASTRY (Like you Buy)

1 cup butter or margarine
(chilled)

1¾ cups sifted all-purpose flour
½ cup ice cold water

Reserve two tablespoons butter or margarine, chill. Work remaining chilled butter with back of wooden spoon just till it is pliable. Pat or roll between sheets of waxed paper to 8x6 inch triangle, ¼ inch thick. Chill thoroughly, at least 1 hour in refrigerator. Keep utensils cold—chill before each use.

Measure flour into a mixing bowl. Cut in reserved butter till mixture resembles coarse meal. Gradually add ice cold water, tossing with fork to make stiff dough. Shape into ball. Turn out onto lightly floured surface. Knead till smooth and elastic, about 5 minutes. Cover dough. Let rest 10 minutes. On lightly floured surface roll dough to 15x9 inch rectangle, ¼ inch thick. Peel top sheet of waxed paper from chilled butter; invert on half the dough; peel off other sheet of waxed paper. Fold over other half of dough to cover butter. Seal edges of dough by pressing down with side of heel of hand. Wrap in waxed paper. Chill at least 1 hour.

Unwrap on lightly floured surface, roll dough to 15x9 inch rectangle, ¼ inch thick. Roll dough from centre just to edges. Dough should be even thickness. Brush any excess flour from pastry. Fold in thirds, turn dough and fold in thirds again. Dough will now be in 9 layers. Seal edges with side or heel of hand. Wrap in waxed paper. Chill thoroughly at least 1 hour. Repeat rolling, folding and chilling 2 or 3 times more. Roll, cut, chill and bake or freeze before baking. Cut into any shape. Roll puff pastry dough to 15x9 inch rectangle, cut into 12 squares. Place on ungreased baking sheet, chill or freeze. Bake in very hot oven 450° F. for 6 minutes, then in slow oven (300° F.) 30 to 35 minutes or till light brown and crisp.

Mrs. Nancy Phillips.

PIE CRUST

5½ cups flour
 1 lb. lard
 1 tsp. baking powder
 ½ tsp. salt

1 egg
 1 tbsp. vinegar
 ¾ cup cold water

Sift dry ingredients. Rub lard into flour with finger tips. Mix the egg, vinegar with the water and add to the flour.

1 gallon of apple pie filling makes 5 pies.

Glaze with 2 whole eggs, well beaten and bake.

Josephine Greschuk.

PASTRY FOR TARTS

1 cup flour
 ½ cup butter

Salt
 1 tsp. baking powder

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

RHUBARB PIE

3 cups rhubarb
 1 cup sugar
 2 tbsp. flour

⅛ tsp. salt
 2 eggs, beaten
 ¼ tsp. cinamon (optional)

Line pie plate with plain pastry. Mix sugar, flour, salt and eggs. Add to rhubarb. Turn into pie pan. Moisten edge of pastry with water. Cover with top crust. Bake in a quick oven 425° F., 10 minutes, reduce to 325° and cook 30 minutes. (Brush top with beaten egg, add a little cream).

Sophie Aronitz.

RHUBARB CUSTARD PIE

1 cup rhubarb diced
 1 cup sugar
 2 tbsp. flour

2 eggs
 Pastry for two-crust pie

Roll half the pastry, line a pan and trim. Roll remaining pastry and cut several slits or make a fancy design near the centre. Arrange the diced rhubarb on the pastry in the pan. Mix flour, sugar and eggs and pour over rhubarb. Cover with the remaining rolled out pastry and bake at 375° F. for 30 minutes.

Mrs. N. Zakordonski.

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PUDDINGS

BAKED CUSTARD

3 or 4 eggs
 $\frac{1}{3}$ or $\frac{1}{2}$ cup sugar
 $\frac{1}{8}$ tsp. salt

3 cups hot milk
 $\frac{1}{2}$ tsp. vanilla or a little nutmeg

Beat eggs slightly. Add sugar and salt, add hot milk slowly, then flavouring. Strain. Pour into buttered custard cups and steam over boiling water, or place in pan of hot water and bake in slow oven (325° F.) until firm — about 40 mins.

Note: 4 eggs are necessary if custard is being made in one large baking dish. To test custard, insert a silver knife in the centre, and if it comes out clear, custard is cooked.

BLANC MANGE

4 tbsp. cornstarch
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup cold milk

2½ cups hot milk
 1 egg
 1 tsp. vanilla

Mix cornstarch, sugar and salt, and blend with cold milk. Add slowly to hot milk in top of double boiler and stir constantly until mixture thickens. Cook for 20 to 30 minutes, stirring occasionally. Add well-beaten egg and cook 3 minutes. Remove from heat, add flavouring. Chill.

Notes: Egg may be omitted and 4½ tbsp. cornstarch used. The egg yolk may be added to the pudding, and the beaten egg white folded in at the last with the flavouring.

CRUMB PUDDING

3 cups milk
 1½ cups bread crumbs or
 small cubes of bread or cake
 $\frac{1}{3}$ to $\frac{1}{2}$ cup sugar

3 tbsp. melted butter
 2 eggs
 $\frac{1}{2}$ tsp. vanilla or $\frac{1}{8}$ tsp. nutmeg
 $\frac{1}{4}$ tsp. salt

Scald milk. Add crumbs and let stand until soft. Add sugar, salt and beaten eggs, then the flavouring and butter. Pour into a buttered baking dish. Place in pan of hot water and bake in moderate oven (325° - 350° F.) until set — about one hour.

CHOCOLATE CRUMB PUDDING

Follow recipe for Crumb Pudding. Add 1½ oz. unsweetened chocolate, grated, to milk and heat until chocolate is melted. Reduce butter to 1 tbsp. and use ½ cup sugar; ½ cup chopped walnuts may be added.

CARAMEL CRUMB PUDDING

Follow recipe for Crumb Pudding, melting ½ cup sugar in frying pan. Cook to a rich caramel color, then dissolve in hot milk and pour over crumbs. ½ cup chopped walnuts may be added.

CHOCOLATE SPANISH CREAM

Follow recipe for Spanish Cream. Melt 1½ oz. unsweetened chocolate in milk when making custard mixture. Beat with rotary egg beater. Then add egg yolks and salt.

CARAMEL CREAM

1 cup brown sugar	½ cup cold milk
¼ cup boiling water	1½ cups scalded milk
4 tbsp. cornstarch	1 egg
½ tsp. salt	½ tsp. vanilla

Melt sugar in heavy saucepan, stirring constantly until it turns a rich caramel shade. Add boiling water and simmer 3 minutes. Mix cornstarch, salt and cold milk, and add to hot milk; when mixture is thick, add caramel and cook 30 minutes longer. Add well-beaten egg and cook 3 minutes longer. Remove from heat and add flavouring. Serve with cream or caramel sauce.

LEMON CREAM RICE

½ cup rice	½ lemon (rind)
3 cups milk	1½ tsp. lemon juice
½ cup sugar	2 egg whites
¼ tsp. salt	3 tbsp. fruit sugar
2 egg yolks	

Wash rice and cook with milk in top of double boiler until rice is tender. Mix together sugar, salt, beaten egg yolks, lemon rind and juice, and add to hot rice. Cook 5 minutes. Place in buttered baking dish and cover with meringue made from stiffly beaten egg whites and fruit sugar. Bake in slow oven (325° F.) until meringue is browned — about 15 minutes.

