

*the art of cooking ...*

# Ukrainian Style



## A Book of Recipes

*Ukrainian Traditional and Modern Favorites*

To mark the 30th Anniversary of the "Lesia Ukrainka" Branch of the  
Ukrainian Women's Association of Canada.

1933 - 1963

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1933 – 1963*

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## PREFACE

We, the Committee, have tried to select various traditional Christmas and Easter recipes including also many other dishes which, because of their versatility, may be served on any occasion.

Many of these are old family recipes handed down from generation to generation. Each recipe requires good preparation and good cooking which contributes to wholesome nourishment. Some of these recipes, however, may have been slightly modified by people in different geographical regions. The deviation in most cases is probably due to regional abundance of certain food supply.

As chairman, it is my personal wish to thank the many contributors of recipes, the donors, and especially the members of my Committee. Mrs. Mary Bogdan for her efficient ability in the advertising department; Mrs. Olive Kindrachuk for her generosity of time as secretary-treasurer; Mrs. Axenia Syroid for collecting and testing numerous recipes; Mrs. Pauline Klukewich and Mrs. Kay Kirstuik for their effort and Mrs. Nancy Ruryk for her assistance in all phases of work on this book, for giving of their time and great voluntary help in preparation of this publication.

LUBA J. KUT,  
Chairman of Cook Book Committee.

## ACKNOWLEDGMENT

The executive of the Lesia Ukrainka, Vancouver Branch of the Ukrainian Women's Association of Canada, take great pleasure in presenting to the public in general, this Cook Book and at the same time taking some pride in the accomplishment of its Book Committee in such an efficient preparation of the material contained in this publication.

We wish to thank the Committee Members for their untiring effort and sacrifice of time and energy, which such work demands. Especially our grateful thanks to Mrs. Luba J. Kut, Chairman of the Cook Book Committee, who with patience and perseverance carried through to its completion the project given her by members of our Association.

Our sincere appreciation to the Contributors of recipes and the Donors for their financial support.

SOPHIE YASENCHUK

Our sincere thanks to the following women who have assisted us  
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Illustrations by Dawne Pelech — Photos by B. C. Jennings





Traditional Dishes  
*for*  
Ukrainian Christmas Eve





## TRADITIONAL DISHES FOR UKRAINIAN CHRISTMAS EVE

Kutia

Borsch

Jellied Fish, Stuffed Salmon and Pickled Herring

Pyrohy (Varenycky) – Potato, Sauerkraut, Poppy seed  
and prune fillings

Holubtsi

Broad Beans

Sauerkraut and Peas

Pidpenky – (Mushrooms)

Stewed Dry Fruits

Kolach, Makivnyk or Zavyvanets, Pampushky and Buns  
with various fillings

Beverage



## KUTIA

- |                         |                                       |
|-------------------------|---------------------------------------|
| 2 cups high grade wheat | $\frac{2}{3}$ cup sugar               |
| 3 quarts water          | $\frac{1}{3}$ cup honey, dissolved in |
| 1 cup poppy seed        | $\frac{1}{2}$ cup hot water           |
|                         | $\frac{1}{2}$ cup chopped pecans      |

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 or 4 hours until the kernels burst open and white appears.

Scald poppy seed 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. Walnuts, almonds, hazel nuts or peanuts could be substituted for pecans. Serve.

## BORSCH

- |  |                            |
|--|----------------------------|
| 1 cup carrots                              | 2 bay leaves               |
| 1 cup celery                               | 6 $\frac{1}{2}$ cups water |
| 2 cups beets                               | 2 cups tomato juice        |
| 1 cup cabbage, shredded                    | 2 tablespoons corn starch  |
| $\frac{1}{2}$ cup fresh or dried mushrooms | 3 tablespoons cooking oil  |
| 2 med. onions, chopped fine                | Salt to taste              |
| 10 grains whole pepper                     | 1 tablespoon lemon juice   |

Grate carrots and beets on medium size grater. Add diced celery, one chopped onion, salt, cold water and simmer for  $\frac{1}{2}$  hour. Fry chopped onion in oil until light in color. Add cabbage and mushrooms. Simmer until all vegetables are tender but firm. Add tomato and lemon juice. Dissolve corn starch in  $\frac{1}{4}$  cup cold water and add to borsch.

Meanwhile prepare:

$\frac{1}{2}$  cup flour, 1 teaspoon oil, enough water to make a soft dough, and roll to the thickness of a pencil. Cut in  $\frac{1}{4}$  inch pieces, add to borsch and boil for two minutes. Serve.

## BAKED STUFFED SALMON

- |   |                      |
|---|----------------------|
| 5 lb. salmon                              | 2 eggs beaten        |
| 1 medium onion                            | Parsley chopped fine |
| 1 $\frac{1}{2}$ cups toasted bread crumbs | 1 bay leaf           |
| 2 tablespoons St. Lawrence oil            | Salt and pepper      |

Scale and clean the fish. Skin the fish, being very careful not to tear it. Wrap the skin in wax paper and place in the refrigerator.

Cut the fish in medium size pieces, cover with water, add salt, pepper, bay leaf, onion, a sprig of parsley and boil for 25 minutes. Lift meat from fish stock and remove all the bones. Put the meat through a meat grinder. Add bread crumbs, oil, eggs, parsley, finely chopped onion and season to taste. Mix well. Stuff the skin with the mixture, shaping it at the same time to look like a fish. Sew it up. Place the fish in a pan, add a little fish stock. Bake for  $\frac{3}{4}$  of an hour at 300°F. Remove from pan and cool.

Fish may be glazed if desired.



### Glaze:

1 cup fish stock  
1 pkg. gelatine

2 tablespoons cold water  
Salt and pepper

Dissolve gelatine in cold water, add hot fish stock and stir. Season to taste. Allow to cool until it begins to set. Spread with a knife on the fish. Chill and decorate with slices of lemon and parsley.

### PICKLED HERRING

4 salt herrings, ask for ones  
with milt

1 teaspoon mixed spices  
1 cup vinegar

Sliced medium onion

Wash the herrings, and soak in cold water overnight changing the water three or four times. Set the milt aside. Wash thoroughly again and cut into serving pieces. Pack in sterile jars alternating with the sliced onions, spices and milt. Milt may be crushed and added to vinegar if desired. Pour vinegar over the herrings and seal. Store in refrigerator overnight before serving. (Herring could be filleted if desired).

### PYROHY (VARENYKY)

4 cups flour  
1 egg

1 $\frac{3}{4}$  cups warm water  
 $\frac{1}{2}$  teaspoon salt

Combine water, egg and 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 a round cookie cutter. Place the round on the palm of a hand. Place a spoonful of the filling on it, fold over to form a half-circle. Press the edges together with your fingers, making sure the edges are free from filling. Have the edges sealed well to prevent the filling from running out. Place the pyrohy on a tea towel side by side without touching one another. Cover with another tea towel to prevent drying out.

Drop into boiling salted water and stir with a wooden spoon to prevent sticking to bottom. Boil 4 to 5 minutes. Strain in a colander and pour 1 cup cold water over them. Drain, place in a dish, sprinkle with oil and toss gently to coat evenly. Chopped onion browned in oil could be used if desired. Serve hot.

### FILLING FOR PYROHY

#### *Potato Filling:*

2 cups mashed potatoes  
2 tablespoons cooking oil

Salt, pepper to taste  
 $\frac{1}{2}$  tablespoon chopped onion

Saute onion in oil, season and add to potatoes. Mix well.

#### *Plum Filling:*

$\frac{1}{2}$  cup water  
1 cup prunes  
Sugar to taste

Bring to a 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 tablespoons vegetable oil. Add to sauerkraut.

### *Poppy Seed Filling:*

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

## HOLUBTSI WITH KRUPY

(Buckwheat cabbage rolls)

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

Put the 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 teaspoon salt. Separate the leaves, cutting larger leaves into 3 or 4 pieces depending on the size of the leaf.

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

## BROAD BEANS

1 lb. broad beans	2 medium onions
¼ cup oil	

Soak broad beans overnight. Drain, add fresh water to cover and simmer slowly for 2 hours. 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.

## PIDPENKY (MUSHROOMS)

4 cups fresh pidpenky	2 tablespoons lightly browned flour
1 large cooking onion	Salt and pepper
3 tablespoons oil	1 teaspoon lemon juice
1 clove garlic	2 cups water (hot)

Pick over fresh pidpenky using only those that are firm. Wash in several waters to which a little salt is added each time. Drain well in wire strainer. Place pidpenky in a pot and add enough cold water to cover them. Add 1 tablespoon salt. Bring to a boil and cook for 15 minutes. Drain pidpenky in wire strainer. Rinse with lukewarm water. Let drain well. Put aside.

Fry 1 large sliced cooking onion in 3 tablespoons oil. Let fry until golden brown. Sprinkle lightly with browned flour and add 2 cups of hot water. Stir well to form a smooth sauce; add the strained pidpenky, lemon juice, salt and pepper to taste and boil hard for 10 minutes, stirring constantly to prevent scorching. Serve hot.

## SAUERKRAUT AND PEAS

2 cups sauerkraut	2 tablespoons flour
½ cup water	Salt and pepper
½ cup dried peas	1 small clove of garlic
1 medium onion (chopped)	(crushed)
¼ cup Mazola oil	

Soak dried peas overnight. Rinse them and drain. Cover with fresh water and cook until done.

Rinse sauerkraut in cold water if too sour and drain it. Add ½ cup water and cook for 15 minutes.

Combine peas and sauerkraut, reserve liquid for sauce. Fry onion in oil till soft and light yellow. Sprinkle flour over the onions and brown very lightly. Pour liquid from cooked sauerkraut and peas, add crushed garlic, and stir constantly until the sauce thickens.

Add sauce to the sauerkraut and peas, stir, add salt and pepper to taste and simmer for 30 minutes. This should be of thick consistency.

## PAMPUSHKY

3 pkgs. yeast	¾ cup St. Lawrence oil
1 teaspoon sugar	4 eggs
2 cups lukewarm water	1 teaspoon salt
1 cup scalded milk	10 cups flour
¼ lb. butter	1 cup warm honey

Dissolve 1 teaspoon of sugar in 1 cup lukewarm water, add the yeast and let stand 10 minutes in a warm place.

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 it rise again.

Take small egg-sized pieces of dough, flatten each or roll ½ 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. Place pampushky on a lightly floured board and let rise for 1 hour.

Deep fry in oil, 375°F, for about 3 minutes, turning them over to brown evenly on both sides. Drain on absorbent paper.

## POPPY SEED FILLING FOR PAMPUSHKY OR SAVYVANETS

1 cup poppy seed	4 crackers
⅓ cup honey or sugar	1 teaspoon butter
½ cup chopped nuts (optional)	¼ teaspoon crushed onion in butter
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 this process. Grind at least twice.

Mix honey or sugar, nuts, beaten egg yolk and onion-butter. Mix well and fold into ground poppy seed.



### ZAVYVANETS OR MAKIVNYK

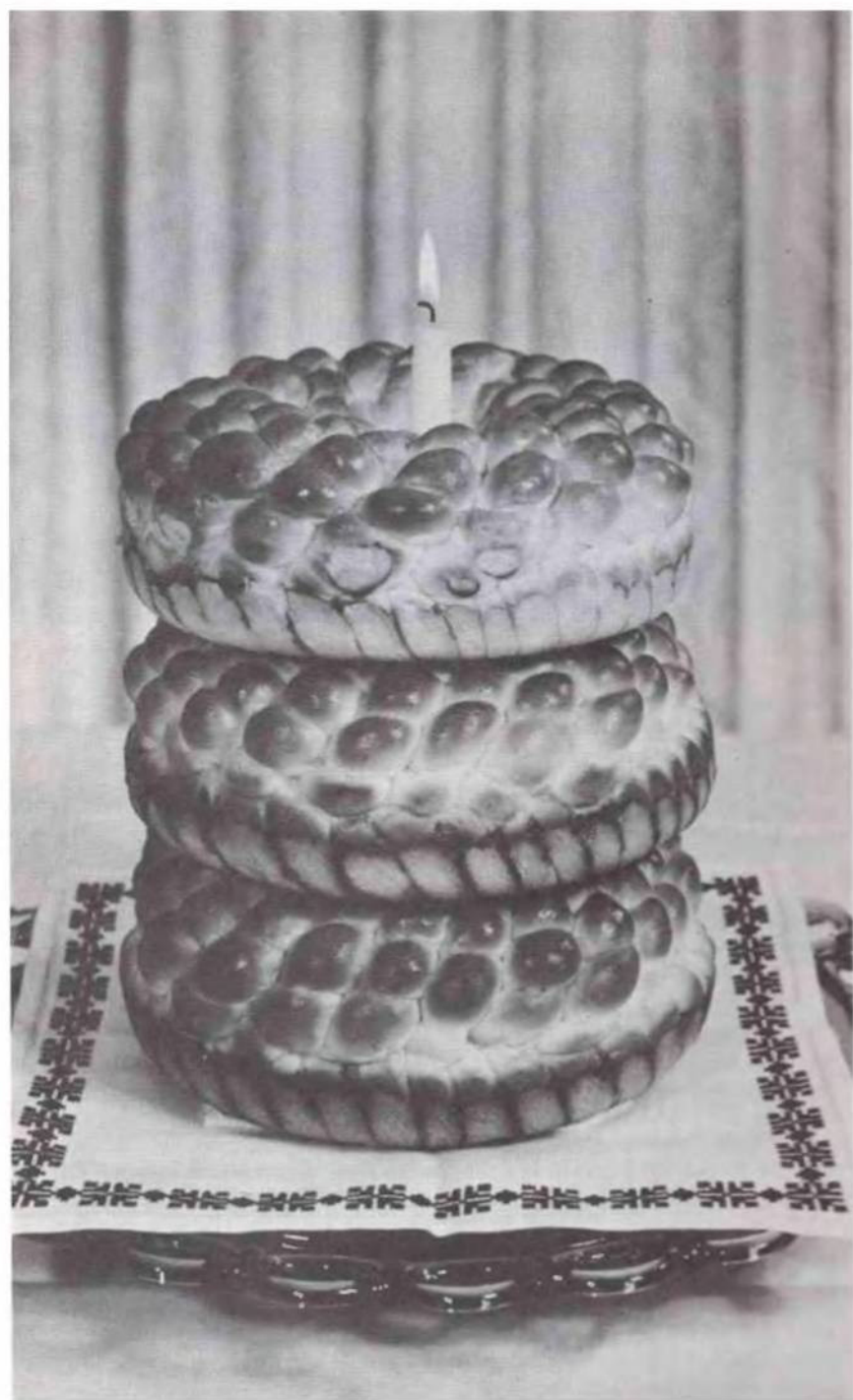
2 pkgs. dry yeast	2 whole eggs plus
½ cup lukewarm water	2 egg yolks
2 teaspoons sugar	1 teaspoon vanilla
1 cup lukewarm scalded milk	1½ teaspoons grated lemon rind
1 cup flour	1 teaspoon salt
½ cup butter	4 to 4½ cups flour
8 tablespoons sugar	

Dissolve sugar in lukewarm water, add the yeast and let stand 10 minutes in warm place.

In a large bowl combine warm milk, 1 cup flour with the yeast and let the sponge rise until bubbles appear, about ½ to ¾ of an hour.

In a separate bowl beat the sugar and butter until light. Set aside. Beat the eggs together until light and foamy adding salt. Combine the eggs and the butter-sugar mixture and fold into the yeast sponge. Add lemon rind and vanilla. Add the flour and knead in the bowl for 10 minutes until the dough feels smooth. Cover and let it rise until double in bulk. Punch down and let it rise again. Divide the dough into three equal balls. Roll each ball into a rectangular shape about ½ 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 it 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 tablespoon brown sugar dissolved in 2 tablespoons hot water. Cool completely before cutting.





## POPPY SEED FILLING

1 cup poppy seed	1 egg white
$\frac{1}{3}$ cup sugar	1 teaspoon grated lemon or orange rind
$\frac{1}{2}$ cup chopped nuts	
$\frac{1}{2}$ cup candied fruit	

Scald poppy seed, drain. Cover with warm water and soak for 30 minutes. Drain thoroughly through a fine strainer. Grind with a fine blade of a food chopper. Mix sugar, grated lemon rind, nuts and stiffly beaten egg white and mix gently with ground poppy seed.

## TRADITIONAL KOLACH

1 teaspoon sugar	1 tablespoon salt
$\frac{1}{2}$ cup lukewarm water	3 tablespoons sugar
1 pkg. yeast	3 tablespoons oil
$2\frac{1}{2}$ cups lukewarm water	$8\frac{1}{2}$ cups flour
4 eggs (beaten)	

Dissolve the sugar in lukewarm water and sprinkle yeast over it. Let stand for 10 minutes. Combine the softened yeast with lukewarm water, beaten eggs, salt, sugar and oil. Mix in the flour and knead until it is smooth and elastic. The dough should be just a little stiffer than for bread. Cover, let rise in a warm place until double in bulk. Punch down and let rise again.

This recipe will make 2 round kolachi. Divide the dough into 4 equal portions and shape each portion as directed below.

Grease well a round pan  $9\frac{1}{4}$  by 2 inches. Take one portion of the dough and divide it into 5 equal parts. Roll out 3 parts about 36 inches long with thickness twice the size of a pencil. Braid these 3 lengths. Join ends and place in a pan leaving a one inch space around the edge of the pan. Now take the other 2 parts and roll in the same manner as above. Take these 2 lengths and entwine, starting at the centre and working from left to right. Now turn your entwined length around and repeat. Join ends and place in the pan in the one inch space next to the braid. This makes the base for the kolach.

Take the second portion and make 6 equal pieces of dough, roll out each piece to about 38 inches long with the same thickness as above. Now take 2 lengths and entwine, starting at the centre working from left to right. Turn and repeat. Using the remaining 4 lengths, repeat the entwining by two as above. Now you have 3 entwined lengths. Starting at centre and working from left to right take the 2 entwined lengths that are on the left and cross them over onto the length that is on the right. Repeat until that half is entwined. Turn and repeat.

Neatly join the entwined length and place on top of the base already in the pan, making sure that the length is placed in an even circle. Press down lightly so it would stick to the base.

Put in a warm place to rise until almost double in size. Glaze it with a beaten egg and bake at  $350^{\circ}\text{F}$  for 45 minutes or until golden in color.

Work the other two portions as directed above to make the second kolach.

## BUNS WITH VARIOUS FILLINGS

2 oz. compressed fresh yeast      ½ cup lukewarm water  
½ cup scalded milk                    1 cup flour

Scald 1 cup milk, cool to lukewarm. Melt ½ cup butter. Crumble yeast into water to soften, combine with ½ cup scalded lukewarm milk, add flour, beat until smooth, let stand ½ hour or until bubbles appear.

To yeast batter add the following ingredients in the given order.

½ cup cooled milk                      1 teaspoon vanilla  
½ cup sugar beaten with              ¼ cup melted butter  
4 egg yolks until light in color

Mix together well; add 1½ cups flour. Beat smooth; add 2 egg whites beaten stiff, mix and add more flour to make a soft dough. Knead for about ½ hour. Add ¼ cup melted butter and knead again until all trace of butter disappears. Let rise in a warm place until double in bulk (about 1 hour).

Divide the dough into 6 portions. Make each portion into a roll 1½ inch in diameter. Cut a roll in ½ inch pieces; stretch each piece; brush with stiffly beaten egg white; put a teaspoon of filling in the centre; pinch the edges together; form into a ball; place in a greased pan and let rise in a warm place for 1 hour.

Brush buns with beaten whole egg; sprinkle on top ½ cup crushed walnuts mixed with 1 teaspoon sugar. Bake at 350°F for 5 minutes; lower heat to 300°F and bake for 15 minutes more.

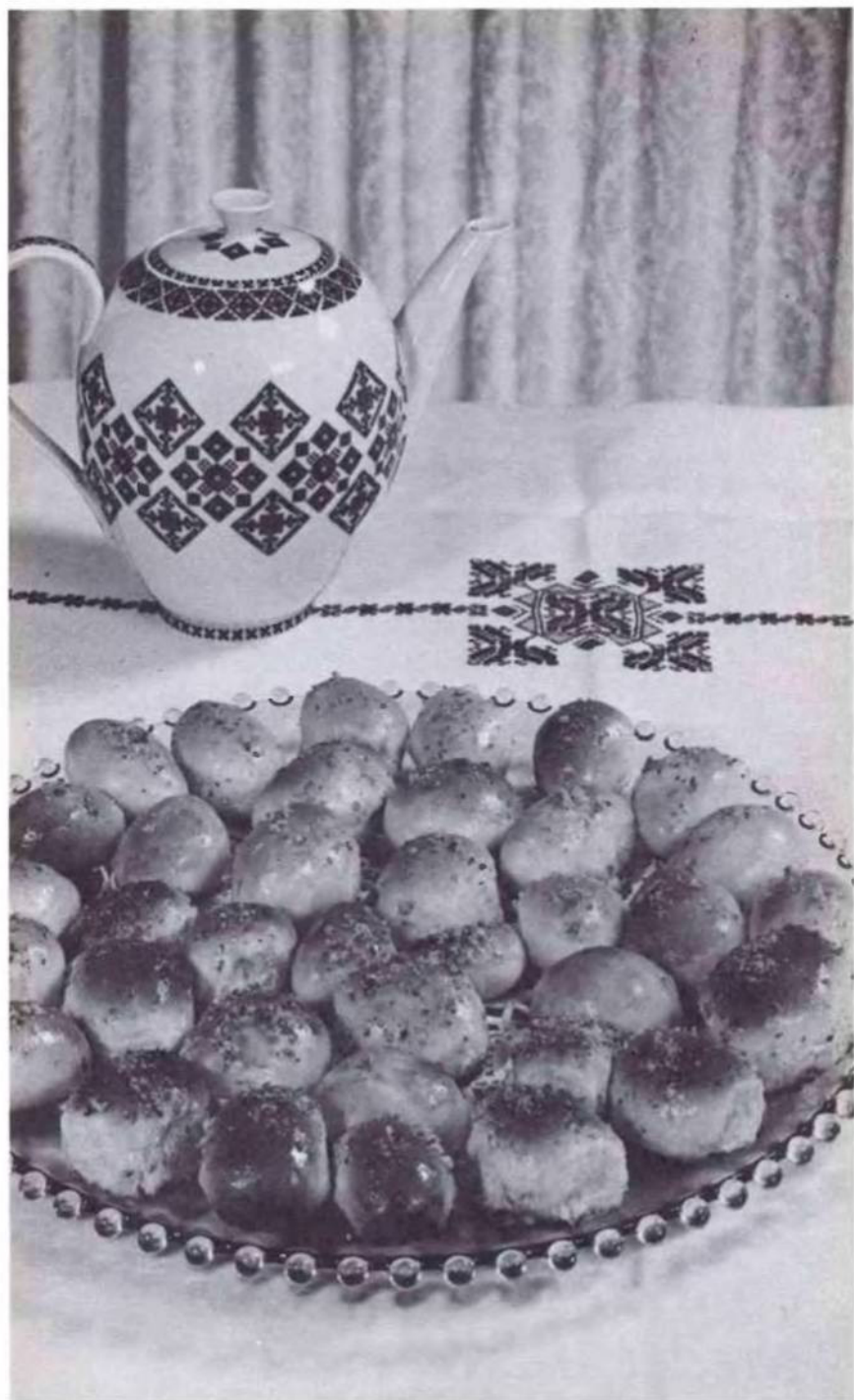
*Prune Filling—*

Boil prunes until soft, drain on absorbent paper. Chop fine, add sugar to taste and ½ cup chopped walnuts.

*Sauerkraut filling and Poppy Seed filling—*

Recipe on Page 5.





# ADDITIONAL RECIPIES



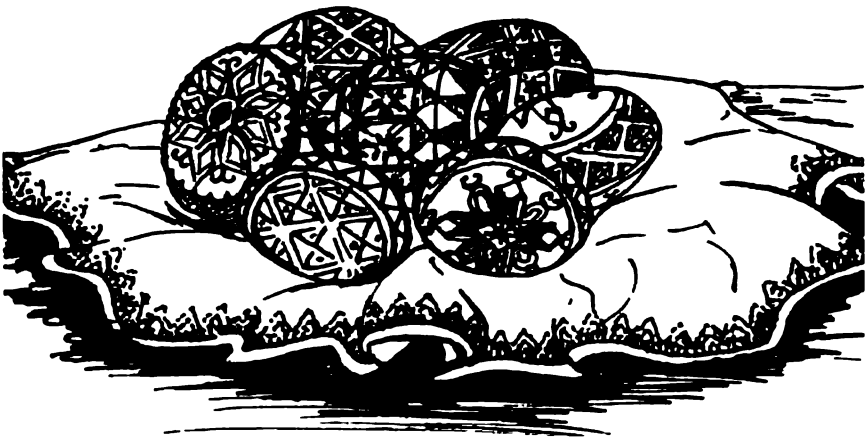


Traditional  
Easter Fare



## EASTER BREAKFAST

Hard Boiled Eggs  
Baked, Marinated and Glazed Ham  
Ukrainian Sausage  
Kyshka (Buckwheat Sausage)  
Studenetz, Salchison  
Liver  
Spareribs with Nachynka  
Cottage Cheese  
Horseradish  
Beet and Horseradish Relish  
Paska, Babka, Cheese Cake (Syrnyk), Tortes  
Pysanky, Krashanky for decoration  
Beverages





## STUFFED MARINATED AND GLAZED HAM

One ten to twelve-pound smoked ham.

Soak overnight in cold water. Drain. Cover ham with warm water; add bay leaf, 4 cloves; bring to a boil; reduce heat and simmer for 1½ hours.

Drain ham. Cool. Remove skin and excess fat. Carefully remove bone. Sew up the shank end and fill with the following stuffing.

Take pieces of meat left on the bone, chop fine; mix in 1 lb. cut up fresh pork; and 8 crackers. Grind ingredients alternately on the meat grinder at least twice. Add ½ cup ham stock, 1 egg, salt and pepper to taste. Mix thoroughly. If desired a ¼ cup of sultana raisins could be added to the stuffing.

Wipe the cavity dry and fill with the above dressing. Sew up the ham.

Put the ham in a roasting pan and pour ½ cup of Sauterne wine and ½ cup of water. Cover and bake in a moderate oven at 350°F for about two hours.

Remove cover; score fat ¼ inch deep, criss-crossing to form diamond shapes; insert in each a whole clove and spread on the following:

2 tablespoons fine bread crumbs mixed with 2 teaspoons sugar.

Bake uncovered until crumbs are a golden brown color.

Or if sweet glaze is desired, mix together:

1 cup brown sugar

½ cup pineapple juice

1 tablespoon dry mustard

Mix well. Spread the glaze over the fat of the scored, hot baked ham. Return ham to hot oven for 15 minutes to brown.

Remove ham. Slice ½ hour later for better slicing or serve cold.

## STUDENETZ—Jellied Meat

8 pork feet

3 pork hocks

1 veal shank and bone

1 teaspoon mixed spices

tied in a cloth bag

Salt

1 medium onion

1 to 3 cloves garlic

depending on taste

Single feet and hocks; wash well; place in a pot; add the veal shank; cover with cold water and bring to a boil. Lift the meat out and rinse thoroughly; put in a clean pot; add cooled boiled water just to cover the meat. Bring to a boil, skim the scum off, let boil slowly for ½ hour.

Add 1 teaspoon spices, onion, garlic and salt to taste. Simmer until the meat and bones fall apart about 2½ to 3 hours in all.

Remove the spice bag, strain the drained stock. Cut the meat in small pieces (if desired leave in larger pieces) taking care to remove all the bones. Place meat in glass casserole or pan; pour the stock over the meat and let stand until cold; place in refrigerator to set until firm.

## BEETS WITH HORSERADISH

12 medium beets	$\frac{2}{3}$ cup sugar
1 cup freshly grated horse- radish	$1\frac{1}{2}$ cups vinegar
2 teaspoons salt	1 teaspoon nutmeg
	1 teaspoon ginger

Scrub beets clean; leave roots and one inch of stem on; boil, in water to cover, until tender; cool; cut off stems, roots and remove skin. Grate on coarse grater; add horseradish and spices; mix thoroughly. Bring vinegar, sugar and salt to a boil (whole spice, in cloth, may be added); pour over beet mixture. Stir well; pack in jars; let stand a day in a cool place before using.

## SALCHISON

2 lbs. pork snouts	$\frac{1}{2}$ small pork head
5 lbs. pork or veal tongues	4 pork feet
2 lbs. pork hocks	2 beef bungs (casings)

Soak all meat over-night in salted water.

Soak beef bungs (casings) for at least a couple of hours in warm water to make them pliable.

Boil pork tongues or veal tongues until tender. Discard stock. Peel the skin off the tongues and cut into long strips  $\frac{1}{2}$  to  $\frac{1}{3}$  inch wide. Set aside.

In a separate container boil pork head, feet, snouts and hocks together until the meat falls away from the bones. Separate the meat from the bones and chop into bite size pieces. Combine the meat and the tongue together and mix well.

To the combined meat add:

6 cups pork stock	$\frac{1}{8}$ teaspoon oregano
$\frac{3}{4}$ teaspoon pepper	3 tablespoons salt
$\frac{1}{2}$ teaspoon crushed garlic	$1\frac{3}{4}$ cups blood.

Mix well; fill casing; tie ends. Place salchison on a rack in a wide pot or roaster; cover completely with hot water; simmer, uncovered, for 2 hours. To test prick with needle, if juice is clear it is done. Take out; rinse with cold water and cool, then, to flatten it somewhat, place a board and a weight on top. Let stand usually overnight.

## SPARERIBS WITH NACHYNKA

### *Palanytsia*

6 eggs, well beaten	2 teaspoons baking powder
1 cup cold water	4 to $4\frac{1}{2}$ cups flour
1 teaspoon salt	

Beat eggs, add water and beat. Sift dry ingredients; add to the egg mixture. Mix thoroughly and knead. Roll out or pat out in a greased pan to 2 inch thickness. Prick with a fork in several places. Bake in 350°F oven for 45 minutes. Let Palanytsia cool. Slice into small cubes. Set aside.

## Nachynka

5 beaten eggs	¼ cup chopped onions
2 cups hot chicken broth or hot water	1 tablespoon chopped parsley
¼ cup butter	1 teaspoon sage
¼ cup chopped celery	1 teaspoon salt
	¼ teaspoon pepper

Saute onion and celery in butter until transparent. Add chicken broth or water. Pour over the Palanytsia cubes; let steam thoroughly for a few minutes.

To the beaten eggs add chopped parsley, sage, salt and pepper. Mix and add to the steamed Palanytsia. Fold over gently.

Rub spareribs with salt and pepper. Leave in one piece. Stuff spareribs loosely and sew up the ends. Place in a covered roaster, add ½ cup water, 1 onion, and bake in a moderate oven at 350°F for about 2½ hours or until spareribs are browned and are done.

## KYSHKA (BUCKWHEAT SAUSAGE)

2 lbs. pork neck bones or spareribs	1 bay leaf
4 quarts 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 quarts water. Add 2 whole onions, salt and pepper. Boil till meat parts from the bones. When done remove the bones and add 2 "Maggi" bouillon cubes.

Dry 2 lbs. whole buckwheat in an oven 300°F for about ¾ of an hour. Dice 2 lbs. fresh back fat or grind (in a grinder) and fry until golden brown. Add buckwheat to 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 tin foil 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. Remove carefully, cool and store.

To warm kyshka, put in a container, add ½ cup warm water, place in a moderate oven, brush with margarine and heat 25 minutes at 275°F.

or

Kyshka may be sliced in 1½ inch pieces and fried in oil in a frying pan. Serve hot.



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ഒരു പ്രധാന ഭാഗമാണ്.

## UKRAINIAN EASTER BABKA

½ cup lukewarm water	1 cup sugar
2 pkgs. yeast	5 whole eggs
1 teaspoon sugar	10 yolks
2 cups scalded milk	1 orange juice and rind
½ lb. butter	1 teaspoon vanilla
1 tablespoon salt	1 cup golden seedless raisins (optional)
Flour to make soft dough, about 7 cups or more.	

Dissolve the sugar in lukewarm water; sprinkle the yeast over it; let stand 10 minutes.

Beat the eggs and the egg yolks for 10 minutes adding the sugar a little at a time. Add the salt, orange juice, milk, rind and the yeast mixture to the beaten eggs, mix well and gradually mix in the flour, adding the melted butter a little at a time, until enough flour is added to make a soft dough.

Knead for 20 minutes or until dough no longer clings to hands. Let rise in a warm place until double in bulk. Knead down and let rise again as before.

Grease tall tins well and coat with bread crumbs. (Honey or Crisco tins make good containers for Babka.)

Form dough into a ball small enough to fill ⅓ of a container. Let rise in a warm place until the dough barely reaches the top. Put in a preheated oven 350°F and bake for 30 minutes.

Babka should be handled very carefully when being taken out of the containers and should be laid on a soft covered cushion to cool.

## BAKED COTTAGE CHEESE

1 lb. dry cottage cheese	1 teaspoon sugar
2 eggs, separated	1 tablespoon melted butter
1 teaspoon salt	

Mash cheese with salt and sugar. Add egg yolks and melted butter. Mix well. Lay out in a well buttered pyrex pie plate.

Beat the egg whites until stiff adding 2 teaspoons of sugar. Spread on top of cheese mixture and sprinkle with nutmeg.

Bake for about 10 minutes at 325°F, then lower temperature to 300°F. Place a cookie sheet on top of a grate 6 inches above the cheese dish, to keep meringue from getting brown too fast and bake 20 minutes longer.

## EASTER MACARONI CASSEROLE

2½ cups egg noodle	½ cup raisins (washed well)
¼ cup sugar	3 eggs
½ teaspoon salt	1 cup scalded milk (cooled)
¼ teaspoon cinnamon	½ 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 egg and the cooled milk to macaroni.

Place in a well buttered casserole and bake in a moderate oven 350°F about 30 minutes or until golden brown on top.



### CHEESE CAKE

- |   |                                |
|---|--------------------------------|
| $\frac{3}{4}$ pkg. vanilla or graham wafers crushed | 1 teaspoon vanilla             |
| $\frac{1}{3}$ cup melted butter                     | 1 small can cherry pie filling |
| 3 (8-oz.) pkgs. cream cheese                        | 3 tablespoons sugar            |
| 3 eggs  | 1 teaspoon vanilla             |
| $\frac{2}{3}$ cup sugar                             | 1 cup sour cream               |

Mix wafer crumbs and butter, rubbing well. Line bottom and sides of a square pan with the crumb mixture.

Beat cheese until light and fluffy. Add eggs one at a time. Add sugar and continue beating. Add vanilla. Pour into pan. Bake in a moderate oven, 375°F, for 30 minutes. Cool. Pour pie filling over the cake. Mix 3 tablespoons sugar, vanilla and sour cream. Pour over pie filling. Bake in hot oven 400°F, for 5 to 8 minutes.

### HONEY CHIFFON CAKE

- |   |                                 |
|---|---------------------------------|
| 5 egg yolks   | $\frac{1}{2}$ teaspoon salt     |
| $\frac{1}{2}$ cup honey   | 5 egg whites                    |
| $\frac{1}{2}$ cup Mazola oil  | $1\frac{1}{2}$ cups cake flour  |
| $\frac{1}{2}$ cup sugar   | $\frac{1}{2}$ teaspoon nutmeg   |
| $\frac{1}{2}$ teaspoon baking soda dissolved in 2 tablespoons boiling water | $\frac{1}{2}$ teaspoon cinnamon |
|   | 2 teaspoons baking powder       |

Beat egg yolks until thick and lemon color; add sugar and beat; melt honey, when quite warm add soda-water; add to yolk and sugar mixture and beat well.

While still beating add Mazola oil, flour and beat thoroughly. Beat egg whites and fold in carefully. Pour into a tube pan; drop a few chopped walnuts on top and bake at 350°F. for 1 hour.

## FILBERT AND ALMOND TORTE

*First two layers.*

8 eggs, separated	1 teaspoon grated lemon rind
6 tablespoons sugar	Juice of ½ a lemon
8 ozs. filberts, ground	¼ teaspoon baking powder.
1 tablespoon fine bread crumbs	

Line 2 deep cake pans with waxed paper, butter and sprinkle with fine bread crumbs. Beat the egg yolks until very light. Add the sugar and beat well. Stir in the nuts, bread crumbs, lemon rind, lemon juice and baking powder. Beat the egg whites until stiff and fold into the mixture. Bake in a moderate oven (350°F.) for 35 minutes or until done. Let the cakes stand in the pans for a few minutes.

*Second two layers.*

8 eggs, separated	1 tablespoon fine bread crumbs
6 tablespoons sugar	1 teaspoon grated lemon rind
8 ozs. almonds, blanched and ground	½ teaspoon almond extract
	¼ teaspoon baking powder

Prepare the batter in the same manner as for the first two layers.

*Filling.*

4 egg yolks	5 tablespoons powdered sugar
4 tablespoons sugar	Lemon juice
½ cup unsalted butter	

Beat the egg yolks until very light, add sugar, beat until fluffy. Then cook this mixture over a very low heat until 4 tablespoons remain. Cream the butter with the powdered sugar and add to the yolk paste. Slowly add the lemon juice. Spread the filling between the layers and on top of the torte.

## CRUMB CAKE

2 cups sifted flour	1 teaspoon soda
1 cup granulated sugar	½ cup mixed peel
¼ teaspoon salt	½ cup walnut pieces
¾ cups butter, or ½ cup butter and ¼ cup shortening	1 cup sultana raisins
2 beaten eggs	1 tablespoon butter
1 cup buttermilk	1 tablespoon brown sugar

Mix flour, sugar and salt, work in the butter until the mixture is of a corn meal consistency. Set aside ½ cup for the topping. Add soda to buttermilk and stir until foamy, combine with beaten eggs and add all at once to the flour mixture, beat well. Dust the fruit and nuts with a tablespoon of flour, add to the batter and stir thoroughly. Put into a greased 9 inch square pan and sprinkle evenly with the following topping:

Mix well 1 tablespoon butter and 1 tablespoon brown sugar with the reserved ½ cup flour-butter mixture.

Bake in 350°F. oven for 50 to 60 minutes or until, when tested at centre, the tester comes out clean. Cool in the pan. Cake keeps very well.





## EASTER PASKA

½ cup lukewarm water	1 tablespoon salt
1 teaspoon sugar	3 cups lukewarm water
1 pkg. yeast	5 beaten eggs or more
8½ or 9 cups flour	¼ cup melted butter
¼ cup sugar	

Dissolve the sugar in ½ cup lukewarm water and sprinkle yeast over it. Let stand for 10 minutes. Combine the softened yeast with beaten eggs, sugar, butter, salt and water. Mix in the flour and knead until smooth and elastic. The dough should be just a little stiffer than for bread. Cover, let rise in warm place until double in bulk. Punch down and let rise again.

Make a round one inch thick base of dough and cover the bottom of a round, greased pan. Take 2 equal pieces of dough, roll each to a 36 inch length, place side by side and, starting from the centre, entwine each length about the other; do the other half in a like manner; place the entwined length on the base in a circle along the edge.

Roll 4 equal pieces of dough each to a 12 to 14 inch length. Entwine 2 lengths. Place the 2 entwined lengths on the base to cross each other at the centre; curl each end to lie on the base; cover and let rise to double in bulk. Mix cottage cheese, egg, sugar and salt to taste; place 1 teaspoon in each space of the cross at centre; smooth and trim with raisins in a form of a cross; put a whole clove in the centre of each curl; brush with beaten egg; bake in moderately hot oven (400°F.) for 15 minutes, lower heat to 350°F. and bake for 40 minutes more or until done.

## EASTER DOVES

Use same dough as for Paska above. Roll out a piece of dough twice the thickness of a pencil. Cut a strip about 5 inches long; tie into a knot; shape for head; flatten the tail and make about 3 inserts. Let rise for 1½ to 2 hours; brush with beaten egg; put whole cloves for eyes and bake for about 25 minutes.

## PASKA WITH NO EGGS

2 pkgs. yeast cakes	5 teaspoons salt
1 cup warm water	¼ cup sugar
1 teaspoon sugar	10 to 12 cups sifted flour
2 cups scalded milk	¼ cup melted butter

Soften yeast in lukewarm water with a teaspoon sugar for 5 minutes. To the scalded milk add salt, ¼ cup sugar and cool to lukewarm. Stir yeast mixture into the milk, adding 4 cups of flour and beat until smooth. Add the cooled butter and enough flour to form a medium firm dough. Turn out onto floured board and knead until smooth and elastic. Place dough in a greased bowl, cover with a towel, let rise in a warm place until double in bulk. Make paska in desired shape, place in greased pans and let rise until doubled. Bake in a moderately hot oven 400°F. for 45 minutes. Makes three paskas.



## RICH ROHALYKY

This recipe gives tender, glossy and very tasty rohalyky. Filling for rohalyky may be various—prepared poppy seed (Page 5), cottage cheese (Page 32); marmalade only, or marmalade with chopped nuts; cherries, etc.

1 teaspoon sugar	2 tablespoons sugar
½ cup lukewarm water	½ teaspoon salt
1 pkg. quick yeast	½ lb. chilled butter
2¾ cups flour	1 egg

Combine sugar with water, sprinkle with yeast and let stand 10 minutes. Sift flour, sugar and salt. Grate the hard chilled butter in short strips on the coarse grater, combine with the sifted flour mixture and keep cold.

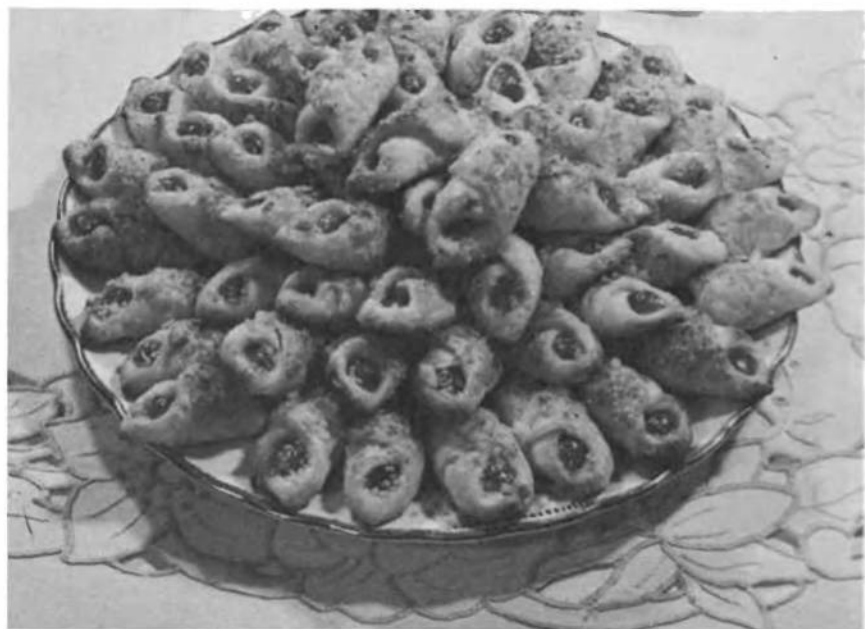
Add the beaten egg to the dissolved yeast, combine with the flour mixture, knead the dough lightly, but not to smoothness. Cover with wax paper and chill for 1 hour.

Roll the dough fairly thin (approximately ¼ inch) on a floured board. Cut into the desired size squares (2 to 2½ inches.) Put ½ teaspoon apricot jam or any desired filling in the centre of the square. Fold 2 opposite corners to overlap ½ inch at centre. Place a cherry in the opposite two corners close to the filling.

Place in a greased pan and chill ½ hour in the refrigerator. Preheat oven to 450°F. Brush rohalyky with beaten egg; sprinkle with finely chopped nuts; place in the oven and immediately turn oven to 400 or 375 F.

Bake for 12 minutes, or until they turn a light brown color and are done.

Note: Although yeast is used in this recipe the dough should not rise as it ordinarily would.



# SOUPS

## SPRING BEETS

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 10 young beets, stalks and leaves | 4 garlic cloves, diced      |
| 4 cups water to just cover        | ½ cup butter (or margarine) |
| 2 teaspoons salt                  | 2 tablespoons chopped dill  |
| 3 tablespoons flour               | 1 cup sour cream            |
| 1 onion, diced                    |                             |

Scrub the beets thoroughly but do not peel, rinse leaves and stalks under running water. Set leaves aside; dice beets and stalks; add water and salt. Boil until tender.

Pour boiling water over the leaves; bring to a quick boil; drain, add leaves to the beets. Blend the flour with ½ cup water or cooled beet stock; add to beets and stir to blend. Bring to a boil and let simmer on low heat. Fry the onion and garlic in ½ cup butter until crisp but not brown; add the dill and sour cream; boil 1 minute and add to the beet mixture. Bring to a boil. Serve with rye bread.

## GARDEN FRESH BORSCH

- |   |   |
|---|---|
| 2 cups beets, cut in fine strips with a knife | 1 cup tomato juice                          |
| 3 cups water                                  | 1 tablespoon butter                         |
| 1 carrot, cut like beets                      | 1 teaspoon each of chopped parsley and dill |
| 2 tablespoons celery, sliced fine             | ¾ cup cream or whipping cream               |
| 1 clove garlic                                |   |

Scrub young beets well, but do not peel. Cut up the vegetables, put in water and add other ingredients, except tomato juice and cream; boil until vegetables are tender and the beets appear clear. Add the tomato juice and cook for 1 minute more. Just before serving add the cream. Serves four.

Other cooked vegetables — peas, string beans, broad beans or young potatoes may be served separately to be added to borsch at table if desired.

## BORSCH — BEET SOUP

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 4 medium beets cut in thin strips | 3 tablespoons chopped parsley   |
| 1 large chopped onion             | 1½ tablespoons salt             |
| ¼ medium size shredded cabbage    | ¼ cup butter                    |
| 2 carrots, chopped fine           | 1 cup dry white beans           |
| 3 stalks diced celery             | 1 pint tomato juice             |
|                                   | 1 cup whipping cream            |
|                                   | ½ teaspoon sour salt (optional) |

Soak beans overnight; boil the beans until skin bursts, takes about 2 hours.

Boil beets on medium heat in 4 quarts of water for ½ hour, then add the rest of the vegetables and boil for ½ hour more. Add 1 pint of tomato juice; bring to a boil and boil for about 2 minutes. Add the butter and the cooked beans. Set aside. If desired ½ of a teaspoon of sour salt may be added.

Lastly add 1 cup of whipping cream, heat but do not boil. Serve hot.

## HOLIDAY BORSCH

Put 1 to 1½ lbs. of meaty spareribs, cut in 3 inch pieces, in 8 cups of cold water. Bring to a boil; scum until clear; simmer for 1 hour. Then to the stock add:

1 chopped onion	2 medium beets, grated in
1 tablespoon salt	strips on coarse grater

Simmer until beets are almost done (about 20 min.); then add:

1 medium carrot cut in strips or grated like the beets	½ to ¾ cup potatoes, cubed small
1 cup cooked broad beans or string beans cut in ½ inch pieces	½ cup finely shredded cabbage (optional)
	1 tablespoon lemon juice or 2 teaspoons vinegar

Cook until the potatoes and cabbage are tender; then add (7 to 10 minutes before serving) 1 cup tomato juice (more if desired), ½ cup sour cream blended with 1 tablespoon flour, 1 clove of garlic mashed with a pinch of salt. Cover and simmer over low heat. Before serving add 1 tablespoon chopped dill (use leaves only). This Borsch is delicious served hot or cold. It will keep a couple of days in a cool place and seems to improve with standing.

When Borsch is made for later use, the 3 last ingredients are omitted (blended cream, garlic and dill) then added when Borsch is reheated to give it that freshly-made taste and aroma.

## BORSCH (Doukhobor style)

2 large potatoes	1 small clove garlic
½ medium cabbage, shredded	1 teaspoon basil
1 medium beet	Sweet cream
1 carrot	Butter
1 large onion	Salt
1 small green pepper	Pepper
1 can tomatoes	Dill weed

Boil potatoes in plenty of salted water. Lift out cooked potatoes and mash with a little butter and sweet cream, using enough cream to make potato mixture runny. Put aside. To potato water add half the shredded cabbage, grated or finely chopped beet and carrot, green pepper, and cook about 15 minutes. Vegetables should be a little crunchy and not overdone. Melt butter, as required, in frying pan; add rest of shredded cabbage and chopped onion and fry till it begins to brown slightly. Add to vegetable mixture. Empty can of tomatoes into frying pan, sprinkle with basil, and cook about 10 minutes. Add to soup. Add crushed garlic. Now add potato and cream mixture and bring to a boil. Stir, sprinkle with dill, cover and let stand on hot stove about 10 minutes before serving. (Develops an especially delicious flavour when allowed to stand several hours).

(Various kinds of vegetables may be added, if desired, and hot water can be added if required to make proper soup consistency).

## VEGETABLE CHOWDER

1/3 cup diced bacon (2 rashers)	3 tablespoons dried peppers
1/4 cup finely chopped onion	4 cups hot milk
1 cup diced celery	1 cup frozen peas
1 cup diced potato	2 tablespoons flour and
1 cup water	2 tablespoons butter
1 cup diced carrot	2 tablespoons chopped parsley
2 teaspoons salt	

Fry bacon until crisp. Add onion and cook until yellow. Add celery, potato, carrot, water, salt and pepper. Cover. Cook 20 minutes or until vegetables are almost tender. Add milk and peas. Cream butter and flour together. Add a little of the hot mixture and stir until smooth. Add to vegetable mixture. Heat, breaking frozen peas apart with a spoon. Cover and simmer 5 minutes. Add parsley. Serves 6 to 8.

## SAM'S CLAM CHOWDER

3 tablespoons butter	1/2 teaspoon paprika
1/4 cup finely chopped onion	1 teaspoon Accent M.S.G.
3 tablespoons flour	3 tablespoons dried peppers
1 1/2 quarts milk	

Melt butter in a saucepan, add onions and fry for 1 minute; sprinkle flour; stir till all the flour is coated in butter. Gradually add the milk and continue to stir. Add Accent, paprika, dried peppers; stir until the sauce is smooth. Simmer for 15 minutes.

Meanwhile boil all together in 1 quart of water the following: 1 cup cubed carrots, 4 cups cubed potatoes, 1/2 cup sliced celery. Boil for 10 minutes or until the vegetables are tender. Add stock and vegetables to the milk sauce. Stir.

Now add 1/2 teaspoon celery salt, 4 cups of cut-up butter clams. Add salt and pepper to taste. Simmer for 5 minutes more. (Butter-clams on the British Columbia Coast are delicious).

## CHICKEN SOUP WITH NOODLES

1 boiling fowl	Small onion
4 quarts water	Parsley-root and greens
1 medium carrot	Spices (bay leaf, 3 peppercorns)
1 celery stalk	Salt

Singe and wash the fowl thoroughly. Trim excess fat and bring slowly to a boil in salted water. Skim. Boil slowly for 2 hours. Add carrot, celery, onion and spices and boil for 1/2 hour more. Add parsley, continue cooking on slow heat for another 1/2 hour. Salt to taste. Strain and serve clear soup with egg noodles.