MARSHMALLOW CUSTARD

Follow recipe for Baked Custard. Place a marshmallow in the bottom of each custard cup, then add the custard mixture.

FRUIT AND NUT SPANISH CREAM

Follow recipe for Spanish Cream. Fold in with meringue, $\frac{1}{4}$ cup chopped nuts and $\frac{1}{4}$ cup dates, candied cherries or ginger.

PINEAPPLE FLUFF

Follow recipe for Blanc Mange. Add $\frac{1}{2}$ cup well-drained crushed or diced pineapple with flavouring.

SAGO CREAM

$\frac{1}{3}$ cup sago
3 cups milk
 $\frac{1}{2}$ cup sugar
1 egg

$\frac{1}{8}$ tsp. salt
Flavouring (nutmeg, vanilla,
orange, lemon rind).

Soak sago for 1 hour in sufficient milk to cover. Add remainder of milk and cook in top of double boiler until sago is clear. Add part of hot mixture to beaten egg and sugar. Return to double boiler and cook 5 minutes. If desired, 2 egg yolks may be used instead of the whole egg, and the pudding covered with meringue made from 2 egg whites and $\frac{1}{4}$ cup fruit sugar and browned in a slow oven (325° F.).

SPANISH CREAM

1 $\frac{1}{2}$ tbsp. granulated gelatine
 $\frac{1}{4}$ cup cold water
3 egg yolks
 $\frac{1}{4}$ tsp. salt

2 $\frac{3}{4}$ cups milk
1 tsp. vanilla
3 egg whites
 $\frac{1}{3}$ cup sugar

Soak gelatine in cold water. Make a custard of egg yolks, salt and milk. Cook stirring constantly, until mixture coats the spoon. Dissolve gelatine in hot mixture. Cool and add flavouring, when mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites; turn into moulds and chill.

TAPIOCA CREAM PUDDING

$\frac{1}{4}$ cup fine tapioca or
 $\frac{1}{2}$ cup pearl tapioca
 $\frac{1}{4}$ tsp. salt
2 cups milk

$\frac{1}{3}$ cup sugar
1 egg yolk
1 egg white
1 tsp. vanilla

Cook tapioca with salt and milk in top of double boiler until transparent. Add sugar. Add a small amount of hot mixture to beaten egg yolk. Combine with mixture in double boiler and cook 5 minutes. Remove from heat and fold in stiffly beaten egg white and vanilla. Serve warm, or thoroughly chilled. If pearl tapioca is used, soak for at least 1 hour in cold water and drain before cooking.

PYROHI

BAKED CHEESE DUMPLINGS

½ qt. pasteurized milk	2 tbsp. sugar
2 pkg. yeast	1 tbsp. salt
1 egg	Enough flour to make a stiff dough
¼ cup melted lard	

Soak yeast in lukewarm water and a teaspoon of sugar. Scald milk and let it cool to lukewarm, then add egg, sugar, lard, salt and yeast into the milk and mix. The nadd enough flour and beat in well by hand so the dough doesn't stick to your hand. Cover, let it rise, tilldouble in bulk, and punch it down. Let rise again.

Filling for Dumplings:

3 cups cooked rice	3 cups cottage cheese
3 cups mashed potatoes	1 egg
1 tbsp. sugar	Salt and Pepper to taste.

Roll dough not too thick. Cut a small circle out and fill a teaspoon of filling in the middle and press them together. Place on a greased baking sheet, brush with lard so they don't stick together. Let rise for ½ hour and bake in moderate oven for 35 minutes untills it is nice and brown. Take out of oven and brush with butter while they are hot.

LAZY PYROHI

1 lb. cottage cheese (fresh)	4 egg yolks
1 tbsp. butter	Salt to taste

Rub these ingredients well. Add enough flour for the mixture to hold shape. Add some raisins if desired.

Beat egg whites until stiff, mix lightly with first mixture. Then put all this on floured board and roll into 1-inch or more thickness roll. Slice into 1-inch pieces and gently put into boiling water. Boil until Pyrohi come up. Take out and put into buttered pan, sprinkle well with fried crumbs. Crumbs should be fried in butter until well browned.

Mrs. Katherine Huk.

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3 egg yolks	2 tbsp. lemon juice
1 cup butter	2 tbsp. sour cream
2 tsp. vanilla	2 cups flour

Mix butter and flour together. Add a pinch of salt. Beat the egg yolks and sour cream together, add vanilla and lemon juice. Add the egg mixture to the flour mixture. Chill.

Roll out pie crust thickness, cut in squares. In the centre of each square put a spoonful of prune or raisin filling or thick jam. Press together into a turnover. Bake in a moderate oven—when done—add a spoonful of meringue on each perih (turnover) then a walnut half and then bake in a slow oven till meringue is a golden brown.

Date Filling:

$\frac{1}{2}$ cup hot water	1 cup chopped dates
$\frac{1}{2}$ cup sugar	8 marshmalows, cut up

Place all ingredients in a saucepan. Cook slowly till mixture thickens. Cool. Place on squares.

Prune Filling:

1 lb. prunes	Cinnamon
$\frac{1}{2}$ cup prune juice	Vanilla
$\frac{3}{4}$ cup sugar	2 tbsp. orange or lemon juice.

Cook prunes, and put through a sieve. Add sugar, juice, spice and cook till thick.

PYROHY—Dumplings

2 $\frac{1}{2}$ cups flour	2 cups mashed potatoes (warm)
2 eggs	$\frac{1}{4}$ tsp. salt

Put 2 cups flour, 2 slightly beaten eggs, salt and 2 cups well-mashed potatoes (warm). Stir with the spoon, then knead the next $\frac{1}{2}$ cup flour till smooth dough. If dough is sticky, add a little more flour. Dough will be a little on the sticky side. Roll out to about less than $\frac{1}{4}$ inch thick. Cut into squares. Put filling on each square, about 1 to 1 $\frac{1}{2}$ tsp. full, depends on the size of the squares. Fold cornerwise together and pinch dough well to seal. Have a large pot of about $\frac{1}{2}$ gallon boiling water or more. Put $\frac{1}{2}$ of your dumplings in and bring to a boil. Stir as soon as you put them in to prevent from sticking to the bottom. Soon as dumplings come to a boil, stir few times and boil for 3 to 4 minutes. Drain well. Pour over dumplings about 2 tbsp. or more of melted butter to prevent from sticking. Toss or flip side to side to coat all with butter to prevent from sticking. Let stand, covered, for a while, then again toss and flip. Serve hot with thick sour cream or melted butter.

Cheese Filling:

- | | |
|----------------------|-----------------------------------|
| 1 lb. cottage cheese | 1 tsp. diced onion |
| 1 egg | ½ tsp. chopped green dill leaves. |
| ½ tsp. salt | |
| 1 or 2 tbsp. cream | |

Stir all well together. Add cream, 1 tbsp. at a time. Egg can be omitted if cream is added, if desired.