Egg Noodles:

2 eggs	1 1/2 cups flour
1 tablespoon water	1/8 teaspoon salt

Mix the ingredients into a smooth stiff dough. Let rest for 10 minutes, then on a floured board roll out as thin as possible. Let dry for a few minutes. Dust with flour. Cut in strips 1 1/2 inches wide, place on top of each other and cut into fine shreds. Boil for ten minutes in salted water, strain and serve with chicken soup.

## POTATO SOUP

2 large potatoes	1 small onion
½ cup macaroni	2 teaspoons salt
3 rashers of bacon	Pinch of pepper
4 or 5 cups of water	

Fry diced bacon and onion; put diced potatoes in boiling water and cook for 15 minutes; add macaroni, salt, a pinch of pepper and cook until the macaroni is tender. Add fried bacon and onion; simmer a minute or more. Serves 4 people.

## PEA SOUP WITH HAM BALLS

1 ham bone	1 carrot, shredded
1 cup split green peas	1 stalk celery cut in slanted small slices
5 cups water	Salt and pepper to taste
Small onion chopped fine	Simmer for 2 hours

Ham balls:

Trim ham from the bone and chop fine. To 1 cup minced ham add:

1 egg	2 tablespoons flour
1 tablespoon parsley	

Mix well, form into small balls. Drop in the pea soup, cover and boil for 10 minutes.

## BORSCH (serves 200)

1 pail beets, cut in long strips	1½ cup parsley chopped
3 lbs. carrots cut in strips	½ cup salt or to taste
1 large cabbage shredded	1 (48 oz. can) tomato juice
4 lbs. beans (white dry)	1 quart whipping cream
3 large onions chopped	1 teaspoon sour salt (optional)
1 lb. butter	
1 whole celery, greens and stalks	

Soak beans overnight; boil the beans until skin bursts, takes about 2 hours. Boil beets on medium heat in 2 pails water for about ½ hour: add rest of the vegetables and boil ½ hour more. Add tomato juice; bring to a boil and boil for 2 minutes. Add the butter to the cooked beans and add. Set aside. If desired add sour salt. Lastly add cream, heat but do not boil. Serve hot sprinkled with fresh dill.

# MEATS, FISH AND CASSEROLES

## NACHYNKA – CORNMEAL CASSEROLE

1 cup cornmeal (Quaker)	1 tablespoon onions
1 tablespoon sugar	chopped fine
½ quart milk	½ cup butter
1 teaspoon salt	3 eggs plus ½ cup milk
Dash of pepper	¼ cup roast chicken drippings

Scald the milk, then add the finely chopped onion fried in 1 teaspoon of butter, sugar, salt, pepper and the butter. Slowly add the cornmeal, stirring to prevent lumps. Stir until the mixture thickens. Cool.

Beat 3 eggs and add the ½ cup of milk. Add this to the cornmeal. Add the spiced chicken drippings. Mix well. Bake uncovered in an oven for ½ hour at 350°F.

## EGG NOODLE CASSEROLE

½ package (6 oz.) egg noodles or home-made noodles if preferred	1 cup cream
2 eggs beaten	1 teaspoon vanilla
	½ cup washed raisins

Boil noodles about 12 minutes. Drain, rinse with cold water. Beat the eggs, add cream and vanilla. Lay out the noodles mixed with raisins in a buttered casserole. Pour the egg and cream mixture over the noodles. Bake at 325°F. for 45 minutes. Do not cover the casserole dish while baking. May also be baked in a tube cake pan.

## CAULIFLOWER WITH SWISS CHEESE

2 cauliflowers (in pieces)	2 tablespoons grated swiss cheese
2 egg yolks	1 teaspoon salt
4 tablespoons butter	½ teaspoon sugar
¼ cup flour	Juice of ½ lemon
1 cup milk	

Heat water; add salt, sugar and lemon juice, and in it boil the cauliflower until just tender enough to pierce with a fork. Drain and put in a fire-proof dish. Melt the butter, add the flour and stir until bubbly. Remove from heat and gradually add the milk, stirring until smooth; add beaten egg yolks and stir well adding salt and pepper to taste. Pour over cauliflower; sprinkle with grated cheese mixed with bread crumbs. Place in a moderate oven for a few minutes to melt the cheese, brown very lightly. Serve from the same dish.



## BUCKWHEAT KASHA

2 cups buckwheat groats	1 tablespoon butter
½ teaspoon salt	5 cups water

Spread buckwheat groats in a pan and place in a slow over (250° to 275°F.). Heat, stirring occasionally, until the groats feel dry to the hand and are very lightly toasted. This gives Kasha a pleasant nutty flavour.

Combine buckwheat with water, salt and butter. Boil for 15 minutes, then put the pot in a 350°F. oven. Bake for 30 minutes, lower to 300°F. and bake 30 minutes more.

Kasha may be served with scalded milk as a cereal, or served with a sauce; fried diced bacon and onions or with bread crumbs browned in butter.

## FIRESIDE BAKED BEANS

2 cups dried beans	¼ teaspoon pepper
½ cup cubed salt pork	¼ teaspoon cloves
¼ cup molasses	1 teaspoon barbecue spice
2 tablespoons brown sugar	2 tablespoons butter
1 teaspoon dry mustard	

Rinse beans in colander with cold water. Cover with cold water and soak 12 hours or overnight. Drain. Cover with salted boiling water. Simmer slowly 1½ hours. Drain. Put in greased baking dish or bean pot with salt pork scattered in. Place the minced garlic cloves first at the bottom of the pot. (This gives the beans a distinctive flavor). Add the beans. Mix molasses, mustard, and other spices with 2 cups hot water. Dot with butter. Cover and bake in moderate oven (350°F.) until beans are soft — about 3 hours. Uncover last 30 minutes of cooking to brown beans.

Served with hot garlic bread. Serves 6.

## POTATO PANCAKES

3 cups grated raw potatoes	3 tablespoons crushed bread crumbs
1 large grated onion	1 tablespoon flour
1 slightly beaten egg	Pinch each of pepper and nutmeg
1 teaspoon salt	

Put all ingredients in a bowl and mix well. Fry the pancakes using either bacon dripping 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.

*Quick mushroom sauce:*

1 can condensed mushroom soup	¼ cup boiling water
½ cup hot milk	1 Oxo cube

Mix soup with hot milk put on low heat to warm; crumble and dissolve Oxo cube in boiling water; blend into soup; heat but do not boil. Serve with potato pancakes.

## HOLUBTSI – CABBAGE ROLLS

1 medium cabbage	¼ lbs. butter
1½ cups rice	1 cup tomato juice
1 small onion chopped fine	1 cup water
3 slices bacon	Salt and pepper to taste

Cut out the cabbage core. Put cabbage, cored side down, in a pot of boiling water. Cover and let stand until the leaves wilt enough to roll easily. Turn and gently separate the leaves. Cut large leaves into 3 or 4 pieces. Discard the central rib.

Pour boiling water to reach an inch above the rice, cover and boil at medium-low heat until the water is all gone. Do not stir. Fry onion and bacon. To the partly boiled rice add butter, seasoning and half the fried bacon and onion.

On each cabbage piece, held on the palm, put a spoonful of rice mixture, roll up lightly and place in a pot layer on layer. Combine water and tomato juice and pour over the rolls on which the remaining bacon and onion had been scattered. Cover pot with a tight fitting lid and bake in 350°F. oven ¾ to 1 hour until the filling and the cabbage is cooked.

## POTATO PUFF-ROLLS

3 cups mashed potatoes	1 teaspoon flour
½ cup grated yellow cheese or swiss white	Pinch salt and pepper (St. Lawrence corn oil for deep frying)
2 eggs, beaten	

Mix ingredients together thoroughly; shape into a roll and roll in fine bread crumbs. The roll should be around ¾ to 1 inch in diameter. Cut in 1 inch or 1½ inch lengths. Deep fry until golden brown.

## BEET LEAF HOLUBTSI

2 cups cold water	1 teaspoon salt
1 cup rice	

Bring the water, salt and rice to a boil; cover and steam for 10 minutes on low heat.

Fry ¼ cup chopped onions in ½ cup butter until the onions are transparent. Add ⅓ cup chopped dill and add to the rice. Add salt and pepper to taste.

Pick young fresh beet leaves, wilt them in the hot sun or in an oven at 200°F. for a few minutes. Place a tablespoon of rice on the beet leaf; fold sides over filling and roll bottom to top. Place in layers in a casserole. Pour ½ cup warm water over the holubtsi; cover and bake in oven at 300°F. for ½ to ¾ of an hour.

Serve with dill sauce.

### *Dill Sauce:*

1 cup sour thick cream	1 tablespoon onion chopped fine
½ teaspoon dill	Salt, pepper to taste

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

## BEET LEAF DOUGH HOLUBTSI

The dough used for these holubtsi may be bread, plain bun or perishky dough (see page 50).

When the dough has risen to double in bulk place a piece of dough the size of a walnut on a beet leaf and roll up similarly to directions given in the above recipe. 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; bake in a moderate oven (300° to 350°F.) for ¾ to 1 hour. Serve with dill sauce.

## NALYSNYKY

2 cups milk	1½ cups Aunt Jemima
3 eggs	Pancake Mix
3 tablespoons melted butter	½ teaspoon baking powder

Beat eggs, add milk and melted butter. Sift dry ingredients and add to the egg batter, beating until smooth. Pour only enough batter to make pancakes 3 inches in diameter. Fry in a heavy cast iron or pancake grill. Brown each side for about a minute.

Put a tablespoon of cottage cheese filling on each small pancake and roll up like a jelly roll. Arrange in a glass pan in two layers. Sprinkle ¼ cup of melted butter and heat in slow oven for about ½ hour. Serve with sour cream if desired.

Cottage cheese filling:

4 cups dry cottage cheese	½ cup fine, dry bread crumbs
1 egg	without crust
2 tablespoons melted butter	Salt to taste

Blend together until smooth.

## NALYSNYKY

1 quart milk	1 teaspoon salt
3 cups flour	6 eggs
½ teaspoon baking powder	2 tablespoons oil

Beat eggs, add milk, continue beating. Sift flour with baking powder and salt. Gradually add to the egg and milk mixture, beating all the time with an egg beater to prevent lumps.

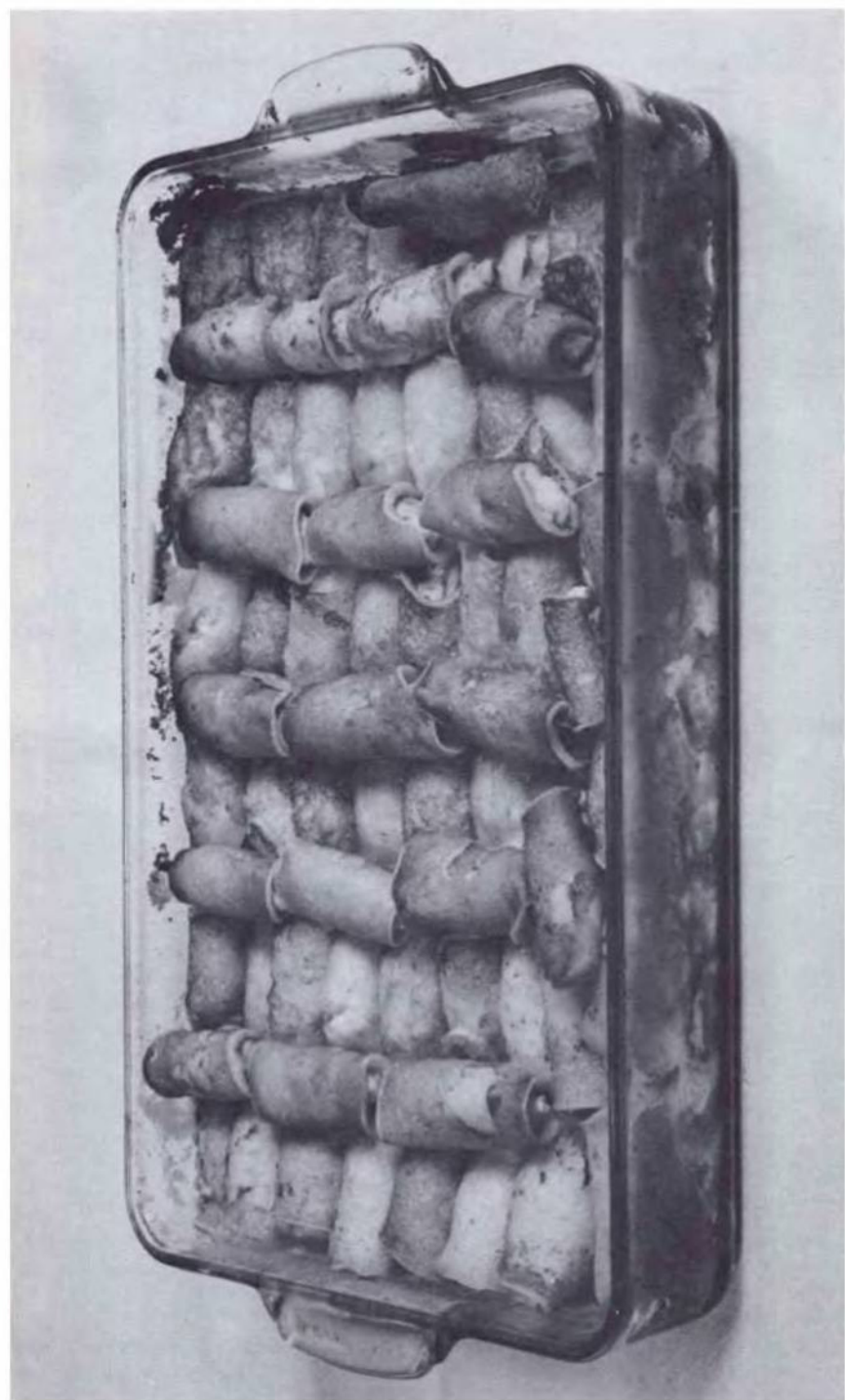
To a hot skillet add 1 teaspoon of oil, pour ¼ cup batter spreading it evenly on the whole bottom of the skillet. Fry lightly on both sides. Flip them over on a pile in a dish.

Cheese filling:

4 lbs. dry cottage cheese	Salt to taste
8 to 10 eggs	2 tablespoons margarine

Divide each pancake in half, spread each half with cheese and roll separately, placing the cut end again the side of a pan. Scatter pieces of butter over each layer making only two layers in each pan.

Bake in 300°F. about 20 minutes watching them carefully. If preferred crisp, turn them over and leave in oven for 10 minutes more. Watch that they do not get scorched. Serve with sour cream.



## FILLED MUSHROOMS

- |                                    |                            |
|------------------------------------|----------------------------|
| 2 lbs. large mushrooms,<br>cleaned | 1 teaspoon bread crumbs    |
| 1 boiled egg, chopped fine         | 1 small onion chopped fine |
| 1 raw egg                          | 1 teaspoon cream           |
|                                    | 1 tablespoon butter        |

Remove the mushroom cap from the stalk, scald caps in hot salted water. Drain, cool.

Chop stalks very finely. Saute onion and mushroom stalks in butter until the onion is golden brown in color. Set aside to cool. When cool, add chopped egg, bread crumbs with cream, and beaten raw egg. Mix well.

Fill the inside of a mushroom cap with a teaspoon of the filling. Coat in flour; dip in beaten egg and roll in fine bread crumbs. Fry in oil or butter until golden brown.

## STUFFED DILLS

- |  |                                     |
|--|-------------------------------------|
| 18 medium dill cucumbers               | ½ cup brown sugar                   |
| 8 oz. package of white<br>cream cheese | 1 teaspoon pimentos chopped<br>fine |

Cut the ends off the dill cucumbers; core out centre. Place hollow dills in a bowl and sprinkle brown sugar over them. Refrigerate for 4 hours. Let dills drain by placing them upright in a bowl for several hours.

Mix cream cheese with the pimentos and stuff into dills with a pastry decorator. Wrap, and store in the refrigerator for several hours. Slice and Serve.

## VEAL & MUSHROOM ROLL-UPS

- |  |                      |
|--|----------------------|
| 2 lbs. veal cutlets                          | 2 tablespoons butter |
| 1 lb. mushrooms, cleaned and<br>chopped fine | ¼ cup chopped onion  |
|  | 1 egg white          |

Pound cutlets into 2 by 4 inch pieces. Salt and sprinkle a few drops of lemon juice on each. Refrigerate for ½ hour. Saute onions in butter until transparent, reserve 1 tablespoon onions, add mushrooms, simmer on low heat for 10 minutes. Cool. Add egg white slightly beaten. Mix well. Spread on cutlets and roll up. Refrigerate for 10 minutes to set. Coat in flour, dip in beaten egg and roll in fine bread crumbs. Brown in oil on both sides. Place cutlets side by side in a baking pan, sprinkle onions, add 2 tablespoons water and bake in 350°F. oven for 30 minutes. Remove cutlets, add 2 tablespoons flour to the dripping in the pan and make gravy. Strain gravy over the cutlets. Serve garnished with watercress or parsley.

## UKRAINIAN SAUSAGE

- |                             |                     |
|-----------------------------|---------------------|
| 6 lbs. trimmed pork butt    | 3 tablespoons salt) |
| 4 lbs. shoulder veal        | ½ teaspoon pepper   |
| 4 cloves garlic (crushed in | 1 quart water       |

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

### *Baked Sausages:*

Place sausages in a pan with a rack; fill with water almost covering the sausages and bake for 1 hour at 350°F. Baste frequently until sausages are browned.



## SAUERKRAUT & UKRAINIAN SAUSAGE

1 ring Ukrainian sausage                      ¼ cup chopped onion  
1 quart sauerkraut                              1 tablespoon 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.

## HERRING IN CREAM

6 herrings    2 tablespoons cooking oil  
1 cup cream    3 herring milts  
1 tablespoon mustard                              2 hard cooked egg yolks  
5 tablespoons finely chopped                      1 tablespoon vinegar or lemon  
  gherkins    juice  
3 tablespoons grated onion

### Sauce:

Cream together thoroughly the milts, oil and yolks of eggs. Add the other ingredients (except the herring) mix well.

The herrings should soak in water 24 to 36 hours. Change water if too salty. Remove the skin, fillet the herring taking care to remove the bones. Make a roll of each fillet. Place the rolls in layers in a glass container pouring some sauce over each layer. Let stand 3 days before serving. Use one half of each fillet if smaller rolls are desired.

## PUFFY POTATO PYROHY — Fried in oil

2 cups mashed potatoes                              ½ cup milk  
2 eggs    1 teaspoon baking powder  
2 tablespoons butter or lard                          3 cups flour  
1 teaspoon salt    Cooking oil

Sift baking powder with 2½ cups flour; add the potatoes, salt and butter; mix together as for pie crust. Beat the eggs, blend with milk and add to the flour-butter mixture and, if necessary, add the remaining ½ cup flour. The dough should be soft, but workable.

Turn out the dough on a floured board, roll out to a ¼ inch thickness; cut up in squares with a knife, for triangle and rectangle pyrohy, or cut out rounds with a cookie cutter.

Place a teaspoon of filling in the centre of each piece; fold over to cover filling and pinch the edges tightly together to seal. Fry in oil 1½ inches in depth.

For filling use cottage cheese filling—see page 32, sauerkraut filling—see page 5, or roast pork, ground and mixed with diced pickles, moistened with gravy or cream.

## CHICKEN CASSEROLE

1 chicken (fryer)                                      2 tablespoons flour  
1 small onion    ½ cup water  
1 clove garlic    ½ teaspoon salt  
1 cup water    Pinch of pepper

Cut the chicken in serving pieces and place in a casserole; add onion and garlic; season with salt and pepper; add ½ cup of water; cover and cook in the oven at 325°F. Turn the pieces often to brown nicely all over. Add more water if it boils out. Cook for 1½ hours until the chicken is tender. Make gravy, if desired, by blending 2 tablespoons of flour with ½ cup cold water. Add gradually to the stock in the casserole stirring until the mixture thickens, cook for 1 to 2 minutes until the taste of the flour disappears.

## CREAMY CHICKEN CASSEROLE

1 frying chicken, cut-up	Salt and garlic salt
1 can cream of mushroom soup	Paprika
1 cup table cream	Chopped parsley

Season chicken with salt, garlic salt, and paprika. Place pieces in single layer in buttered baking dish. Mix soup and cream. Pour over chicken. Sprinkle with parsley and bake the chicken with casserole uncovered, in a moderate oven (350°F.) for 1½ hours, or until tender.

## SMOTHERED CHICKEN A LA PAPRIKA

1 3-lb. chicken, quartered	approx. (optional)
melted butter	1 teaspoon salt
¼ cup flour	½ teaspoon pepper
¾ teaspoon salt	¼ teaspoon marjoram
¼ teaspoon pepper	¾ teaspoon paprika
½ teaspoon paprika	1½ cups light cream
¼ cup butter	1 cup sour cream (or sweet cream)
2 cups of mushrooms	1 clove of garlic
1 medium size onion	1 teaspoon parsley or dill
½ cup chopped celery	

Brush chicken pieces with melted butter then roll them in a mixture of ¼ cup flour, ¾ teaspoon salt, ¼ teaspoon pepper and ½ teaspoon paprika. Melt butter in heavy skillet and cook chicken pieces in it until well browned on both sides. Add chopped garlic. Cover tightly and cook until tender. Add approximately 2 cups of mushrooms, 1 chopped onion (½ cup of chopped celery) which has been sauteed in melted butter. Add dill or parsley.

Remove from heat and stir in 1 teaspoon salt, ½ teaspoon pepper, ¼ teaspoon marjoram, ¾ teaspoon paprika, light cream and sour cream. Heat just until the mixture comes to a boil, but do not boil. Serve with the sauce poured over the chicken and sprinkle with paprika. (Fresh dill or parsley could be sprinkled also on top of the sauce).

## MINCED MEAT PATTIES – Snytsli

1 lb. minced beef	¾ cup finely diced onion
1 lb. minced pork	¼ cup crushed peanuts
1 egg slightly beaten	1 teaspoon soy bean sauce
1 cup moistened bread	2 teaspoons ketchup
(dip dry bread in cold water	1½ teaspoons salt
or milk, press dry, then	Pinch of pepper and celery salt
measure)	

Mix all the ingredients thoroughly by hand until no trace of bread remains and the mixture is smooth. Fry patties until browned on both sides; place in a container and bake for 30 minutes in a moderate 350°F. oven until the pork is well done.

The prepared meat may also be baked, or made into a roll, frozen and sliced to fry as needed.

Frozen raw patties, with a piece of plastic in between can be separated easily and are always ready for frying.



## OVEN FRIED CHICKEN

Cut a chicken (fryer) into serving pieces. Soak in salted water then rinse in clear cold water. Let stand for a while for the water to drain off. Sprinkle the pieces lightly with flour, dip into a beaten egg; roll each in finely crushed dry bread crumbs or cracker crumbs; place in a well buttered pan and bake in a hot oven (400°F.) until browned on both sides.

When nearly done add 1 cup of water (or more if necessary); cook, basting 2 or 3 times, until chicken is tender. It takes about 1½ hours for the pieces to be done.

### ROAST LEG OF LAMB — with herbs

1 teaspoon rosemary	1 teaspoon paprika
2 teaspoons salad oil	1 clove of garlic, crushed
½ teaspoon sweet basil	5 to 6 lb. leg of lamb

Combine oil with rosemary, paprika, sweet basil, and garlic. Rub the lamb thoroughly with the seasoned oil. Let stand in refrigerator for at least 4 hours.

Roast uncovered, with the fatty side up, in a 325°F. oven for 3½ hours.

### MEAT BALLS

1 lb. ground beef	½ small clove garlic (crushed)
2 tablespoons rice (uncooked)	optional
1 tablespoon corn meal	¼ cup milk
1 egg	2 tablespoons fat
¼ cup bread crumbs	1½ cups water
1 small onion (chopped)	1 tablespoon flour
1 teaspoon salt	1 can tomato soup (10½-oz.)
⅛ teaspoon pepper	or 2 cups tomato juice

Mix thoroughly, ground beef, rice, bread crumbs, corn meal, onion, garlic, milk, salt, and pepper. Shape into 1 inch balls. Melt fat in heavy frying pan, fry balls slowly, turning over brown evenly. Add soup, 1 cup water, cover and simmer about 1½ hours over slow heat. Mix flour in ½ cup water, add to meat balls; mix well, let simmer for another 15 minutes. (Stirring until thickened).

### BEEF CUTLETS

Remove gristle and veins from meat. Divide the meat into desired number of pieces. Pound and trim to shape. Sprinkle both sides with salt and white pepper then with flour, fry in hot melted butter until lightly browned on both sides. Keep warm in the frying pan.

Pour 2 cups cold water over ½ cup dried mushrooms (pidpenky, or any other); bring to a boil and boil for ½ hour. Pour boiling water over one thinly sliced onion. Drain. Put a layer of cutlets into a casserole (to serve from at table), over them put some onion and part of mushrooms, and another layer of cutlets. Repeat, with cutlets as top layer. Add half the sauce from frying pan or water, cover closely, put on moderate heat and let simmer.

When the meat is almost done, take the top layer out, add 2 cups of parboiled potatoes cut as for french fries, put the cutlets back on the potatoes, simmer until potatoes are tender. Add ½ cup or more, sour cream 5 to 7 minutes before serving. Lastly sprinkle the top with chopped parsley and serve.

## HAWAIIAN SPARERIBS

4 lbs. spareribs	2 tins pineapple juice
Salt and pepper	(13½ oz. each)
½ cup coarsely chopped celery	1 clove garlic, finely minced
½ cup coarsely chopped green pepper	2 tablespoons soy sauce
2 tablespoons butter	1 tablespoon sugar
2 tablespoons cornstarch	½ teaspoon salt
2 cups liquid (juice drained from pineapple tidbits and water)	½ teaspoon ginger (optional)
	⅓ cup vinegar

Cut spareribs into two or three rib portions. Place ribs meaty side up in a large shallow roasting pan. Season with salt and pepper. Bake uncovered in hot oven 450°F. about 45 minutes. Pour off all fat. Reduce heat to 350°F.

While ribs are browning cook celery and pepper in melted butter until tender (5 minutes). Blend in cornstarch. Add liquid and cook, stirring constantly until thickened and clear. Stir in pineapple tidbits, garlic, vinegar, soy sauce, sugar, salt and ginger. Pour this over meat in roaster. Cover and bake in 350°F. oven about 1½ hours. Uncover and bake 15 minutes longer to brown.

## BARBECUED SPARERIBS

3½ to 4 lbs. spareribs cut into serving pieces. Place in a single layer in a large roasting pan. Bake uncovered in very hot oven 450°F. for about ½ hour. Pour off all fat.

Prepare sauce while meat is browning. Heat to boiling point:

1½ cups water	3 tablespoons Worcestershire sauce
1 tin (7½ oz.) tomato sauce	1 teaspoon salt
2 medium onions (chopped)	1 teaspoon chili pepper
3 tablespoons vinegar	1 teaspoon dry mustard
1½ tablespoons sugar	¼ teaspoon tabasco

Pour sauce over meat. Cover pan. Chill for several hours or overnight. Bake covered in hot oven 450°F. for 30 minutes. Remove cover. Continue to bake, basting frequently in moderate oven 350°F. for another hour or so until done.

## ROSIE'S SALMON ROLL

2 cups flour	1 egg, beaten
2 teaspoons baking powder	⅔ cup milk
1 teaspoon salt	Pinch of celery salt (optional)
½ cup shortening	

Sift together the flour, salt, baking powder and celery salt; cut shortening finely into the flour; blend milk with beaten eggs; add to flour mixture and mix well. If necessary add a bit more flour to make dough of rolling consistency. Roll into a rectangle; spread with salmon filling; roll up as for jelly roll; press edge to seal securely; place on greased cooky sheet; bake at 400°F. for about ½ hour.

*Filling:*

Flake 2 to 2½ cups of salmon; add 4 tablespoons milk, 1 teaspoon finely chopped onion, ½ clove mashed garlic, 1 tablespoon chopped parsley, ½ teaspoon salt and a pinch of black pepper.

## PORK CHOPS WITH PASSIONFRUIT

8 lean pork chops, centre cut	1 teaspoon mono sodium glutamate
1 cup passionfruit juice	Salt and pepper
¼ cup apricot brandy, optional	¼ cup chopped onions
Peach halves, 28 oz. can	2 tablespoons oil or butter

Saute onion in oil until light brown. Remove onions. Brown pork chops in the same oil on both sides until lightly browned. Drain the dripping. Sprinkle onions on top of pork chops. Add salt, pepper and mono sodium glutamate. Add passionfruit juice and peach juice. Simmer for 10 minutes on medium heat. Place peach halves on top of pork chops and add the brandy. Simmer for 15 minutes more, covered. Uncover and simmer for 5 minutes more, spooning the juices on the peaches and chops. Serve with hot cooked rice. Garnish with watercress or parsley.

## MEAT PYRIZHKY

1 (3 oz. pkg.) cream cheese	½ cup butter
1 cup flour	1 egg yolk

With a pastry blender mix as for pie crust. Roll out quite thin and cut in small rounds with a cookie cutter. Fill with the following filling or meat filling on page 52.

Place in a greased pan; brush with beaten egg yolk and bake for 15 minutes in 375°F. oven.

### *Filling:*

2 hard boiled eggs chopped fine	Salt and pepper to taste
1 cup mushrooms, finely chopped	1 teaspoon cream
1 small onion	1 tablespoon bread crumbs
	1 tablespoon butter

Fry onions in butter until lightly browned. Add mushrooms and simmer for 10 minutes. Cool. Add the chopped eggs and the cream mixed with breadcrumbs. Mix thoroughly.

## VEAL & PORK KABOBS

1½ lbs. trimmed pork butt	1 teaspoon mono sodium glutamate
1½ lbs. veal round or shoulder steak	1 egg diluted in 1 teaspoon water
12 wooden screwers	1 cup bread crumbs, fine
Salt and pepper to taste	

Cut the pork and veal separately in 1 inch cubes and slice cubes in half. Season to taste. Mix each thoroughly. Arrange on wooden screwers alternating pork and veal. Coat in flour; in egg and in bread crumbs. Fry in oil on all sides; place on a shallow pan; sprinkle a tablespoon of chopped onion fried in 1 teaspoon of butter and bake in 350°F. oven for ½ hour. Uncover and bake 10 minutes more.

## VEAL STEAK

6 slices cooked ham	1 egg
6 slices cheese	6 half inch thick veal steaks

Slit the steak in half and insert a slice of cooked ham and a slice of yellow cheese. Dip in flour, then in egg beaten with a teaspoon of water. Coat generously with fine bread crumbs. Brown on both sides in oil. Place in a pan and bake uncovered for ½ hour in 350°F. oven.



## PIQUANT CUTLETS

2 lbs. veal	2 to 3 tablespoons thick cream
1 tablespoon flour	1 to 2 tablespoons grated cheese
½ lb. ham in thick slices	2 tablespoons butter

Divide the meat into cutlets and pound them thoroughly. Salt and dust with flour on one side only. Place the cutlets, floured side down, in hot butter in a frying pan and saute until browned. Then lay the cutlets, browned side up, in a greased pan; on top of each put a slice of ham; dot generously with cream, sprinkle with grated cheese; bake in a moderate oven until nicely browned. Serve with rice.

## HAM IN BATTER

1 lb. cooked smoked ham	3 egg whites, beaten to a stiff foam
3 egg yolks	
3 tablespoons flour	¼ lb. lard or 4 tablespoons oil for frying

Slice the ham. Cream egg yolks; add the flour, mix well then lightly blend in the egg whites to make a batter. Dip each slice of ham into the batter; fry, turning over once until lightly browned. Serve at once. Goes well with jellied salads.

## FIVE-LAYER DINNER CASSEROLE

1 pound ground round steak	1 sliced onion
1 can pork and beans	1 can tomatoes
4 sliced potatoes	

Place ingredients in layers in the order given above and add salt and pepper to taste. Cook in pressure-cooker 15 minutes, 15 lb. steam, or in casserole in the oven at 350°F. for ¾ to 1 hour. Serves 4 to 6 people.

## KORZHYKY

### *Dough:*

3 cups flour
1 teaspoon salt
1 tablespoon butter cut in pea-size pieces
1 to 1¼ cups water

### *Filling:*

3 tablespoons granulated sugar
2 cups hot water
1 cup poppy seed

First, prepare the poppy seed filling.

Pour enough hot water over the poppy seed just to cover; bring to a boil and set aside. When cool put the seed through the finest blade of a meat-grinder, twice if necessary, add the sugar and set aside. When ready to use add the 2 cups of hot water.

Sift flour and salt, add butter and stir a bit to distribute the pieces; add 1 to 1¼ cups water to make a soft dough. Roll dough out to a ¼ inch thickness; put in a pan; prick all over with a fork; bake in a 350°F. oven until a light brown. While still warm break the baked dough into pieces (1 to 1½ inches). Put the pieces into a bowl; add the hot water to the ground poppy seed; pour over the pieces; cover and let stand for 30 minutes before serving.

## MASHED BEANS

Boil 1½ cups white beans in about 5 cups of water and, when almost done, add ¼ teaspoon baking soda and 1 teaspoon salt. Simmer until the beans are tender. Drain and save the liquid.

Mash the beans well adding, a little at a time, some of the drained liquid until the bean mess is of a thick sour cream consistency. Mash 1 clove of garlic and stir into mashed beans. Sprinkle the top with 1 diced onion fried in 1 tablespoon of cooking oil. Serve hot.

## CHEESE KNYDLI

2 cups cottage cheese	3 tablespoons bread crumbs
1 egg	5 tablespoons butter
2 egg yolks	Salt to taste, about ½ teaspoon
⅓ 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 the mixture, will hold their shape.

Cook in boiling water until the balls rise to the top, open one to see if the inside is cooked through. Dip out with a spoon, drain well, sprinkle with bread crumbs (crushed) browned in butter. Serve hot.

## BREAD CRUMB KNYDLI

1 cup bread crumbs	1 teaspoon salt
2 tablespoons butter	2 tablespoons butter
2 eggs	Flour
½ cup milk	

Brown bread crumbs in butter, add hot milk, mix, let cool, add beaten eggs, salt and enough flour to shape into small balls. Cook in boiling salted water, occasionally stir gently until the balls rise to the top, cut one open to see if it is cooked through. Remove from water, drain. Pour melted butter over balls, serve hot with meat or sauce.

## EGGS IN CREAM – LUNCHEON DISH

Melt 5 tablespoons of butter in a low wide metal saucepan and when the butter is hot (bubbly) add 1 cup of good, thick sour cream. Bring to a boil, adding a dash each of salt and pepper, and remove from heat.

Carefully slide into and space in the saucepan 10 whole eggs and put the saucepan back to cook at low heat. When the bottom of the egg whites are set, tip the saucepan slightly and spoon the hot cream over the eggs to film the tops. Sprinkle with salt and serve at table from the saucepan.

## PARSNIP LOAF

3 cups cooked mashed parsnips	1 beaten egg
½ cup evaporated milk or coffee cream	2 tablespoons melted butter
1½ teaspoons salt	1 tablespoon grated orange rind
Pinch of pepper	1 teaspoon fine bread crumbs

To warm mashed parsnips add the milk, salt, pepper, rind, beaten egg and flour. Mix and put in a buttered pan 4 x 8 inches. Smooth the top and with a sugar shell make 2 rows of half moons. Heat crumbs in butter and spoon over the parsnip loaf. Bake at 325°F. 25 to 30 minutes, until the top is golden brown. Serve with drawn butter or with sour cream and a dash of nutmeg.

## SPRING CRISP CABBAGE WITH CARAWAY SEED

3½ lb. young fresh cabbage leaves	Juice of ½ lemon
6 tablespoons diced bacon or side pork	½ cup cream
2 onions	¼ teaspoon caraway seed
2 teaspoons flour	1 teaspoon salt, or to taste
	1 tablespoon chopped parsley

Rinse cabbage leaves under running water, pour boiling salted water over them and drain. Cut leaves up coarsely.

Fry diced bacon and onions, add flour and brown lightly. Add cabbage mixed with caraway seed to bacon mixture, cook and stir until cabbage is almost tender. Add the cream, lemon juice and salt, keep on heat for 1 minute. Do not let it boil. Sprinkle with 1 tablespoon of chopped parsley and serve.

## CABBAGE WITH CREAM

3 cups scalded cabbage, shredded	1 teaspoon nutmeg
½ cup butter	¾ cup sour cream
¼ cup fine crumbs	Salt, pepper to taste

Melt butter in a saucepan with tight fitting lid; add the crumbs and heat until bubbly. Mix cabbage and nutmeg, add into the saucepan and thoroughly mix with buttered crumbs. Cover tightly and cook on low heat for 15 minutes, stirring occasionally to prevent scorching.

Bring the cream to a boil and pour over the cabbage, cover as before and let cook for 30 minutes more. Add salt and pepper to taste and serve. Some like it with sugar, but then omit the nutmeg.

## HOT CRAB SOUFFLE

8 slices of bread	2 cups crab meat or shrimps
½ cup mayonnaise	3 cups milk
1 green pepper, chopped	4 beaten eggs
1 onion, chopped	1 can mushroom soup
1 cup celery, chopped	Grated cheese and paprika

Dice 4 slices of bread into a greased baking dish; mix crab meat, onion, green pepper, celery and mayonnaise; spread over the diced bread; trim crusts from the other 4 slices of bread and place over the crab mixture. Mix together the eggs and milk; pour over the ingredients in the dish. Bake in an oven at 325°F. for 15 minutes. Spoon the soup over all and sprinkle the top with grated cheese and paprika. Bake for 1 hour more. Serve immediately.

## FISH STEW

1½ lbs. of white fish or rock cod (cut in pieces 2 inches wide)	Salt to taste
1 medium onion, chopped fine	¼ teaspoon sea food seasoning
2 small potatoes (sliced in quarters)	3 tablespoons cooking oil

Fry onion in oil until light brown in color. Arrange pieces of fish on top of the browned onions and scatter potatoes all around. Add boiling water to cover, then add salt and sea food seasoning. Cook slowly over low heat for about 2 hours. Do not stir.

May be eaten warm or cold.

## BUSY MOTHERS CASSEROLE

½ lb. dry pinto beans                      Dash of pepper  
1 lb. braising beef ribs                  ¼ teaspoon garlic, chopped  
½ teaspoon salt or to taste              2 tablespoons chopped onion

Wash and soak beans overnight in plenty of water. In the morning cut ribs in half and put into a 2 quart casserole. Add onion, garlic, and pepper; add beans with about 1 cup of the water in which the beans had been soaking.

Put in a 350°F. oven and bake for about 1 hour. Add salt, stir lightly and lower heat to 200°F. Allow to bake 2 or 3 hours until beans are well done. Serves 4.

## SPICED OYSTER BISQUE

1 cup peas                                      ½ cup diced celery  
1 cup cubed carrots                      ¼ cup diced onion  
1 cup cubed potatoes                      1 clove minced garlic

Combine 1½ cups chicken stock, 4 cups milk and 6 tablespoons flour diluted in part of the milk. Add to the vegetables. Add 3 cups fresh or thawed oysters and ½ tablespoon paprika; blend all together and cook over low heat, stirring constantly until the mixture begins to thicken. Just before serving add ½ cup light cream.

If chicken stock is not available then combine:

6 tablespoons butter                      ½ teaspoon thyme  
1 teaspoon salt                              4 cups milk  
¼ teaspoon pepper                        1 can creamed chicken, or  
Dash of cayenne                            creamed mushroom soup  
½ teaspoon celery salt

Blend and add to the precooked vegetables, add the oysters and paprika; cook as directed above. Add the cream and serve.

## CORNMEAL SOUFFLE DRESSING

½ cup chicken broth                      6 tablespoons melted  
3 cups cubed day old bread              margarine  
(6 slices)                                      1 cup milk  
Small onion, chopped fine              ½ cup diced celery  
1 teaspoon poultry seasoning           ½ teaspoon salt  
1 egg, well beaten                        Dash of pepper  
¾ cup corn meal                            1 tablespoon baking powder

Place bread cubes in a large bowl. Saute onions in butter until golden in color, about 2 minutes. Add hot chicken broth, seasoning and pour the broth mixture over the bread cubes. Add beaten egg and toss very lightly. Set aside.

In a sauce pan over medium heat place corn meal; stir; add celery, salt and pepper, add warmed milk. Stir continually until corn meal thickens slightly. Set aside for 4 minutes. Spread the corn mixture on top of the bread cubes. Sift 1 tablespoon of baking powder over the cornmeal. Fold the mixture lightly over with a spatula.

Stuffs 2 five pound roasting chickens or a 10 to 12 lb. turkey.



## YORKSHIRE PUDDING

2 eggs	½ cup cold water
½ cup milk	1 cup flour
¼ teaspoon salt	

Beat eggs, add milk and beat. Add sifted flour and salt; beat until a smooth batter is formed. Add cold water, beat for five minutes until bubbles appear; place in the refrigerator for 1 hour.

In each muffin tin (a pan of 12) place ½ teaspoon butter; heat in an oven to bubbling point; pour cold batter into the hot muffin pan, bake at 400°F. for 30 minutes.

## NACHINKA — CORNMEAL DRESSING (Serves 25)

½ gallon water	1½ tablespoons ground pickling spice
½ gallon milk	2 tablespoons salt
½ lb. back fat, cubed fine	1 dozen eggs, beaten well
1½ lb. margarine or butter	3 lbs. cornmeal
2 large chopped onions	
½ cup sugar	

Bring milk and water to a boil. Brown onions in margarine, add to the milk. Cube the back fat very finely; fry but keep very light in color. Add the cracklings and only 1 cup of the rendered fat to the milk. Add sugar and salt. Take 1 tablespoon of pickling spice and grind into powder in an osterizer; add this to the milk. Add 3 lbs. of cornmeal, a little at a time, stirring well to prevent forming of lumps, until cornmeal thickens. Set aside for ½ hour until it is lukewarm. Now blend in 1 dozen well beaten eggs to the above cornmeal mixture.

Bake at 350°F. for 2 hours. Makes a large full roaster.

## PYROHY (VARENYKY) (Serves 25)

20 cups flour	9 cups hot water
3 eggs, beaten	2 teaspoons salt

In a large bowl place approximately 15 cups of flour and make a well in the centre. Combine water, eggs, salt; beat well and add to the flour. Form a soft ball of dough and gradually add and knead in the remaining 5 cups of flour. Brush with vegetable oil, cover with a cloth and set aside for 15 minutes. Proceed as on page 4.

*Cheese filling:*

20 lbs. dry cottage cheese	and 6 yolks
10 eggs or 6 whole eggs	1 tablespoon salt

Place the cheese in a cloth bag. Place a heavy object on top to drain as much moisture from the cheese as possible overnight. Mix the cheese well until soft as butter, add beaten eggs and the salt.

# SALADS

## CRACKED WHEAT SALAD

1 cup (pre-cooked packaged) cracked wheat	1 tomato, cut-up fine
6 bunches fresh parsley	1 chopped onion
1 bunch long chinese lettuce	Salt
1 cup St. Lawrence oil	Lemon juice to taste

Soak cracked wheat in cold water for 4 hours. Drain excess water. Chop parsley, lettuce, onion and tomato very finely; add oil, lemon juice, and salt. Mix well and serve on lettuce leaves. Serves 6 people.

## DECORATED SANDWICH LOAF

Cut off crusts of 1 white and 1 brown sandwich loaf of bread. Cut each (or have them cut lengthwise) in 1 inch thick slices. Divide slices equally to make 2 sandwich loaves. Soften butter to spreading consistency.

Butter one side of a white slice; cover generously with deviled ham filling. Butter a brown slice and lay, buttered side down, on ham; butter top side and spread with cheese (cheese Whiz or any spreading cheese) and sliced stuffed olives. Butter white slice and cover filling as before. Butter top and spread with ham; butter brown slice and cover filling. Do not butter top of the last slice. Wrap in wax paper and refrigerate for 12 hours or more.

Before serving (1 to 2 hours) soften and cream 3 oz. package of cream cheese and 4 tablespoons cream. Divide in two equal portions. Cover 3 sides of each loaf spreading cheese with spatula dipped in hot water. Decorate top with chopped nuts (almonds or walnuts), slices of stuffed olives or with roasted almond halves. Keep in cool place. Cut in 1 inch slices and serve on plate with a fork.

Makes 30 to 34 slices.

## HORSERADISH SAUCE

To 2 teaspoons of Heinz dehydrated horseradish add just enough water to make a paste, add  $\frac{3}{4}$  cup sour cream,  $\frac{1}{2}$  teaspoon sugar, 1 teaspoon lemon juice, mix together well and let stand in refrigerator a couple of hours before using.

## SAUERKRAUT – BEAN SALAD

1 lb. raw sauerkraut	4 tablespoon grated cheese
1 can (20 oz.) pork and beans	2 tablespoons finely chopped parsley
$\frac{1}{2}$ teaspoon caraway seed	

Squeeze raw sauerkraut with hands until no liquid is left to drip. Shake shreds loose into a bowl; add beans and caraway seed; mix thoroughly; sprinkle top with cheese and decorate with chopped parsley. Serve cold with roast beef.

## GREEN BEANS AND CUCUMBER SALAD

1 large onion chopped                      1 medium cucumber peeled  
1 lb. green beans, cut in pieces              and sliced

Dissolve in 2 cups lukewarm water 2 heaping teaspoons sugar. Pour into a large mixing bowl. Add  $\frac{1}{3}$  cup vinegar,  $\frac{1}{4}$  cup Mazola oil and the chopped onions.

In the meantime boil the beans until almost done, drain and cool. Add cooled beans and sliced cucumbers to the mixing bowl. Salt to taste. Let stand for at least half a day or longer.

## JELLED SHRIMP SALAD

1 pkg. lemon Jello                               $\frac{1}{2}$  cup chopped celery  
1 cup boiling water                              1 small tin shrimps  
1 small can tomato sauce

Rinse shrimps in cold water, let drain. Dissolve Jello in water, blend in tomato sauce. Set aside. When partially jelled add the chopped celery, mix well; add shrimps and mix. Spoon into a mould and put into a refrigerator to set firm. Serves 6 people.

## INTERNATIONAL CRANBERRY RING

Heat 1 can cranberry sauce; remove from heat and sprinkle on 1 package lemon Jello and  $\frac{1}{4}$  cup sugar; stir until Jello and sugar dissolve; stir in  $\frac{1}{2}$  cup cold water. Chill until partially set. Fold in the following:

$\frac{1}{2}$  cup diced apples                               $\frac{1}{2}$  or  $\frac{1}{4}$  cup toasted almonds  
 $\frac{1}{2}$  cup diced celery                              slivered lengthwise.  
Chill.

## DREAM SALAD

2 pkgs. lime Jello                               $\frac{1}{2}$  cup Miracle Whip salad  
2 cups boiling water                              dressing  
1 can (20 oz.) crushed                               $\frac{3}{4}$  cup cottage cheese  
pineapple     $\frac{1}{4}$  cup broken or chopped  
 $\frac{2}{3}$  cup canned milk                              walnuts (optional)

Dissolve Jello in boiling water. Mix together 1 cup pineapple juice (drained from the can), milk, salad dressing and cottage cheese. Beat until smooth. Add this mixture to the Jello liquid and blend well.

When partly set add the well-drained crushed pineapple and the walnuts. Mix thoroughly and chill until set completely.

If a more tart flavour is desired add a little vinegar or lemon juice to taste.

## FRESH GREEN PARSLEY

Chop parsley leaves only, very finely. Wrap in cloth and hold under warm tap water until water runs clear. Squeeze all the water out; unwrap and store in a container in refrigerator. Good for 3 to 4 weeks.

Use as garnish on soups, vegetables, salads, meats or fish, etc. Makes food more appealing. Parsley stays fluffy, green and smells fresh.

## ANGEL SALAD

1 cup commercial sour cream	1 cup quartered or small
1 cup long shred coconut	marshmallows
1 can (small) mandarin oranges (well drained)	1 cup drained pineapple chunks

Mix all ingredients together and refrigerate a day before serving. Delicious served with turkey, chicken, a roast or as a dessert.

## CARROT JELLO SALAD

1 large pkg. strawberry Jello powder	1 can well drained pineapple chunks.
2 cups ground carrots	

To a partly set Jello add carrots and pineapple. Mix well. Chill until firm, then add a layer of mustard dressing prepared as follows:

2 eggs beaten	Pinch of salt
1½ tablespoons dry mustard	1 cup water
1 tablespoon butter	1 tablespoon flour
½ cup sugar	

Cook in double boiler until thick. Cool then spread on Jello layer.

Top with whipping cream, put in the refrigerator until ready to serve. One large pkg. of Dream Whip may be used in place of whipping cream.

## TREAT FOR TASTEBUDS

### *Dill Seed for Cauliflower:*

Season cauliflower when cooking with 3 to 4 slices of lemon and a good pinch of dill seed.

### *Mint Sauce for Peas, Carrots:*

Simmer 1 tablespoon bacon drippings or salad oil, 1 teaspoon salt, 2 tablespoons wine vinegar, 1 large sprig mint, for 3 minutes. Toss with cooked vegetables.

### *Herb Sauce for Asparagus, Green Beans:*

Saute 1 peeled clove garlic in 2 tablespoons butter or margarine. Remove garlic. Blend 2 tablespoons flour, ½ teaspoon salt, ¼ teaspoon prepared mustard, ¼ teaspoon each marjoram and rosemary. Gradually stir in 1 cup milk. Cook, stirring, until thick.

### *Mushroom Sauce for Lima Beans, Broccoli:*

Simmer 1 cup white wine with 2 tablespoons minced parsley, 2 teaspoons minced onion, ½ teaspoon salt, ⅛ teaspoon pepper, 1 cup chopped mushrooms for 10 minutes. Blend 1 teaspoon salad oil with 1 teaspoon cornstarch. Add to mushrooms. Cook stirring, 15 minutes.

### *Cold Sauces for Cold Vegetables:*

To 1 cup thick sour cream, thinned mayonnaise or salad dressing add one of these — pickle relish, chopped dill pickle, anchovy or liver paste, sliced ripe or stuffed olives.

# BREADS AND BUNS

## VOLINSKY PYRIZHKY

1 package yeast	2 eggs, beaten
½ cup warm water	½ cup oil
1 teaspoon sugar	1 teaspoon sugar
½ cup warm water	1 teaspoon salt
1 cup scalded milk	4½ to 5 cups flour

Dissolve sugar in lukewarm water, sprinkle with yeast, let stand 10 minutes.

To the scalded milk add water, oil, salt, eggs, and sugar, add the yeast mixture then add one-half of the flour; beat thoroughly; gradually add the remaining flour and knead well. Cover, let stand in a warm place to rise double in bulk.

Make the dough into a roll 1 inch in diameter; cut the roll in 1½ inch pieces; form pieces into balls; flatten each ball and put 1 teaspoon of filling in the centre; fold once over the filling; seal by pinching the edges together well; place sealed side down in a well oiled pan; let rise until double in bulk.