Potato Filling:

- | | |
|--|---------------------------------|
| 2 cups mashed potatoes | ½ tsp. salt |
| ¼ cup cottage cheese | Pepper to taste |
| 2 tbsp. thick cream or finely chopped fried bacon with onions or just slightly fried onions. | Green dill leaves, |
| | ¼ tsp. chopped |
| | (Dill or onion can be omitted). |

TO FREEZE:

Just bring dumplings to a boil so they would all float on top. Drain. Pour cold water over them in a colander. Drain well. Freeze separately on trays or cookie sheets. Put in plastic bags and freeze. Do not thaw them. Put in boiling water and boil till dumplings float on top and boil for 3 or 4 minutes. These dumplings are very light and soft.

Mrs. Nancy Phillips.

PYROHY DOUGH

- | | |
|------------------|---|
| 5 cups flour | 2 cups plus 2 or 3 tbsp. luke-warm water. |
| ¼ cup Mazola oil | |

Mix above ingredients and knead until smooth. Cover and let rest about 15 minutes. Roll out in a square or rectangle and cut in squares. (Use half the recipe for a smaller serving).

Mrs. Georgina Tomyn.

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RELISH

HOT DOG RELISH

2 cups chopped onions	3 cups sugar
2 cups chopped cabbage	$\frac{1}{2}$ tbsp. celery seed
2 cups chopped tomatoes	$\frac{3}{4}$ tsp. tumeric
6 green peppers	2 cups vinegar
3 sweet red peppers	1 cup water
$\frac{1}{4}$ cup salt	

Grind vegetables, sprinkle with salt and let stand overnight. Rinse well and drain. Combine remaining ingredients and add to vegetables. Heat to boiling point. Simmer 3 minutes.

Helen Skish.

PICKLED EGGS

1 cup water	1 tbsp. sugar
1 cup vinegar	Pickling spice in a bag
1 tbsp. salt	

Fill a quart jar with hard boiled eggs and cover with above brine. Let set for 2 or 3 days.

Mrs. Bill Ruzycki.

PINK PICKLED EGGS

6 eggs—hard cooked	$\frac{1}{2}$ tsp. allspice
1 cup canned beef juice	$\frac{1}{2}$ bay leaf
1 cup vinegar	1 tsp. salt
1 garlic clove, crushed	Black pepper

Put eggs into quart jar. Pour over remaining ingredients. Refrigerate overnight or at least 8 hours.

Mrs. Mary Kudryk.

PICKLED EGGS

12 to 16 eggs (hard boiled eggs)	1 tsp. salt
2 cups white vinegar	1 tsp. mixed spices, peppercorn,
$\frac{1}{2}$ cup water	cloves, celery seeds—tied
2 tbsp. sugar	in bag.

Combine remaining ingredients and simmer for 8 minutes. Pour over eggs, filling jar to overflowing. Seal. Let stand for 2 days before using.

SALADS

24-HOUR SALAD (A nice Party Salad)

- | | |
|---------------------------|--|
| 2 eggs, beaten | 1 can fruit cocktail (drained) |
| 4 tbsp. vinegar | 1 can crushed pineapple
(drained) |
| 4 tbsp. sugar | 2 cups marshmallows (cut in
quarters) |
| 2 bananas | 1 cup cream |
| 2 oranges (cut in pieces) | |
| 2 tbsp. butter | |

Put eggs in double boiler and add vinegar and sugar, beating constantly until thickened and smooth. Add butter and cool. When cold, fold in whipped cream and fruit mixture. Place in cooler 24 hours. Serve on lettuce leaf topped with a cherry. Serves 12 to 14 persons.

Mrs. Pearl Bilyk.

DELICIOUS LAYER SALAD

- | | |
|----------------------------|---------------------|
| 1 pkg. lime jelly powder | pineapple |
| 1 cup well-drained crushed | 1 cup boiling water |

Pour into 9"x13" pyrex pan. Partially set before pouring over second layer.

Second Layer:

- | | |
|---|----------------------|
| 1 pkg. lemon jelly powder | 1 cup boiling water |
| 12 oz. Philadelphia cream cheese
or 1 cup whipping cream | 1 cup cottage cheese |

Let jelly cool and set slightly. Whip the cream. Mix cheese and chipped cream, add to jelly and pour over the slightly set first layer.

Top Layer:

- | | |
|----------------------------|----------------------------|
| 1 pkg. cherry jelly powder | 2 scant cups boiling water |
|----------------------------|----------------------------|

When partially set add well-drained fruit of fruit cocktail. Spoon over top. Set until firm. Cut into squares. Very nice for dessert parties.

Mrs. Pearl Bilyk.

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Alberta

FROSTED LIME JELLO SALAD

- | | |
|-------------------------------|---------------------------|
| 1 pkg. lime flavored gelatine | ½ cup chopped walnuts |
| 1 cup hot water | 1 3-oz. pkg. cream cheese |
| 1 No. 2 can crushed pineapple | ¼ tsp. salt |
| 1 cup cottage cheese | 1 tbsp. mayonnaise |
| ½ cup diced celery | 1 tsp. lemon juice |

Dissolve gelatine in hot water. Chill until thickened, add pineapple, cottage cheese, celery and walnuts. Pour into 8"x8"x2" pan which has been oiled or rinsed in cold water. Chill till firm.

Combine cream cheese, salt, mayonnaise and lemon juice. Blend until smooth. Spread this over gelatine mixture. Return to refrigerator. Cut into squares and serve on bed of salad greens. (Cream cheese spread is optional).

Sophie Aronitz.

HOT GERMAN POTATO SALAD

- | | |
|--------------------------------------|---------------------|
| 6 medium potatoes, boiled in jackets | 1½ tsp. salt |
| 6 slices bacon | ½ tsp. celery seeds |
| ¾ cup chopped onion | Dash of pepper |
| 2 tbsp. flour | ¾ cup water |
| 1 to 2 tbsp. sugar | ⅓ cup vinegar |

Peel potatoes and slice thin. Fry bacon slowly in skillet, then drain on paper. Saute onion in bacon fat until golden brown. Blend in flour, sugar, salt, celery, seeds, and pepper. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Stir in water and vinegar. Heat to boil, stirring constantly. Boil 1 minute. Stir in carefully the potatoes and the crumbled bacon bits. Remove from heat, cover and let stand until ready to serve. 6 to 8 servings.

Mrs. Dave Rurka.

KIDNEY BEAN SALAD

1 can kidney beans — put in colander and pour cold water over them till rinsed well. Let drain thoroughly. Then add:

- | | |
|--------------------|-----------|
| 2 sticks celery |) |
| 2 hard boiled eggs |) |
| 1 tomato |) |
| ½ green onion |) — diced |

In a small mixing bowl mix:

- | | |
|-------------------------|------------------------|
| 1 tsp. horseradish | 2 tsp. ketchup |
| 1 tsp. prepared mustard | 4 tbsp. salad dressing |

Moisten with little vinegar to thin this mixture and pour over beans and mix well. Very little vinegar is required.

Mrs. Sophie Rurka.