Brush with a beaten egg and bake at 350°F. for 25 minutes. Serve with sour cream if desired.

### *Cabbage Filling:*

Cut out the core of 1 medium cabbage. Steam the cabbage long enough for the leaves to separate easily; let cool, then chop or shred the leaves very finely.

Add to the chopped cabbage, 1 medium finely chopped onion fried golden brown in 1 tablespoon of butter and 3 finely chopped hard boiled eggs. Add salt and pepper to taste. Mix well.

## BREAD, BUNS, PYRIH AND PYRIZHKY

With various Fillings

2 pkgs. yeast	8 cups flour
½ cup warm water	3 eggs beaten
1 teaspoon sugar	2 tablespoons salt
2 cups scalded milk	1 tablespoon sugar
4 cups warm water	6½ cups flour
¼ cup melted butter	

Dissolve 1 teaspoon of sugar in ½ cup water, sprinkle with yeast, let stand for 10 minutes.

To the milk-water liquid add the melted butter, dissolved yeast and 8 cups of flour. Let rise in a warm place until double in bulk, about 1 hour. Now add the salt, beaten eggs, sugar and remaining flour. Knead well until dough is smooth and falls away from the hands.

Place in a greased bowl and brush the top with melted butter or oil. Place in a warm place and let rise until double in bulk, it will take about 2 hours.

Punch down. Place on a bread board and divide into 6 equal portions. This will make 3 braided loaves of bread, pyrih with cabbage and cottage cheese filling, a pan of buns and pyrizhky with any of the following fillings:

### *Pyrih with Cabbage and Cottage Cheese Filling:*

Roll one portion of dough into a square about  $\frac{1}{2}$  inch thick. In the centre place half of the filling. Bring the corners together to the centre and seal the edges. Turn pyrih over on to a well greased pie plate with the sealed edges underneath. Prick with a fork here and there to let the air escape.

Put in a warm place to rise until double in bulk; brush with a beaten egg and bake in 350°F. oven 30 to 45 minutes. Serve with sour cream if desired.

#### *Filling:*

Chop fine 1 medium head of cabbage; add 1 teaspoon of salt; press down firmly or mix firmly with the salt; let stand for 30 minutes, then squeeze thoroughly to remove as much of the juice as possible.

Fry one medium finely chopped onion in 2 tablespoons oil or butter until golden in color and add the cabbage. Fry on low heat for about 4 to 5 minutes. Add one cup of dry cottage cheese and mix well.

#### *Braided Bread:*

Divide one portion of dough into 3 balls. Take each ball and roll into a 12 inch length; braid the three lengths together, tucking the ends under. Place in a well greased pan; let rise until double in bulk; brush with egg; sprinkle with poppy seed; bake at 400°F. for  $\frac{1}{2}$  hour then reduce to 350°F. and bake 40 minutes more.

## PIDPENKY (MUSHROOMS) AND SAUERKRAUT FILLING

3 cups sauerkraut	$\frac{1}{2}$ cup chopped bacon
1 cup pidpenky	1 tablespoon butter
1 medium onion chopped fine	Salt, pepper to taste

Rinse sauerkraut and boil for about 12 minutes. Strain thoroughly; set aside.

Fry bacon until crisp, add  $\frac{1}{2}$  chopped onion and fry a few minutes more. Add the sauerkraut to the bacon and onions. Let simmer on low heat for about 8 minutes.

Meanwhile rinse pidpenky in hot water. Set aside. Chop fine and fry lightly the other  $\frac{1}{2}$  onion in 1 tablespoon of butter; add the pidpenky and simmer for 30 minutes more. Add to the sauerkraut and simmer five minutes longer. Add salt, pepper to taste.

## PIDPENKY AND BEET FILLING

3 cups beets chopped fine	1 cup pidpenky
1 medium onion	Salt, pepper to taste
2 tablespoons butter	$\frac{1}{2}$ teaspoon lemon juice

Beets could be boiled in their jackets and then peeled, chopped fine, or peeled, chopped fine and boiled in very little water until tender but firm. Add lemon juice.

Fry  $\frac{1}{2}$  onion chopped fine in 1 tablespoon butter until golden brown, add the beets and simmer for 5 minutes more.

Meanwhile rinse pidpenky in hot water. Strain, set aside. Fry the other  $\frac{1}{2}$  onion, chopped fine, in 1 tablespoon of butter until just tender; add the pidpenky and simmer for 30 minutes more. Add to the beets and simmer five minutes longer. Add salt, pepper to taste.

## MEAT FILLING

2 fryers or chicken breasts	2 eggs
½ lb. veal	1 tablespoon butter
1 small onion	1 tablespoon bread crumbs
2 chicken livers (raw)	1 tablespoon cream
½ cup chicken stock	

In a hot frying pan place the finely chopped onion, chicken and veal meat. Slightly brown on all sides. Takes a few minutes. Add the stock, salt, and pepper to taste and steam for 20 minutes, or until meat is tender but still firm. Put through a food grinder, along with the raw chicken livers. Beat eggs and butter together adding cream and crumbs; combine with the ground meat. Mix well.

## BUCKWHEAT AND DILL FILLING

1 cup crushed buckwheat or (½ cup crushed, ½ cup whole)	(2 Maggi bouillon cubes dissolved in 2 cups hot water)
1 egg well beaten	½ cup sliced mushrooms
1 tablespoon butter	2 beaten egg yolks
1 medium chopped onion	1 tablespoon chopped dill
Salt, pepper to taste	
2 cups chicken stock or	

Put previously picked over buckwheat in a pan over very low heat; add the beaten egg and stir often until the egg dries and the groats separate.

Fry onion in a tablespoon of butter to a light yellow color, then add the sliced mushrooms and fry a few minutes longer. To 2 cups of boiling stock or bouillon, add the groats, stirring well to prevent formation of lumps. Add the fried onion, mushrooms, the egg yolks and the dill. Season to taste with salt and pepper.

## POPPY SEED FILLING

2 lbs. poppy seed	4 to 5 tablespoons melted butter clear of sediment
2 tablespoons glazed orange rind (ground with poppy seed)	Rind of 1 lemon
1½ cups sugar	1 cup ground almonds
2 tablespoons honey	1 teaspoon vanilla
	½ cup sultana raisins

Pour boiling water over the poppy seed and let stand 5 minutes. Drain through a fine strainer overnight.

Grind poppy seed twice on a fine blade of a food grinder. Grind the orange rind with the poppy seed. Add sugar, honey and the melted butter. Fry gently in a frying pan, stirring continually to prevent scorching until begins to thicken. Set aside to cool. When cooled, add vanilla, lemon rind and the ground almonds. Raisins could be ground or left whole. Add to the poppy seed and mix well.

## VERA'S KOLACHIKI

3 eggs	½ teaspoon each grated lemon
3 tablespoons oil	and orange rind
3 teaspoons granulated sugar	2 cups flour
1 teaspoon salt	

Beat first five ingredients together until foamy. Add 1 cup of flour, then work in by hand the remaining flour until the dough is smooth and elastic. Divide the dough in half. Divide each half in 12 equal pieces.

Make each piece into an even roll 7 inches in length. Do not use any more flour. Pinch ends together and make the dough evenly thick all around; lay on a cloth and cover to prevent drying. Set oven at 300°F. Have water, 5 inches in depth, boiling on the stove in a wide sauce pan, dutch oven or a roaster.

Drop 9 to 12 kolachiki into a rapidly boiling water, gently raise each from the bottom with a spatula, let boil for 10 minutes stirring occasionally. Boil only as many as could be baked immediately. While boiling, kolachiki will expand, but will return to original size in baking.

Lift out each kolachiki with a fork; lay flattened side down, one inch apart on an ungreased cookie sheet; sprinkle with poppy seed; bake ¾ to 1 hour until kolachiki are dry and toasted gold in color.

More sugar may be added to dough if sweeter kolachiki are desired, or more salt, if to be served with brewed beverages.

## KOLACH

3 pkgs. yeast	6 tablespoons gran. sugar
⅔ cup lukewarm water	⅔ cup eggs, room temp.
1 cup scalded milk	1 teaspoon vanilla
⅔ cup butter	7½ cups sifted flour, warmed
1 teaspoon salt	2 tablespoons melted butter

Makes one large kolach or 2 small ones.

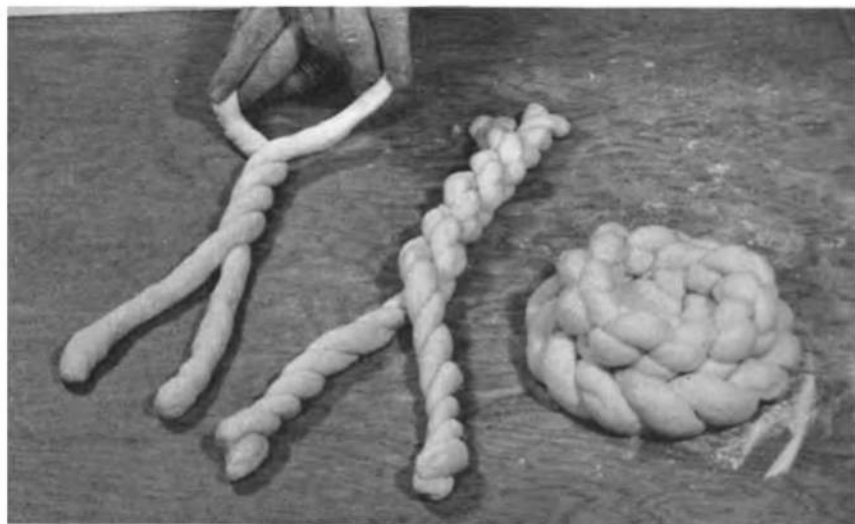
Soften the yeast as directed on the package. Scald milk (heat, but do not boil); add salt, sugar and butter, cool to lukewarm; add 3 cups of flour, beat well. Blend the yeast and beaten eggs, add to milk-flour mixture and blend thoroughly. Add the remaining flour, mix and knead until all trace of flour is gone. Add the melted butter and knead again working the butter into the dough completely until the dough is smooth, elastic and satin-like. Place in a lightly greased container; set on a warmed cushion in a draft-free place, cover and let rise to double in bulk.

Punch down, turn dough over, cover and let rise to double in bulk (about 1 hour). Grease 2 round pans 8 to 9 inches in diameter.

Divide the dough in half. From each half of dough make a kolach in the following manner: Take a piece of dough about the size of a teacup; make a flat cake ½ inch thick; lay on bottom of a pan; take ⅔ of the remaining piece of dough and cut in 3 equal pieces; roll each piece to a 27 inch length; braid the lengths, working from the middle to each opposite end; ease the braid on top of the flat cake in the pan. Make a braid of the remaining third of dough; place on top of the first braid, cover and let rise to double in bulk. Similarly make the second kolach.

Place in 400°F. oven. Bake for 15 minutes then turn down to 350°F. and bake 30 to 40 minutes more, or until the kolach is light and sounds hollow when rapped with knuckles on the bottom. Immediately brush tops with syrup made of 1 tablespoon sugar dissolved in 2 tablespoons sweet cream or evaporated milk. Remove from pans, cool on a towel padded rack.





## KOLACH

2 pkgs. yeast  
 ½ cup lukewarm water  
 ½ teaspoon sugar  
 1 quart warm water  
 ½ cup sugar

1 tablespoon salt  
 4 eggs  
 ½ cup oil  
 Flour to make soft dough  
 (about 11 to 12 cups)

Dissolve sugar in warm water, sprinkle with yeast and let stand 10 minutes.

Beat the eggs; add sugar, oil, water and the yeast mixture. Mix well and add 10 cups of flour. Knead, and if necessary add more flour to make a medium soft dough. Knead until smooth and falls away from hand. Cover, let rise in a warm place until double in bulk (about 1 to 1½ hours). Punch down and let rise again. Turn dough out on a floured board and divide in 4 equal portions. Each portion will make one medium sized kolach which, generally, are baked in round pans.

Take one portion of dough and make a kolach in the following manner:

Divide the portion of dough into 6 equal pieces. Roll each piece to a length about 1½ times around the pan the kolach is to bake in. Thus, there will be 6 equal lengths of dough.

Put 2 lengths side by side and, working from one end, alternately carry each length over the other thus forming a rope-like twist. Similarly make 2 more twists using the remaining 4 lengths of dough. Now, take 2 twists and working as with the lengths before, make a double twist. Form into a ring tucking the ends in neatly. Place the ring into a well greased pan around a small empty space in the centre. Put a tube-like tight roll of cloth in this space to prevent the dough in rising from filling the hole (later a candle or a cross is set there). Lay the third twist around the double twist in the pan, tucking in the ends.

Let rise until double in bulk (about 1 hour); brush with beaten egg diluted with 1 teaspoon of warm water; remove the cloth roll and bake at 300°F. in a gas oven for ¾ to 1 hour.

## PASKA

2 pkg. yeast	1 cup sugar
2 tablespoon sugar	½ cup cooking oil
4 cups lukewarm water	1 teaspoon salt
4 cups flour	½ teaspoon allspice
6 eggs	Flour to make a soft dough

In ½ cup lukewarm water dissolve 2 tablespoons of sugar; sprinkle with yeast; let stand 10 minutes. Combine the yeast with 3½ cups of water; add 4 cups of flour; beat well, cover, let stand in a warm place for 1 hour.

Beat the eggs well and, still beating, gradually add, a little at a time, the sugar alternately with the oil; add the salt and allspice. If the dough is too soft add more flour, a little at a time. It should be similar to bread dough.

Knead until the dough is smooth and no longer clings to hands; cover; let rise in a warm place until double in bulk. Punch down and let rise as before. Make a round loaf to fill a greased round pan half full. (This makes the base for the decoration). The pan should be 3 to 4 inches deep.

Decorate the base in the following manner: Take enough dough to roll 3 lengths 26 inches long and ½ inch in diameter; braid the 3 lengths together working from the centre to each opposite end; place the braid in a circle along the edge of the base, join the ends neatly. Similarly make a second braid (a bit shorter) and ease it in a circle inside the first braid. Make a long roll, place along the side of the pan to encircle the first braid. Roll another length 3 times the diameter of the pan; cut in half; curl the 2 ends of each length in opposite direction; place on top to form a cross. Make a round flat piece of dough (1 to 1½ inches in diam.); snip the edge in 7 places; press on centre of the cross; cover and let rise to double in bulk. Brush with beaten egg mixed with milk. Bake in 350°F. oven for 15 minutes, lower heat to 325 or 300°F. and bake for about 45 minutes more.

## BREAD

3 pkgs. yeast	1 quart water
1 quart scalded milk	1½ teaspoon salt
1 lb. butter or margarine	1 lemon juice and grated rind
1 cup sugar	Flour
4 eggs	

Soak the yeast as directed on packages, using part of the lukewarm water. Scald milk; add butter and sugar, add beaten eggs, balance of lukewarm water, salt, rind and juice of a lemon; blend and add the yeast, mix well; add 5 cups of flour, beat until smooth and light; let the batter rise in a warm place until bubbles appear (about ½ hour).

Add and knead in about 12 cups, or more, of flour for a medium soft dough. Knead thoroughly until the dough is smooth and falls away from hands. Cover and let rise in a warm draft-free place until double in bulk. Knead down and let rise as before; this amount of dough will make 6 to 8 loaves of bread.

Grease the pans; form dough into loaves; let rise to double in bulk; brush tops with beaten egg. Bake in oven at 350°F. for ½ hour then lower heat to 325°F. and bake for one hour more, or until done.

## BABKA

2 squares fresh yeast	5 egg whites
1 cup scalded milk	1 teaspoon cinnamon
1 cup lukewarm water	Pinch of saffron
½ lb. butter	1 cup milk
1 cup sugar	Flour
10 egg yolks	

Scald the milk and let cool; dissolve the yeast in lukewarm water; add 1 cup cooled milk to yeast; add 1 cup flour; beat smooth and let rise in a warm place until bubbles appear — about 1 hour.

Beat the egg yolks well adding 1 cup of sugar; add cinnamon, saffron and ¼ lb. of butter, add the second cup of milk and 3 cups of flour; beat thoroughly; add stiffly beaten egg whites; another 1½ cups of flour or more, if necessary, to make a soft dough. Knead at least for ½ hour. Lastly add ¼ lb. melted butter; knead again until all trace of butter disappears. Let rise in a warm place until double in bulk; punch down and let rise as before.

Grease tall tins; sprinkle lightly with bread crumbs; make round balls of dough, just enough to fill the tins ½ full. Let rise again until the dough barely reaches the top. Bake in an oven at 350°F. for 15 minutes, then reduce heat to 300°F. and bake for one hour more. Carefully remove babka from tins and place on a covered soft cushion to cool turning until cooled entirely.

## OLD COUNTRY BABKA

40 egg yolks	2 cups sultana raisins
1 quart milk	2½ lbs. sugar
1 lb. butter	½ cup water
9 pkgs. yeast	Salt

Bring milk to boiling point, take out ½ cup and add ½ cup of water, sprinkle the yeast over it, put in a warm place to soak, let the rest of the milk cool. In a large bowl, beat egg yolks with sugar until white, add milk, yeast and enough flour to make a soft dough, knead ½ hour adding melted butter a little at a time, keep kneading for another ½ hour, add raisins; put in warm place to rise until double in bulk.

Punch down, let rise again as above; put in tall greased tins one-third full; let rise. Bake in 275°F. oven for one hour. Remove Babka from tin carefully.

## DOUGHNUTS

6 eggs (2 whole, 4 yolks)	1 tablespoon vinegar
1 cup margarine or butter	1½ teaspoon salt
1 cup milk	1 cup sugar
1 cup water	2 pkgs. fresh yeast

Dissolve yeast in 1 cup lukewarm water. In a large bowl beat eggs and sugar together; add butter or margarine to the scalded milk and cool to lukewarm. Add the yeast, salt and the vinegar to the beaten egg mixture. Work in enough flour to make a soft dough. Let rise until double in bulk (about 2 hours).

When doubled, turn onto lightly floured board and roll out to medium thickness. Cut with doughnut cutter, let rise until very light. Deep fry until a deep golden brown.

## DOUGHNUTS

2 pkgs. yeast (fast rising)	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup milk	1 teaspoon salt
$\frac{1}{3}$ cup butter	Grated rind of 1 lemon or orange
4 egg yolks	Juice of 1 orange
2 egg whites	1 teaspoon vanilla
Flour as much as needed	

Soak the yeast as directed on the envelope; scald the milk, add butter and cool to lukewarm.

Beat together the egg yolks and the whites until their color turns pale; add the sugar, a little at a time, and beat well; add salt, vanilla, rind and the juice. Add the blended milk and butter to the yeast; mix and add the egg mixture. Add 1 cup of flour and beat well; add more flour and kneading, add enough flour to make a medium soft dough. Cover; let rise to double in bulk. Knead it down and let rise again.

Roll out the dough on a floured board until it is  $\frac{5}{8}$  of an inch thick. Cut out with a doughnut cutter; arrange on a floured table or cloth; cover and let rise.

Deep fry in hot Crisco or Mazola oil to a golden color turning them once. Lay the hot doughnuts on brown paper which absorbs the fat. Sprinkle hot doughnuts with granulated sugar, if desired, or when cold put icing sugar in a paper bag, add doughnuts and shake over and over to coat.

## SESAME BUNS

2 pkgs. yeast	$\frac{3}{4}$ cup oil
3 teaspoons sugar	4 eggs (beaten)
2 cups lukewarm water	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup butter (melted)	3 lbs. flour about 6 to 7 cups

Dissolve sugar and soften yeast in lukewarm water. Let stand for 10 minutes.

Beat the eggs and sugar together, add oil, yeast mixture and the flour. Knead to make a soft dough. Lastly add the butter and knead until all trace of butter disappears. Let rise in a warm place until double in bulk. Punch down and let rise again.

Make into small buns, when double in size brush with egg yolk mixed with some water. Sprinkle sesame seed, poppy seed or crushed walnuts over the buns. Bake at 300°F. for 20 to 25 minutes.

## DOUGHNUTS

1 teaspoon salt	1 teaspoon sugar
3 cups flour	6 egg yolks
$\frac{3}{4}$ cups shortening	1 cup sugar
2 pkgs. yeast	4 cups warm water
$\frac{1}{2}$ cup warm water	7 cups flour

Dissolve sugar in warm water, sprinkle the yeast and let stand for 10 minutes.

Prepare 3 cups flour, shortening and salt as you would for a pie crust. Set aside.

In another dish beat eggs and sugar with an egg beater. Add the warm water, continue beating. Add the yeast and mix in the flour-shortening mixture. Gradually mix and knead in the remaining 7 cups of flour. Knead well. Cover and let rise in a warm place for 1 hour. Punch down and leave for ½ hour more.

Turn out on a floured board, roll out to about ½ inch thick. Cut out doughnuts; let rise until double in bulk, about 1 hour. Fry in oil until brown, turn over and fry the other side. Drain on absorbent paper. If desired sprinkle with sugar.

## NUT TWISTS

2 pkgs. yeast	1 teaspoon vanilla
¼ cup warm water	1 teaspoon salt
¼ cup scalded milk	3 eggs
½ cup butter or margarine	3 cups flour
4 tablespoons sugar	

(Nut dressing made of ¾ cup chopped nuts, ½ cup sugar and 1 teaspoon cinnamon).

Soak yeast in warm water. Add butter to the hot milk. Add sugar, vanilla, salt and beaten eggs. Then add yeast and work in the flour. Dough should be soft. Put in a warm place to rise. Mix nuts, sugar and cinnamon. Take dough with a spoon and dip in the nut mixture. Stretch the dough to eight inches in length; twist into figure eight; dip again in the nut mixture and arrange on a greased cookie sheet allowing enough space for rising.

Bake in a moderate oven 375°F. for 15 minutes.

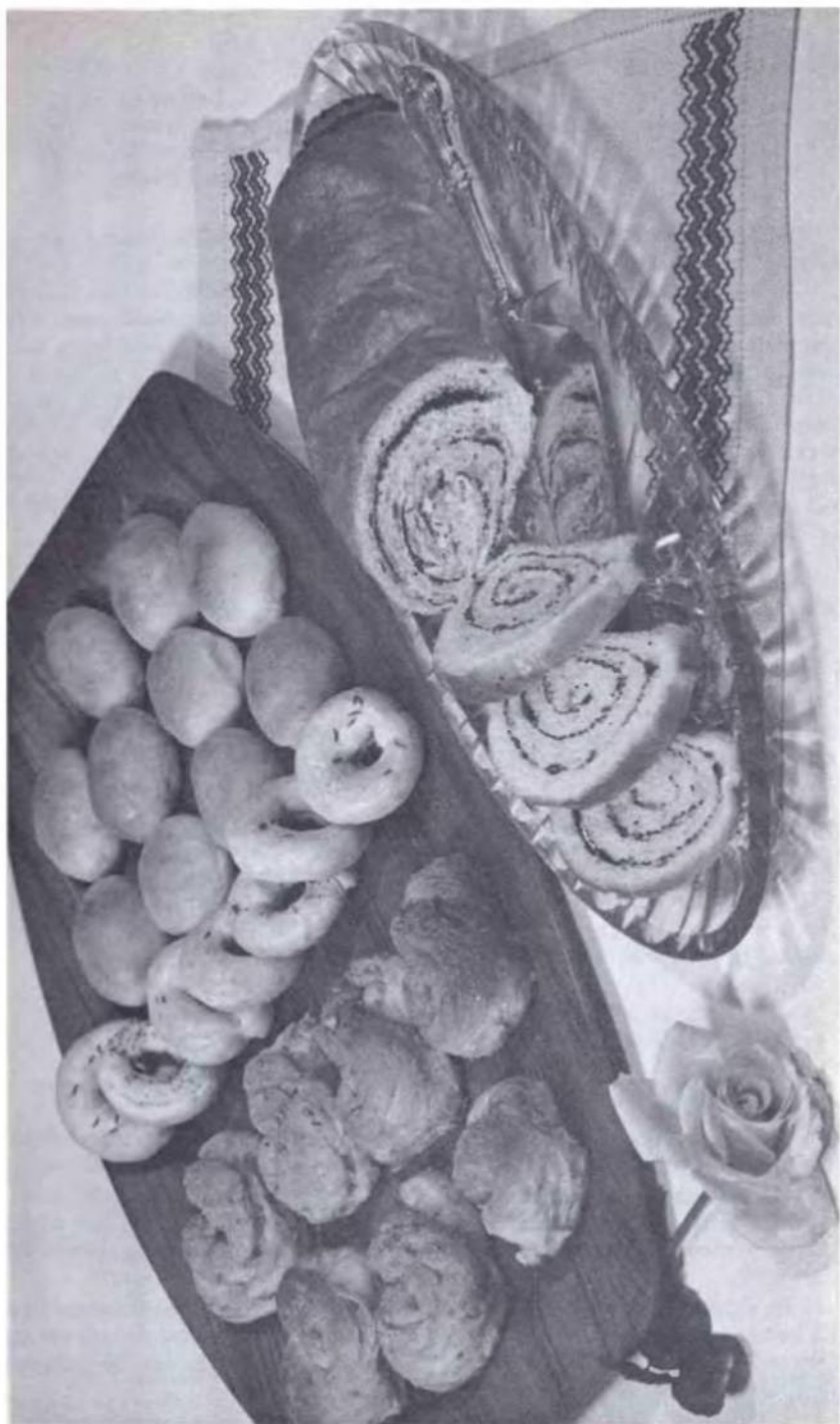
## KNOT BUNS

1 pkg. yeast	8 egg yolks (beaten)
½ cup water (lukewarm)	8 tablespoons sugar
½ teaspoon sugar	5 tablespoons butter
2 cups sweet thin cream	¾ teaspoon salt
(1 cup boiled, 1 cup cold)	7 cups warmed flour

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

To the lukewarm cream add the beaten egg yolks combined with sugar and salt. Add flour, beat and knead to form a soft dough. Lastly add melted butter and knead some more until all trace of butter disappears.