SALAD

- | | |
|----------------------------------|-------------------------------------|
| 1 cup marshmallows | 1 cup crushed and drained pineapple |
| 1 cup mandarin oranges (drained) | 1 cup coconut |
| 1 cup sour cream | Nuts if desired |

Mix all ingredients. Chill and serve.

Mrs. Nancy Phillips.

SAUCES

CALIFORNIA SAUCE

1½ cups brown sugar	Juice of 1 orange
3 heaping tbsp. cornstarch	Juice of ½ lemon
3 cups water	1 tbsp. butter
¼ tsp. vanilla	

Mix well the brown sugar and cornstarch. Add 3 cups water and vanilla. Bring the mixture to a boil. Blend the juices and butter, stirring well. Cool and pour over cake at serving time.

Mrs. Ann Sharun.

HOT HORSERADISH SAUCE

2 egg yolks	1 tbsp. lemon juice
1 cup sour cream	½ tsp. salt
½ cup fresh grated horseradish	½ tsp. sugar

Beat the egg yolks slightly and blend them with the cream. Cook in a double boiler, until sauce thickens slightly. Do not overcook. Add the remaining ingredients. The sugar may be omitted. Serve this sauce hot with boiled meat.

MUSTARD SAUCE

2 oz. mustard (8 level tbsp.)	¾ cup vinegar
¾ cups flour	¼ cup water
1 cup sugar	¼ tsp. cayenne (to taste)
2 tsp. salt	Tumerick to add color.

Bring to a boil water and vinegar. Mix dry ingredients together and make a dent in the middle and pour liquid. Do not boil. Mix well and serve.

Mrs. Anne Lozoway.

Olive Sauce:

2 sprigs parsley	1 chicken bouillon cube
1 small onion	1 cup boiling water
7 large green olives	Salt to taste
¼ cup butter or margarine	Cayenne pepper
1 tbsp. flour	Pinch of nutmeg

Chop up parsley and onion. Slice olives. Melt butter or margarine, then cook parsley with onion in fat but do not brown.

Remove from range, mix in flour and gradually stir in bouillon cube, that has been dissolved in boiling water. Place over heat again and cook, stirring constantly, until sauce is creamy and slightly thick. Season with salt, pepper, nutmeg and add olives. Bring to boil. Serve over chicken loaf. Excellent for light lunch or bridge party, served as is or with green salad.

Mrs. M. G. Gault.

ONION SAUCE

1 tbsp. flour

 $\frac{1}{2}$ cup butter (cream till foamy)

During creaming add gradually 2 cups hot boiled milk and bring to a boil. Add four finely cut pre-cooked onion. Salt and pepper to taste.

Pour boiling water over onion and let stay till you get the other ingredients ready, then bring the onion to a boil, drain the onion and add to the flour and milk mixture. Nice for chicken meat.

Mrs. Peter Mykietyshyn.

STEAK WITH MUSHROOMS SAUCE

Salt and pepper your steak on both sides and fry in a hot pan till golden brown on both sides.

Put steak in a roaster. Pour 1 cup of water in the pan and mix well with the steak drippings, add 1 can of mushrooms and thicken with flour.

Pour this over the steak and bake in oven until tender (about $\frac{1}{2}$ hour).

Mrs. Josephine Greschuk.

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SOUPS

BORSCH FOR CHRISTMAS EVE

- | | |
|--|---------------------------|
| 4 cups red beets (cut in
fine strips) | 1 clove garlic |
| 1 large onion | 1½ cups tomato juice |
| 2 stalks celery | ½ cup melted butter |
| 1 root of parsley | Salt and pepper to taste. |

Cut beets in long fine strips and boil in 3 qts. of water. Dice vegetables and cook in water for ½ hour and add to the cooked beets. Add tomato juice and bring to boil, then add butter, salt and pepper.

M. Malko.

BORSCH WITH SPARERIBS

- | | |
|---|--------------------------|
| 2 beets, medium size, cut in
thin strips | Parsley |
| 1 small carrot, chopped | 1 cup cabbage, chopped |
| 1 onion, medium size, chopped | 1 lemon |
| ½ cup diced green string beans | Sprig dill, chopped fine |
| ½ cup fresh peas | 2 lbs. spareribs |
| ¾ cup milk | 1 cup sour cream |

Wash spareribs, cut into small pieces and boil ½ hour. Skim. Add chopped vegetables, salt to taste and add 1 tbsp. lemon juice. When almost done add 1 cup chopped cabbage and add more lemon if desired. Cook until cabbage is tender. Mix 3 tbsp. flour with ¾ cup milk. This should be consistency of sour cream. Add 1 cup sour cream to milk mixture. Beat well. Pour beet stock gradually into cream mixture. Beat well. Pour this into soup. Let come to boil and serve.

M. Malko.

BORSCH

- | | |
|------------------|----------------------|
| 2 medium beets | 2 parsnips |
| 1 carrot | 1 large onion |
| 4 red tomatoes | ½ cup chopped celery |
| 1 cup sour cream | ¼ cup green peas |

Clean beets and vegetables and cut all up in strips. Add 2 qts. water and put to boil with all vegetables. When vegetables are tender, add 4 blanched, skinless tomatoes. Allow to boil for few minutes. Add salt and pepper to taste. Just before serving, add sour cream, but do not boil. Place ¼ of a hard boiled egg in each serving and then pour the soup.

BORSCH

- | | |
|------------------------|--------------------------------------|
| 1 medium beet | 1 sprig dill, chopped fine |
| 1 small carrot | 2 lbs. spareribs cut in small pieces |
| 1 onion | Boil ½ hour. |
| 1 cup fresh peas | |
| 1 tsp. chopped parsley | |

Skim ribs, add chopped vegetables, salt, pepper and lemon to taste. Cook until vegetables are tender. Mix: 1 cup cream, 2½ tbsp. flour. Pour beet stock gradually into cream mixture, stirring steadily. Pour this into soup. Let come to a boil and serve.

Nancy Zaporozan.

CREAM OF CABBAGE SOUP

- | | |
|---------------------------|------------------------------|
| 2 medium cabbages | 1 cup mashed cooked potatoes |
| 3 qt. soup stock or water | 3 heaping tablespoons flour |
| 2 medium sized onions | 5 slices bacon |
| ½ tsp. pickling spice | Salt and pepper to taste |
| 1 egg | 2 tbsp. vinegar |
| 2 cups thick cream | |

Shred cabbage and 1 onion not too fine and not too coarse. Put water, salt and spice. Let it boil till the cabbage is done. Add vinegar, mashed potatoes, (cut bacon and 1 onion in small pieces and fry till light brown), mix flour, egg and cream to a smooth paste and add to the cabbage, mix thoroughly. Let it come to a boil. Put aside and add the fried bacon. Mix well.

Mary Kulmatycki.

GOULASH SOUTHERN STYLE

- | | |
|-------------------------------|-----------------------------|
| 1 pound minced beef | drained |
| ½ cup chopped onion | 1 tsp. chilli powder |
| ½ cup diced green pepper | ½ tsp. Worcestershire sauce |
| 1 15-oz. can cream corn | 1 tsp. salt |
| 1 10-oz. can tomato soup | Dash of pepper |
| 1 10-oz. can mushroom pieces, | |

In lightly greased frying pan cook minced beef, onion and green pepper until pink colour of meat disappears. Drain off excess drippings. Add cream corn, tomato soup, mushrooms, chilli powder, Worcestershire sauce, salt and pepper. Blend well. Cover pan and simmer slowly for 10 minutes. Serve with noodles or steamed rice.

Mrs. Ann Sharun.

MY SON'S FAVORITE POTATO SOUP

- | | |
|---|---------------------------|
| 4 medium sized potatoes,
chopped in pieces fit for soup. | Salt and pepper to taste. |
| 1 qt. water | Pinches of dough. |

Boil potato soup for about 20 minutes. Make your dough of 1 cup flour and enough water to make it stiff enough to pinch off by little pieces into the potato soup. Boil for the next 5 minutes. Fry one medium sized onion in 2 tbsp. butter and add to the soup. Mix well and serve.

(Mrs. Joe) Jean Fedechko.

OOSKA FOR BORSCH

Dough:	1 cup cold water
3 cups flour	2 eggs, well beaten
1 tbsp. salt	

Mix ingredients to make dough. Roll dough thinly and cut in 2-inch squares. Place following filling in each. Fold to form triangle pasting edges. Then fold the 2 long ends over the thumb and press.

Filling:	1 tbsp. butter
1 cup canned mushrooms	1 tsp. flour
1 small onion	

until golden brown. Then add finely ground mushrooms, fry for a few minutes, cool and use. Drop on Ooshka in salted boiling water and boil until they all float. Remove from water and cover with butter sparingly to keep from sticking. Serve with Borsch.

Mrs. D. Kubrak.

POTATO SOUP

2 large potatoes	1 small parsley
1 large carrot	1 onion
1 stalk celery	Enough salt and pepper
1 qt. water	

Put to boil slow. When it is cooked, 1 tbsp. butter, 1 tbsp. flour on frying pan. Bring it to nice and brown. Add water mix to a smooth paste. Put everything together. Let it boil a couple of minutes and ready to serve.

Helen Kubrak.

PARMESAN CHEESE SOUP

Make soup stock, for 4 servings. Melt 1 tbsp. butter and add: 1 tbsp. flour; 2 tbsp. parmesan cheese, grated. Mix constantly. When mixture is smoothly melted, add 1 qt. sour cream. Boil. Blend the cream mixture with the soup stock. Add to the soup enough boiled macaroni for right consistency. Add more cheese according to taste or preference.

Mrs. D. Kubrak.

PEARL BARLEY SOUP

Cover a 2½ or 3 lb. beef bone (with some meat on it) with about 3 qts. of water. Add a chopped medium sized onion, some celery tops, a big potato and a carrot or two chopped up, a few dill leaves if available. (I use fresh ones from the garden in summer and frozen ones in winter which I scald and package in small parcels and freeze). I also use 2 or 3 green garlic tops when available.

Other kinds of vegetables can also be used to flavor the broth. Boil all this until the meat on the bone is well done. At the same time as you put the soup bone to boil, in a separate pot put about a cup or a cup and a half of pearl barley and about three cups of water and cook until done and the water is almost absorbed. May add water during cooking if necessary. When soup is done, strain through a sieve; I sometimes use a piece of white cloth wrung in hot water and put over the sieve to obtain a clearer broth. This will also catch a lot of the fat when the soup bone is fatty. Then combine the pearl barley with the beef broth and add a can of vegetable soup. Salt and pepper to taste.

Mrs. Georgina Tomyn.

SPARERIBS AND SOUR KRAUT SOUP

Boil 1½ lbs. spareribs in 1½ qt. water, long enough to remove the scum. Add 1 qt. sour Kraut, 1 small onion, salt and pepper to taste, and let boil for 1½ to 2 hours. Thicken with the following gravy:

- | | |
|--------------------------|---------------------------|
| 2 tbsp. flour browned in | Add to cabbage and boil 5 |
| 1 tbsp. butter | minutes longer. |
| 1 grated raw potato | (Mrs. Joe) Jean Fedechko. |
| 1 cut sweet cream | |

SOUR KRAUT SOUP

- | | |
|----------------------------|--------------------------------|
| 2 cups sour kraut (packed) | 1 tsp. salt |
| 2 qts. boiling water | 1 cup soup stock, broth, bacon |
| ¼ cup rice | or any scrap meat, ribs, |
| 2 tbsp. flour | or both |
| ½ cup cold water | 2 tbsp. lard |
| 1 small onion | 1 10-oz. can tomato soup |

Wash kraut in hot water to get most of the sour off in three waters and squeeze well. Put boiling water, add any meat or any amount of soup stock, bone, to boil with kraut. Add salt, ¼ cup raw rice, onion and boil for about 1 hour. Put lard and flour in a frying pan. Cook till golden brown and add ½ cup cold water at once and stir till thick. Then add ot your kraut soup, boil for a few minutes. Then, lastly add 10-oz. can tomato soup and bring just to a boil. Remove at once. Stir the soup while boiling once in a while. More soup stock can be added.

Mrs. Nancy Phillips.

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Traditional Dishes for Ukrainian Christmas Eve

KUTIA

BORSCH

JELLIED FISH — STUFFED FISH — AND PICKLED HERRING

HOLUBTSI (Plain or with tomato sauce)

PYROHY — Potato, cheese, sauerkraut or prune fillings

BROAD BEANS

MUSHROOMS (Pidpenky)

STEWED DRY FRUITS

KOLACH (braided bread, Poppy Seed Roll, Buns)

(Pampushky with various fillings)

BEVERAGE

KUTIA

2 cups high grade wheat	$\frac{1}{3}$ cup honey in $\frac{1}{2}$ cup hot water
3 qts. water	$\frac{1}{2}$ cup chopped pecans
1 cup poppy seed	(optional)
$\frac{2}{3}$ cup sugar	

Dry wheat in a slow oven, 250° F. for one hour, stirring occasionally. Wash and soak overnight. Bring the wheat to boiling point and simmer for 3 to 4 hours until the kernels burst open and white appears.

Scald poppy seeds and simmer 3 to 5 minutes. Drain well in cheese cloth and grind twice using the finest blade of a food chopper. Set aside. Prepare honey and sugar dissolved in hot water. Set aside.

Before a meal, add sweetened mixture, ground poppy seed, and nuts to the cooled wheat. Serve.

BORSCH

1 cup carrots	1 bay leaf
1 cup celery	7 cups water
2 cups beets (cut fine)	2 cups tomato juice
1 cup cabbage (shredded)	2 tbsp. lemon juice
½ cup fresh or dried mushrooms	4 tbsp. cooking oil
2 medium onions, chopped fine	Salt to taste
10 grains whole pepper	

Grate carrots and beets on medium size grater. Beets can be cut with the knife into fine strips. Add diced celery, one chopped onion, salt, cold water and simmer for ¾ hr. Fry onion in oil until light in color. Add mushrooms and shredded cabbage. Simmer until vegetables are tender. Add tomato juice and lemon.