Let rise until double in bulk in a warm place, punch down; roll out ½ inch thick; cut into strips one inch wide and tie in knots. Dip into oil, then into brown sugar, cinnamon and crushed walnuts. Let rise until double in bulk. Bake at 350°F. for ½ hour.



## CINNAMON RING

- |                   |                             |
|-------------------|-----------------------------|
| 3 pkgs. yeast     | ¾ cup honey                 |
| 1 cup warm water  | ¾ cup St. Lawrence oil      |
| 3 teaspoons sugar | 2 cups warm water           |
| 12 cups flour     | 1 cup scalded milk (cooled) |
| 1 teaspoon salt   | ½ cup melted butter         |
| 4 eggs, (beaten)  |                             |

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

In a large bowl mix flour and salt; make a well in the centre and set aside. Beat the eggs in another bowl, add honey, oil, warm water and milk; beat well then gently fold in the yeast; pour into the well in the flour, mix, then knead thoroughly. Add the melted butter and knead until all trace of butter is gone and the dough is smooth. Let rise to double in bulk; punch down and roll out a piece 12x6 inches, ¼ inch thick; spread with 1 tablespoon butter, 1 tablespoon cinnamon and 1 tablespoon brown sugar; roll up like a jelly roll and seal. Form into a ring; place in a greased pie plate, cover and let rise to double in bulk. Brush with beaten egg yolk. Bake at 350°F. for 35 to 40 minutes.

## CHEESE SQUARE

Same dough as for Cinnamon Ring above.

Spread a ½ inch layer of dough on a square 9x9 inch pan. Dust with 1 teaspoon of cornstarch. Spread the following:

*Cheese Filling:*

- |  |                     |
|--|---------------------|
| 2 lbs. dry cottage cheese, put through a sieve | 2½ teaspoons sugar  |
| 2 eggs   | 1 teaspoon cinnamon |
| ¼ teaspoon salt                                | Pinch of nutmeg     |

Mix everything quite well together until it forms one mass. Spread the cheese mixture on top of the base dough. Make 10 equal rolls of dough about 10 inches long and ½ inch in diameter and make a lattice top over the cheese mixture. Let rise until double in bulk (1 to 1½ hours). Brush with beaten egg yolk and bake in 350°F. oven for 35 to 40 minutes.

## CORN BREAD

- |                 |                                   |
|-----------------|-----------------------------------|
| 2 eggs          | 1 cup corn meal                   |
| ½ cup sugar     | 4 teaspoons baking powder (Magic) |
| ½ cup butter    | 1¼ cups sifted all-purpose flour  |
| 1 cup milk      |                                   |
| ½ teaspoon salt |                                   |

Cream butter and sugar, add eggs one at a time and beat.

Sift flour, baking powder and salt, 3 times and, during the last sifting add corn meal. Add dry sifted ingredients to the egg mixture alternately with milk.

In an 8x8 inch pan place 1½ tablespoons butter; heat in the oven until the butter bubbles but do not let scorch. Tilt pan to distribute butter evenly. Pour cold batter over hot pan and bake in 350°F. oven for 15 minutes, then increase heat to 400°F. for the next 15 minutes.

Cut into squares and serve hot.

# CAKES AND TORTES

## COFFEE TORTE

8 eggs, separated	½ lb. fine ground almonds
1 cup berry sugar	2 tablespoons fine dry bread crumbs
1 tablespoon fine coffee (instant)	

Separate eggs; beat whites until stiff; cream yolks with sugar until thick and lemon in color, add to the egg whites; gently fold in the almonds, sifted coffee and bread crumbs. Bake at 325°F. oven for 45 minutes. Cool.

### *Filling:*

1½ cups extra strong coffee	2½ tablespoons flour
1 square unsweetened chocolate	½ lb. unsalted butter
5 egg yolks	1 cup berry sugar

In a double boiler, boil 1 cup of strong coffee with unsweetened chocolate. Beat egg yolks until light. Blend flour in ½ cup coffee, add to yolk mixture and mix well. Add to the coffee mixture in the double boiler, boil until it thickens. Cool; stir the pudding occasionally until quite cold.

Cream ½ lb. unsalted butter with 1 cup berry sugar until very light and fluffy. Add the cool coffee pudding a little at a time, continue to beat until blended and fluffy.

Split the torte in 3 layers; spread the filling between layers and on top of the torte. Shave 1 oz. semi-sweet chocolate and sprinkle on top of the torte. Chill before serving.

## POPPY SEED TORTE

¾ cup poppy seed	2 cups flour (all purpose)
¾ cup milk	2 teaspoons Calumet baking powder
¾ cup butter	4 large egg whites
1½ cups sugar	

Soak the poppy seed in the milk for 5 to 6 hours. Cream butter and sugar, add poppy seed-milk mixture. Add dry ingredients. Fold in stiffly beaten egg whites. Bake at 375°F. in 3 round tins for about 20 minutes.

### *Filling:*

4 egg yolks	¼ teaspoon salt
2 cups milk	3 tablespoons cornstarch
¾ cup sugar	

Scald milk in a double boiler. Mix the dry ingredients with slightly beaten egg yolks. Add to the milk, stirring constantly until a thick, smooth custard is formed. Cool; place between layers.



### *Icing:*

2 cups icing sugar	1 teaspoon vanilla
2 tablespoons cocoa	½ teaspoon maple flavour
¼ cup butter	Pinch of salt
1 teaspoon instant coffee	

Cream butter, then add the sugar alternately with flavouring and coffee. Thin with cream or milk to a spreading consistency. Mix well and spread on sides and top of cake.

## CINNAMON-DATE COFFEE CAKE

### *Cake Batter*

½ cup shortening	1½ teaspoons baking powder
½ cup sugar	½ teaspoon salt
1 egg, unbeaten	½ cup milk
1½ cups sifted all-purpose flour	

### *Filling Topping (uncooked)*

½ cup brown sugar	1 tablespoon flour
1 tablespoon cinnamon	¼ cup melted butter
¼ cup chopped walnuts	¼ cup chopped nuts

Cream shortening and sugar thoroughly. Add egg and beat well. Add sifted dry ingredients alternately with milk. Spread half the batter into a greased 8 x 8 inch pan. Spread half of the filling (combined in order listed and not cooked) over the batter. Top with remaining batter, spread rest of filling mixture over the top. Bake in moderate oven, 350°F., for 35 to 45 minutes or until done.

## APPLE TORTE

4 eggs, beaten well	1 cup Swans Down cake flour
1 cup sugar	3 tablespoons Magic baking powder
1 cup oil	½ teaspoon salt
2 cups all purpose flour	

### *Apple Filling:*

3 cups finely sliced apples	1 tablespoon cinnamon
3 large tablespoons tapioca	mix all ingredients together,
½ cup white sugar	simmer until thickens. Cool.

Beat eggs, add sugar, then oil and beat until light in color. Sift the dry ingredients and add to the egg mixture. Put one half of the batter in a buttered pyrex dish, spread the apple mixture on top, then the remainder of the batter. Sprinkle the top of the batter with the following mixture: ¼ cup walnuts, finely crushed, 3 tablespoons brown sugar and 1 teaspoon butter.

Bake in moderate oven 325°F. for 1 hour and 10 minutes.

## PRUNE AND NUT CAKE

½ cup shortening	¼ teaspoon baking soda
¾ cup sugar	½ teaspoon salt
2 eggs, separated	1 cup finely shredded stewed figs or prunes
Grated rind of ½ orange	½ cup chopped nuts
1¾ cups sifted flour	½ cup prune juice
3 tablespoons baking powder	

Blend shortening, sugar and egg yolks together. Add orange rind. Sift dry ingredients together and combine with prunes and nuts. Add the first mixture to the dry ingredients alternately with the prune juice. Fold in the stiffly beaten egg whites. Place in 2 greased layer cake pans. Bake in 375°F. for 25 minutes, or until done. Cover with icing or whipped cream.

## BANANA WALNUT BREAD

1 cup sugar	4 mashed bananas
½ cup Crisco	2½ cups sifted flour
2 eggs	1 teaspoon baking soda
½ teaspoon salt	¾ cup chopped walnuts

Beat sugar and Crisco until fluffy, add eggs and beat, add bananas and beat. Fold in the dry ingredients, add nuts with flour. Half a cup of cherries may be added if desired. Bake at 350°F. for 1 hour.

## SOUR CREAM CAKE

¾ cup butter	2¼ cups flour
1½ cups sugar	
3 eggs	<i>Filling:</i>
1½ cups sour cream	½ cup brown sugar
1½ teaspoon baking soda	2 teaspoons cinnamon
1 teaspoon baking powder	½ cup chopped nuts

Blend first four items, then add dry ingredients, grease angel food pan. Pour ½ batter into pan. Pour ½ of the filling over the batter. Pour in the rest of the batter and then the remaining filling on top. Bake 45 minutes in 350°F. oven.

## BANANA CAKE

1½ cups granulated sugar	1 teaspoon vanilla
½ cup shortening or butter	2 cups all-purpose flour
2 eggs	2 teaspoons baking powder
¾ cups sour milk or buttermilk	1 teaspoon baking soda
1 cup mashed ripe bananas	¾ teaspoon salt

Line 8x12 cake pan with greased paper. Preheat oven to 350°F. (moderate). Sift flour, baking powder, baking soda and salt. Cream shortening or butter, gradually blend in sugar. Add eggs, one at a time, beating after each addition. Add mashed bananas, buttermilk and vanilla. Add flour about one-quarter at a time, alternating with banana mixture, blending lightly after each addition. Turn into lined pan. Bake 30 to 35 minutes. Remove from oven for 5 minutes to cool.

### Topping:

- |  |                         |
|--|-------------------------|
| ¼ cup butter                           | ¾ cup light brown sugar |
| 2 tablespoons cream or evaporated milk | ½ cup coconut           |
|  | ¼ cup chopped walnuts   |

Cream butter, add sugar and cream, beat well until smooth. Add coconut and chopped walnuts. Mix well, spread on cake, return to oven until meringue bubbles and is slightly browned.

### MAPLE WALNUT CHIFFON CAKE

- |                                 |   |
|---------------------------------|---|
| 1½ cups Robin Hood Flour        | ½ teaspoon cream of tartar                                      |
| 3 teaspoons Magic Baking Powder | Sift all dry ingredients in a large bowl at least 3 or 4 times. |
| ½ teaspoon salt                 | ¾ cup water   |
| 1½ cups sugar, granulated       | 1 teaspoon maple flavouring                                     |
| ½ cup Mazola Oil                | ¾ cup finely chopped walnuts or pecans                          |
| 8 yolks, unbeaten               |   |
| 9 egg whites                    |   |

Make a well in the sifted dry ingredients, add oil, unbeaten egg yolks, water and flavouring. Mix well with a wood spoon.

Beat egg whites until stiff, add cream of tartar. Now, slowly and gently, a little at a time, add the egg yolk and flour batter to the egg whites and fold over gently until all the batter is used up. Do not beat, just fold over gently. Sprinkle over top of batter gently folding in with a few strokes ½ cup of very finely chopped nuts. Pour into ungreased tube pan and sprinkle on top the balance of the ¼ cup nuts. Bake at 350°F. oven for 1 hour. Tip over immediately on a cake rack and let cool completely.

### ORANGE CHIFFON CAKE

- |  |  |
|--|--|
| 1½ cups Robin Hood Flour   | Sift all dry ingredients in a large bowl at least 3 or 4 times. Make a well in the centre. |
| 1½ cups sugar, granulated  |  |
| 3 teaspoons baking powder  | 3 tablespoons grated orange rind   |
| 1 teaspoon salt  | 1 cup egg whites (8 egg whites)  |
| ½ cup Mazola oil   | ½ teaspoon cream of tartar   |
| 8 egg yolks, unbeaten  |  |
| Juice of 1 orange plus enough cold water to make ¾ cup of liquid |  |
| 1 teaspoon vanilla   |  |

Proceed with method as given for the Maple Walnut Chiffon Cake, omitting walnuts.

### APPLE PLATSOK

- |                           |  |
|---------------------------|--|
| 1¼ cups icing sugar       | Rind of 1 lemon or orange if preferred |
| 2½ cups flour             | 3 egg yolks                            |
| 2 teaspoons baking powder | 3 tablespoons cream (sweet)            |
| ½ lb. unsalted butter     | 1 can apple pie filling                |

Sift flour, sugar and baking powder 3 times. Mix butter and flour mixture. Add beaten egg yolks and the cream to make a soft dough (crumbly dough).

Divide dough into 2 parts. Take ½ of the dough and spread evenly in a greased pan. Put apple pie filling on top and then cover with the remaining dough. Bake for ¾ of an hour in 350°F. oven.

## HAWAIIAN CHEESE CAKE

6 tablespoons butter	1¼ cup crushed pineapple, undrained
3 tablespoons brown sugar	1 teaspoon grated lemon rind
¾ cup all-purpose flour	3 tablespoons lemon juice
½ cup chopped nuts	¼ teaspoon salt
1 envelope plain gelatine	1 cup creamed style cottage cheese
¼ cup cold water	4 oz. pkg. white creamed cheese
3 eggs, separated	
¾ cup sugar	

Mix butter, brown sugar and flour to make coarse crumbs. Add nuts. Sprinkle in a shallow 12x8 pan. Bake in 400°F. oven until golden brown, stirring frequently. This will take 12 to 18 minutes. Watch carefully. Cool.

Sprinkle about 1 cup of the crumbs over the bottom of 9 inch square pan. Crush any large pieces that cling together.

Soften gelatine in cold water. Combine beaten egg yolks, ½ cup sugar, pineapple, lemon juice and rind and the salt in a small sauce pan. Cook over low heat until mixture thickens slowly. Stir frequently. Cool to room temperature.

Place cottage cheese and softened creamed cheese in a bowl, beat until light and fluffy. Add pineapple mixture. Chill until starting to thicken.

Beat egg whites, and gradually add the remaining sugar to make a fairly stiff meringue. Fold into cheese-pineapple mixture. Pour into crumb-lined pan, sprinkle with remaining crumbs.

Chill at least 4 hours or, for better flavour, overnight. Makes 12 servings.

## CHEESE CAKE

### *Base:*

2 cups Graham wafer crumbs	½ teaspoon cinnamon
¼ cup sugar	3 tablespoons melted butter

Mix together and line the bottom of a 9x12 inch pan.

### *Filling:*

4 pkgs. Philadelphia cream cheese	1 tablespoon vanilla
4 large eggs, beaten	1½ cups sugar
¼ cup flour	½ cup whipping cream
	1 tablespoon lemon juice

Cream the cheese, add beaten eggs, flour, lemon juice, vanilla and sugar; cream together well. Add the whipped cream, mix well and pour over the crumb base. Bake 50 minutes at 350°F. Cool in the oven with the oven door slightly open for about 1 hour; remove from oven and spread with cranberry sauce.

### *Cranberry Sauce:*

Cook 2 cups fresh cranberries, ¾ cup water and 1 cup sugar for 5 minutes. Soak 1 package unflavoured gelatine as directed on package; add to cooked cranberries; mix well, cool, pour over baked cheese cake. Cool. Keep in refrigerator.

## POPPY SEED CHIFFON CAKE

Soak  $\frac{1}{2}$  cup poppy seed in 1 cup boiling water, let stand in water till lukewarm.

In a bowl sift together:

2 cups sifted flour	$1\frac{1}{2}$ cups sugar
3 teaspoons baking powder	1 teaspoon salt

Form a well and add:

$\frac{1}{2}$ cup salad oil	7 unbeaten egg yolks
Poppy seed with water	$\frac{1}{4}$ teaspoon soda
2 teaspoons vanilla	Beat until smooth.

In another bowl:

7 egg whites	$\frac{1}{2}$ teaspoon cream of tartar
--------------	--

Beat until very stiff peaks form.

Pour yolk mixture over egg whites, gently folding in (do not stir). Pour into ungreased tube pan 4 inches deep. Bake for 60 minutes in  $350^{\circ}\text{F}$ . oven. Invert pan to cool.

## PAULINE'S PRUNE CAKE

2 cups flour	$\frac{1}{2}$ cup walnuts
$2\frac{1}{2}$ cups sugar	3 eggs
1 teaspoon baking soda	1 cup oil
1 teaspoon cinnamon	1 cup buttermilk with
1 teaspoon nutmeg	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ teaspoon cloves	1 cup prunes, chopped fine

Sift dry ingredients together several times, add oil, beaten eggs and beat well. Stir in milk, nuts and finely chopped cooked prunes. Bake in a tube cake pan at  $350^{\circ}\text{F}$ . for 1 hour. (Will keep for 2 weeks).

## COTTAGE CHEESE CAKE

2 lbs. cottage cheese (dry)	2 oranges (juice and rind)
$\frac{1}{4}$ lb. butter, melted	1 teaspoon salt
6 fresh eggs	1 lb. Graham wafer crumbs
2 cups sugar	

Mix butter, sugar and cheese; cream well. (The cheese should be pressed through a fine sieve). Add orange juice, rind, well beaten egg yolks and mix until smooth and fluffy. Fold stiffly beaten egg whites into the mixture.

Roll wafers to fine crumbs. Add 2 teaspoons melted butter and mix well. In a buttered long pan pat  $\frac{1}{2}$  of wafer crumbs on bottom and sides of pan. Spoon in the cheese mixture, then sprinkle the remainder of the crumbs on top of the cake. Bake in moderate oven  $375^{\circ}\text{F}$ . or  $350^{\circ}\text{F}$ . for 40 minutes to 1 hour.

## MUM BLISS CAKE

$\frac{3}{8}$ cup shortening	$\frac{1}{2}$ teaspoon soda
1 cup brown sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	2 cups rolled oats
$1\frac{1}{2}$ cups once-sifted	2 beaten eggs
all-purpose flour	2 teaspoons baking powder
1 teaspoon vanilla	

*Filling:*

2 cups cut-up dates

½ cup water

½ cup brown sugar

Cook dates, water and brown sugar until thick. Mash. Cool. Cream shortening and sugar. Add vanilla. Beat well. Add milk. Blend in sifted dry ingredients and rolled oats. Stir to blend (looks like a thick cake batter). Spoon ½ of batter unto a greased 9x12 inch pan. Spoon the date filling on top; cover with the remaining batter. Bake in a moderate oven 350°F. for about 30 minutes. Cool. Cut into squares.

### STRAWBERRY CAKE

2 cups crushed Graham wafers

½ cup melted butter

Mix above ingredients, press ⅔ of this mixture into a pan. (Save ⅓ for the topping of the cake). Bake for 10 minutes in 300°F. oven. Cool.

Melt ½ lb. marshmallows and ¼ cup milk in a double boiler. Cool.

Whip 1¾ cups sweet cream. Fold in first the marshmallows, then 2 packages of well drained strawberries. Spread on the cooled Graham cracker mixture and sprinkle with the remaining Graham cracker topping.

Use pineapple if desired instead of strawberries. Will keep a long time in refrigerator.

### HONEY CAKE

½ cup brown sugar

2 teaspoons baking soda

½ cup butter, 1 cup honey

dissolved in cream

1 cup cream, sour

2 cups flour

4 eggs, well beaten

1 cup walnuts, finely chopped

Cream butter and sugar. Add honey, add well beaten eggs. Add flour alternately with baking soda and cream, beat well. Add walnuts last. Bake in a 9x12 cake pan for 50 minutes at 325°F.

### NEVER FAIL HONEY CAKE (MEDIVNYK)

1 cup honey, brown

2½ cups flour

1 cup sugar

8 eggs separated

¾ cup cooking oil

1 teaspoon vanilla

1 teaspoon soda

½ teaspoon cloves

1 teaspoon salt

1 cup sliced almonds

Bring honey to a boil and boil for 1 minute. Cool. Cream oil and sugar, then add yolks one at a time beating hard after each addition; add honey; add the dry ingredients sifted together. Fold in stiffly beaten egg whites. Pour into a greased round pyrex dish and bake in 350°F. oven for 45 to 50 minutes.

### RAISIN AND NUT HONEY CAKE

6 well beaten eggs

½ cup chopped nuts

1 cup sugar

2 teaspoon baking soda

1 cup mazola oil

2½ cups flour

1 cup hot melted honey

2 cups scalded raisins, drained

Add sugar to the beaten eggs and beat well; beating all the time, add the oil, the honey and beat some more. Sift flour with baking soda; add the flour and the nuts, a little at a time; gently fold in the raisins. Bake in a rectangular pyrex pan in an oven at 350°F. for ½ hour, then lower the heat to 300°F. and bake for 1½ hours more.

## WHITE FRUIT CAKE

1 cup butter	1 can (20 oz.) crushed pineapple and juice
1 cup white sugar	½ lb. mixed peel
½ teaspoon lemon extract	1 lb. glazed red cherries
1 teaspoon vanilla	1½ lbs. light sultana raisins
3½ cups sifted all-purpose flour	½ lb. almonds split in half
1 teaspoon baking powder (Magic)	¾ cup apricot brandy
4 egg yolks, unbeaten	Pinch salt
4 egg whites, beaten stiff	

Place cherries and peel in separate containers and over each pour ¼ cup apricot brandy. Let stand overnight.

Pick over and wash the raisins. Spread to dry.

Cream butter and sugar thoroughly; add lemon extract, vanilla and egg yolks; beat until light and fluffy; add flour sifted with baking powder alternately with pineapple; beat well; add fruit, dusted with ½ cup flour, and the nuts; fold in the beaten egg whites.

Line pans with 3 layers of brown paper. Grease and fill ¾ full. Bake in a slow oven (275°F.) for 2½ to 3 hours or until a cake tester comes out clean. While still hot pour over cake ¼ cup apricot brandy (optional).

## DARK FRUIT CAKE

2 lbs. sultana raisins	1 cup each strawberry and apricot jam
2 lbs. muscats raisins	1 cup chopped soaked prunes
2 lbs. seedless raisins	½ lb. almonds
1 lb. mixed cut fruit	3 oz. pecans
2 lbs. cherries, red and green	½ cup orange marmalade
1 lb. glazed pineapple rings	
1½ lbs. chopped dates	

Clean, wash and dry raisins. Combine all fruit, jams and let stand for a day or two.

Prepare pans. Grease and line with 3 thicknesses of brown paper. If desired, two layers of aluminum foil wrap may be used instead.

Cream 1 lb. butter and 1 lb. sugar well. Add 10 to 12 eggs, one at a time. Beat well after each addition. Sift together 4 cups all-purpose flour with 1 teaspoon cinnamon, ½ teaspoon nutmeg, ¼ teaspoon cloves, ½ teaspoon baking powder, ½ teaspoon soda, ½ teaspoon salt. Spices may be omitted if desired. Add dry ingredients alternately with juices of 1 orange and 1 lemon.

Beat thoroughly. Pour batter over fruit mixture and blend well by hand. Pour batter into pans until ¾ full. Bake in 250°F. or 300°F. oven for 3 or 4 hours. Place a pan containing 2 cups water on the bottom shelf of oven while baking. Result will be larger, moister cake, with a smooth shiny glaze. Store cake in a covered container in a cool place.

## EUROPEAN CAKE

6 egg yolks	1 teaspoon lemon flavoring
6 egg whites, beaten stiff	1 cup cake flour
1 cup white sugar	1½ tablespoons corn starch
3 tablespoons cold water	1¼ tablespoons baking powder

Sift flour, measure 1 cup, add corn starch, baking powder and sift together 3 times. Beat 6 egg yolks and sugar well; add water, stir and add the flour mixture. Blend in the beaten egg whites; pour into a greased 9x12 inch pan and bake in a slow oven 325°F., for about 1 hour.

### *Filling:*

1¾ cups milk	3 egg yolks
½ cup sugar	1 cup whipping cream
2 tablespoons gelatine	1 teaspoon vanilla
½ cup cold water	

Scald milk in a double boiler and add the sugar. Dissolve gelatine in ½ cup water; add to the milk and boil for 15 minutes, then pour over beaten eggs, stirring continually; return the mixture to the double boiler and cook for 2 minutes. Chill, add whipped cream and vanilla; let stand until set. Split the cake; spread bottom with filling, cover and spread the remaining filling on top of cake. Decorate with walnuts and cherries.

## CINNAMON TORTE

### *Base:*

½ cup butter	6 tablespoons milk
½ cup sugar	1 cup flour
4 egg yolks, beaten	1 teaspoon baking powder

Cream butter and sugar well; add well beaten eggs, milk and flour sifted with baking powder; mix thoroughly; pour into 9x12 inch greased pan; bake in a 350°F. oven for 15 minutes or until light brown.

### *Filling:*

1 can crushed undrained pineapple	2 tablespoons cornstarch
	½ cup sugar

Combine and boil until thick, stirring often to prevent scorching; cool, and spread over the baked base.

### *Topping:*

4 egg whites	½ teaspoon cinnamon
½ cup sugar	

Mix sugar and cinnamon; beat egg whites until fairly stiff; gradually add the sugar mixture beating continually until the whites hold peaks; spread over the filling like a meringue on pie. Place in a moderate oven and bake until the top is lightly browned. Cut in long pieces (1x2½ inches).