Meanwhile prepare: ½ cup flour, 1 tsp. salt, enough water to make soft dough and roll to thickness of a pencil. Cut in ¼-inch pieces, add to Borsch and boil for 2 minutes.

STUFFED FISH

2 lb. fish, preferably a white fish.

Wash and scale the fish, but do not open. Cut the head off, just below the gills. Remove as much of the insides as possible through the head cavity. Next step is to skin the fish so that the skin will be intact (one piece). First run your finger under the skin around the head cavity and pull gently being careful to pull the fins off with the skin. Continue pulling the skin firmly until you have stripped off all skin, leaving smooth clean fish. Do not discard the skin, set aside.

The fish will be open now. Eviscerate fish and wash thoroughly. You are now ready to bone the fish. Start at the tail and run a sharp knife, close the backbone the entire length of the fish. Then by working the knife carefully down towards the abdominal side, hugging it against the bone the entire side may be stripped away. Repeat on the other side. Cover the bones with water (about 1¼ cups) and salt to taste and boil. Strain and reserve the fish stock. (You may also remove the eyes and clean the head and boil it with the bones for a richer stock). Cut the fish into small pieces checking closely to remove all the bones.

Into a large bowl combine: The prepared fish meat, cut into pieces

2 eggs	1 onion, chopped fine
½ cup cracker crumbs	2 tbsp. melted butter
1 tsp. salt	Pepper

Mix thoroughly. Take the fish skin and stuff it with the dressing. Place the stuffed fish into a buttered pan. Pour the fish stock over (about a cup). Cover and bake half an hour in slow oven, 325° F. Uncover the last 10 minutes to brown the fish. With scissors remove the fins and serve the whole fish on a large platter. Garnish with lemon slices. Slice wish into serving pieces when on serving platter to retain the original fish shape.

PICKLED HERRING IN MILT SAUCE

4 salt herrings	½ cup water
Milt (soft white roe)	6 peppercorns
1 tbsp. sour cream	1 bay leaf
1 tbsp. cooking oil	1 large onion
½ cup vinegar	

Wash herrings thoroughly and soak in cold water for 24 hours, changing water 2 or 3 times. Remove the head, tail and entrails. Save the milt. Remove skin and bones. Rinse the fillets well and drain. Cut each fillet into 3 or 4 pieces. Put milt through the sieve; combine with the cream and oil. Bring the vinegar, water, peppercorns and bay leaf to a boil and cool. Blend with the milt mixture. Arrange the herrings and sliced onion in alternate layers in a sealer; cover with the milt sauce. Cover tightly and let stand for one day before using. Arrange attractively on a serving dish and garnish with any of the following: chopped parsley, fresh dill or chives.

HOLUBTSI WITH KRUPY (Buckwheat Cabbage Rolls)

2 cups buckwheat dried in oven	1 medium onion, chopped
4 cups water	4 tbs. cooking oil
Salt and pepper to taste	3 lbs. head of cabbage

Put buckwheat in boiling water and bring to a boil. Fry onion chopped fine in cooking oil and add to the buckwheat. Add salt and pepper to taste. Cover tightly and simmer for 20 minutes. Set aside.

Core cabbage and pour boiling water over it. Let steam for a few minutes until softened. Add ½ tsp. salt. Separate the leaves, cutting larger leaves into 3 or 4 pieces, depending on the size of the leaf.

Add 1 tsp. filling. Fold sides over filling and roll bottom to top. Place layers in a casserole. Pour warm water till it almost reaches the top layer. Add 1 tbsp. oil. Cover and bake at 350° F. approximately 2 hours.

PYROHY

4 cups flour	½ tsp. salt
1 egg or 2 egg yolks	1 tbsp. oil
1¾ cups warm water	

Combine water, eggs, oil, salt and add to 3 cups flour. Mix well, add and knead in the fourth cup of flour until smooth and elastic. Brush with oil and set aside for 15 minutes. Roll out as for pie crust and cut out with round cookie cutter. Place the round on palm of hand. Place a spoonful of the filling on it, fold over to form a half circle. Press the edges together with your fingers. Make sure the edges are free from filling. Place the pyrohy on a clean tea towel side by side without touching one another. Cover with second tea towel to prevent drying. Drop into salted boiling water and immediately stir with a wooden spoon to prevent sticking to the bottom. Do not boil too many pyrohy at one time. Continue boiling rapidly for 3 to 5 minutes. Varenyky are ready when they are well puffed. Remove them with a perforated spoon and drain well. Place in dish and sprinkle well with oil and toss gently to coat pyrohy evenly with oil to prevent sticking. Cover, keep hot until all are cooked.

FILLINGS FOR PYROHY**Potato Filling:**

2 cups mashed potatoes Salt, pepper to taste
 2 tbsp. cooking oil ½ tbsp. chopped onion

Saute onion in oil, season and add to mashed potatoes.

Plum Filling:

½ cup water Sugar to taste
 1 cup prunes

Bring to boil. Let cool, remove stones and let drain on an absorbent paper. Chop fine.

Sauerkraut Filling:

Scald 2 cups sauerkraut, drain and press out water. Chop fine. Fry ½ cup chopped onion in 4 tbsp. vegetable oil. Add to sauerkraut.

Poppy Seed Filling:

½ cup prepared poppy seed, scalded and ground fine. Pinch of salt and pepper. 2 tbsp. sugar. Mix well.

BROAD BEANS

1 lb. broad beans 2 medium onions
 ¼ cu oil

Soak broad beans overnight. Drain well, add fresh water to cover and simmer slowly for 2 hrs. Drain, add 1 finely chopped raw onion and set aside for 5 to 10 minutes. Fry remaining chopped onion in oil and add to the broad beans.

TO COOK DRIED MUSHROOMS

Pour hot water over the dried mushrooms and let them stand for 1 or 2 minutes to soften, and release the impurities. Drain and wash the mushrooms several times in a sieve in warm water. Cover with lukewarm water and let them soak for ½ hour or longer, depending on the variety used. Boletus mushrooms (white Hriby) give superior results when soaked in milk. Cook in the water or milk in which the mushrooms were soaked until they are tender. Use them like fresh mushrooms in any recipe. Save the mushrooms liquid for soups and sauces.

PAMPUSHKY

3 pkgs. yeast	$\frac{3}{4}$ cup Mazola oil
1 tsp. sugar	4 eggs
2 cups lukewarm water	1 tsp. salt
1 cup scalded milk	10 cups flour
$\frac{1}{4}$ lb. butter	1 cup warm honey

Dissolve 1 tsp. of sugar in 1 cup lukewarm water, add the yeast and let stand 10 minutes. In a large bowl place the flour making a well in the middle. Beat the eggs, add oil, melted butter, milk, balance of water and salt. Add this to the flour. Add yeast and mix well. Knead in a bowl for about 10 minutes. This dough should be soft. Cover and let rise in a warm place until double in bulk. Punch down, knead a few times and let rise again. Take a small egg-sized piece of dough, flatten each or roll $\frac{1}{2}$ -inch thick. Place a generous portion of the filling in the centre, bring the edges together and press to seal securely. All the edges must be free of filling or they will open if there is any filling between edges. Let Pampushky rise for one hour. Deep fry in oil, 375° F. for about 3 minutes, turning them over to brown evenly on both sides. Drain on absorbent paper.