## SPICE FRUIT CAKE

2 cups sugar (gran.)	1 heaping teaspoon baking soda
2 cups water	3 tablespoon butter (soft)
2 cups raisins	3 cups flour
Boil 5 minutes; cool completely	2 cups fruit (1 cup glazed cherries, ½ cup crushed walnuts and ½ cup sliced almonds)
then in given order Add:	
1 teaspoon cinnamon	
1½ teaspoon nutmeg	

Bake 1¾ hours in moderate oven (300°F.) in 2 pans 4x8 inches. (Longer if baked in one container).

## BANANA CAKE

½ cup butter	2 cups flour
1 cup granulated sugar	2 teaspoons baking powder
2 eggs, beaten	1 teaspoon vanilla
1 teaspoon baking soda	1 cup crushed walnuts
4 teaspoons boiling water	Pinch of salt
1 cup mashed bananas	

Sift flour, baking powder and salt. Dissolve baking soda in boiling water; cream butter and sugar. Add beaten eggs, vanilla and bananas; mix and add ½ cup of flour then add the water with soda; add the remaining flour; beat well; stir in the walnuts; mix thoroughly; put into a greased pan; bake in a moderate oven (350°F.) for about 35 minutes or until done.

## DARK CHRISTMAS CAKE

1 lb. butter	1 lb. almonds (blanched and cut)
1 lb. sugar (2½ cups)	¼ cup molasses
2 lbs. raisins	½ cup sour milk
1 lb. dates (stoned-cut finely)	½ cup wine (or whiskey)
½ lb. candied cherries	4½ cups flour
2 lbs. currants	1 teaspoon soda
½ lb. mixed peel	1 tablespoon cinnamon
1 tablespoon almond extract	1 tablespoon cloves
12 eggs	2 grated nutmegs (or 1 teaspoon nutmeg spice)
1 tablespoon all spice	

Cream butter and sugar well together. Add eggs 2 at a time beating well each time. Add spice, wine, molasses. Add soda dissolved in milk, and add part of the flour. Stir well. Add nuts, fruit, dates, and peel dredged with the remaining flour.

Bake slowly at 275°-300°F. oven about 3 hours or until done. This makes 3 good sized cakes which improve with keeping so are best made about a month before Christmas. Place in airtight tins, put an apple with them (this keeps the cakes from drying out).

# SQUARES

## CHOCOLATE SQUARES

1 cup walnuts	¼ teaspoon salt
3 eggs	1¼ teaspoon gelatine
¾ cup sugar	1 egg
1 cup finely crushed bread crumbs	1 square chocolate
1 teaspoon baking powder	¼ cup sugar
¼ teaspoon cinnamon	6 marshmallows
1 cup milk	¼ cup whipping cream

Chop walnuts fine. Beat eggs until light and lemon color, beat in sugar a little at a time. Combine crumbs, walnuts, baking powder, salt and cinnamon. Fold into egg mixture. Turn into greased 8 inch square pan and bake 45 minutes at 325°F. oven.

Soften gelatine in ¼ cup milk, beat egg yolk lightlv. Combine remaining milk, chocolate finely cut, sugar, salt and stir over hot water until slightly thickened. Blend in soft gelatine, stir until dissolved. Cool until mixture thickens.

Fold in marshmallows cut in eighths, stiffly beaten egg whites, whipped cream and walnuts. Spread over the cool torte and chill until firm.

## TEASTOCHKA

### *Topping and base:*

1 lb. butter	1 tablespoon vinegar
3¼ cups flour	5 tablespoons water
4 egg yolks	

With a pastry blender or grater, cut or shred hard cold butter into the flour. Do not use your hands. To the beaten egg yolks add vinegar, and water; sprinkle over the butter flour mixture and quickly form into a soft dough with your hands. Divide the dough into 2 portions. Roll out one portion to line a pan 12x18 inches. Place in the refrigerator to chill.

### *Filling:*

9 egg yolks, beaten	3 cups ground almonds (9 ozs.)
1½ cups berry sugar	2 teaspoons vanilla
8 ozs. semi-sweet chocolate	1 rind of a lemon
9 egg whites	

Beat yolks and sugar together until light; add melted chocolate and almonds. Beat egg whites until stiff, add vanilla and lemon rind, gently fold into the yolk-chocolate mixture. Spread the filling over the base. Roll out the second portion of dough and place on top of the filling.

Bake in 425°F. oven for 20 minutes then lower to 350°F. and bake for 40 minutes more.



## SAMONA'S DREAM

2 eggs	almonds
$\frac{2}{3}$ cup sugar	1 cup ground brazil nuts
$\frac{3}{4}$ cup butter	$\frac{1}{2}$ cup ground unblanched almonds
2 sq. grated unsweetened chocolate	$\frac{1}{2}$ cup chopped walnuts
1 cup semi-sweet very fine coconut	$1\frac{1}{2}$ cups sifted ground bread crumbs
1 teaspoon almond extract	$1\frac{1}{2}$ cups ground vanilla wafers
1 cup ground blanched	4 tablespoons whipping cream

In a double boiler melt butter, add beaten eggs with sugar. Stir until mixture thickens. Add 2 squares grated unsweetened chocolate, cream and almond extract. Beat well. Set custard aside.

In an osterizer separately grind the almonds, brazil nuts, wafers and the bread crumbs. Add the custard and the chopped walnuts to the ground ingredients. Spread evenly in a rectangular pan 10x14 inches. Chill in refrigerator.

### *Topping:*

2 cups sifted icing sugar	$\frac{1}{2}$ cup butter, melted
8 tablespoons custard powder (vanilla)	$\frac{1}{4}$ cup cream

Beat the butter, cream and custard together. Gradually add icing sugar beating until creamy and smooth. Spread over the base in the pan. Cool in the refrigerator until top layer is ready.

### *Chocolate glaze:*

8 ozs. semi-sweet chocolate	2 tablespoons butter
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Melt chocolate with butter over low heat in a double boiler. Beat, set aside until cool. Spread on top of the custard layer. Keep in refrigerator until chocolate hardens. Cut in squares.

## CHOCOLATE OATMEAL SQUARES

1 cup margarine or butter	1 teaspoon almond extract
4 cups rolled oats	1 teaspoon rum or brandy
1 cup brown sugar	4 tablespoons bread crumbs
$\frac{2}{3}$ cup honey	8 ozs. semi-sweet chocolate
$\frac{1}{2}$ cup unblanched ground almonds	2 tablespoons margarine
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup chopped walnuts or pecans
1 teaspoon vanilla	

Melt butter, add rolled oats; add the rest of the ingredients and mix well with a knife. Spread in a paper lined well buttered 10x14 inch pan. Bake in a 450°F. oven for 15 minutes. Let cool completely, then spread both sides (bottom and top) with the following mixture:

8 ozs. semi-sweet chocolate	$\frac{1}{2}$ cup chopped walnuts or pecans
2 tablespoons margarine	

Melt chocolate, add margarine, mix and cool. Turn cake bottom side up. Spread with  $\frac{1}{2}$  chocolate mixture; sprinkle with  $\frac{1}{2}$  of nuts; chill in refrigerator about  $\frac{1}{2}$  hour; turn cake right side up and repeat as before. Chill to set.

## CHOCOLATE PEANUT BUTTER SLICE

First layer:

1 cup icing sugar	1 cup peanut butter
2 tablespoons butter	1 cup chopped dates
1 teaspoon vanilla	1 cup walnuts, chopped

Mix all ingredients and put in a 9x9 pan.

Second layer:

In a double boiler put 25 marshmallows and 1 teaspoon water. Let melt, then spread over the 1st layer. Cool.

Third layer:

Melt together 2 squares unsweetened chocolate and 2 tablespoons butter. In another bowl mix — 1 egg, 1 teaspoon vanilla, 2 tablespoons milk and 1½ cups icing sugar. Beat well. Pour chocolate and beat until creamy. Spread on top of the cooled cake. Chill in the refrigerator.

## PINEAPPLE DREAMS

First layer:

2½ cups graham wafers (rolled fine), ½ cup melted butter. Keep 1 cup of crumbs for topping and combine the rest with butter and press into a large pan about 6x12 inches.

Second layer:

½ cup soft butter  
1½ cups icing sugar  
Blend and add enough pineapple juice to make a soft icing. Spread over first layer.

Third layer:

1 can crushed pineapple drained but not dry.  
½ pint whipped whipping cream  
Combine and spread over second layer, just before serving, or spread two hours before serving and place in the refrigerator.

## LAKOMYNKA (Poppy Dessert)

2 cups poppy seed	but not dry
6 egg yolks	½ cup fine crumbs
1 cup fine sugar	2 or 3 drops vanilla
½ cup almonds (ground)	Pinch of salt
6 egg whites beaten stiff	

Scald 2 cups of poppy seed; let cool; drain; grind 2 or 3 times with finest blade of meat grinder; divide in 2 equal portions.

Cream sugar with the egg yolks, add one portion of ground poppy seed and almonds. Mix well. Gently fold in the egg whites alternately with crushed and sifted crumbs. Spread in a buttered pan. Bake in a hot oven (400°F.) for ¾ of an hour. Serve with sauce.

*Sauce:*

Blend the second poppy seed portion with thick sweet cream. Strain and rub through a fine sieve; add 2 or 3 drops of vanilla, a pinch of salt, or to taste. Serve separately to pour on Lakomynka Squares.

## APRICOT BARS

½ cup butter	2 tablespoon sugar
1 cup flour	1 teaspoon salt
1 teaspoon baking powder	2 egg yolks

Mix the above and put in a square tin. Spread with layer of apricot jam (canned apricot halves or pineapple may be used instead if desired).

Beat 2 egg whites until stiff, add ¼ cup sugar, 1 cup coconut and 1 teaspoon vanilla. Spread over the jam and bake in moderate oven 350°F. for 25 to 30 minutes.

## FOOD FOR THE GODS — BARS

1 cup Graham wafers rolled fine	1 cup chopped walnuts
1 teaspoon baking powder	1 cup chopped dates or more
1 cup brown sugar	4 eggs beaten

Mix in order given and bake in a greased pan 8x8 inches for 30 minutes in 350°F. oven. Cool and spread with butter icing. Sprinkle with 2 finely rolled wafers.

## GRAHAM WAFER MARSHMALLOW SQUARE

3 dozen Graham wafers rolled into very fine crumbs.  
30 marshmallows cut into small pieces.  
1 can condensed evaporated (Eagle Brand) milk.  
1 cup chopped walnuts                      1 cup chopped dates

Sprinkle ½ cup Graham wafers on the bottom of a 8x12 inch pan. Mix the remaining ingredients together; spoon evenly into the pan; sprinkle top with wafer crumbs and put in the refrigerator to chill. Cut in squares. Will keep in the refrigerator for a long time.

## COFFEE BARS

1 cup golden raisins	2 eggs
¾ cups strong coffee	1½ cups sifted flour
½ teaspoon cinnamon	½ teaspoon baking powder
¾ cups shortening	½ teaspoon baking soda
1 cup sugar	¼ teaspoon salt

Combine raisins, coffee, cinnamon and let stand. Cream shortening and sugar; add eggs one at a time, beating well after each addition. Mix and sift flour, baking powder, baking soda and salt. Spread batter in greased shallow pan 10x15 inches (Jelly roll pan). Bake in moderate oven 350°F. for 25 minutes.

While warm, spread with coffee glaze made by adding enough strong coffee to 1½ cups confectioners sugar to get a thin spreading consistency. Cut bars when cool.

## BRIDGE DELIGHT

Dissolve 1 package of Jello powder in 1½ cups of boiling water. Let stand until partly jelled, then beat.

Beat 1½ cups cream with 2 tablespoons sugar. Add the beaten jelly and stir well. Set aside.

Mix together:

2 cups crushed Graham wafers, 2 tablespoons sugar and  
2 tablespoons melted butter

Put half of the crumb mixture into a flat bottomed dish, add jelly mixture (an even layer) and spread the remaining crumbs on top. Chill in refrigerator until firm.

## PINEAPPLE SQUARES

1 cup flour	½ cup butter
1 teaspoon baking powder	1 egg
¼ teaspoon salt	1 tablespoon milk

Mix the above as pastry. Pat into a greased pan. Spread with pineapple marmalade.

Top spread:

½ cup sugar	1 tablespoon melted butter
1 egg	1 teaspoon vanilla
1 cup coconut	

Spread evenly over the marmalade in the pan. Bake 50 minutes in a 350°F. oven.



# COOKIES

## "SMACHNEKY" DELICIOUS COOKIES

- |                        |                                   |
|------------------------|-----------------------------------|
| 1 lb. butter, softened | 4 cups flour                      |
| 1 cup sugar            | Chopped nuts and beaten egg white |
| 2 egg yolks            |                                   |
| 1 oz. fresh yeast      |                                   |

Blend softened butter with the sugar and beat, add yolks and beat some more. Add crumbled yeast and mix well. Add flour and put together lightly until all the flour is used up. Set in refrigerator for 20 minutes.

Form into any desired shape, round balls, crescents, logs, etc. Brush with beaten egg white and sprinkle with nuts. Bake in 375°F. for about 20 minutes.

## PYRIZHKY

### *Filling:*

- 2 lbs. nuts finely chopped
- ¼ cup milk
- ¾ cup brown sugar
- 6 egg whites

### *Dough:*

- 3 cups flour
- ½ lb. butter
- 6 yolks
- ¼ cup milk

Cook nuts, milk and sugar together for 10 minutes. Let cool completely. Beat the egg whites until stiff and add to the cooled mixture.

Prepare flour and butter as for pastry, add beaten yolks and milk. Make dough and roll out to ¼ inch thickness; cut in squares or make round circles. Put a teaspoon of filling in the centre of each; pinch edges together; place in greased pan pinched side up; brush with beaten egg; bake at 375°F. to 400°F. until golden brown.

## ALMOND ROLLED WAFERS

- |                                |                     |
|--------------------------------|---------------------|
| 1½ cups ground almonds (3 oz.) | 2 tablespoons flour |
| 1 cup butter                   | 3 tablespoons cream |
| 1 cup sugar                    | 1 tablespoon brandy |

In a double boiler heat all the ingredients. Mix well until the butter melts. Drop by teaspoonfuls 2 inches apart on a greased cookie sheet, coated with flour, 6 or 8 at a time; bake at 350°F. for 8 to 10 minutes. Cool slightly; carefully loosen each with a spatula and place top side down on a paper towel. Roll quickly on a handle of a wooden spoon. Gently set aside as they are crisp and break easily. Delicious.

## DATE NUT DROPS

- |                            |                          |
|----------------------------|--------------------------|
| ¾ cup shortening           | 1½ cups sifted flour     |
| 1 cup brown sugar          | ¼ teaspoon baking soda   |
| 2 eggs                     | ¼ teaspoon salt          |
| 2 cups broken nutmeats     | ½ teaspoon baking powder |
| 2 cups raisins             | 1 teaspoon cinnamon      |
| 2 cups chopped dates       | ½ teaspoon cloves        |
| 2 tablespoons orange juice | ½ teaspoon allspice      |

Blend shortening and sugar; add eggs and beat well. Add nutmeats, raisins, dates and stir in fruit juice. Mix dry ingredients. Add to the first mixture.

Drop from a teaspoon onto a cookie sheet. Bake in moderate oven 375°F. for 12 to 15 minutes.



## SWEDISH SHORTBREAD

1 cup butter	¼ teaspoon salt
2¼ cups bread flour	1 teaspoon vanilla
¾ cup sliced brazil nuts	½ cup icing sugar

Mix all ingredients thoroughly. Shape into crescents or small cookies and press with a fork. Bake in a 300°F. oven for 15 to 20 minutes, on an ungreased cookie sheet. Watch closely. Sprinkle with powdered sugar as they come out of the oven.

## SHORTBREAD

1 lb. butter	4 cups flour
1 cup berry sugar	½ cup rice flour

Cream butter and sugar. Gradually work in with your hands the flour with the rice flour. Knead at least 10 minutes. Roll ½ to ¾ inch thickness. Cut as desired; decorate with almond halves or candied cherries. Bake in a slow oven, 300°F. for 15 to 20 minutes.

## PYRIZHKY

3 egg yolks	2 cups flour
2 teaspoons lemon juice	1 cup butter
2 tablespoons sour cream	

Mix butter and flour together. Beat egg yolks slightly, add cream, vanilla and lemon juice. Put this into the butter and flour mixture. Turn out the mixture onto a floured board and shape into balls the size of a large marble. Chill over-night.

The next day, roll out each marble shaped dough into a square the thickness of a pie crust; in the centre of each square place a teaspoon of jam mixed with walnuts. Fold over like a little turn-over. Bake in moderate oven 350°F. until light in color. When baked, place a spoonful of meringue on top of each and decorate with walnuts or maraschino cherries. Bake slowly until meringue is light brown.

## FRUIT OATMEAL COOKIES

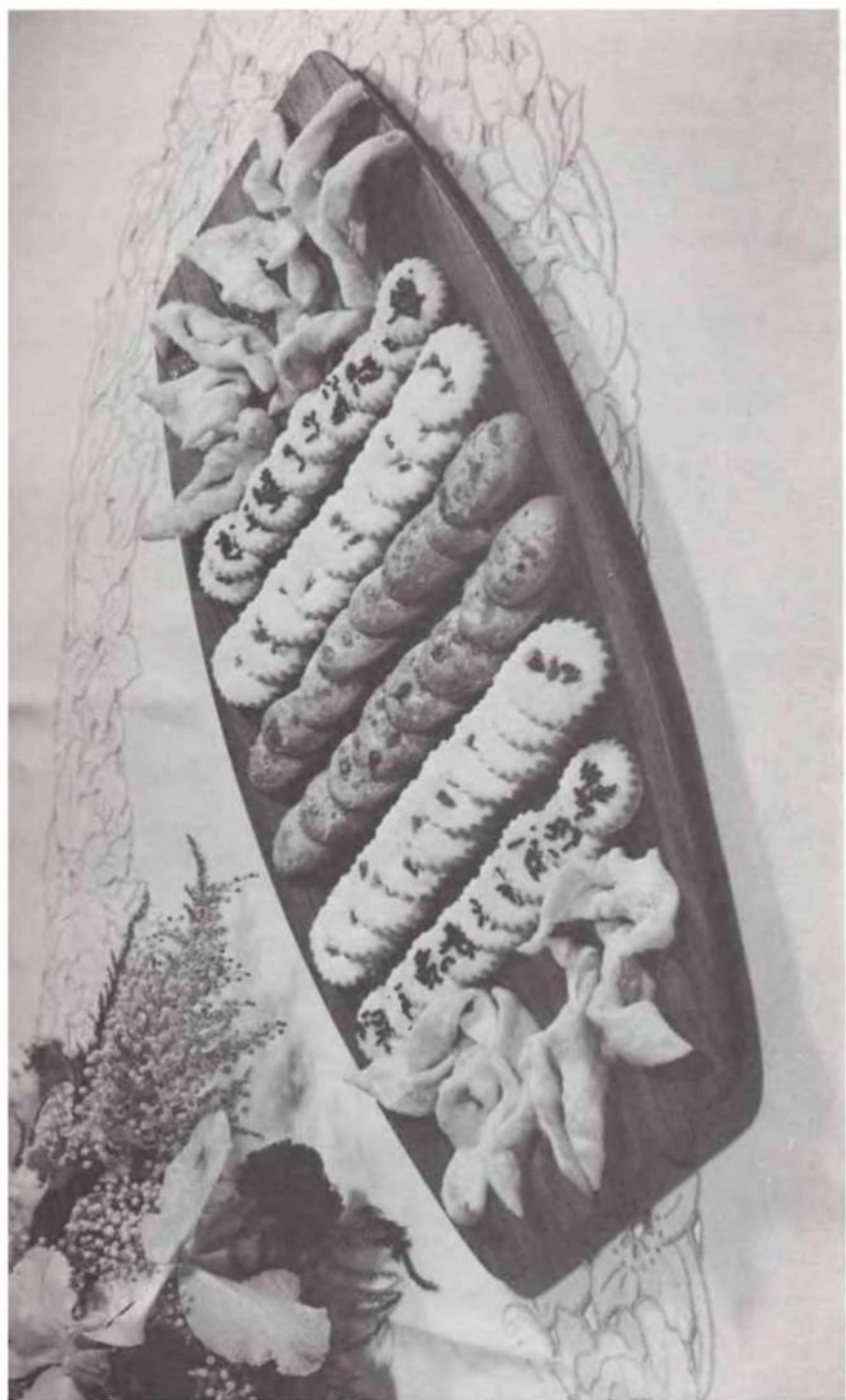
½ cup shortening	3 teaspoons baking powder
½ cup butter	¾ teaspoon salt
1 cup sugar	2 cups rolled oats
2 eggs, well beaten	1 cup coconut
1 teaspoon vanilla	1 cup walnuts, chopped fine
2 cups sifted all purpose flour	1 cup crushed corn flakes
1 teaspoon soda	

Cream shortening and butter. Add sugar and cream well. Add beaten eggs and vanilla. Mix in sifted dry ingredients. Fold in the rest of the ingredients. Shape into small balls. Place on a greased cookie sheet and press with a fork. Bake at 375°F. for ten to twelve minutes.

## PYRIZHKY

1 pkg. yeast	2 tablespoons sugar
½ cup lukewarm water	1 cup butter, very cold
1 teaspoon sugar	½ teaspoon salt
2¾ cups flour	2 eggs

Dissolve sugar in lukewarm water, sprinkle with yeast, let stand 10 minutes.



Grate butter on a grater into the flour. Beat eggs until stiff, add yeast, mix and knead in the flour-butter mixture for about 5 minutes. Refrigerate for 1 hour.

Prepare poppy seed, prunes, jam or marmalade for filling.

Roll the dough very thin, cut into 3 inch squares. Place a ½ teaspoon of filling in the centre of the square, fold over to form a half triangle and seal the edges. Brush with beaten egg; bake in 350°F. oven for 15 minutes; take pyrizhky out of the oven, brush with melted honey and bake for 10 minutes more.

## OVERNIGHT COOKIES

2 cups brown sugar	4½ cups sifted flour
1 cup butter	1 teaspoon cinnamon
½ cup shortening	¼ teaspoon salt
3 eggs	2 teaspoons baking soda
½ cup finely chopped almonds	

Cream sugar, butter and shortening slightly. Sift the flour, cinnamon, soda, salt and add to the sugar-butter mixture alternately with beaten eggs combined with almonds. Form the dough into rolls 2 inches in diameter; wrap in wax paper; let stand overnight in refrigerator.

Slice the roll ¼ inch thin; place on a greased cookie sheet 1 inch apart; bake in a hot oven (400°F.) for 10 minutes. Watch them closely as they scorch easily.

## TWISTS

3½ cups flour	¼ cup water
1 cup margarine	1 teaspoon sugar
1 whole egg	1 pkg. yeast
2 egg yolks	2 cups sugar
1 teaspoon salt	2 teaspoons cinnamon
¾ cup sour cream	

Dissolve 1 teaspoon of sugar in ¼ cup lukewarm water, sprinkle with yeast and let stand for 10 minutes.

In a large bowl rub the flour and margarine together as for pie crust, into a well made in the centre of the flour add the yeast mixture; slightly beaten egg and egg yolks, salt and sour cream, blend just enough to moisten all the flour, *but do not knead*; chill in a refrigerator where the dough may be kept for several days. Mix cinnamon and sugar in a jar ready for use.

Take ½ of the dough (keep the rest in the refrigerator); place on a pastry board generously sprinkled with sugar-cinnamon mixture; press with palms of the hands to flatten to a 9 x 12 inch rectangle always adding, while working, the sugar mixture to both sides of the dough. Fold rectangle in thirds, each end over the middle, making 3 equal layers; again press out with palms to the original size. Repeat the folding and the pressing out process twice more, thus obtaining a 9 layer pastry rectangle in the original size. Cut along the width with a very sharp knife in ¼ inch wide strips.

Bring the ends of each strip together; twist to form a figure "8"; tuck ends under neatly; place on a well buttered cookie sheet; bake in a 375°F. oven for 15 minutes or until slightly browned. Turn baked twist out immediately onto wax paper for if the melted sugar hardens it is most difficult to remove them from the sheet.



## SESAME COOKIES

3 tablespoons flour	1 egg
3 tablespoons oil	½ lb. sesame seed
3 tablespoons sugar	

Mix above together and let it stand in the refrigerator for 1 hour. Moisten hands with oil and shape into crescents. Bake 350°F. for 15 minutes on a greased cookie sheet.

## ALMOND CHRISTMAS BALLS

1 cup butter	1 cup ground almonds (2 oz.)
¼ cup confectioners sugar	1 teaspoon vanilla extract
2 cups sifted all-purpose flour	18 candied cherries

Cream butter with sugar until fluffy. Add everything else except the cherries and mix well with your hands. Take a heaping teaspoon of dough, start forming it into a ball, push in half of a cherry and roll again in your hands to make a perfect ball. Bake on greased baking sheet in slow oven at 325°F. for 35 minutes. While still hot, roll the balls in confectioners sugar.

## MEDIWNICHKY

1 cup honey	½ cup sugar
1 teaspoon each of cloves, cinnamon, lemon rind	1 egg
2½ cups flour (about)	1 teaspoon baking soda
½ cup butter or shortening	2 teaspoons water

Add spices to honey and heat until honey gets darker. Set aside. Cut butter into the flour; add sugar and mix well. Make a well in centre of the flour mixture and pour into it the spiced honey, baking soda dissolved in water and the egg. Stir the flour and liquids together with a knife, adding more flour to make a thick batter. Drop a ½ teaspoon of batter, 1 inch apart on a well greased cookie sheet.

Place in a preheated oven at 300°F. and bake 15 to 20 minutes. Cool completely; store in airtight container for a week before using. These will keep for a long time.

## MEDIWNICHKY

1 cup sugar	2 teaspoons soda
3 eggs	2 teaspoons ginger, ground
1 cup honey	Pinch of salt
1 cup flour	

Mix the above ingredients and leave in a bowl over-night. In the morning add 1 teaspoon vanilla and 3½ cups of flour. Cool in the refrigerator for about 15 minutes for easier handling. Shape into a small ball with a spoon; place on a greased cookie sheet and bake in 350°F. oven for 15 minutes.

## KHRUSTIKI OR ROSETTES

3 egg yolks  
2 whole eggs  
½ teaspoon salt  
1½ cups flour  
1 tablespoon sugar  
1 teaspoon vanilla

1 tablespoon sweet cream  
or evaporated milk  
To lessen soaking up oil in frying add 1 tablespoon brandy  
or ½ teaspoon vinegar  
(optional)

Beat the eggs thoroughly; add the rest of ingredients, except flour, and beat again; add 1 cup of flour, stir and if necessary add more, a teaspoon at a time until the dough is of rolling consistency (about 5 to 6 teaspoons). Knead until smooth, cover and let rest for at least 15 minutes.

On a board lightly greased with oil (or melted shortening) then wiped with a paper towel, roll out the dough quite thin (⅛ inch or less). The dough may now be used to make khrustiki or rosettes.

### KHRUSTIKI

Slice the rolled dough in long strips 1¼ inches wide then diagonally across, cut each strip in pieces 2½ to 3½ inches long. At the middle of each piece cut lengthwise a ½ inch slit; draw one end through the slit and fold back; place under a cover to prevent drying.

Deep fry in oil or shortening, turning once, until golden brown on both sides; drain on brown paper. When cooled, dust with icing sugar. For quick and easy dusting use a sieve.

### ROSETTES

Cut out small rounds of dough; slit the edge of each round in 5 places to form petals; place 3 rounds one on top of another; press together hard in the centre with a finger; slip gently into hot oil; fry to golden brown turning once, lift each rosette out carefully, cool and dust with icing sugar; place in each centre a glazed cherry, ½ teaspoon red jelly or jam.

*Adapted from "Ukrainska Hospodynia", 1939*

### ALMOND LOGS

1 cup butter  
1 teaspoon almond extract  
1 teaspoon vanilla extract  
½ cup sugar  
1 egg yolk

2¼ cups all-purpose flour  
¼ cup potato flour  
(½ cup almonds, 2 tablespoons  
sugar)

Sift flour and potato flour. Cream butter, add flavouring, sugar and cream well. Add egg yolk. Combine with the flour. Knead well with hands. Divide into six portions. Roll each portion into a long roll about sixteen inches long. Place the rolls side by side on the bread board. Slice all rolls at once into 2-inch-long sections. Brush surface of logs with slightly beaten egg; sprinkle almonds (ground) and sugar mixture. Place on a greased cookie sheet and bake at 350°F. oven for 15 minutes.

## NOTHINGS

3 eggs  
3 teaspoons sugar  
¼ teaspoon salt

½ cup Mazola oil  
1 cup flour

Beat well with a mixer, at medium speed, the eggs, sugar and salt. Continue beating, adding oil, a little at a time, alternately with a bit of flour. After adding the last half of flour, beat with a spoon.

Preheat a gas oven a 400°F. (electric oven to 450°F.). Drop ½ teaspoon of dough on a greased cookie sheet at least 1 inch apart. Bake 20 minutes or until cookies are brown and cracked.

## PYRIZHKY

### *Dough:*

2 Fleischmann's fresh yeast  
1 cup lukewarm milk  
4 cups all-purpose flour  
Pinch of salt

2 eggs, beaten  
1 lb. butter  
2 tablespoons baking powder

### *Filling:*

1 lb. dates

1 teaspoon vanilla  
1 cup chopped walnuts

Dissolve yeast in warm milk; sift flour, baking powder and salt; cut butter finely into the flour as for pastry; add beaten eggs and milk with yeast; blend well with the flour-butter mixture; let rise for 1 hour.

Take small portions of dough and roll out to a ¼ inch thickness, using granulated sugar, in place of flour during the rolling out process. Work quickly, taking special care to sprinkle the board with more sugar to prevent the dough from sticking. Cut the rolled dough in strips about 2 inches wide then cut each strip in squares as for pyrohy; place 1 teaspoon filling on square centre; pinch two opposite points together; place on a greased cookie sheet; bake at 375°F. for about ½ hour.

### *Filling:*

Cook pitted dates for about 5 minutes in ¼ cup water. When done, cool, put through a sieve; add chopped walnuts and vanilla, mix well.

## RUM TRUFFLES

1 (10 oz.) bar sweet chocolate

Grate ⅓ cup of the chocolate and set aside to use in rolling.

Break the remainder into pieces and melt in the top of a double boiler. Add ¼ cup whipping cream. When melted, remove from heat and stir well. When the mixture has slightly cooled, add ⅓ cup of butter (broken into small pieces). Stir until well blended. Add ⅓ cup rum. Beat until smooth.

Pour into ice cube tray; keep in the freezer for 1 hour or more. Remove from refrigerator, scoop out ½ teaspoon at a time; roll in grated chocolate. Place in a container and keep in a freezer until time to serve

# PIES AND TARTS

## PIE CRUST

5 cups flour	1 lb. lard (Swifts)
2 teaspoons salt	1 egg
1 teaspoon baking powder (Magic)	1 teaspoon vinegar
	Water

Sift flour, salt and baking powder; add lard, cutting and mixing with flour. Break the egg into a cup, add vinegar, beat slightly and add enough water to make  $\frac{3}{4}$  of a cup. Pour into flour mixture, stirring and mixing while pouring until the two mixtures are blended.

Divide the dough in 5 equal portions; form into balls and chill overnight in a refrigerator. Dough could be frozen and used as needed. Keeps very well.

## CHRISTMAS PIE

1 baked 9-inch pie shell	$\frac{1}{2}$ cup thinly sliced candied cherries
1 pkge. gelatine	2 tablespoons rum
$\frac{1}{4}$ cup cold water	1 tablespoon vanilla
$1\frac{1}{2}$ cups milk	$\frac{1}{4}$ cup granulated sugar
3 eggs, separated	$\frac{3}{8}$ cup heavy cream, whipped
$\frac{1}{4}$ cup granulated sugar	Unsweetened chocolate
$\frac{1}{8}$ teaspoon salt	

Soften gelatine in cold water. Scald milk in top of a double boiler. Beat egg yolks, add  $\frac{1}{4}$  cup sugar and the salt. Slowly stir in milk. Cook in double boiler over hot, but not boiling, water, until the custard coats a spoon. Remove from heat, stir in partly set gelatine. Beat with egg beater until smooth. Add cherries and flavoring.

Beat egg whites until stiff, gradually add the remaining  $\frac{1}{4}$  cup sugar, continuing to beat until stiff. Fold into custard. Pour into baked pie shell. Chill. About an hour or so before serving time, spoon slightly sweetened whipped cream in mounds around edge of pie. Shave chocolate and sprinkle on top.

## POPPY SEED PIE FILLING

1 cup ground poppy seed	$\frac{1}{2}$ cup sugar
2 cups milk	Cornstarch to thicken
$\frac{3}{4}$ cup raisins	

Grind 1 cup poppy seed; heat 2 cups milk; add poppy seed to milk and boil for 15 minutes. Add  $\frac{3}{4}$  cup seedless raisins and  $\frac{1}{2}$  cup sugar. Boil until raisins swell. Thicken with cornstarch. Pour into unbaked pie shell. Moisten lower edge and attach strips of pie dough to form lattice top. Brush lattice top lightly with milk.

Bake in pre-heated oven 450°F. for 10 minutes; then reduce temperature to 350°F. for 30 minutes. Serve with whipped cream.

## LEMON CURD FOR TARTS

$1\frac{1}{2}$ cups white sugar	1 lemon rind
3 lemons, juice	$\frac{1}{4}$ lb. butter
	3 eggs

Into the top of a double boiler, put sugar, butter, lemon juice and lemon rind; bring to a boil. Add beaten eggs and stir until thickens.



## BUTTER TARTS

- |                                |                           |
|--------------------------------|---------------------------|
| 3 tablespoons butter           | 1 teaspoon salt           |
| 1 cup brown sugar              | 1 cup currants            |
| 1 beaten egg                   | $\frac{1}{4}$ cup walnuts |
| $\frac{1}{2}$ teaspoon vanilla |                           |

Cream butter, sugar, egg and salt. Add currants, washed and dried, walnuts chopped fine and vanilla.

Line the cups of a cup-cake tin with pie crust or short bread dough. Put one teaspoon of above mixture in each tart. Bake in a 375°F. oven for 20 minutes.

Very nice when served with whipped cream on top.

## COCONUT TARTS

- |                         |                             |
|-------------------------|-----------------------------|
| 2 eggs                  | 1 cup coconut               |
| $\frac{3}{4}$ cup sugar | 2 tablespoons melted butter |

Line small tart pans with unbaked pie crust, fill half full, bake in 350°F. oven.

## FRESH STRAWBERRY PIE

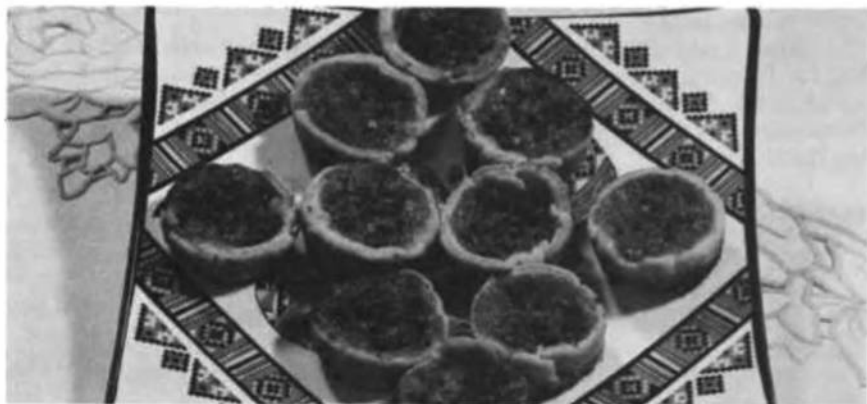
- |   |                        |
|---|------------------------|
| 3 boxes strawberries, or<br>(1 $\frac{1}{2}$ quarts, washed and hulled) | Pinch of salt          |
| $\frac{3}{4}$ cup sugar   | 1 teaspoon lemon juice |
| 3 tablespoons cornstarch  | 1 tablespoon butter    |
|   | 9 inch baked pie shell |

In a baked 9 inch pie shell place half the strawberries. Crush remaining strawberries thoroughly. Mix sugar, salt and cornstarch, add to the crushed berries; boil until mixture thickens, stirring continually. Add lemon juice and butter to the above sauce. Pour hot sauce over the strawberries in the pie shell. Cool, decorate with whipped cream.

## TART PASTRY

- |                             |                          |
|-----------------------------|--------------------------|
| 1 cup pastry flour          | $\frac{1}{4}$ cup butter |
| $\frac{1}{8}$ teaspoon salt | 1 egg yolk, beaten       |
| 1 tablespoon sugar          |                          |

Sift dry ingredients. Grate butter on a grater; add to the flour mixture. Add beaten egg yolk. Line tart pans and bake at 425°F. for 15 minutes.



# ICINGS AND MISCELLANEOUS

## RUM BUTTER

Cream together  $\frac{1}{2}$  lb. butter with 2 cups maple svrup. Flavour with 2 or 3 tablespoons rum. Beat thoroughly. It keeps well in refrigerator. A favorite spread for toast, hot breads or pancakes.

## MOCK WHIPPED CREAM ICING

8 tablespoons soft butter	2 tablespoons cold milk
12 tablespoons icing sugar	2 tablespoons boiling water
Vanilla	

Beat butter and icing sugar together thoroughly. Add cold milk, a few drops at a time. Add the boiling water and heat. It will take about 5 minutes steady beating to whip icing to a spreadable consistency. Flavor with vanilla.

## CUSTARD ICING

2½ cups milk	¾ cup butter
5 tablespoons cornstarch	1½ cups sugar
½ teaspoon vanilla extract	

*Pudding:*

In a double boiler bring the 2 cups of milk to a boil. With the balance of  $\frac{1}{2}$  cup milk dilute cornstarch and pour into the hot milk. Add vanilla. Cool pudding thoroughly before adding to the whipped sugar and butter mixture.

Cream butter, add sugar, cream together until very fluffy. Add cold pudding very slowly. Chill before spreading on cake.

## EGG CUSTARD ICING

½ cup boiling water	2 tablespoons cornstarch
2 egg yolks, beaten	diluted in 2 tablespoons cold water

Boil in a double boiler until custard is thick. Cool.

Beat  $\frac{1}{2}$  cup butter until creamy; add  $\frac{1}{2}$  cup sugar and continue to beat. Add cold custard and heat some more. Chill. Spread between layers and on top of cake.

## WILD ROSE NECTAR FOR TEA

Take 5 cups of lightly packed wild rose petals. Rinse and gently but thoroughly press out all water.

Place petals in a porcelain container; sprinkle with 3 teaspoons of lemon juice; crush and work by hand until juice is drawn. Drain, squezing juice out of crushed petals. Put in an enamel pot 1 cup water,  $4\frac{1}{4}$  cups granulated sugar and the rose juice. Place on high heat (stir often); boil 5 minutes; set aside; add crushed rose petals; stir. Pour in glass containers and seal.

Use  $\frac{1}{4}$  teaspoon to 1 cup of tea.

## STRAWBERRY JAM

Wash and scald 2 quarts berries. Hull and put berries in an electric frying pan or a very wide saucepan. Add 2 cups sugar and let stand 5 minutes. Now boil rapidly for 5 minutes then set aside again; add 2 more cups of sugar and let stand for 5 minutes. Now boil rapidly for 8 minutes. Take scum off and let stand overnight. In the morning bring to a boil; add 1 tablespoon of lemon juice; pour in sterilized jars and seal.

## SAUCE FOR CHRISTMAS PUDDING

1 cup sour cream  
¼ cup brown sugar

2 tablespoons dark rum

Mix well until mixture is smooth; refrigerate, keeps well for weeks.

## WILD ROSE PETAL JAM

1 lb. rose petals  
8 lbs. granulated sugar

8 to 10 cups water  
1 teaspoon tartaric acid

Shake petals in small lots, in a flat bottomed wire sieve to allow stamens, etc., to fall through. Spray with water, drain well, stirring the petals to allow water to drip off. With hands mash sugar and the petals thoroughly. Let stand overnight. In the morning add water. Simmer 1 hour. Add tartaric acid and simmer 1 hour more. Pour into hot sealers. Seal. Let stand a month before using.

## CASTLE DRESSING

(makes about 2 quarts)

2 cloves garlic, minced  
4 oz. anchovies, finely  
chopped  
¾ cup lemon juice  
½ cup tarragon vinegar

1¼ pints sour cream  
1 quart mayonnaise  
½ cup chopped parsley  
3 teaspoons salt  
1½ teaspoons pepper

Combine together, store in refrigerator until needed.



# PICKLES AND RELISH

## DELICIOUS OLIVE OIL PICKLES

12 6-inch cucumbers	1 tablespoon celery seed
6 small onions	6 tablespoons black mustard seed
½ cup salt (pickling)	½ cup olive oil
6 tablespoons white mustard seed	1 pint cider vinegar

Slice cucumbers and onions; sprinkle with salt; let stand overnight. Drain well; rinse; add the rest of the ingredients; mix and pack into sterilized sealers. Let stand one week before using.

## CELERY SAUCE

7 lbs. ripe tomatoes (skinned and chopped)	3 cups vinegar
4 cups celery, finely sliced	2 teaspoons salt
3 cups brown sugar	1 tablespoon cinnamon
	1 tablespoon cloves

Mix together; bring to a boil; let simmer for 3¼ hours. Put in sterilized sealers; seal hot.

## CELERY RELISH

4 cups cucumbers	6 cups granulated sugar
4 cups cabbage	4 cups white vinegar
4 cups celery	4 tablespoons mustard
4 cups onions	1 tablespoon tumeric
½ cup salt (pickling)	½ cup flour
2 green peppers	1 tablespoon mustard seed
2 sweet red peppers	1 tablespoon celery seed

Put the vegetables through a food chopper; add salt; let stand overnight, drain.

Bring sugar and vinegar to a boil.

Mix together mustard, tumeric and flour with enough water to make a thin paste; add 1 cup of hot vinegar-sugar syrup, stir well, add to vegetable mixture together with the rest of the syrup; add the mustard and celery seed. Mix well; boil for 10 minutes. Put into hot sealers; seal while hot.

## BORSCH (CANNED)

4 quarts (1 gal. beets, cut fine)	1 quart string beans
1 quart peas	3 onions, large
1 quart carrots, cut fine	Parsley, dill
1 quart potatoes	

Boil beets in enough water to cover for ½ an hour. Salt to taste, then add 1 cup vinegar when beets start boiling. Add ½ cup sugar.

Cover peas, carrots, potatoes, beans and dill with water and boil for ½ an hour. Then pour vegetables into beets and mix well. Add more salt if desired, Pour into quart sealers and boil for 1 hour.

Makes 10 quarts of borsch.



## SAUERKRAUT

### *Proportion:*

10 lbs. shredded cabbage  
½ cup coarse pickling salt

10 whole bay leaves  
3 tablespoons whole pickling  
spices (omit red peppers)

Remove green and discolored leaves from fresh firm cabbage; cut heads in quarters (small heads in half); cut out the cores; shred medium fine; sprinkle with salt, mix well, pressing lightly in hands until the shreds appear moist.

On the bottom of a scalded crock (or other non-metal container) spread the mixed spices (except whole bay leaves); put in a layer, 4 to 5 inches deep, of shredded cabbage and press down hard to draw the juices. Continue adding more layers of cabbage until half full, punching down hard after each addition. Put in the bay leaves. Continue as before, adding and punching down the cabbage to within 3 to 4 inches from the top.

Cover the cabbage with a piece of cloth; place on the cloth a rounded board about 1½ inches in diameter smaller than the crock opening; put a weight on the board heavy enough to keep the cabbage under brine at all times. During the fermenting period scum, wash and scald the cloth, board and weight. Clean the inside of the crock thoroughly. Keep in a warm place to hasten fermenting.

After one week, pierce the cabbage from top to bottom in several places to allow acids to escape. Cover as before and remove to a cool place. Let stand until the shreds appear transparent. The sauerkraut may now be put in sealers, if desired.

Pack sauerkraut tightly into sterilized sealers so the juice rises and fills the space at top of sealers. Seal tightly, place on several layers of paper in a cool place (a basement floor, for example) until juice seepage stops. Wipe sealers clean and store.

Note on salting: When proportions are tabled by weight, use 2¼ teaspoons salt to 1 lb. of shredded cabbage.

When by measure: Add 5 tablespoons salt to 1 gallon of cabbage.

## SAUERKRAUT

### *Proportions:*

To 1 gallon shredded cabbage use  
2 medium parsley roots,  
sliced thin  
2 medium apples, cut in sixths  
1 onion, sliced

1 teaspoon whole pickling  
spices  
4 to 5 tablespoons coarse  
pickling salt

Sprinkle salt over the shredded cabbage; mix well with hands, pressing lightly to make it moist.

Spread the pickling spices on the bottom of a container (crock, glass, enamel or an oak barrel). Put a layer of cabbage 4 to 5 inches deep; punch down hard to draw the juice; put part of the parsley, onion, apples then a layer of cabbage; punch down again. Repeat until all the ingredients are used up. The top layer must be cabbage. Leave a space 3 to 4 inches between the last layer and the top of the container for room for juice to collect. Cover the cabbage with a piece of cloth; put a round clean wooden board on top

and put a weight on the board heavy enough to keep the contents under brine at all times.

During the fermenting period occasionally scum the liquid clean, scrub and scald the board and the cloth, clean the insides thoroughly. When the shreds lose their white coloring and appear to be transparent the sauerkraut is ready for use.

### DOONGA SWEET PICKLES

100 cucumbers	9 cups granulated sugar
4 quarts water	2 tablespoons celery seed
2 cups coarse Windsor salt	2 tablespoons cassia buds
6 cups vinegar	1 teaspoon powdered alum

Wash thoroughly firm, small, 2½ to 3½ inches, freshly picked cucumbers and cut in half lengthwise.

Bring water and salt to a boil, cool and pour over the cucumbers in a crock or other non-metal container. Cover and put a weight on to keep cucumbers submerged in brine. Let stand one week.

Drain, rinse well, cover with boiling water; let stand 24 hours.

Drain. Dissolve the alum in 2 cups of water, pour over cucumbers and at once pour boiling water to cover the cucumbers. Let stand 24 hours.

Drain and rinse cucumbers. Boil 6 cups vinegar, 6 cups sugar, the celery seed and cassia buds. Pour over cucumbers. Let stand 24 hours.

Drain the syrup, add 1 cup sugar, bring to a boil, let stand 24 hours. Repeat this step again in the next 2 days.

On the 13th day drain and bring the syrup to a boil, pack cucumbers in sterilized sealers, cover with hot syrup, seal and label.

### SWEET DILL PICKLES

(Lena's)

20 lbs. cucumbers	Sugar, granulated
¼ oz. bay leaves	Vinegar
16 to 20 whole dill weed stalks	Garlic
	Alum

Choose medium size (1 to 1½ inch in diameter) freshly picked, firm fleshed cucumbers (not Early Russian type). Wash thoroughly. Soak dill weed a few minutes in salted water, rinse under faucet.

On the bottom of a crock place a layer of bay leaves and a layer of dill weed, then, in layers, put one half of the cucumbers. Put a layer of dill and the rest of the cucumbers.

Make a cold brine in proportion of 3 quarts water to 1 cup Windsor cooking salt (not pickling or table salt), enough to cover completely. Cover and put a weight on it to keep the cucumbers under brine. Let stand 2 weeks.

Wash cucumbers thoroughly and cut in ½ inch chunks (approximately). Half fill sterilized sealers with chunks, put in a clove of garlic and a small pinch of alum. Fill sealers with chunks, pour boiling syrup to cover and seal hot.

*Syrup proportions:* 1 cup vinegar to 2 cups sugar.

Bring the necessary amount of syrup to a boil (about 2 cups per quart).  
Fill sealers, keeping the syrup hot during the process.

Green food coloring may be added to the syrup if desired.

## DILL PICKLES

Scrub clean freshly picked medium size cucumbers. Sterilize sealers.

*Proportions:* On bottom of a 2 quart sealer put—

1 dill weed, stalk and flower head	2 to 3 bay leaves
1 clove garlic	4 whole black peppers
½ small carrot	3 whole cloves
	1 small red pepper

Fill sealers with cucumbers, add to each sealer:

1 tablespoon pickling salt      2 tablespoons brown sugar

Boil 8 cups water, 1 cup vinegar. Pour over cucumbers to cover, add more dill on top, put caps on tight, place in canner with water up to the top of the caps, bring to a boiling point, keep in hot water (do not boil) until cucumbers change color. Take out the sealers, tighten caps, cool and store.





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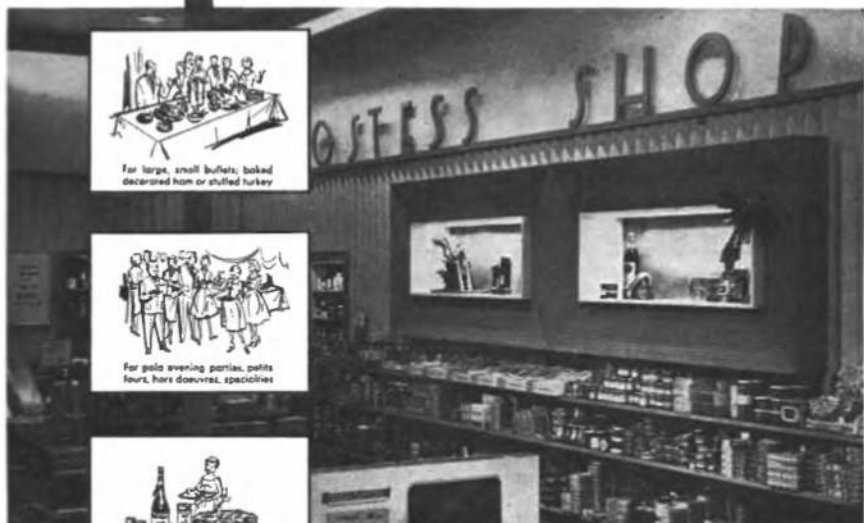


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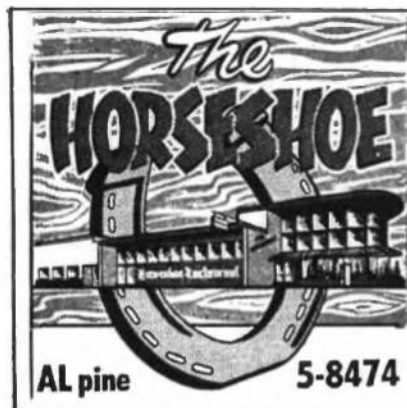


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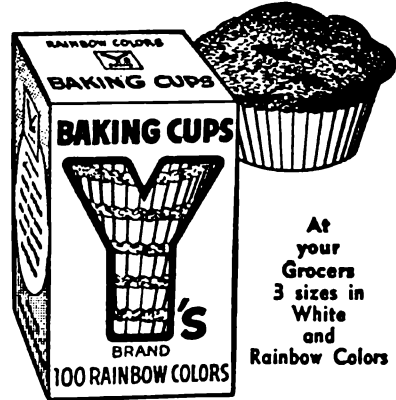


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