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Poppy Seed Filling for Pampushky

1 cup poppy seed	4 crackers
$\frac{1}{2}$ cup honey or sugar	2 tsp. melted butter
$\frac{1}{2}$ cup chopped nuts	2 egg yolks

Cover poppy seed with boiling water for 3 to 5 minutes. Drain thoroughly, turn heat off. Place pot back on element to evaporate the remaining moisture from the poppy seed. Grind through a fine blade of a food chopper adding crackers during the process. Grind at least twice. Mix honey or sugar, nuts, beaten egg yolks, and butter. Mix well and fold into ground poppy seed.

Prune Filling:

Boil prunes until soft, drain on absorbent paper. Chop fine, add sugar to taste and $\frac{1}{2}$ cup chopped walnuts.

POPPY SEED ROLL—Rich Sweet Dough (1)

The rich sweet dough to create coffee cakes, cinnamon rolls, poppy seed rolls and Pyrizhky.

2 pkgs. active dry yeast	2 tsp. salt
3 cups lukewarm water	$\frac{1}{3}$ cup Crisco, melted,
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup butter, melted
1 cup rich sweet cream	Enough flour to make a soft
4 whole eggs, well-beaten	bun dough.
6 egg yolks, well-beaten	

Dissolve the $\frac{1}{2}$ cup sugar in 3 cups lukewarm water. Sprinkle yeast over and let stand for 10 minutes. Bring cream to a boiling point, cool to lukewarm and add to the dissolved yeast. Add well-beaten eggs, melted butter, melted Crisco and salt. Mix well. Start adding flour. Mix with spoon until smooth. Add enough flour to make a soft bun dough. When thick mix with hand.

Turn into lightly floured board, knead until smooth and elastic, (about 5 minutes). Put dough in a greased bowl. Cover with a damp cloth. Let rise in a warm place until double. Punch down and let rise again. Divide the dough into three equal balls. Roll each ball into a rectangular shaped, about $\frac{1}{2}$ inch thick. Brush a stiffly beaten egg white on rectangular shaped dough not quite reaching the edges. This is to prevent the filling from separating from the dough. Then spread the poppy seed filling. Roll like a jelly roll and seal the edges. Place in a greased pan, cover and let rise in a warm place until double in bulk. Bake in moderate oven 350° F. for 15 minutes, lower heat to 300° F. and bake for 40 minutes more. Brush immediately with 1 tbsp. brown sugar dissolved in 2 tbsp. hot water. Cool completely before cutting.

PERISHKI

2 eggs, well-beaten	$\frac{1}{2}$ cup sugar
1 cup milk	6 tbsp. butter
$\frac{1}{4}$ cup sugar (put in milk)	$1\frac{1}{4}$ tsp. salt
1 cup water	1 Fleischman's yeast (10c)

Dissolve yeast in 1 cup water, 1 tbsp. sugar. Scald milk and add $\frac{1}{4}$ cup sugar. Beat eggs well with remaining sugar, add butter to the milk and salt. Add yeast mixture, enough flour to make soft dough. When double in size mix again.

Household Hints

PREVENT VEGETABLES FROM BOILING OVER:

Add $\frac{1}{2}$ to 1 tsp. butter to water that these vegetables are boiled in.

TO WHITEN VEGETABLES AND PYROHY:

To make potatoes, cauliflower, parsnips, pyrohy or any white vegetable snowy white add 1 tsp. of vinegar to the water that these will be boiled in.

TO REMOVE SURFACE STAINS:

To remove surface stains that are not liquid but are rubbed on when sitting or on necklines of dresses and suits from Make-up, etc., use a slice of fresh bread and rub the soiled spot. This may have to be repeated but it will work. The above method may be used on all types of fabrics, even on the brims of hats from being handled.

HINTS:

When making a milk pudding, add part of the sugar to the milk when scalding and the milk will not scorch.

When whipping cream is required, add the white of an egg to the cream before whipping. It will whip in half the time, the cream will be stiffer and it will not affect the flavour. The cream will go twice as far. This is a boon in hot weather.

Chopped apple is very nice in both potatoe salad and cole slaw.

A mashed banana added to the white of an egg and beaten stiff, makes a delicious substitute for whipped cream.

Substitute for pastry flour — out of each cup of ordinary flour take 2 tbsp. and replace them with 2 tbsp. cornstarch.

Put a pinch of cream of tartar in icing when boiling and it will not turn to sugar.

When making pies of fruit, put about 3 tbsp. of cracker crumbs on the bottom of the crust before fruit and the bottom crust will not be soggy.

If the cows have been eating stinkweed, the odour can be removed from the butter by adding a little soda to the cream before churning.

A tsp. of vinegar in water in which eggs are poached keeps the whites from spreading and makes the white cook over the yolk.

If you put too much salt in food while cooking place a wet cloth over the top of vessel in which food is cooking and the steam will draw the salt into the wet cloth.

When cabbage refuses to grow firm, solid heads, take a pen knife and push the blade through the centre of the stock about an inch from the soil. Make a slot capable of holding a thin piece of wood, about the size of a match. Push through the slot and the cabbage will have a solid head.

After peeling onions, wet the hands thoroughly with a little sweet milk, then rinse off with a little clear water. This will remove the odour.

When making Christmas cakes, steam them 3 hours in place of baking them. They will be more moist and the flavour will be improved.

Charcoal added to the soil of pot plants will bring out their darkest foliage and brighten their flowers. Castor oil added every few weeks to ferns with water will make them grow wonderfully.

Windows may be kept free from ice by rubbing them with sponge dipped in alcohol.

If several pails are filled with water where fresh paint is being used, the odour will almost disappear. Change the water night and morning.

To clean paint brushes, boil them in vinegar and wash in soapy water or turpentine.

The yolk of an egg mixed with warm water and used as you would soap will remove coffee stains. Hot sudsy water will quickly remove the yellow of the egg.

If applied immediately, powdered starch will remove fruit stains from table cloth. Leave it on the spot for a few hours.

Equal parts of ammonia and turpentine will take paint out of clothing no matter how hard or dry it is.

Ink, wine and fruit stains can be removed from clothing by soaking in tomato juice. Lemon is also good.

To remove rust stains, use hot unsweetened rhubarb.

When frying fish, sprinkle a little salt in the skilled before placing fish in it, and it will not stick to pan.

When pounding steak, you can make it more tender by pouring a few tbsp. of beer or vinegar over it.

To remove gum from any object, rub it gently with olive oil or ice. A piece of sugar wet in vinegar will stop the most stubborn case of hiccoughs.

In making mustard plasters, it is well to remember to use tepid water instead of hot or cold. By adding 1 tsp. of common baking soda to the mustard mixture the plaster can be kept on indefinitely and positively will not blister.

Dip scissors in milk before dicing marshmallows.

If you need sour milk, and you haven't any, add 3 tsp. of vinegar to 1 cup of sweet milk. It will sour in a few minutes.

A pinch of salt added to an egg white makes it whip better and more quickly.

When your silver becomes tarnished place it in an aluminum pan and cover with hot potato water. Let stand 1 hour, rinse in clear water, and the silver will be like new.

To keep milk or cream from souring in hot weather, stir in a small quantity of bicarbonate of soda.

Try adding 2 tbsps. of lemon rind to crust for apple pies.

When driving a nail into plaster, dip it first into very hot water, hot oil or melted paraffin. It will not crumble or chip the plaster.

Peel onions under water and they will not irritate the eyes.

For falling or weepy meringue — spread the meringue right to the edge of the crust, leaving no outlet for steam. It's escaping steam that makes meringue fall or weep.

On sewing on patches or appliques I solved my problem by using cellophane tape on the edges of the patches and applying to the correct place — this way I can sew through the tape or the tape can be removed easily after the patch is sewn on.

Use hair spray to stop a stocking run or hole — instead of fingernail polish.

If you don't have a fire extinguisher, use baking soda.

A newspaper dipped in a solution of vinegar and water will clean a window very nicely.

When washing and rinsing colored materials, add a teaspoonful of Epsom salts to each gallon of water and even the most delicate shades will neither fade nor run.

To remove wallpaper mix together one heaping tablespoon saltpetre and one gallon of hot water and apply freely to wallpaper, keeping the water hot. The paper will come off easily.

Place a saucer upside down in the bottom of dish when making vegetable salad. The moisture will run underneath and salad will remain crisp.

A scrubbing brush nailed upside down to the back doorstep makes a fine shoe cleaner for the children.

To mend sleeves of sweaters that are badly worn sew a piece of cotton mosquito netting on first, then darn in the usual manner.

When painting, rub door knobs, hinges, and place you wish to miss with vaseline before you start painting and paint will then wipe off easily.

If paint is spattered on window pane rub with hot vinegar, when nearly dry rub again with woollen cloth. The paint will come off leaving no streaks.

A piece of charcoal placed in the refrigerator will absorb all odours.

Rub some dry mustard on your hands after peeling onions and then wash in the ordinary way. All odour will have been removed.

To take down the swelling from a wasp bite, cut an onion and apply the cut side to the bite.

If no paste is available, the white of an egg makes an excellent adhesive.

For pleasant odour in house, heap a small mound of ordinary cloves on a saucer and set fire to it. It will burn like incense and fill the room with a spicy fragrance.

To whiten piano keys wash them with alcohol.

When baking a milk pudding place the dish in a tin of water in the oven. This prevents the pudding from burning or running over.

Wet the chopper in boiling water before putting raisins through it and they will not stick.

Lard will remove tar stains from all kinds of materials. Rub well into the stains and leave for an hour or so, then wash the garment in the usual manner.

Vinegar rubbed on mosquito bites will relieve irritation.

If your glasses become smeared and cloudy while cooking and working, try smearing your spectacles with a piece of soap and polishing with a soft dry cloth. You will have nice bright glasses. Same applies to mirrors.

Cold tea is a good fertilizer for plants.

Celery leaves may be dried and pulverized to use as seasoning.

More juice will be obtained from lemons if they are warmed and rolled until soft before squeezing.

The flavour of tea is improved if it is warmed a little before being put in the tea caddy. If bits of orange peel are added from time to time they will lend a subtle fragrance.

To obtain a really good cup of coffee, place the coffee in a saucer and put it in a fairly hot oven for about 3 minutes before making.

A scratch and dark furniture may be covered with ordinary tincture of iodine. When dry finish with furniture polish.

Brass will not tarnish if rubbed now and then with salt and vinegar.

When cleaning windows, put a few drops of coal oil in the warm water. This will help clean; also make them shine.

When cooking spinach, add a drop of lemon or vinegar. You will be surprised at the change of flavour.

To prevent beets from losing their color when cooking, add a pinch of saltpetre.

To prevent beets from losing their color, wash well, then boil them with their skins on and leave one inch of the tops on. Drain when done, then dip them in cold water. Skins will remove easily and the color will be preserved.

When boiling rice, add a tsp. of lemon juice to a quart of water. It will be very white and the grains will be separated.

When making pancakes, make a little salt bag and rub the grid iron with it instead of grease. Cakes will not stick and there will be no smoke or odour.

When cooking raw pumpkin for pies, do not just cook sufficiently for use but keep on cooking it, stirring frequently, until all water is cooked out of it. This long cooking brings out the real pumpkin flavor.

When cutting cream pies dip the knife in warm water and none of the filling will stick to the knife.

Toast nutmeats and while hot add a little butter. Then your nut bread will take on a new aristocracy.

Meringue will always stand up high and perfect if a generous pinch of baking soda is added to beaten whites.

A few whole cloves in the kettle of frying fat will give the doughnuts a better flavour.

When making fruit pies sprinkle the sugar under the fruit instead of on top. The juice will boil up through the fruit and not out and over the top.

To glaze the top of rolls, cookies or pies brush the top before baking with 1 egg white slightly beaten with 1 tbsp. milk. Then bake.

Add several drops of vinegar to icing while beating and it will be soft and seldom grainy.



Weights and Measures

A few grains

60 drops
3 tsp.
4 tbsp.
16 tbsp.
2 tbsp.
5 cups
4 qts.
8 quarts
4 pecks
100 grams
454 grams

— Less than $\frac{1}{8}$ tsp.
— 1 tsp.
— 1 tbsp.
— $\frac{1}{4}$ cup
— 1 cup
— 1 liquid ounce
— 1 quart
— 1 gallon
— 1 peck
— 1 bushel
— 3.5 ounces
— 1 lb. or 16 oz.

INGREDIENT	MEASURE	WEIGHT
Cheese	5 cups, grated	1 pound
Butter or Margarine	2 tbsp.	1 ounce
New Domestic	$\frac{1}{2}$ cup	$\frac{1}{2}$ pound
Granulated sugar	$2\frac{1}{4}$ cup	1 pound
Brown Sugar	$2\frac{1}{4}$ cup, packed	1 pound
Icing Sugar	$3\frac{1}{2}$ cups	1 pound
All-purpose flour	4 cups, sifted	1 pound
Cake Flour	$4\frac{1}{2}$ cups, sifted	1 pound
Corn Meal	3 cups	1 pound
Rice	$2\frac{1}{2}$ cups	1 pound
Seedless Raisins	3 cups	1 pound
Seeded Raisins	$3\frac{1}{4}$ cups	15 ounces
Chopped Nuts	1 cup	$\frac{1}{4}$ pound
Marshmallows	16	$\frac{1}{4}$ pound

Frozen Foods

Frozen foods are easy to cook. However, they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh allow for the sugar used in preparing the fruit for freeing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove fruit from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only to be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still icy.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked $\frac{1}{2}$ to $\frac{1}{3}$ as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an oven at 175° F. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies, or they may be placed directly in a 400° F. oven and baked. Allow 10 to 15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2 to 3 hours). Mince and apple pie may be thawed and then placed in 375° F. oven for a few minutes to reheat before serving.

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